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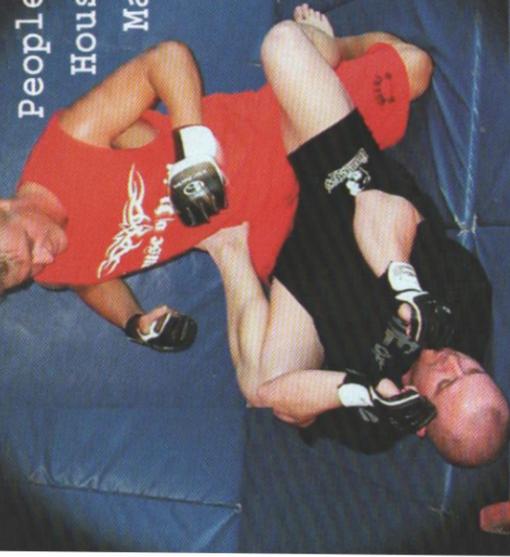
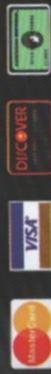


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Todd Margolis, Rob Fletcher and Relson Gracie

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POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$31.95 by Powerlifting USA Magazine Co., 2486 Ponderosa Dr. North, Suite D-216, Camarillo, CA 93010. Periodicals postage paid at Camarillo, CA and additional mailing offices. POSTMASTER: Send address changes to POWERLIFTING USA, P.O. Box 467, Camarillo, California 93011.

PRINTED IN THE USA

SUBSCRIPTION RATES: (US funds)
 USA addresses, 1 yr.....\$31.95
 USA addresses, 2 yr.....\$58.95
 First Class Mail, USA, 1 yr...\$54.00
 Outside USA, surface mail \$42 US
 Outside USA, air mail ..\$84.00 US

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ON THE COVER - WABDL World Champions Bud Davis, Olicio Dos Santos, Kayla Taueli, Tiny Meeker, and a fantastic group of 80+ year olds: Art Whinston, Sonny Ronolo, Bladen McClelland, Jack Heizelman, Dr. Donald Dreyer, and Ed Free. (all photographs by CSS Photo Design via Keith Lemm)

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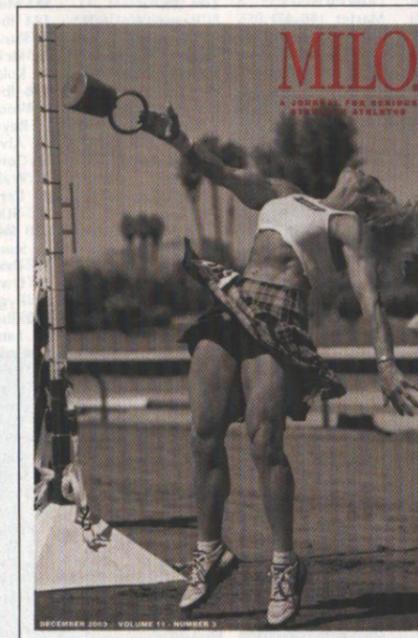
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to help you get a pile of new PRs, so maybe if you could turn the clock back, this time around you'd be the strongest kid in your school.

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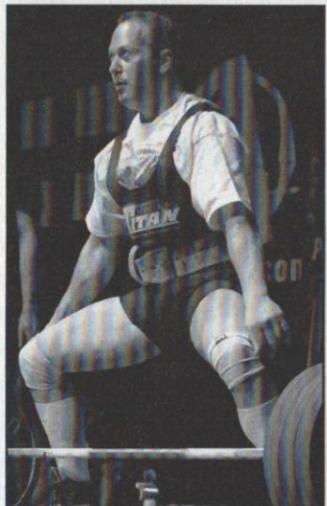
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WABDL AquaVIBE Worlds

as reported to Powerlifting USA by Gus Rethwisch



Tom Eiseman... a true technician.

181 lbs.	J. Salazar	253	
D. Russo	363	M. Lauricella	187
K. Herzik	314	148 lbs.	—
K. Sawyer	308	J. Orsua	—
198 lbs.	R. Chavez	292	
T. Eriksen	396	R. Chavez	275
V. Dobbs	330	C. West	248
220 lbs.	165 lbs.	—	—
M. Ireland	507*	J. Alves	479*!
B. Nichols	—	B. Richards	336
T. Pernu	459*	L. McMasters	297
B. Gehri	440*	D. Salazar	297
R. Womack	440	181 lbs.	—
M. Kuzmack	435	A. Kim	513*!
J. Perez	407	S. Judah	451
A. Jauregui	374	J. Reyes	407
242 lbs.	D. Fabacher	275	
R. Budd	—	198 lbs.	—
J. Gaudern	—	R. Marrama	556*!
P. Mercado	—	G. Gibson	518*
J. Lajja	501	J. Bachmeier	501*
J. Leftwich	501*	V. Karpenko	441
K. Engelke	446	M. Ross	440*
T. Pennella	424	D. Militana	440*
B. Tanner	352*	M. Bell	391*
259 lbs.	A. Georgeon	363	
T. Putnam	—	M. Minahan	325
R. Soland	485	L. Cross	319
J. Murphy	481*	220 lbs.	—
T. Prince	451*	P. Davi	540
J. McMurray	424	4th-573*!	—
N. Nash	352	J. DeLaCruz	385
275 lbs.	C. Senese	606	
J. Lawson	—	4th-626*!	—

WABDL AquaVIBE World 16-21 NOV 05 - Reno, NV

BENCH	S. Downs	232**	M. Myers	562*			
WOMEN	Master (47-53)	363*	D. Bergman	363*			
Junior	114 lbs.	—	M. May	347			
132 lbs.	I. Pantilat	198*!	J. Ceccarelli	556*			
E. Haislar	203*!	123 lbs.	B. Sabin	556*			
S. Ansberry	143*	D. Ruff	187*	J. Sayre	519*		
148 lbs.	132 lbs.	B. Alex	501	J. Nelson	429*		
C. Hansen	225*	S. Rosenquist	132	SHW	A. Gonzalez	424	
181 lbs.	148 lbs.	C. Poteete	535*	J. Ward	352		
K. Womack	353*!	M. VanDam	220*	C. Cline	534*		
J. Tanner	253	K. Richardson	104	L. Contreras	429		
198 lbs.	165 lbs.	Disabled	—	J. Pritchett	501*		
L. Vaterlaus	204*!	N. Carpenter	159	D. Bergman	363		
F. Mangaoang	148	181 lbs.	M. Aguanno	121*			
U.	C. Weber	—	181 lbs.	R. James	336		
J. Brooks	231*!	M. Lewis	159	M. Taylor	270		
Law/Fire	J. Stabile	143*	A. Kokell	237*			
Master (40-47)	198 lbs.	G. Gibson	176	M. Womack	810		
114 lbs.	K. Cash	187*	198 lbs.	4th-826*!	—		
S. Ferguson	115*	UL	N. Sinardi	154	SHW	T. Corwin	700*
123 lbs.	S. Vaterlaus	248	220 lbs.	L. Scott	479*		
Christopher	121	4th-253*!	S. McGrath	314	Law/Fire	—	
Law/Fire	M. Huston	203*	J. Jenkins	236	Master (40-47)	—	
Open	Master (54-60)	148 lbs.	D. Edmondson	330	4th-341*!	—	
123 lbs.	148 lbs.	—	—	—	—	—	
Christopher	121	B. Anderson	159	J. Begue	601*		
132 lbs.	L. Lastufka	132	242 lbs.	C. Wimmer	523*		
L. Lamp	187	198 lbs.	J. Jackson	749	SHW	K. Kekaulike	551
Law/Fire	K. Polansky	170	259 lbs.	T. Prince	451*		
Submaster	UL	—	148 lbs.	Evangelista	—		
132 lbs.	D. Chilgren	104	165 lbs.	Mosley	270		
L. Lamp	187	Master (61-67)	181 lbs.	G. Hawkins	407		
Master (40-46)	97 lbs.	B. Lafferty	148 lbs.	R. Plush	352		
C. Moorman	150*!	4th-150*!	242 lbs.	R. McNeely	303		
S. Herring	126	165 lbs.	F. Wakakuwa	622	SHW	A. Kokell	236
105 lbs.	M. Coffey	88*	Master (40-46)	C. Sims	512		
A. Vallejo	—	181 lbs.	M. Berteaux	496*	R. Zareck	424*	
D. Brown	181*!	P. Robey	165	N. Dwinell	491*		
114 lbs.	Master (68-74)	—	165 lbs.	D. Rygh	479		
C. Salo	170	123 lbs.	S. Selkainaho	418	A. Somera	369	
S. Ferguson	115	R. McEwen	88*!	181 lbs.	R. Carbo	518	
123 lbs.	165 lbs.	—	—	—	—	—	
A. Barnhill	165	G. Cloninger	99	R. Espinoza	—	D. Henderson	507
132 lbs.	132 lbs.	Master (75-79)	—	B. Levering	—	D. Prevatt	418*
D. Madere	121	132 lbs.	D. Reiman	440*	R. Proctor	407	
148 lbs.	—	M. Whinston	71	D. Carr	424	G. Stevens	369
S. Maher	—	UL	—	M. Lo	352	259 lbs.	—
S. Gomez	236*!	G. Mighell	79*!	F. Stokes	336	R. Sanchez	—
165 lbs.	MEN	—	—	V. Oliveira	330	K. Smith	—
S. Klocke	203	Class I	—	D. Brekke	275	F. Hofer	518
181 lbs.	132 lbs.	—	—	198 lbs.	—	M. DeWitt	451
A. Sozzi	243*!	J. Salazar	253	C. Phillips	—	J. Romano	358*
J. Hase	225	148 lbs.	—	Morishima, Jr.	563*!	275 lbs.	—
K. Sabin	225*	E. Nahorniak	336	L. Banks	473*	Fahrenbruch	—
P. Michaels	171*	B. Kunkel	308	B. Baertlein	440	K. Eyre	451
D. Backiel	170	M. Mendoza	292	M. Ioannou	402*	308 lbs.	—
B. Workman	154	165 lbs.	—	F. Johnson	391	J. Mickelson	529*
198 lbs.	B. Dreger	308*	—	D. Horn	374	S. Peckot	518
S. Jackson	253*#	D. Salazar	297	E. Georgeon	330	SHW	—
J. Arnow	242*#	H. Tsang	203*	220 lbs.	—	P. Lattanzi	—
				G. Lands	—	J. Minahan	523



Jo Walker with congrats from Gus.



Team Illinois... Coach John Hudson brought over 40 lifters! (Hudson)

198 lbs.	R. Womack	—	L. Contreras	429	H. Smith	341	
451	K. Millrany	601*!	Master (54-60)	J. Gladson	248		
220 lbs.	D. Haycraft	556*	123 lbs.	D. Lovas	225		
M. Kuzmack	435	J. Pukila	479	R. Gill	225*		
308 lbs.	M. Smothers	473*	165 lbs.	J. Peters	209		
J. Tovar	600	T. Pernu	435	M. Timbal	275		
SHW	M. DeGennaro	D. Cain	253	D. Herrera	418*!		
D. Marchant	650	G. Brenner	242*	308 lbs.	—		
K. Doerfler	374	B. Hill	—	Master (75-79)	—		
242 lbs.	E. Wilkinson	639*!	R. Barr	380*!	165 lbs.	—	
220 lbs.	R. Kitani	634*!	J. Alvarez	347	R. Cortes	242*	
M. Berteaux	496*!	G. Phipps	429	R. Tsutsui	336	R. Fornachon	203
J. Jones	418*	259 lbs.	R. Jones	275	J. Schall	165	
242 lbs.	T. Putnam	—	K. Cain	203*	181 lbs.	—	
M. McKenzie	534*!	R. Ludham	606*!	S. MacGregor	159	C. Ferrando	275
275 lbs.	K. Eyre	—	D. English	536*!	198 lbs.	—	
W. Faulkner	—	Christensen	534	B. Hochstein	—	E. Miranda	253
R. Ryan	600*!	R. Soland	485	D. Swift	430*	Master (80-84)	—
R. Hood	540	J. McMurray	424	J. Parsons	369*	148 lbs.	—
E. Knudsen	391*	G. Holzinger	363*	A. Whinston	99	165 lbs.	—
J. Birring	352	220 lbs.	—	165 lbs.	—	—	—
J. Peshek	—	D. Marba	—	181 lbs.	—	—	—
R. West	435	D. Madere	374	B. McClelland	187	—	—
308 lbs.	J. Presley	573*	G. Fay	314	4th-199*!	—	—
D. Madere	374	J. Hudson	572*	D. Dreyer	143	—	—
275 lbs.	J. Sheffield	—	C. Bonneau	523	198 lbs.	—	—
SHW	R. Lincoln	468	E. Free, Jr.	137	—	—	—
J. Bergman	363	D. Marchant	650	R. Schubert	363	Master (85+)	—
R. James	336	P. Ratsch	556	D. Knapp	352	148 lbs.	—
Shepperson	319	Master (47-53)	308 lbs.	J. Heizelman	132	—	—
M. Ioannou	402*	132 lbs.	A. Webb	462*!	Open	—	—
242 lbs.	J. Jackson	749	G. Bobrovitz	264	SHW	—	—
132 lbs.	259 lbs.	—	148 lbs.	R. Patterson	611	V. Williams	243*
J. Begue	601*	—	165 lbs.	P. Herdt	391	—	—
C. Wimmer	523*	—	Master (61-67)	181 lbs.	—	G. Bobrovitz	264
SHW	K. Kekaulike	551	181 lbs.	G. Hawkins	407	—	—
C. Cline	534*	473*	352	R. Lozano	387*!	C. Venturella	392*
Law/Fire	R. McNeely	303	198 lbs.	J. McCamman	303	Evangelista	391
Submaster	A. Kokell	236	O. Dos Santos	352	J. Arnold	347	391
165 lbs.	J. Woods	473*	B. Bassman	347	M. Mendoza	292	292
R. Anderson	303*	E. Reyes	418*	J. Beleta	308	M. Hara	534
220 lbs.	G. Alves	414*	R. Eriksen	303*	4th-540*!	—	—
J. DeLuca	446	McCormack	408*	Haggenmiller	281*	R. Hickman	518
F. Wakakuwa	622	B. Walker	396	220 lbs.	4th-535*!	—	—
Master (40-46)	D. Bertier	314	M. Glasco	319*	B. Leming	462*	—
148 lbs.	W. Stirling	308*	J. Herbein	242*	DEADLIFT	—	—
C. Venturella	392*!	220 lbs.	242 lbs.	—	WOMEN	—	—
165 lbs.	M. Berteaux	496*	R. Zareck	424*	Junior	—	—
A. Somera	369	N. Dwinell	491*	259 lbs.	132 lbs.	—	—
181 lbs.	D. Rygh	479	E. Acey	487	132 lbs.	—	—
R. Carbo	518	M. Bonifield	336	M. Gast	275	—	—
D. Henderson	507	R. Smith	523*!	181 lbs.	—	—	—
B. Levering	418*	M. Herrera	385	K. Scott	425	—	—
D. Reiman	440*	SHW	—	L. Elliott	363	—	—
D. Carr	424	R. Proctor	407	D. James	519*!	J. Tanner	303*
M. Lo	352	G. Stevens	369	E. Sheets	303*	198 lbs.	—
F. Stokes	336	Master (68-74)	—	Master (68-74)	—	F. Mangaoang	380
V. Oliveira	330	148 lbs.	—	A. Kent	270*	Law/Fire	—
D. Brekke	275	K. Smith	—	L. Vincent	253	Master (40-47)	—
198 lbs.	F. Hofer	518	165 lbs.	M. DeWitt	451	114 lbs.	—
C. Phillips	—	M. DeWitt	451	Hager	231*	123 lbs.	—
Morishima, Jr.	563*!	J. Romano	358*	B. Tinkler	220	S. Ferguson	254*!
L. Banks	473*	275 lbs.	—	181 lbs.	—	—	—
B. Baertlein	440	Fahrenbruch	—	T. Lewis	259	Christopher	253
M. Ioannou	402*	K. Eyre	451	R. Simon	253	Law/Fire	—
F. Johnson	391	308 lbs.	—	C. Vause	225	Open	—
D. Horn	374	J. Mickelson	529*	J. McEwen	225	123 lbs.	—
E. Georgeon	330	S. Peckot	518	198 lbs.	—	Christopher	253
220 lbs.	SHW	—	—	B. Lumpkin	—	Master (40-46)	—
G. Lands	—	P. Lattanzi	—	N. Diliddo	242	97 lbs.	—
		J. Minahan	523	220 lbs.	—	S. Herring	225

105 lbs.	A. Vallejo	303*!	114 lbs.	A. Kaslar	187	C. Mudge	407	
D. Brown	264*!	123 lbs.	J. Kring	176	Junior (20-23)	—		
114 lbs.	C. Salo	259	132 lbs.	R. Hererra	132	D. Guches	573*	
S. Ferguson	254	T. Hererra	148 lbs.	C. West	402	M. Lo	501*	
123 lbs.	A. Barnhill	292	148 lbs.	R. Martin	396	R. Espinoza	485	
132 lbs.	K. Kennedy	330	C. Gunter	154	165 lbs.	V. Oliveira	468	
D. Madere	236	D. Madere	181 lbs.	R. Snelling	611*!	D. Brekke	463*	
148 lbs.	S. Maher	348*	M. Wadera	115	L. McMasters	512*		
165 lbs.	M. Adkins	214	E. Matlack	220	D. Salazar	479		
J. Rayburn	363	UL	M. Adkins	214	B. Richards	429		
S. Klocke	325	H. Stainbrook	176	J. Benzera	600	K. Doerfler	5374	
181 lbs.	K. Sabin	392	C. Stainbrook	176	A. Kim	479		
4th-402*!	J. Taylor	363*	H. Hopps	176	J. Reyes	457		
J. Sozzi	352	R. Villegas	308	Submaster	D. Jurgens	137		
B. Workman	286	A. Sozzi	253	J. Watts	375*!	198 lbs.	—	
P. Michaels	275	R. Unson	253	P. Villegas	308	Y. Nikonchuk	628*	
198 lbs.	S. Jackson	369	148 lbs.	L. Cross	523	L. Harison	579*	
UL	K. LaMonica	225	165 lbs.	J. McMurray	473	V. Karpenko	540	
Master (47-53)	Master (47-53)	336*	220 lbs.	N. Kim	325*	L. Cross	523	
D. Ruff	385*	97 lbs.	259 lbs.	P. Shippert	633	M. Minahan	451	
148 lbs.	S. Jackson	188*	R. Vessey	617	D. Spencer	319*	220 lbs.	—
K. Richardson	259	A. Pecktol	165	J. Nelson	556	T. Mendoza	523	
181 lbs.	114 lbs.	J. Ward	529	J. Jackson	225	275 lbs.	—	
C. Weber	352*!	J. Jackson	225	J. Pritchett	710	242 lbs.	—	
J. Stabile	341	A. Wass	281*!	D. Bergman	507	J. Leftwich	501	
4th-353*!	M. Lewis	314	S. Biddle	181*	Shepperson	501	259 lbs.	—
198 lbs.	K. Cash	292	198 lbs.	Law/Fire	—	148 lbs.	—	
UL	K. Sua	363	Master (40-47)	148 lbs.	—	181 lbs.	—	
S. Vaterlaus	264	UL	—	148 lbs.	—	181 lbs.	—	
Master (54-60)	105 lbs.	165 lbs.	—	165 lbs.	—	220 lbs.	—	
S. Abblett	192	J. Polk	264	242 lbs.	—	220 lbs.	—	
4th-193	148 lbs.	A. Biddle	314*	181 lbs.	—	242 lbs.	—	
148 lbs.	L. Lastufka	275	MEN	D. Marchant	523	242 lbs.	—	
165 lbs.	J. Petray	281*	Class I	Law/Fire	—	242 lbs.	—	
181 lbs.	D. Backiel	303*	132 lbs.	Master (48+)	—	242 lbs.	—	

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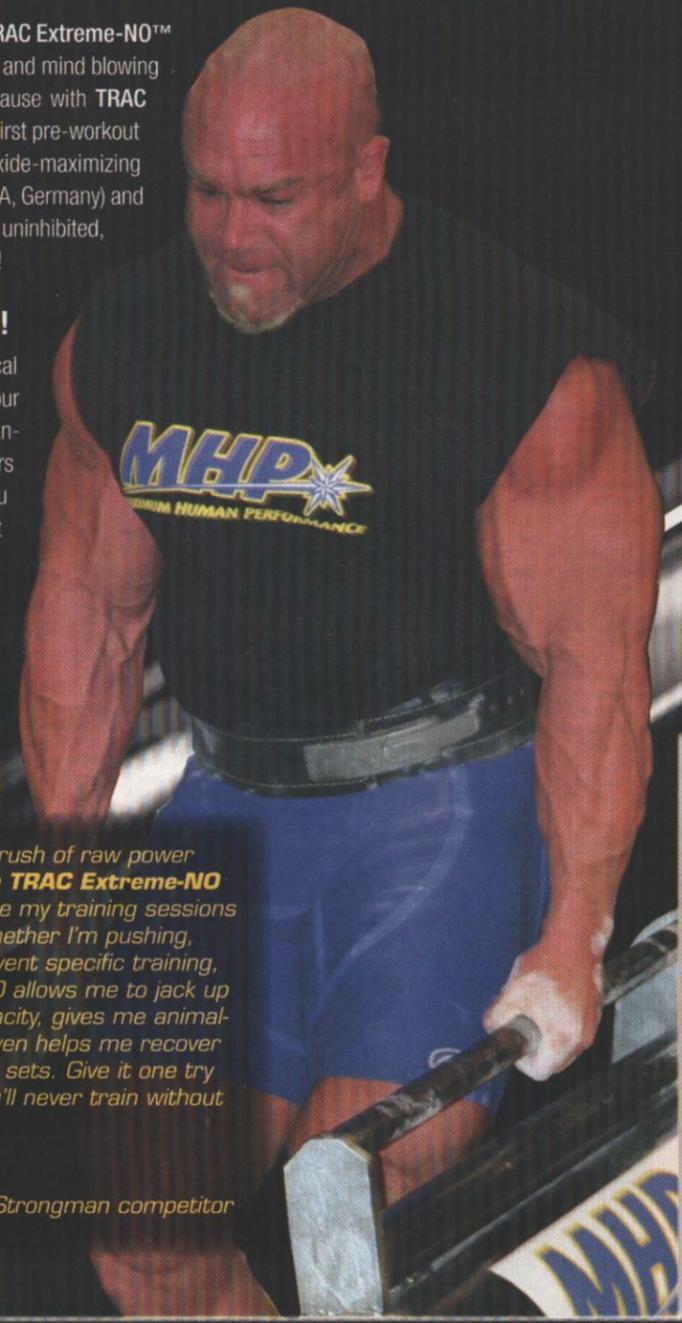
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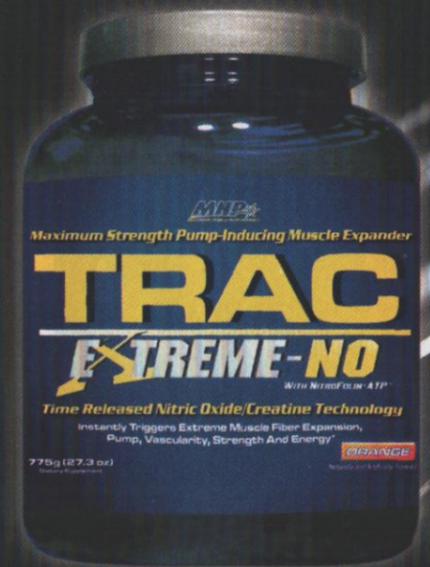
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WDFPF World Championships as told to Powerlifting USA by Mark Norton



SHW - Lev Shprints, Steve Brown, Mark Haydock, and Andrew Varley

WDFPF World Championships 10-12 DEC 05 - Turin, Italy					
Equipped	SQ	BP	DL	TOT	
WOMEN					
97 lbs.					
Gedney-USA	220	115	253	589	
116 lbs.					
Tkach-RUS	176	99	237	512	
154 lbs.					
Tambovt-RUS	198	93	231	523	
198 lbs.					
McKinley-SCT	424	220	402	1047	
MEN					
114 lbs.					
Kelly-IRE	286	198	374	859	
132 lbs.					
Coniglia-ITA	264	209	440	914	
Toncu-ITA	165	159	352	677	
148 lbs.					
Mangiam-ITA	485	242	396	1124	
Colleta-ITA	451	209	418	1080	
Gordon-SCT	319	176	407	903	
See-FRA	242	187	231	661	
165 lbs.					
Vene-SLO	—	—	—	—	
165 lbs.					
Morgan-ENG	501	248	529	1278	
Fisher-ENG	440	259	501	1201	
Flower-ENG	418	220	540	1179	



Phillip Nosko - (GB) .. 100 kg. Jr.

Hamon-FRA	407	253	507	1168	
Agazzani-ITA	396	231	451	1080	
Pizzino-ITA	385	214	451	1052	
Biggin-SCT	330	220	440	992	
Dubrov-RUS	363	137	451	953	
Hayes-SCT	297	154	374	826	
Brown-SCT	507	—	—	—	
Mikosz-ENG	507	—	—	—	
Russo-ITA	490	308	440	1238	
181 lbs.					
Maochal-RUS	628	341	589	1559	
Verbeke-BEL	595	319	617	1532	
Segrer-ITA	474	330	496	1300	
Lambert-BEL	407	220	496	1124	
Bonnar-SCT	341	231	446	1019	
Bayot-BEL	303	176	396	876	
198 lbs.					
Baldini-ITA	551	341	589	1482	
Borgers-BEL	551	363	562	1477	
Kurkov-RUS	540	297	556	1394	
Maden-ENG	507	352	512	1372	
Colleta-ITA	507	374	468	1350	
DiMarco-ITA	429	325	529	1284	
Mastuoka-USA	402	336	512	1251	
Pecoraino-ITA	407	253	429	1091	
Pigaro-ITA	374	209	341	925	
220 lbs.					
Saunders-ENG	688	474	711	1873	
Smith-IRE	661	451	595	1708	
Nosko-ENG	551	396	639	1587	
Mutalipas-ITA	429	551	1521	2401	
Thomas-ENG	220	396	529	1146	
Galati-ITA	363	231	396	992	
242 lbs.					
Norton-ENG	705	496	600	1802	
Pilling-ENG	628	418	661	1708	
Vermote-BEL	595	319	496	1410	
Caviano-USA	330	463	396	1190	
Morelli-ITA	440	264	440	1146	
Natalizi-ITA	463	198	463	1124	
275 lbs.					
Thikonov-RUS	738	463	650	1851	
Davidson-SCT	440	297	463	1201	
Pilling-ENG	688	440	—	—	
319 lbs.					
Brown-USA	523	402	628	1554	
319+ lbs.					
Fitzhenry-IRE	220	617	220	1058	
Borden-USA	617	—	—	—	
UnEquipped					
WOMEN					
97 lbs.					
Gedney-USA	198	104	248	551	
4th-SQ-203					
116 lbs.					
Gargiulo-ITA	132	82	209	424	
122 lbs.					
Wagner-SWI	198	143	242	584	
D'amaro-ITA	198	121	259	5781	
DiRocca-ITA	187	110	209	507	
Azarova-RUS	148	121	231	501	
Tkach-RUS	154	99	220	474	
Russo-ITA	110	77	198	385	
Lozano-FRA	220	137	308	666	
128 lbs.					
Isaac-ENG	209	143	319	672	

Milbourne-IRE	165	126	259	551
138 lbs.				
Bourdon-FRA	203	154	314	672
Bobbio-ITA	209	93	231	534
Salvaorel-ITA	187	93	220	501
154 lbs.				
Concetta-ITA	237	148	347	733
Golding-ENG	248	148	336	733
176 lbs.				
Milesi-ITA	220	115	231	567
Frassati-ITA	121	104	209	435
MEN				
132 lbs.				
Veronese-ITA	303	270	396	970
Furnari-ITA	292	286	341	920
Mullen-IRE	220	143	325	688
Noseda-ITA	176	187	286	650
148 lbs.				
Bedford-ENG	363	270	474	1107
Puddu-ITA	341	286	463	1091
Casolaro-ITA	352	203	374	931
Stacchini-ITA	253	165	374	793
Cuccurill-ITA	231	226	319	777
Duran-ITA	264	176	303	744
Soggetti-ITA	275	181	286	744
165 lbs.				
Verachi-ITA	429	314	496	1240
Prothero-WAL	407	264	507	11871
Stea-ITA	352	253	551	1157
4th-DL-552				
Wilkins-ENG	418	242	485	1146
Ernoli-ITA	352	264	424	1041
Marcink-CAN	330	231	496	1058
Riti-ITA	330	242	440	1014
Kavanagh-IRE	308	192	440	942
Tassani-ITA	286	237	407	931
Pollio-ITA	330	187	407	925
Dubrov-RUS	286	143	424	854
Martinotti-ITA	220	242	308	771
Ungureanu-ITA	264	176	286	727
181 lbs.				
Ibramini-ITA	231	148	275	655
Daino-ITA	165	82	220	468
Pacera-ITA	—	—	—	—
Balzano-ITA	—	—	—	—
181 lbs.				
Mochal-RUS	490	275	600	1366
Lempu-IRE	485	330	540	1355
Mauthour-FRA	429	292	584	1306
Ryan-IRE	463	286	534	1284
Samo-SLO	429	330	463	1223
Stratford-AUS	374	264	463	1102
Palumbo-ITA	352	242	490	1085
Scire-ITA	363	308	407	1080
Gradon-WAL	352	220	496	1069
DeSanctis-ITA	319	198	507	1025
DeSantis-ITA	352	264	396	1014
Mulatero-ITA	330	264	396	992
Coyle-IRE	297	187	474	959
Brenol-FRA	330	209	407	948
Manna-ITA	286	214	385	887
Corcoran-IRE	264	220	374	859
Crema-ITA	253	132	286	672
198 lbs.				
Spicer-ENG	457	297	584	13244
Lowe-ENG	468	363	501	1333
DeCostan-ITA	440	297	507	1245
Rondeaux-FRA	440	308	474	1223
Golding-ENG	463	248	507	1218
O'Brien-IRE	418	297	496	1212
Hy-FRA	418	286	485	1190
Brogan-IRE	374	281	463	1118
Grotto-ITA	385	330	463	1179
Davis-ENG	385	242	496	1124
D'Ambros-ITA	396	308	396	1102
Morra-ITA	319	242	496	1058
Conforto-ITA	374	253	418	1047
Pandiscia-ITA	308	286	407	1003
Perlo-ITA	—	—	—	—
Invernizzi-ITA	242	220	—	—
220 lbs.				
Gesualdo-ITA	540	352	584	1477
Nardulli-ITA	451	275	485	1212
Christie-SCT	402	275	485	1162
Meehan-IRE	440	226	451	1118
Serio-ITA	264	231	374	870
Ferrara-ITA	242	220	352	815
242 lbs.				
Jones-ENG	562	407	617	1587
Pilling-ENG	595	330	617	1543
Fisher-ENG	573	358	567	1499
Davies-WAL	518	374	595	1488
Vecchio-ITA	507	341	606	1455
Ingrassia-ITA	451	429	567	1449
Fennelly-IRE	485	319	639	1444
Godon-FRA	440	363	617	1422
Beeby-ENG	463	308	573	1344
DiMartin-ITA	352	264	529	1146
Davies-WAL	391	253	446	1091
Costeli-SWI	319	231	385	937
275 lbs.				
Sutton-WAL	595	440	639	1675

Griffin-IRE	463	352	440	1256
319 lbs.				
Haydock-ENG	617	385	694	1697
Brown-USA	451	451	600	1504
Varley-ENG	507	385	562	1455
Shprints-RUS	385	347	424	1157
319+ lbs.				
Fitzhenry-IRE	661	507	617	1785
176 lbs.				
Best Overall Unequipped Female (based on Malone): 1. Rose Lozano (FRA), 2. Judy Gedney (USA), 3. Helen Isaac (ENG). Best Overall Equipped Female (based on Malone): 1. Bernie McKinley (SCO), 2. Judy Gedney (USA), 3. Yulia Tkach (RUS). Best Unequipped Male (based on Swartz): 1. Steve Wilkinson (ENG), 2. James Fennelly (IRE), 3. Simoncic Samo (SLO). Senior: 1. Mark Haydock (ENG), 2. Dave Fitzhenry (IRE), 3. Chris Jones (WAL). Masters: 1. Peter Sutton (WAL), 2. Carlo Conforto (ITA), 3. Les Pilling (ENG). Open: 1. Peter Sutton (WAL), 2. Mark Haydock (ENG), 3. Dave Fitzhenry (IRE). Best Equipped Male (based on Swartz): 1. Seb Borgers (BEL), 2. Philip Nosko (ENG), 3. Dan Conigliaro (ITA). Senior: 1. Matt Saunders (ENG), 2. Maxim Tikhonov (RUS), 3. Andre Mochalov (RUS). Masters: 1. Mark Norton (ENG), 2. Beny Verbeke (BEL), 3. Dave Smith (IRE). Open: 1. Matt Saunders (ENG), 2. Maxim Tikhonov (RUS), 3. Mark Norton (ENG). Day one of the World Championships started with the unequipped division. A two platform system was used due to the high number of entries. Eight flights, 104 athletes made for a busy looking day. In the 44 kgs. ladies class Judy Gedney at M6, 65 years young put in an excellent performance totaling 250 kgs. All Judy's attempts were World Records, this in itself must be a record! At 53 kgs. Paola Gargiulo totaled 192.5 kgs. unopposed. The 55.5 kgs. ladies category was very well subscribed with 7 lifters. Rose Lozano came out on top, a lifter with experience M1 and Open winner with a 302.5 kgs. total, runner up Nancy Wagner from Switzerland finished on 265 kgs. closely followed by 29 year old Antonella D' Mario with 262.5 kgs. who if had pulled her last deadlift would have reversed the outcome. On to the 58.5 kgs. ladies and a good result for Helen Isaac with a 305 WR total and a courageous attempt at a 150 WR deadlift that wouldn't pass her knees, but, I feel certain it will soon. Della Milbourne totalling 250 kgs. was quite ill and this reflected in her performance. I am sure she'll be ready for battle in Kinsale for next years worlds. The 63 kgs. had 3 contestants, 2 Italians and 1 French. The latter setting new world record in all lifts culminating in a 305 kgs. M2 total World Record for Veronique Bourdon. Runner up was 15 year old T1 Jessica Bobbio with a 95 kgs. squat World Record, 105 deadlift and 242.5 kgs. WR total. Marzia Salvatorelli came 3rd with 227.5 kgs. total. Two competitors at ladies 70 kgs. class and a good battle between Concetta Esposito and our own Melanie Golding, who at M2 set a new World Record of 112.5 kgs. Both benched 67.5 kgs. leaving Mel in the lead by 5 kgs.. Deadlift and Mel started at a cautious 135 kgs. which was ruled, no lift whilst Esposito pulled 157.5 kgs. Mel came back with 145 kgs. success then 152.5 kgs.. Esposito twice failed 162.5WR, but Esposito 0.6 of a kilo lighter. If only Mel had taken 155 she would have won but alas 332.5 at M2 and runner up. The 80 kgs. class two Italian ladies, a number of Euro and World records Alessia Milesi on 257.5 kgs. beating Laradena Frassati 197.5 M2. The 60 kgs. men's class had 4 entrants, 3 Italians and 1 Irishman at T2, 17 years of age. Italian Veronese winning with a good 440 kgs. total from teammate Furnari at 47.5 kgs. David Mullen stopping a clean sweep with at 312.5 kgs. Euro record, with Noseda coming 4th with 295 kgs. for Italy. At 67.5 kgs. Peter Bedford dominated the Italian opposition with 165 kgs. WR squat, 122.5 bench and 215 kgs. WR deadlift, giving 502.5 kgs. total. Only Angelo Puddu gave Peter anything to think about totaling 495 kgs.. The other five lifters were some way adrift. The 75 kgs. class had one of the biggest entries I have ever seen in a WDFPF World Championships with 17 lifters. With a total of 562.5 kgs. Verachi overcame				

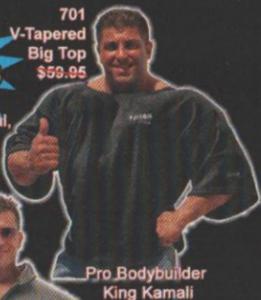


85 Year Young PAUL SEE - (with Judy Gedney) represented France and after his successful DL opener, he collapsed. He was not breathing nor was his heart beating, but he was resuscitated. He wanted to do another deadlift, but was sent to the hospital, where he checked out OK and returned for his award.

turned out to be a real scrap. Les Pilling ended up with a 270 kgs. squat to Steve Fisher's 260 and Chris Jones of Wales at 255. Chris Jones has great benching ability with such a narrow grip pushing out 185 kgs. Steve Fisher managed 162.5 missing 172.5 twice. So at sub total stage Jones 440, Fisher 422.5 and Pilling 420. Mark Davies of Wales wasn't far away on 405 sub total so it came down to deadlift. Steve Fisher only managed 257.5 and effectively out of it. Les started with 260, Jones then followed with an easy 280. Mark Davies threw his name into

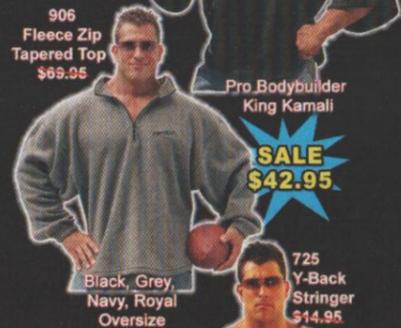
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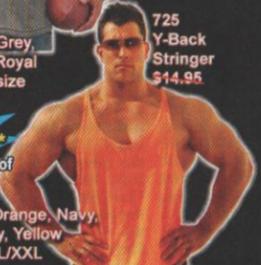
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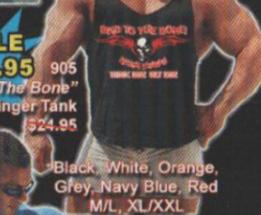
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UPDATE ON HERB GLOSSBRENNER



Herb Glossbrenner is in the process of recovery from his stroke in November. His speaking voice is normal, but his short term memory is not, and he is "re-learning" how to read and write. Financial contributions are still welcome. (Send checks payable to Herb Glossbrenner, c/o Powerlifting USA, Box 467, Camarillo, CA 93011). The possibilities for a nearly full recovery for Herb seem good. Of course, Garry Frank (who sincerely respects the work Herb has done in PL) joked that Herb was "never 100% to begin with", so if he only comes back to 90%, that will still be pretty darn good! Get Well Soon, Herb

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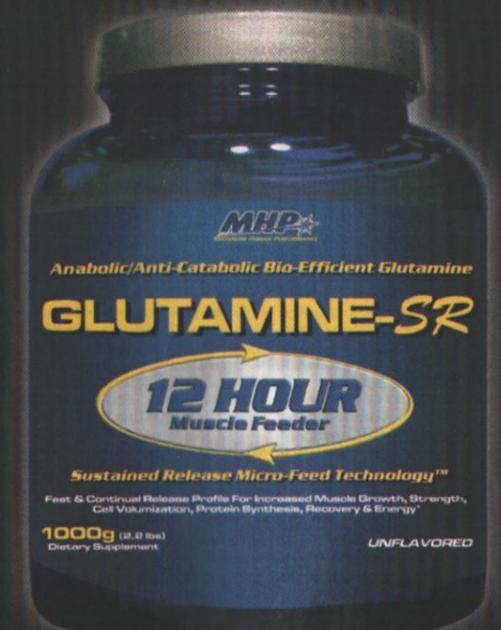
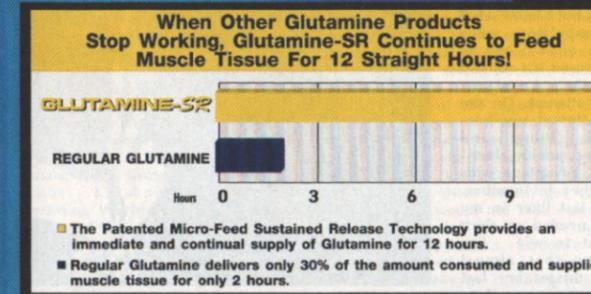
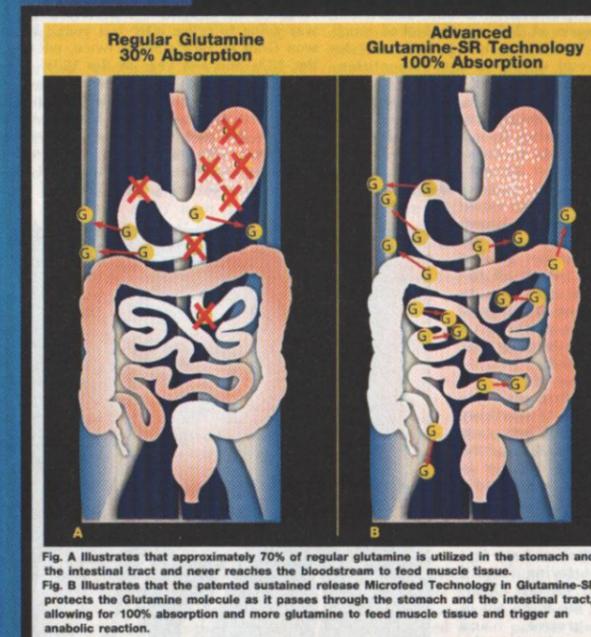
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Justyna Kozdryk... gold @ 97 lbs.

IPF WORLD BENCH PRESS CHAMPIONSHIPS as told to Powerlifting USA by Steve Petrencak

in at least 5 World Championships; and the women have only been competing at these championships for 9 years. The early battle looked to be for second and third places as the favorite Fukushima opened up with 259 pounds, 61 pounds higher than the rest of her competition. It was a very good battle as Dalling who was sitting in 3rd position, after the first 2 attempts, would attempt 198 on her third to tie Balogova and take the lead on bodyweight. She missed, settling for 187, and now had to wait, like the rest of the group, as Fukushima had already missed her first two attempts. Marcela Balogova of the Czech Republic stood at second with her 198 opener, and Svjantekova was in the lead with 209. Some may ask why Fukushima would have opened so heavy; she surely could have won Gold at a much lighter weight. Like a lot of the Japanese lifters, they are such great technicians and utilize their shirts so well, that they sometimes go big or go home. She had some stability issues on this day and was even awarded another 2nd attempt as their were problems with her hand off, but in the end it was not her day as she could not get a lift passed. Svjantekova would secure her 4th Gold, her first in the 105 class, Balogova would take her second straight Silver, and Dalling would go to the Medal Podium for the first time in 9 years, taking Bronze.

WOMEN 114 LBS: Noticeably absent from this class was Russia's Irina Krylova. Krylova had competed in 7 of the previous 9 Championships finishing second only twice while securing 5 Golds. Anna Olsson of Sweden has done battle with Krylova the last two years with Olsson winning in '03 and Krylova winning in '04. The World record has changed hands 4 times between the two with Olsson currently taking it back at this year's European Championships. Regardless of Krylova's absence, it looked as if Olsson would have been tough to beat this year. I personally saw her press around 260 lbs for her last warm-up, without a bench shirt! I spoke with Olsson before the meet and she told me how excited and proud she was to perform in front of her home country. I'm not sure if her emotions were ahead of her as she missed badly due to technicalities on her first attempt of 281, which was equal to her own World Record. Olsson, like Fukushima, opened far ahead (28 lbs) of her competitors; and one had to wonder if the result would be a repeat of the previous weight class. Kaori Nagaya of Japan and Viva-Tuulia Arpala of Finland also had missed, leaving the veteran Mervi Sirkia of Finland in first after opening attempts. Everyone up to Olsson missed their second attempts. I'm not sure what adjustments Olsson made after her first miss, but she crushed the 281 this next time and all but secured Gold. On their thirds, newcomer Susse Hougaard of Denmark made a final attempt to put herself into second position on bodyweight, but the judges turned it down. Arpala was unfortunately not able to get in a lift and was disqualified, securing Sirkia the Bronze. A clutch third attempt of 254 by Nagaya secured her the Silver and saved her from the fate of Arpala. The Olsson show would continue; as she was after a new World Record of 292, which went up better than her previous attempt. She wasn't done however; she wanted to bust the 300 barrier on her fourth attempt, going after 303. With a loud scream and her trademark stomping of her feet, she got under the bar and ground out another World Record to the cheers of her home crowd.

WOMEN 105 LBS: After enjoying 6 straight medals in the 97 lb class, including 3 Golds from 00 to 02, Eva Svjantekova moved up to the 105 lb class this year; and she couldn't have picked a better year. Yukako Fukushima of Japan has dominated this class for the last 5 years; she has taken Gold all 5 years she has competed and seems to break her own World Record at every meet. There was a lot of experience in this group as Fukushima, Svjantekova, Lee Ann Dalling of Canada, and Junko Kitamura of South Africa via Japan, have all participated

WOMEN 123 LBS: Again, we had a weight class that was missing one of its strongest competitors. Tamara Althaus of Germany, who is 6 for 6 in Gold medals and the current World Record Holder, was not in attendance. This opened the door for her toughest competitor, American Jill Darling. Darling has taken 2nd to Althaus the last two years; and even took an attempt to take Althaus' World Record at the 2004 U.S. Nationals. Darling seemed to be the early favorite to secure her first Gold Medal. I say seemed because not only was she going to have a push from Finland's Kristina Nagypal, but three other potential medalists originally nominated in other weight classes, were now moving into the 123s. Finland's Hanna Rantala and American Jennie Hollier, who was having problems making weight, both moved up from the 114s; and Sweden's Anna-Maria Noglegaard was moving down from the 132s. Once again, we had a favorite miss her first attempt as Darling missed at 242. Rantala sat in first with 248, Noglegaard in second with 237, followed by Hollier and Nagypal each with 226. Hollier would later tell me that she had a hard time getting the bar to touch her chest; and that she needed more weight because she felt she was expending too much energy pulling the bar to her. Darling came back with a very strong looking second attempt at 242. Unfortunately, moving up to 242 still did not seem to remedy Hollier's problem as she looked very unstable and had to really grind out the lift, which was not passed and she would finish 6th. Noglegaard and Rantala each powered up 248 and 253 respectively to take the first and second spots with Darling now in third position. Hollier missed her third, again at 242, which looked much better; but it was not passed and she would end up 6th in the competition. After Nagypal missed, Darling, having the better lot number, could now just follow her competition up the ladder after clinching Bronze. Noglegaard would go onto to press 264, but Rantala would miss her attempt at 270. It was up to Darling now; she needed to hit her 270 for the win or she would end up third. I've known Jill for 6 years and this was by far her gutsiest attempt. With all the pressure on her to perform on the biggest stage, she powered up the 270 to take her first Gold Medal.

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final attempt. Hearing the anthem was emotional and all my hard work led up to that one moment... and made me thirsty for more! And Steve, you told me something that I have thought about every day since worlds. You said that I will now always be referred to as a "World Champion". Something I had never really thought about, but now something I will never forget."

MEN 114 LBS: When you think of 114 pound benchers, Poland's Andrej Staszek quickly comes to mind. The current World Record Holder has been absent now 4 of the past 5 years from competition, only showing up in 2003 to take back his title and once again break his own World Record. This would once again make last year's Champion Naoya Ikeda of Japan the favorite, followed closely by former World Champion and three time Silver medalist Andris Rudulis of Latvia and last year's Silver medalist, Krzysztof Wrona of Poland. Always in the mix was Christian Klein of Germany, who has now participated in 13 of these competitions, taking Gold in 01 and finishing in second or third 5 other times. Ikeda and Rudulis took the quick lead with openers of 364 and 358 respectively; and would fortunately have those two lifts hold up for Gold and Silver as both missed their next two attempts. Wrona took a shot at second on his third attempt, which would have given him the Gold based on bodyweight, but it was his only miss; and he finished with Bronze.

MEN 123 LBS: Hiroyuki Isagawa of Japan would lead this field. Isagawa not only has taken Gold in two different weight classes, but he currently holds the World Record in the 123s as well. He has three Golds and two Silvers to his name. His main rival was Taqy Parnian from the Netherlands, via Iran, who told me he was going to retire after last year. Hiro won Gold to Taqy's Silver twice, once in the 132s and last year in the 123s; and Taqy finished with Gold over Hiro, twice in the 132s. That battle would not happen this year. Isagawa's main battle would be with his own countryman, Hisayuki Nakayama, who has a Silver and Bronze in two past meets. Both opened up at 374 with Nakayama being the lighter of the



Jill Darling... gold medalist for TEAM USA.

two. Isagawa would make his lift; but Nakayama would miss his, as it looked very heavy. This may have now opened the door up for Dariusz Wszola of Poland and Mikkel Sorensen of Denmark for medal contention after making their first attempts. After witnessing Nakayama's second attempt, it looked as if the 374 may have been just too much for him on this day, as he was unable to keep his elbows locked out at the start of the lift due to the heaviness of the weight; and would go on to miss a second time. Isagawa missed his second and third, taking two attempts at 391. Nakayama would miss his final attempt and be disqualified. Wszola and Sorensen each went three for three finishing with 331 and 298 respectively. Wszola would take his first Silver and Sorensen his first Bronze, as Isagawa secured his 4th Gold on his opener.

MEN 132 LBS: This was my weight class; and it was led by one of the best, Ayrat Zakiev of Russia. It was pretty much known that once Zakiev got his opener in, it was over for the rest of us. He did just that, opening with an incredible 441. The battle for 2nd and 3rd would be fought between the rest of us. It was a very close battle as neither the Bronze or Silver medals were solidified until the third attempts. After failing on my 2nd and 3rd attempts, I was fortunate enough to hold on to the Bronze with my opener of 336. Newcomers Nils Forsman of Sweden and Michael Nielson of Denmark were close behind at 331 and 314 respectively; and Thomas Chrzanoski came in with Silver at his first Championships with a lift of 353. Zakiev, meanwhile, would entertain the crowd with lifts of 463 and a new World Record 474. He would take a stab at 485 on a fourth, but may have run out of gas. Ayrat now runs his winning streak to 3 straight.

MEN 148 LBS: To say that this weight class was loaded would be a major understatement. Before it was over, there would be 9 attempts equal to or better than the current World Record of 496 held by Kimihisa Ito of Japan. The depth of this class included Kenichiro Matsumoto of Japan who had just broke the 132 lb World Record last year. I witnessed him benching a pretty easy 396 as his last warm up, without a bench shirt. Then there was Alexey Sivokon of Kazakhstan, who had never lost in these championships, winning 6 Golds. At last year's World Championship I saw Sivokon knock out 3 reps of 365 like they were 135 without a bench shirt for his last warm up. The point is, these guys are just flat out strong. Then there were the Russians, Ravil Kazakov and Alexander Gromov. Kazakov holds the Junior Powerlifting World Bench Press Records for three different weight classes and broke the Open Powerlifting World Bench Press Record just weeks earlier at the World Meet in Miami with a lift of 513. Gromov, held one of those Junior Bench World Record until Kazakov broke it.



Steve Petrencak... author and medalist.

Oh, did I forget to mention that Markus Schick of Germany decided to join in on the fun? He won the 123 class in back to back years of 93 and 94; and has also gained fame in the WPO recently hitting an ungodly 650 in the 165 class. Schick basically lived on honey for the last two days just to make the 148s. Not sure about the other guys in the class, but American Joe Smith called me periodically as nominations were coming in. Joe is one of the top lifters in the United States at 148; and all he could do was give me one of those "Are you kidding me?" laughs. Joe took a bronze in the 132 class in 03 and Niklas Jonsson of Sweden took a Silver and Bronze the previous two years. Unfortunately they were going into a great uphill battle. Even Koji Higashizaka's second attempt of 462 would only get him 6th place. Gromov and Kasakov both opened successfully with 462. Then Sivokon, Matsumoto and Schick all opened with successful lifts of 485. Gromov and Kazakov stuck together and caught up with 485 attempts on their seconds, while attempts of 496, 502, and 507 were unsuccessful from Schick, Sivokon and Matsumoto respectively. So after two attempts we had a ridiculous 5-way tie at 485 with Higashizaka close behind at 462. Like many weight classes, successful 3rd attempts were hard to come by. One by one, each lifter missed including 3 more attempts at a new World Record. The final attempt was by Gromov and he would be the only one to come through as he drove up a new World Record of 507. Kasakov and Sivokon would take Silver and Bronze on bodyweight.

American Feedback: Joe Smith: "My lifting performance didn't go as well as I had hoped. Maybe due to coming in too light, but probably due mostly to food, travel, and time difference. How I felt about my finish? Not as bad as you would think. I came in seventh, and at best might have come in sixth. My weight class was very tough, with six guys doing over triple body weight. What I noticed about my competition is that they are strong, with or without a bench shirt. I don't feel I came in at my strongest, and didn't finish with the lift I was looking for. I only hit my opening attempt of 430. Would have felt a lot better with 468, which was my last attempt. Even though that would have only got me sixth."

American Feedback: Steve Petrencak: "I came in too light which is nice for strategy, but terrible for strength. I couldn't re-hydrate that well either. When all was said and done I just didn't hit my best; and I know that the travel hit me too. I still cannot figure out these new shirts; and after getting 325 earlier this year in a meet with no shirt, I finished with only 336 at this meet in the shirt. One of the Japanese lifters was gracious enough to show me about 4 things that need to be changed on my shirt for my body-type; so hopefully I can be a little more competitive in the shirt down the road. I know I should feel happy to at least get a medal, but missing out on Silver again really frustrates me. This was my fifth World team, and like the rest, there is nothing like the camaraderie of being on a team that represents your country. It's also nice to be around so many great strength athletes from all over the world."

WOMEN 148 LB: Elena Fomina, where have you been? The Russian has not been at these championships since 2000, when she took Gold for the first time. She made up for the lost time by opening up with the biggest first attempt, a successful lift of 309. After the 2nd attempts were finished there was a logjam that separated second from fifth by only 14 pounds. Yoshiko Komi of Japan and nominated favorite Svetlana Korobeynikova of Russia would lead the way with 298, followed by Gundula Fiona von Bachhaus of Germany with 292 and Bente Arnsten of Norway with 286. Aside from the Gold, which Fomina wrapped up by hitting 319 on her second, Silver and Bronze would not be decided until all of the third attempts were over. American Sara Hogan sat in 6th with 259 but would take a big jump to 297 for medal contention on her third. There was only one problem. Where was Sara? There was an apparent miscommunication between the coaches and the handler; and Sara would unfortunately time out on her attempt as she made it to the bench with only a few seconds to spare. Von Bachhaus looked to have pressed a successful third attempt of 303, but it was turned down. After deliberation by the jury

come by, but we actually had more than 50% in this class, when the average was about 25%. One of those successful third attempts was by Antti Liimatainen of Finland who avoided disqualification by making his only attempt of 485 to secure the Bronze. Knyazev finished his day off with 523 to take Silver. The one 3rd attempt that everyone wanted to see was Kodoma's attempt to break his own World Record. With an amazing 623 lbs on the bar he was able to press it out, but not the liking of the judges who turned it down two to one. There may have been some slight downward movement as he brought it up, but he definitely had the strength. Kodoma continues his dominance with his 4th straight Gold. It was later announced that Zeilinger would be okay; and I believe he even came out the next day to show the audience he was all right.

WOMEN 165 LB: This is the only class, Men or Women, that has never had a repeat winner. Looking to change that would be last year's winner American Christina Newman, who also holds the current World Record. Looking to stand in her way of history would be newcomer and top nominated Svetlana Sharifulina of Russia, two-time medalist Kimiko Oba of Japan, and wildcard Claudia Narovnigg of Austria who was a champion herself back in 2001. Before the flight began, there were some issues with the tightness of one of Newman's sleeves. I remember trying to pull the sleeve opening away from her arm as it was putting on so much pressure that her arm began to turn blue. Even massaging her arm to try and get the blood flowing was not working. You could tell she was getting anxious to get her lift in before she lost all feeling in her hand. She would go out to attempt 303 on her opener. Deb Ferrell was sitting next to me going crazy; "What is she doing?" she asked, as time was running out. What she was doing was using one hand to clamp the bar, now apparent, numb hand onto the bar. This could only spell disaster as she took the lift off, and with no feeling in that hand, dropped the bar. The quick reaction of the spotters saved her from catastrophe.

WOMEN 148 LB: Elena Fomina, where have you been? The Russian has not been at these championships since 2000, when she took Gold for the first time. She made up for the lost time by opening up with the biggest first attempt, a successful lift of 309. After the 2nd attempts were finished there was a logjam that separated second from fifth by only 14 pounds. Yoshiko Komi of Japan and nominated favorite Svetlana Korobeynikova of Russia would lead the way with 298, followed by Gundula Fiona von Bachhaus of Germany with 292 and Bente Arnsten of Norway with 286. Aside from the Gold, which Fomina wrapped up by hitting 319 on her second, Silver and Bronze would not be decided until all of the third attempts were over. American Sara Hogan sat in 6th with 259 but would take a big jump to 297 for medal contention on her third. There was only one problem. Where was Sara? There was an apparent miscommunication between the coaches and the handler; and Sara would unfortunately time out on her attempt as she made it to the bench with only a few seconds to spare. Von Bachhaus looked to have pressed a successful third attempt of 303, but it was turned down. After deliberation by the jury

from a German protest, she was awarded another attempt at it after the round was over. In the meantime, Arnsten's third attempt of 297 put her into third place on bodyweight over Korobeynikova, who missed her attempt at 309. Komi also missed 309 but was sitting in 2nd, and like Arnsten, had to wait for Von Bachhaus' repeat attempt. Fomina finished off her run at Gold with a final attempt of 330. Now it was back to Von Bachhaus who needed to get her 303 in for a second time and take Silver or finish 5th. She shook off the pressure and pressed it up again, this time to the liking of the judges and took her first medal. A disappointed Komi was dropped to Bronze and an even more disappointed Arnsten was knocked out of the medal ceremonies. 50-year-old Komi may have missed out on the Silver, but after 5 attempts at a medal in the 132 class, she moves up to the 148s for her first medal in these open championships!

WOMEN 132 LB: No Jennifers? Not in attendance for the first time in 6 years was American Jennifer Thompson, a two time Gold medalist. Thompson was expecting; and obviously chose to take some time off from competition. Neither was American Jennifer Robertson who finished second to Thompson in 03 and edged her out for the Gold last year. I believe schooling took priority for her this year. This year would still showcase two women who have been on the medal stand in the past: Natalia Igosheva of Russia who finished in third last year and Evva Rantanen (nee Nikander) of Finland who took Bronze in 98. Both women would come out with strong openers, 265 for Igosheva and 254 for Rantanen. Chiho Aoki of Japan would be the wild card as she opened up with 44 more pounds than she was nominated at; but missed her first attempt at 265. The heavier Igosheva would continue to stay slightly ahead of Rantanen on the next two lifts as both women would go three for three and finish with 292 for Gold and 287 for Silver respectively. Anne Heikkila of Finland would outlast Aoki for Bronze, who was unable to press out any of her three lifts.

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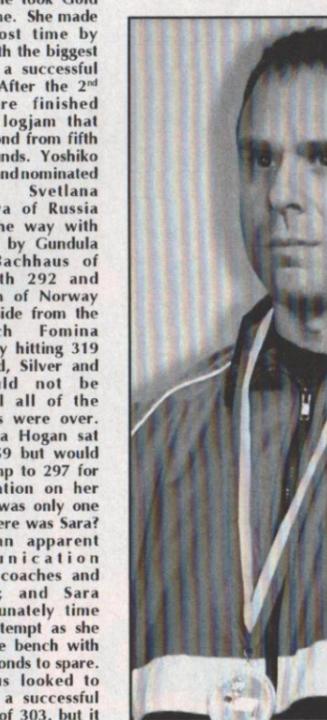
WOMEN 165 LB: This is the only class, Men or Women, that has never had a repeat winner. Looking to change that would be last year's winner American Christina Newman, who also holds the current World Record. Looking to stand in her way of history would be newcomer and top nominated Svetlana Sharifulina of Russia, two-time medalist Kimiko Oba of Japan, and wildcard Claudia Narovnigg of Austria who was a champion herself back in 2001. Before the flight began, there were some issues with the tightness of one of Newman's sleeves. I remember trying to pull the sleeve opening away from her arm as it was putting on so much pressure that her arm began to turn blue. Even massaging her arm to try and get the blood flowing was not working. You could tell she was getting anxious to get her lift in before she lost all feeling in her hand. She would go out to attempt 303 on her opener. Deb Ferrell was sitting next to me going crazy; "What is she doing?" she asked, as time was running out. What she was doing was using one hand to clamp the bar, now apparent, numb hand onto the bar. This could only spell disaster as she took the lift off, and with no feeling in that hand, dropped the bar. The quick reaction of the spotters saved her from catastrophe.

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from a German protest, she was awarded another attempt at it after the round was over. In the meantime, Arnsten's third attempt of 297 put her into third place on bodyweight over Korobeynikova, who missed her attempt at 309. Komi also missed 309 but was sitting in 2nd, and like Arnsten, had to wait for Von Bachhaus' repeat attempt. Fomina finished off her run at Gold with a final attempt of 330. Now it was back to Von Bachhaus who needed to get her 303 in for a second time and take Silver or finish 5th. She shook off the pressure and pressed it up again, this time to the liking of the judges and took her first medal. A disappointed Komi was dropped to Bronze and an even more disappointed Arnsten was knocked out of the medal ceremonies. 50-year-old Komi may have missed out on the Silver, but after 5 attempts at a medal in the 132 class, she moves up to the 148s for her first medal in these open championships!

WOMEN 148 LB: Elena Fomina, where have you been? The Russian has not been at these championships since 2000, when she took Gold for the first time. She made up for the lost time by opening up with the biggest first attempt, a successful lift of 309. After the 2nd attempts were finished there was a logjam that separated second from fifth by only 14 pounds. Yoshiko Komi of Japan and nominated favorite Svetlana Korobeynikova of Russia would lead the way with 298, followed by Gundula Fiona von Bachhaus of Germany with 292 and Bente Arnsten of Norway with 286. Aside from the Gold, which Fomina wrapped up by hitting 319 on her second, Silver and Bronze would not be decided until all of the third attempts were over. American Sara Hogan sat in 6th with 259 but would take a big jump to 297 for medal contention on her third. There was only one problem. Where was Sara? There was an apparent miscommunication between the coaches and the handler; and Sara would unfortunately time out on her attempt as she made it to the bench with only a few seconds to spare. Von Bachhaus looked to have pressed a successful third attempt of 303, but it was turned down. After deliberation by the jury

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Steve Petrencak... author and medalist.



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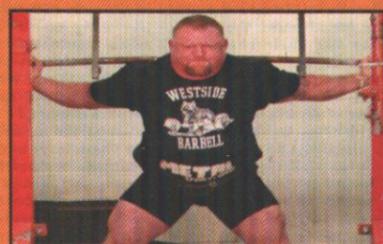
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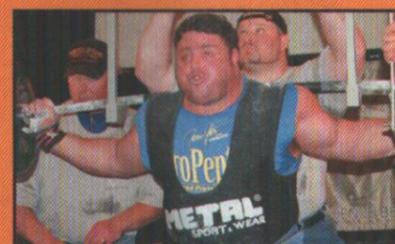
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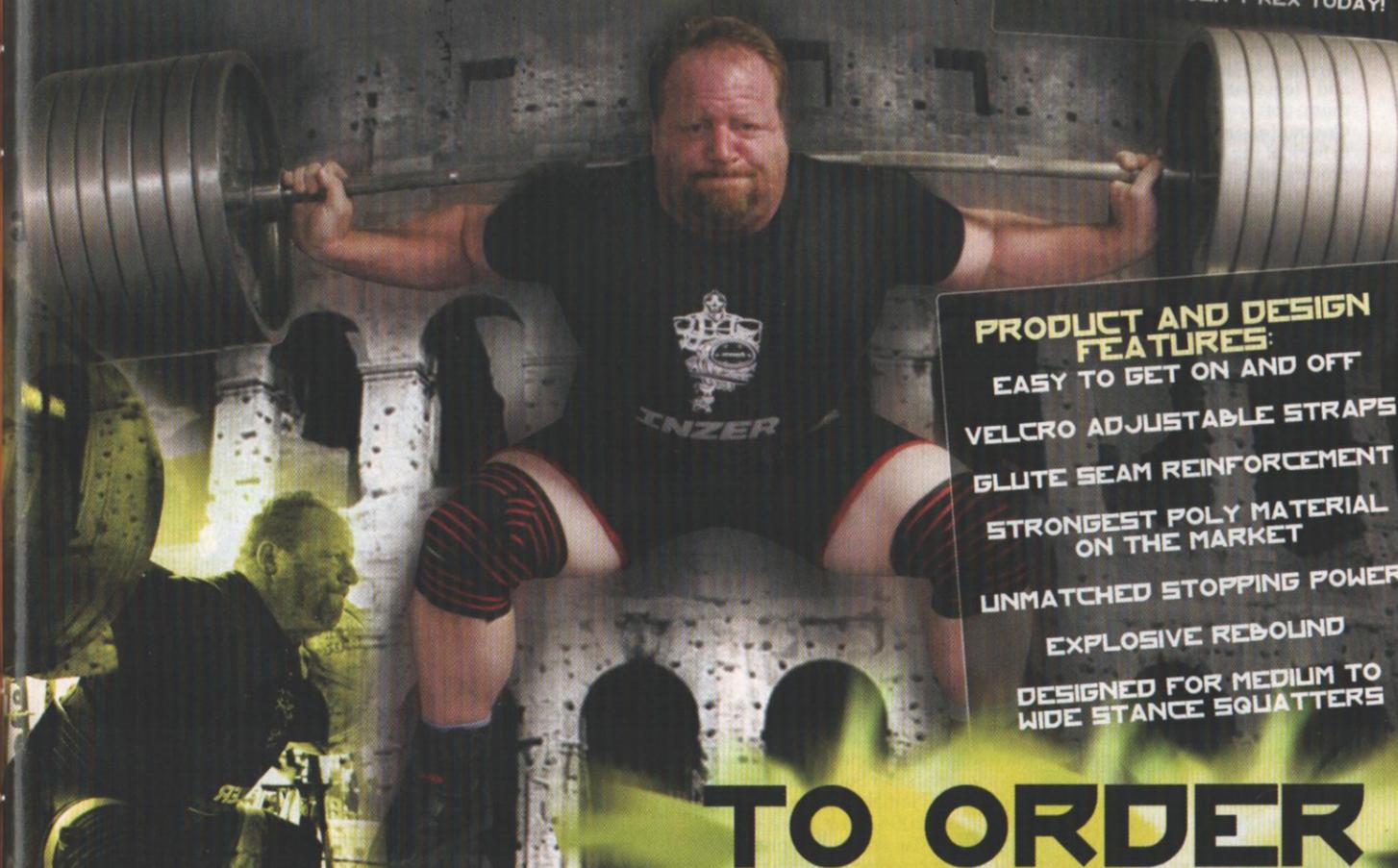
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TRAINING

TAKING GOODMORNINGS TO THE 'NEXT LEVEL'! as told by Lawrence De Alva

I am sure by now every Powerlifter knows about how essential good mornings are. Since I did good mornings for the first time, I fell in love with the exercise. I personally feel that they should be in everyone's training program, no matter what your training goal! They will strengthen every muscle in back, especially when they are performed correctly!

There are many ways to perform the good morning. Some variables include wide stance, close stance, medium stance, arched back, flat back, round back, high bar, low bar, different bars, etc. Here at Hawg's Barbell Club, we perform all varieties of good mornings. In fact, if you don't want to do them, you can bet I'll boot ya outta here! The last thing I need is for someone to get hurt in the gym, and I feel that by not performing them, you are asking for injuries. One must ensure that all the muscles in back of the body are strong, to prevent injury. If they are weak and you're squatting and/or deadlifting, your chances of injury are higher, it will just be a matter of time before you will get injured. To the contrary of what most trainers think, they are perfectly safe when done correctly. I feel I can speak about this after having recovered from a L5-S1 annular disk tear TWICE! That's a whole other story! Are there ways to perform this exercise to get more out of them? Well, I kept thinking about this very question, when I realized that if you could lean back while performing this exercise the low back, hips, glutes, and hamstrings would work harder!

If any of you are like me you will do almost anything to add pounds to your squat and deadlift, and add some size to the erectors, glutes, hips and hamstrings! A Powerlifter's dream come true, right?

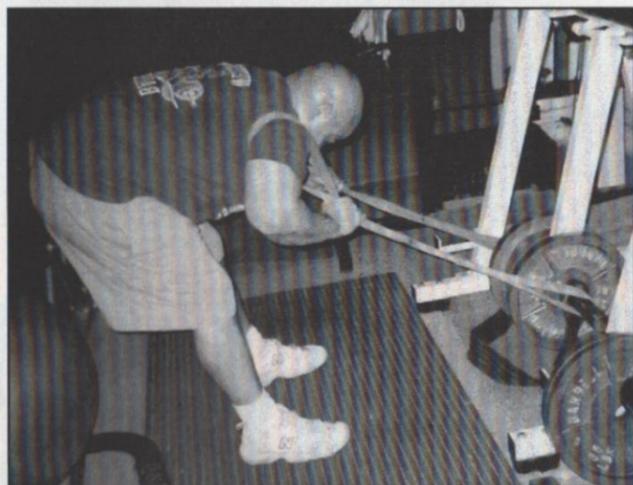
Here at Hawg's Barbell, we perform De Alva good mornings on the Reverse Hyper. I came up with this exercise out of necessity. We perform them on the Reverse Hyper, but they can also be performed on a low cable pulley machine. I will explain the Reverse Hyper method first. What makes the Reverse Hyper method so great

is that the weight is in front of the body! There is no way to do De Alva good mornings properly without the Reverse Hyper. With this method you have to fight hard to come up from the bottom part of the good morning, and at the top you have to drive your hips and glutes hard to lock out the weight!

Make sure there is some weight on the Reverse Hyper, and make sure the long strap to the Reverse Hyper is on. Grab a towel and place it around the neck. Now bend over and place the strap around your neck and over the towel. You will feel the weight pulling you forward. Take a small step or two away from the machine so that there is no slack in the strap and you actually have to lean back a little. Now lean forward and perform a good morning you will find that you will feel a huge stretch in the glutes, hips, and hamstrings, and the spinal erectors, of course. You can also perform these standing on a 3"-4" box which will be even harder. These can be performed close stance, medium stance, wide stance, arched back, flat back, etc. The key to the De Alva good mornings is to lean back hard or as much as possible. Also, if there is too much strain on the neck you can use straps - just put the straps on the shoulders. We use the straps from the sled we use for dragging. We put the straps around the shoulders, then perform the exercise as described previously.

The low cable pulley method is performed in the same manner, except you will need some straps of some kind to put around your neck and/or shoulders. With the low cable pulley method the weight is not pulling you forward as much, but this method is still good and it will do wonders for you. Again, make sure to lean back as hard as possible. This is key for all the exercises being described.

Here is one of my favorites, but it will require a special device. It's called the Super Squat Harness sold by Fred Hatfield. You can call 1-800-732-2004. The price is \$204.00. That's not a bad price considering it's going to make you stronger! Good mornings with this device will definitely make a man



Start Position for the DeAlva Good Morning on the Reverse Hyper

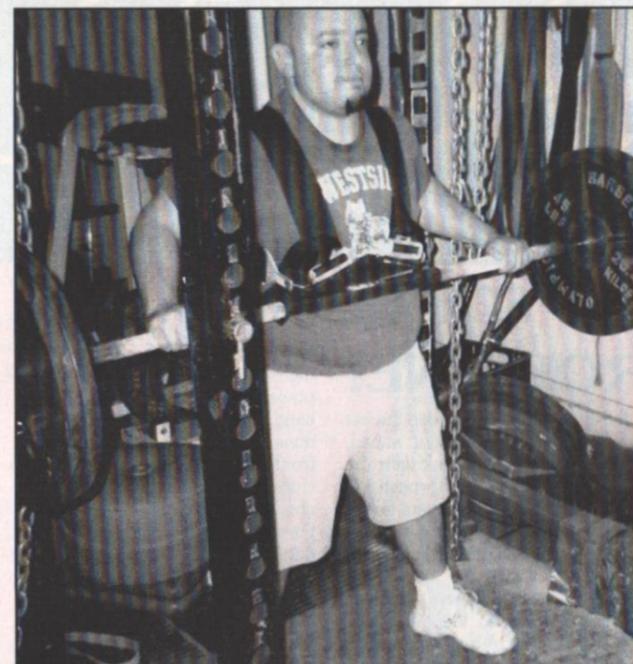


Finish Position for the DeAlva Good Morning on the Reverse Hyper

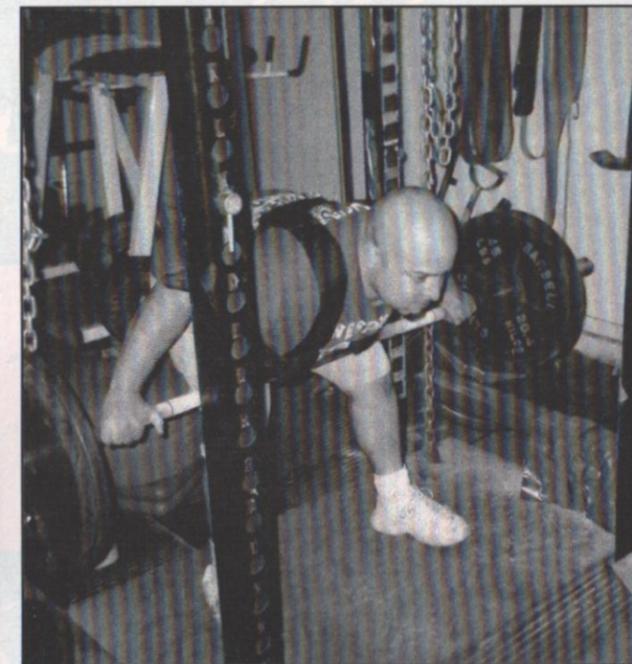


DeAlva Good Morning on a 3" box with a strap around the neck

out of you! These are really hard and I love them. What makes this device great is that the weight sits in front of the body. This will allow



In the Start Position for the Super Squat Harness Good Morning



In the Bottom Position for the Super Squat Harness Good Morning

you to lean back more, and when you are in the bottom of the good morning, you will have to drive the hips, glutes, and low back up hard to come out of the bottom position. It's a position very close to the start and finish of the deadlift! Start light on this one to get used to it.

Put the device on, and make sure it's on tight. Make sure the barbell is placed evenly in the harness. Unrack the weight, now lean back and you will naturally lean forward as in a good morning. Bend over as far as you can go, then drive your hips, and glutes up hard through the top. Again, you will feel a huge stretch in all the muscles in the back of the body with this exercise. You can also do this exercise to pins in the power rack, letting the bar rest on the pins for a few seconds. This exercise is a must in everyone's training program! The results from performing this exercise are a bigger squat and deadlift. We have used 600 pounds with this device with no problem. It is strong. You can also perform Zercher squats with this device. Goodbye, painful arms! There are a variety of exercises you can do with the Super Squat Harness, and it comes with an instructional booklet.

Here is another exercise that you can do with bands, and this is a good one. I like doing them for high reps, but various set and reps scheme can be used. Walk over to a wall

so you are a few feet away with your back facing the wall. Now, grab a band and put it around your feet, then bend over and put it around your neck. Lean against the wall so your back is against it and your feet are out in front of you, while the band is around your neck. Your feet should be about 2 feet away from the wall. Lean forward and you should feel a tremendous stretch in the hamstrings, glutes, low back, hips, etc. Come back up to the starting position to where your back is flat against the wall.

Variety in any training program is a must and the same applies here. Again, a wide stance, a close stance, etc., is good to hit the muscles from different angles.

All the exercises described should be performed with different set and rep schemes. We use them as assistance exercises. The Super Squat Harness good morning can be used as a Max effort exercise, though. These exercises will really trash all the muscles in back of the body like nothing else you have done. You will not need many sets

and reps when first performing these exercises, so be careful and let your body be your guide. I hope taking good mornings to the next level will help you as it has helped us here at Hawg's Barbell Club. The next time you're in the gym play Fat Joe's Lean Back and put these exercises to the test!

Your feedback and/or questions are always welcome, whether bad or good!

Lawrence De Alva
Hawg's Barbell Club
623-937-5396



Top for the Band Good Morning, leaning on the wall.



Bottom for the Band Good Morning, against the wall.

My e-mail is overflowing with people wanting MORE focus on the deadlift! With HUGE advances in gear, the deadlift is getting much less "glory", as the all time lists for the pull rarely are changed while the bench and squat are ever-changing. This will not be a routine that you will need a calculator to figure out or fancy equipment to perform. This is all about the OLD SCHOOL and what works. It's not candy coated or fancy. It does, however, require 100% commitment. Imagine an article entitled "Increase your bench without benching" or "Increase your squat without squatting", it's not going to happen, why should the DL be any different? The DL icons of the past: Gant, Anello, Inzer, Kuc, Kenady, Coan, Thomas, and the Finns ALL pulled HEAVY, and OFTEN. If you want to get rid of that sticking point, you're not going to just be able to add a layer to your DL suit to fix the problem, you must get mentally focused to go to battle, and start PULLING!

In another article, I covered the stiff leg DL intensely, and we are not throwing it out. That routine will get you ready to peak. If you haven't had the chance to read it I suggest you do. In the meantime here is an abbreviated off season blast to get you ready to peak for a NEW PR:

All stiff legs done off a 3 inch box, no belt, no straps, in sweatpants, add belt at Week 3.

Week 1 - 3x10, **Week 2** - 3x10, **Week 3** - 3x5, **Week 4** - 2x5, **Week 5** - 1x5.

The last week should be at or near 70% of your best DL. After Week 5 take one week off from pulling. Assistance will be raw bent rows off the box for 3x7, chins 2x7 and front lat pulls 2x7. DB shrugs 2x20 and weighted ab work, and to finish it off, Russian (aka regular) hyps for 3x10 with weight.

If you are NOT going to a 3 lift show, EASE off on the squat, do it raw (belt only) and much lighter (3x5), and your pull will thank you. If you are doing all 3 lifts you must listen to your body even more closely. If you want to bust that DL PR, then that must be your priority. So often the DL takes a back seat at contests, with guys pushing their squat and bench and running out of gas when it comes to the DL. I love it when I see guys like Andy Bolton and Garry Frank taking it to a whole new level when the bar gets on the floor, Eddy Coan and

WORKOUT OF THE MONTH

SGT. ROCK'S OLD SCHOOL DEADLIFT ROUTINE!

Steve Goggins do the same. It's like they get a huge second wind, and it motivates me to an extreme. The meet truly does not start 'til the bar gets on the floor!

a technical standpoint. Keep the bar in tight and head straight ahead, accelerate and don't yank with the arms, and throw the hips through and head back after the bar gets to the knees. The more speed you generate from the bottom, the better the lockout will be. Often times a missed lockout is the result of bad bar position or lack of bar speed!

The body will adapt to heavy reps, even in the deadlift. All time greats like Bob Peoples, Tony Caprari and John Inzer go against the "lazy mindset" and pull heavy and often, going less than 7 days between sessions. It took lots of warrior attitude, but Tony told me to give it a shot, and I pulled heavy every week for over a month with great results. When I first started DLing, as a teen, I would do several top sets for reps. Once I eclipsed the 500 barrier (as a skinny 148er, believe it or not) I cut it back to one top set and kept this approach for years. I then decided to bring back the OLD SCHOOL MENTALITY, and started doing multiple sets of reps, beginning with the SLDL, and it has really helped me bust through my sticking point. Here is the peaking routine, make sure you're getting enough protein and sleep, and supplement as

needed. A good whey protein, creatine and Animal Paks work great with a heavy cycle like this. Pull heavy and remember Sgt Rock's "Old School" Rules!

1. NEVER MISS A REP IN THE GYM!
2. STRAPS ARE FOR SISSIES!
3. STIFF LEG DLs ARE THE KEY TO SUCCESS!
4. LEARN TO USE A TIGHT SUIT!
5. KEEP THE BAR IN CLOSE, AND HEAD STRAIGHT AHEAD OR SLIGHTLY UP
6. TO DEADLIFT BIG, YOU MUST DEADLIFT HEAVY IN TRAINING

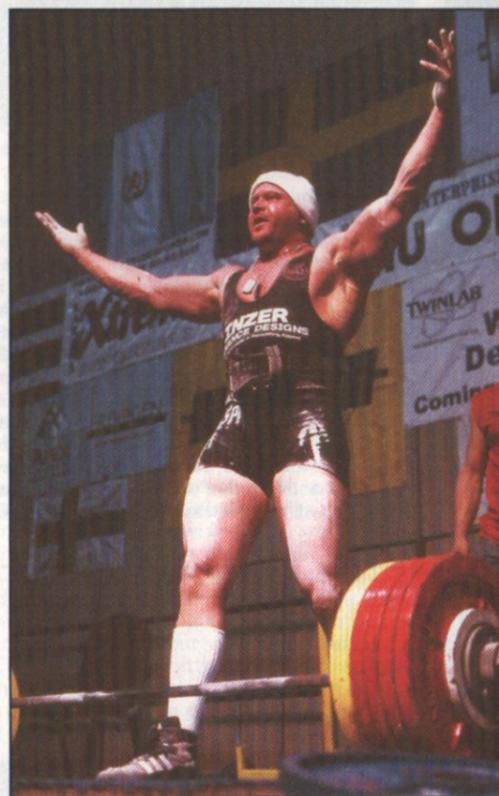
7. GIVE THE HOOK GRIP A FAIR SHOT!

Do a stiff leg cycle to prep yourself for this, regardless if you pull sumo or conventional. Ensure that your goal is REASONABLE. If not, the percentages will be unrealistic and you will run yourself into the ground. This template WILL WORK and has done so for MANY, if you don't stray away from the percentages. Stiffs are done off a 3 inch box with a belt, good mornings are done in the power rack, bend so the body is almost parallel, and use BIG weights. Carry the bar high on the neck. I set pins in the power rack as a guide to how far to bend, and for safety. Bent rows are done raw off the box, followed by front lat pulls or cable rows for 2x7, chins 2x7 with weight if possible, then db shrugs 2x20 and weighted ab work. First 3 weeks belt only, wear sweat pants. If you are doing a DL only show, you will need around 10 weeks, and for a 3 lift contest you will need approx 11 weeks to get ready.

Week 10. 72.5% for 3x5 then 1x5 sldl, **Week 9.** 75% for 3x5 then GMS for 2x5, **Week 8.** 77.5% for 3x5 then 1x5 sldl, GRINDEMOUT, THIS IS A KEY WEEK!, **Week 7.** NO PULLS, BUT DOGMS 2X5 AND THE ASSISTANCE. FROM HERE ON OUT ADD ALL GEAR!!! **Week 6.** 80% 3x4 sldl 1x5, **Week 5.** 85% 3x3 NO MORE GMS, DO HYPERS! Take an EZ curl bar and hold it tight to your chest on these for 3x10 reps, we will change from Barbell bent rows to heavy db rows for 2x7 reps heavy! **Week 4.** 88% 2x3 assistance the same, **Week 3.** Same as Week 7, but with Russian hyps, **Week 2.** 92.5% for a SOLID, OLD SCHOOL DOUBLE!!! Same assistance. Here is where we need to adjust, if you're doing a 3 lift show work up to your last DL warmup 10 days out from the show, and 7 days after your 92.5 double, if you are doing a DL only show, pull your 92.5 double 10 or 11 days out.

You are now ready to DESTROY the weight and OWN the platform. You have pulled several weeks of 3 top sets, readying you for 3 SOLID attempts at the show. If you have any feedback contact me at SGTROCK804@YAHOO.COM Please let me thank my supporters, John Inzer and IAD, Universal Nutrition, Headblade (WWW.HEADBLADE.COM), Chuck Diesel, House of Pain, Wes Kampen, Austin's Gym, John Mathieu and Gary Viles, BPM Osgood, Scorp, my friends and family and all those that believe in the underdog, the Old School, and the Blue Collar way, all the DL warriors that came before me, and most importantly the GOOD LORD himself! The only barriers are the ones you create yourself, I choose to have NONE.

Semper Fi, Sgt Rock, USMC



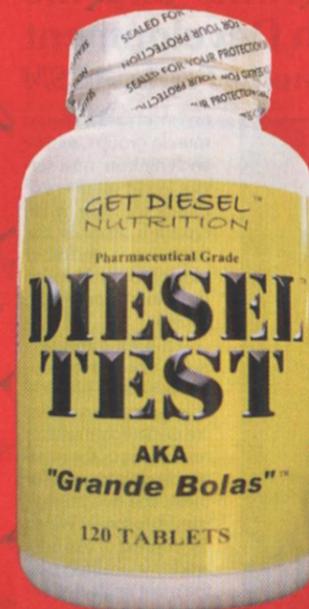
Sgt. Rock, who is also known as BRENT HOWARD, deadlifting in the WABDL World Championships.

Now we are ready to peak! You're going to need a tight fitting DL suit (I prefer the Inzer Max DL), groove briefs of Hardcore material, and I love the Erector shirt as well, also of Hardcore material, a max width belt, wrestling type shoes, and then we are ready to rock and roll! If you pull in a singlet, that is fine. I suggest, however, that you experiment with tight gear as gains of 50-75 lbs. can be obtained with practice and proper fit.

In deadlift training FORM and SPEED are paramount. The DL is not a "just bend over and yank like heck" lift, it is so much more than that from

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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 (NMJ) 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".

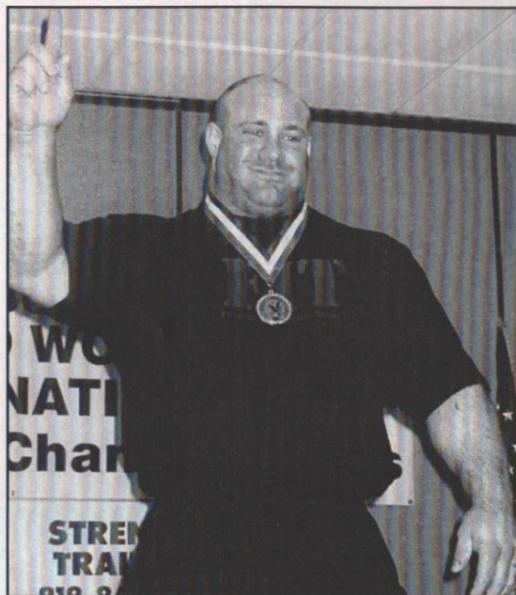
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

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 Ferriss, ACSM



Scott Mendelson is a big endorser of BodyQUICK

occurs; the fibers in the triceps 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 Incledon, 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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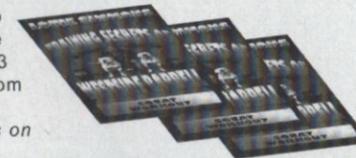
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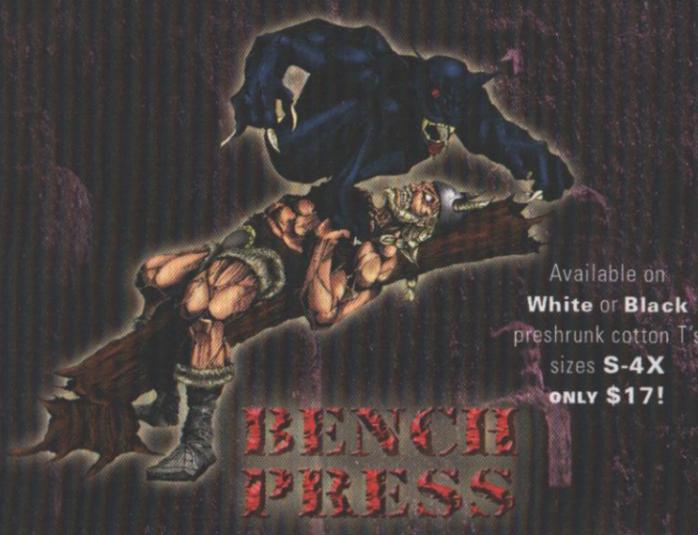
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Two months ago we learned where Homer Simpson trains (Total Performance Sports) and last month we decided that Marge Simpson worked out—she would train where her big head (or big heads) rule—Headhunter Barbell. Question: in the evolution of cartoon characters—is Marge Simpson more evolved than Beavis & Butthead? Where does Hank fit in? We have a customer who really likes Sponge Bob Square Pants—(don't ask!). But this makes me wonder, is Sponge Bob a totally different species? Where does he train, and why are his arms/legs so small?

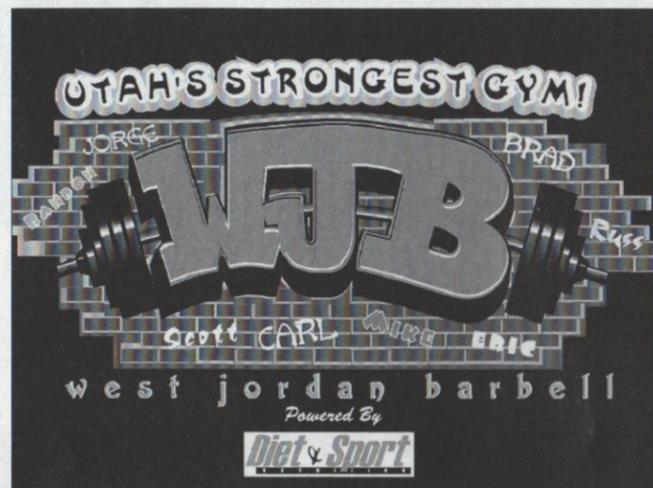
More related to this month's article question: can mirror monkeys evolve into real powerlifters? Or is that in reverse? Do dinosaur-training super-strong cavemen evolve into mirror monkeys who only want to look good? Or are these totally different species; like Sponge Bob vs. Beavis & Butthead?

I'll let Carl Roger (of West Jordan Barbell) explain from the beginning:

"Long ago in a far away galaxy there formed a piece of slime on a piece of slime somewhere on a piece of slime; anyway it did seem to grow into something else after 656,879,976,345 years. It eventually found its way to the Planet Earth. As it evolved and became a land dwelling mammal it was obvious that this particular species had a special calling. The human race was fully unaware that there would come a time when the earth would be invaded by aliens who would take the form of humans that we now would call Bodybuilders. It was an elaborate plot envisioned by a cruel and inhuman race of aliens. Fortunately for the human race there was some hope. That special land mammal that had evolved from the slime on the slime on the slime had further evolved and had become more human like. In fact they had integrated with the human race, under great secrecy

HARD CORE GYM #50 WEST JORDAN BARBELL

as told to PLUSA by Rick Brewer, House of Pain



and under the supervision of a special organization entitled WJB. Thus began a group of covert agents that would save the world from the invasion of the bodybuilders. It seemed as though they were invulnerable and could not be stopped until through the research of WJB agents and in the secret laboratory next to the reverse hyper it was discovered that they were completely and ultimately destroyed by the strong odor of ammonia in conjunction with the lifting of massive amounts of heavy weights on barbells. If one was to sniff ammonia and do an 800 lb. squat, the nearest bodybuilders would disintegrate. Armed with this information the agents from WJB set out on their mission to recruit new people who were brave and strong. Eventually an army of people who called themselves powerlifters would crush the alien invasion and set the human race free. History often repeats itself and as this chapter

in the human race was lived so long ago it would someday come to be almost forgotten except for the descendants of the famous army of powerlifters. Once again the earth would be overcome with geeks and pinheads and mirror monkeys in spandex and the aliens are anxiously waiting for their chance to return - therefore we must always be vigilant and willing to train at psychotic levels and be prepared to smash them if they ever dare come back. Give thanks to powerlifting.

WJB is a home gym in West Jordan, Utah. It is in the home of Carl Rogers. The members of WJB are Carl Rogers, Mike Haynes, Scott Mecham, Brad Tripp, Russell Bennett, Eric Milburn, Roger Broome, Jorge Bravo and Randon Carter. Carl Rogers, Mike Haynes, Eric Milburn and Scott Mecham have all set numerous state and national records. Eric has benched 502 at 185 bodyweight and age 19. Carl has benched 622 at age 40 and 259 bodyweight. Mike has benched 370 at age 36 and 164 bodyweight. Brad is on his way to a 600 plus bench in the SHW class. Roger is a great squatter as is Jorge. Jorge is ready to nail a record 850 squat for his record in the AAPF. Russ is strong in the deadlift. Scott is pretty well rounded and has made elite. By this spring all lifters of WJB will be elite status. Carl is shooting for the 2100 mark with a 700 bench for next year. We have a Texas squat bar, two Ivanko multiple use bars, Oakie deadlift bar, reverse hyper, monolift, Forza Squat Stands, and SSB bar. We have two benches, leg press, squat rack, lat



row, seated calf raise, roman chair, lat pull down, leg curl and leg extension machines. We also have a full set of bands and two full sets of chains and an assortment of boards. Not bad for a little basement gym in West Jordan, Utah, eh? Our club competes regularly year round. We enjoy APF and AAPF full meets and also like to do the USAPL and WABDL meets. We hope to see some great future lifts come from our gym. That is what we train for. We mostly use Westside with our own versions of other routines mixed in. We all enjoy this magazine and the articles and great insight it gives to a regimen. There are some truly great lifters out there. Humility and a willingness to learn are vital to belong to WJB. Know-it-alls are not welcome. Everyone is expected to be an inspiration and example to the other lifters in action and in spirit. We have fun, but when it is time to move the weight it is time to get serious and do the training. We train 4 days a week for about an hour and a half. ME legs on Monday. Tuesday is all assistance work. Thursday is light deadlift or speed squat and Saturday is ME bench. We even have a drinking fountain in our basement gym for all the thirsty lifters. Rick and his crew at House of Pain are great to work with and Carl buys all his stuff from Jason at HOP. They have great customer service and treat their lifters well. For info you can call WJB at 801-414-3891."

Thanks Carl! You should know about evolution, since you're lifting has really skyrocketed over the past couple of years - congrats! We all need a little sweat, ammonia, and posters in our lives - and I wish we could all get a closer look at the cool West Jordan Barbell mural on the wall! By the way, a few powerlifters were accidentally left out of the article:

"In the article that I sent to you regarding West Jordan Barbell I left out a name in the introduction of the members. Doug and Shay Kipecky are also members that have trained with us. Shay is only 14 years old in eighth grade and benched 205 and 145 bodyweight.

These guys are just as important as Carl Rogers, Mike Haynes, and all of the other West Jordan Barbell animals!"

Check out the photos and email me your comments about 'lifter evolution.' Next month; we go looking for attitude. Stay tuned...

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DR. JUDD

LIARS ... PART II The Lighter Side

as told by Judd Biasiotto Ph.D.

And the winner of the 20th annual Pinocchio award goes to ... Raphael Palmeiro of the Baltimore Orioles with his magnificent performance at the 2005 congressional hearing on steroids and baseball. His straightforward denial ("I have never used steroids, period. I do not know how to say it any more clearly than that") coupled with his finger wagging routine was nothing less than brilliant. The guy had every congressional member totally convinced that he had never used steroids. Think about that ... he convinced American politicians, whom many considered the biggest liars in the world, that he was telling the truth ... a feat which defied the old adage, "It takes one to know one". If it was not for advanced scientific drug testing, Mr. Palmeiro's fib may never have been detected.

Palmeiro's fabrication is being considered one of the most amazing breaches of truth since Ben Johnson claimed that his speed was not in a syringe, but in his mind. It certainly outdistanced Britney Spears' 2004 award winning performance in which she professed to Jason Allen Alexander in a marriage ceremony "Til death do us part?" and then 55 hours later flew the coop. And it way outdistanced Janet Jackson's, "It was a wardrobe malfunction", or Michael's "...well, I am not going there. And Palmeiro's performance certainly surpassed championship lies of the past such as one guy claiming that he met an honest fisherman and another one alleging that he once saw a lawyer standing outside on a cold winter day with his hands in his own pockets. That is amateur stuff, compared to Palmeiro.

Palmeiro has taken lying to a new level, which is a challenge for us all. Although most Americans are probably able to lie with the best of them ... lawyers, politicians, used car salesmen and television evangelists excluded ... how are we going to know when someone is telling us a lie.

There was a time when you could just liquor someone up and they would spill the beans. Unfortunately the Italian maxim "in vino veratose" ... "in wine there is truth" ... no longer applies. Americans today are so good at stretching the truth that they can do it with their brains floating freely in alcohol. And you just can't go and strap your girlfriend or boyfriend up to a lie detector test because ... well ... they may notice what you are doing. Not only that, but those lie detector tests don't necessary work either. In fact, a recent study conducted at Harvard University indicated that people who tell the truth fail lie detector test more than people who are actually lying. Nice to know.

What does it take for us to know a potential liar? Actually, it is fairly easy to detect if someone you know well is lying to you. If their behavior deviates from the usual, it is a good sign that something is up. For example, if your boyfriend hasn't showered in the last two months and then all of a sudden he is cleaner than Felix Unger you might have a little problem brewing, or if your girlfriend is usually a laid-back slow talker and suddenly she is talking faster than a street

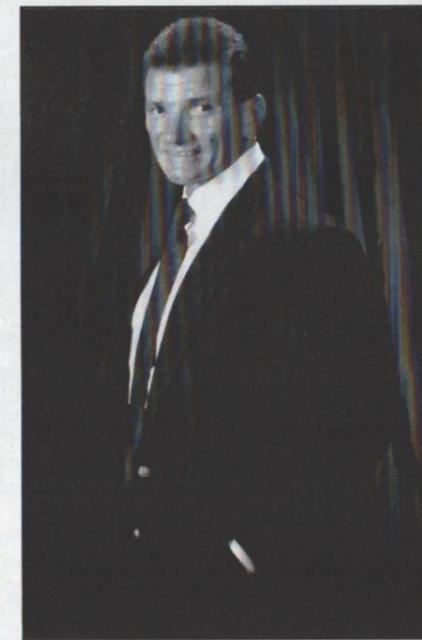
urchin on crack it's a good sign that she's hiding something ... like a guy on the side, or under the bed. In other words, by using a person's typical demeanor as a measuring stick you can get a pretty good idea if they are stretching the truth.

Bella DePaulo has spent her career studying lies and liars. She has said that no one action, not even eye contact or lack thereof, is a valid indicator that a person is lying. However, body language can be revealing. According to DePaulo, if you know a person well, their body language can speak volumes. In fact, there are some mannerisms that are well documented as indicators of lying. For instance, if the individual exhibits some of the following characteristics, he may be conjuring up a little fairy tale: Rapid eye movement; Crossed arms; Constant fidgeting; Eyes focused to the right ... indicates use of the creative side of the brain; Rubbing his eye; Eyes either wide open or partly shut; Legs crossed when seated; Legs not planted firmly on the ground when seated; Touching his face, such as lips, cheeks, chin, nose, etc; Playing with his hair; Tugging his ear.

DePaulo suggests that we should look for clusters of evasive behaviors. She says, "Negation, which you see, such as the hand going around the eyes, nose, mouth and ears, where the body begins to turn and move away from the questioner, while the liar responds to questions. The liar's body just gave you a couple of clues in a cluster. Many of the aforementioned gestures such as the ear tugging, eye rubbing, mouth covering, and nose tapping can point to a liar as the liar's body language is saying, "I can't believe what I'm saying!"

Still, there is no behavior that always means that a person is lying and never means anything else. While body language can be a good indicator that someone is lying, unconscious mannerisms aren't always valid. Most of the time, you have to connect body language with the person's dialogue to ascertain whether or not he is telling the truth.

If you're dealing with a proletarian liar they will many times repeat the question you just asked. This is a ploy to buy time in order to ad-lib the lie. For instance, you will ask, "Who were you with last night", and they will say something like, "Let's see, who was I with last night ... oh



Judd Biasiotto Ph.D. would never tell a lie!

yeah, my 86 year old grandmother was sick and I took her some chicken soup." Second-rate liars also tend to stutter and hesitate out of guilt and the inability to improvise quickly. They also tend to become very defensive. A typical response is - "Why are you asking me these questions? Do you think I am lying or something?" Acting superdefensive can be the biggest admission of guilt. So, when you ask your girlfriend where she got all those marks on her neck, and she tells you that the cheap jewelry you bought her for Christmas last year is breaking her skin out, you need to kick her butt ... for calling you cheap and for lying like hell. Also, be wary when people say, "Well, I am going to tell you the truth." If they have to qualify when they are telling the truth I guess that means everything else they told you without a qualification was a lie. Watch out for statements like: "I would never lie to you, I am giving you my word of honor," "Believe me," or "I'm serious," what you've got here, is a person trying to make themselves feel better about lying.

Conversely, some liars might be so paranoid about being untruthful that they'll offer much more information than you asked for. According to DePaulo, liars know that a good liar provides more details in order to look innocent. That is why women are such great liars ... they pay more attention to detail. Let a woman and a man watch the same movie. It will take the man five minutes to tell you what happened. It will take the woman longer to tell you what happened in the movie then it would for you to go and watch the dang thing. She will not only tell you what happened in the movie, but she will describe every scene, how aesthetically pleasing the costume designs were, what the characters looked like, what they were wearing, what they ate for breakfast and so forth. Heck, she will even tell you who was at the movie, what they were wearing, and what they had for breakfast. The point is that women are more analytical, and therefore tend to pay more attention to minor details. Consequently, when it comes to lying, women can turn little fibs into elaborate tales. By the time they finish their little yarn you probably can't remember the details of her intricately woven story. They give you so much detail that you can't separate the pepper from the fly doo doo. Even if a man senses that her story doesn't add up, they generally are not going to investigate the minute details in order to crack the case.

Of course, this type of long winded storytelling can back fire if someone takes the time to listen in great detail, because then the liar has to remember everything that they have lied about. Note that women are detailed listeners. Tell a woman something and she won't only remember what you told her, but she will remember the location, what time it was, what you were wearing, what your demeanor was, what you ate for breakfast and so on. That is why women are not only better liars, but better at catching men lying. What does this tell you? If you are going to lie to a woman, do it quickly, then keep your mouth shut, if you don't want to get caught.

Note that professional liars don't general exhibit the aforementioned weaknesses. Your chance of catching a professional liar at his trade is about as good as getting a date with Carmen Electra. Maybe that is a bad example ... didn't Dennis Rodman marry her for a whopping nine days due to the fact that he was too drunk to know what he was doing? Doesn't that sound romantic? Yeah, that is a bad example. Just take my word for it, you are not going to catch a professional liar in the act ... they are just too ... well ... professional. The best rule to follow when it comes to these Pinocchioans is to believe nothing of what you hear and only half of what you see.

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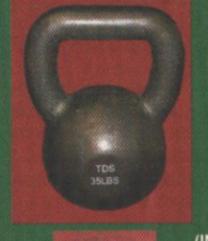
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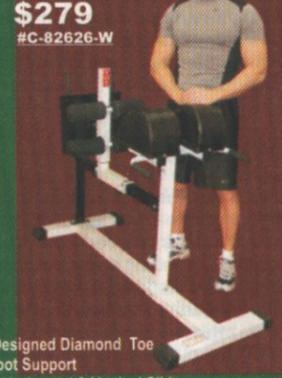


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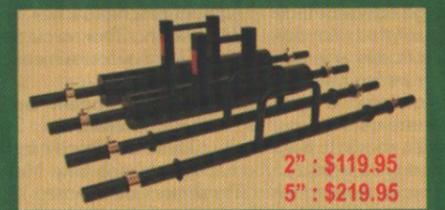
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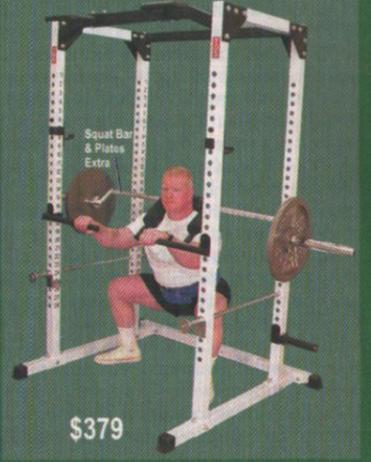
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Stop Counting Sheep - I have the Answer

Q: My question is on Melatonin. I was wondering if you could tell me a little more about this supplement. What is it exactly and how does it work? Is it really that effective for helping you to fall asleep? I am interested in knowing how it works? Please explain more in detail so that I can make a wise choice when I go to the health food store. Sincerely, Joanne Ferani.

A: Hey, Joanne, I am glad to hear from you. It's nice to hear from some of the Power Vixens out there too, not always just the men. So, for all you ladies of power, feel free to write me too, I am not going to bite ... unless you want me to. Ok, joking aside. You want to know what the deal is with Melatonin. No worries, my dear, you will find what you are looking for.

The Sleep Wake Cycle and the Powerlifter

Scientists have done many different studies to understand how the human body relates to the Sleep-Wake Cycle. For all humans, to be awake during the daylight hours and to fall asleep during the dark period of the night is the normal function. One major key in this process is how the exposure to darkness or light affects our Sleep-Wake Cycle. Studies have shown that when a human is exposed to light it causes a stimulation of a nerve pathway located in the retina in the eye to a very important part of the brain known as the Hypothalamus. In the Hypothalamus there is a control center known as the Suprachiasmatic Nucleus (SCN). This control center is responsible for initiating signals to different parts of your brain that control many different processes and physiological reactions. These include such things as body temperature, hormone production, as well as processes that affect whether we feel alert or sleepy. The SCN is basically your body clock that sets up the patterns that regulate your activities. You may not know this, but from the first time you are exposed to light in the morning your SCN clock begins its work. In no time, your body temperature is raised and hormone production is increased for those that are needed and it inhibits those that are not required until a later time.

What, Why and Who

Melatonin is used to help induce sleep. It is actually secreted by the Pineal gland. This pea-sized gland is located at the center of the brain. Melatonin's purpose is to regulate the human sleep and wake

NUTRITION

Power Nutrition Questions & Answers

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



Anthony Ricciuto this is the Man Behind NutritionXP3.com

cycles that allow us to function efficiently and keep healthy. Melatonin is synthesized by the pineal gland on the action of the neurotransmitter called Serotonin. As with many things, the aging process takes its toll on all of us and it leads to a decreased production of Melatonin as we age. This is one reason why young people can sleep like a log while older people encounter various sleeping problems. Melatonin has been shown to help individuals fall asleep, even those who suffer from sleep disorders, much easier. It also is a potent antioxidant. I am sure many of you didn't know that. It has also been shown to increase immune response as well. This can help you keep those foreign invaders from taking over your body and turning it into a coughing, aching, sneezing germ factory. Another group of people who find a lot of benefit in Melatonin are those who travel frequently through different time zones. For those that do this frequently - like pilots, stewardesses, or businessmen - jet lag can be a major problem, making the body feel worn down and out of sync. Melatonin has been shown to help overcome this fatigue associated with constant cross time zone travelling.

How much to take?

With Melatonin, you do not need a lot to get the job done. I recommend for those who have not used it before to use 1-1.5mg before bedtime. If you are not getting the desired effect, you can increase it to 3mg, but this should be the maximum dose.

Side Effects and Toxicity

Many of you might be wondering what the side effects are. One thing that makes me laugh are those individuals who down 40oz. of Jack Daniels over the weekend, eat fast food daily, including enough sugar to give Diabetes to a small country, and then worry if this herb or that supplement may hurt them. Before I get sidetracked on the horrible nutritional practices of a large majority of people in North America, let's get back to Melatonin. In regards to the toxicity level with Melatonin it really isn't something to worry about. In some studies, test subjects were given in

the range of 3,000 times the normal dose and they didn't have a toxic reaction. Just because I let you in on this info don't go out and do something stupid and take a lot of it because that Nutrition Guy said it was ok. Morons take note...the major complaints regarding side effects include nightmares, headaches, and mild depression. This occurred with about 10% of test subjects.

Those who should not take Melatonin

There are specific individuals that should not take Melatonin. These include women who are pregnant or breast-feeding. Those women who are trying to get pregnant should also avoid it because when taken in higher dosages it can work like a contraceptive. Those with allergies and auto-immune diseases should also not use it. This includes different types of cancers, including leukemia or lymphoma. The best thing to remember is if you do have any medical condition it is best to check with your doctor to make sure there are not any interactions with your current prescriptions.

Is it for You?

Melatonin can provide some benefits for those who are frequent travelers or those who occasionally suffer from sleep disorders. There are also those who should avoid it, either due to their medical conditions or other situations. I personally have used Melatonin with great results. I have found that I fall asleep much easier, but even more importantly, I wake up feeling very fresh and rested. Even on the nights where I have gotten little sleep due to my hectic work

schedule and I have taken Melatonin, I noticed that I didn't wake up groggy nor did I feel tired the rest of the day. I have also used it with some of my athletes and they have all noticed some positive response. Many athletes noted that they felt like they attained a deeper level of sleep while using it. Many also claimed that it helped their rate of recovery due to the fact that their body was better rested. If you are interested in trying Melatonin give it a shot if you are not one of the people mentioned above and make sure that you use it in a proper fashion, about half an hour before bedtime.

Are you Getting in Enough Fiber?

Q: I wanted to let you know that I am big fan of your articles. I have learned so much reading them, not only about the science behind nutrition, but even more importantly for me is how I can use it to get a bigger total. I have read how you preach about getting in enough fiber in your plan. I was wondering if you can give me some ideas to help me get more in my diet. Sincerely, Rebecca Hotner.

A: Rebecca, thanks for the kind words about my articles. I try my best to help educate the lifter in maximizing his or her performance and making sure that they stay healthy at the same time. FIBER ... this is a word that evokes fear in a lot of lifters. For what reason I don't know. Getting enough fiber in one's daily meal plan will not only help you maintain your blood sugar levels and drop fat, but it will also help keep your arteries from clogging. It will also make sure that you don't get a bout of colon cancer by the time you are in your 50s. Ok, so you want some ideas on how to get your fiber intake in without having to eat a pound of hay everyday. You should be getting in at least 25 grams per day as a minimum, but 40-50 is really where lifters should be at in their daily intake. Let's take a look at high fiber fruits first. Raspberries have a whopping 10 grams of fiber per cup. Blackberries have about 7.5 grams, kiwi have 5.5 per 2 medium sized fruits, and blueberries have 4.4 grams per cup. As for high fiber veggies Lima beans are the king with 9 grams per cup, peas rate an 8.8, while Broccoli has 5.5 grams. Carrots round the bunch out with 5.2 grams, Cauliflower with 4.5 grams and Spinach comes in last with 4.3 grams. Now here is where all powerlifters should be come breakfast time. Yes it's the dreaded high fiber cereal that their grandmothers used to eat. All Bran leads the pack with a colon cleansing 19.5 grams per cup. Multi Bran Chex, which tastes great

by the way, have 9 grams per cup, while Shredded Wheat and Bran come in third with 6.4 grams. Let's not forget my all time favorite, oatmeal, which rounds things out with 5.8 grams per cup. Now that you know what some of the best high fiber foods are it is time to start dropping them into your plan. Another thing that you can do is take some physilium powder. This is a great way to get in enough fiber when you are not eating the above foods on a daily basis. If powerlifters would just heed my words and understand how important it is to keep enough fiber in their diet they would be getting it in no matter what. The fact remains that you should be having 2-3 bowel movements per day and that's every day, not just on Saturdays when you go to the \$2.99 all you can eat Fajita Madness Marathon.

Burn fat and Build Muscle like Never Before!

Q: I have heard some great things about your Nutrition XP3 Program. I am very interested in starting up with you, but I want to do two things at the same time. I want to drop fat, but yet I don't want to lose strength. I know that I want my cake and eat it too but is such a thing possible? I have heard from lifters that you have worked with that they have actually done this, but I am not a pro powerlifter like them? Can this still work for me even though I am a beginner? Sincerely, Bob Yakobucci.

A: One of the major benefits of the Nutrition XP3 System is the fact that it can perform many different processes at the same time. Just to let you know, to build lean muscle tissue while decreasing your bodyfat level is not something your body wants to do. To make this scenario even more complicated, powerlifters want to increase their strength or at the bare minimum maintain it as they go down a weight class. If you have noticed with the lifters of yesteryear, going down a weight class always caused some major decrements in their strength. They didn't know how to maintain their lean tissue while dropping fat. They also didn't understand the science behind making sure strength is not sacrificed in this process. For those who are drug free lifters this is even harder. Due to the fact that the Nutrition XP3 System is customized to each individual and the fact that I am working with each athlete so closely, I have worked with several different lifters who have actually gone down a weight class, dropped a huge amount of bodyfat, and yet have hit PRs in their lifts. I know most of you can't imagine this and without a very detailed and customized nutrition and supplementation program I guarantee you it won't happen. What you put in your mouth plays a huge role in your performance. When you are trying to do something as complicated as going down a class while maintaining or increasing your strength, not just any type of nutrition plan will get the job done. Your macronutrient balance, your micronutrient intake, your pre and post workout nutrition and supplementation plans, your fat intake and ratios, hydration level, hormonal manipulation and much more will all play a distinct role in your dream becoming a reality. The fact that I work with each athlete on a weekly basis and sometimes even more often with phone consults and e-mail is another reason for this success being possible. When you have an expert guiding you along the way and constantly monitoring you, step by step, I can alter things to adjust to the current situation to make sure that your progress continues until you reach your goal and beyond. So, if you are

interested in dropping some fat while maintaining your strength ... I can do one better. I will get your fat down and improve (not maintain) your strength - all at the same time. As for you being a beginner this is not a problem. The fact remains if a lifter who is just getting into the sport gets his nutrition program maximized he will see much higher quality gains and he will overtrain less, suffer from fewer injuries, prevent health conditions down the road and hit PRs that would have taken him much much longer to. I still have a few spaces left in my roster so give me a call so I can get everything set up with your info and blood work. Bob, I look forward to working with you and getting you some great results!

Get in the Zinc...Unless you want Man Boobs!

Q: I have heard that zinc is a very important vitamin. Is this true? What are some of the benefits that it has on the body and the performance of the powerlifter? I was wondering if you can give me a good breakdown on this because I heard that taking in the right amount can actually increase your performance from different angles. I don't really know anything on how it works in the body or what it actually does so I figured you would be the best guy to ask to get a comprehensive answer. Thanks for all your help. Sincerely, John Goring.

A: Zinc is not a vitamin like you thought. Zinc is an essential mineral that is found in almost every cell in the human body. One thing that is very important about zinc is the fact that it stimulates the activity of close to 300 different enzymes in the body. These enzymes in turn are what promote different biochemical reactions in your body. One very important biochemical reaction that all should take note of is the fact that zinc is a key attribute in the production of testosterone. Zinc also plays a major role in protein metabolism. Remember its not just how much protein and the quality that you take in per day, but your body's ability to process, metabolize, and use it in the process of protein synthesis. Zinc has been shown to increase your immune response and this is something all lifters can benefit from. Not only is this good to take when you are sick, but keeping it in your supplement plan beforehand can help make sure you don't get ill in the first place.

For those "Pharmaceutically Enhanced" lifters out there pay. A zinc deficiency can actually reduce your number of androgen receptors at the same time it can increase your estrogen receptors. You can picture these receptor sites to be like a satellite dish on the cell. So when a specific molecule (like our friend Testosterone) is floating through your blood it can bind to the receptor and will be activated to do the work it is responsible for. A decrease in androgen receptors means that less of the "Pharmaceuticals" that you are taking will bind with these receptors. This in turn means, depending on how severe a decrement that has occurred with your androgen receptors, you will not be able to maximize your "Anabolic Environment" as efficiently and optimize your results from your Pharmaceutical Cycle. It will also cause an increase in estrogen receptors which will lead to an increase in things like bloating, gynecomastia, water retention, fat gain, the smooth and soft look, and many more horrible things that real men don't like happening. So, to all the "Enhanced" lifters out there, make sure that your zinc intake is optimal.

The next thing you need to know about this is because the ratio of androgen receptors decreases and at the same time the estrogen receptors are taking over like a communist army, this means your androgen to estrogen ratio of binding activity will be all out of whack, setting you up for more side effects from the pharmaceuticals that you are taking. This deficiency will also set it up for the androgens that are in your blood to aromatize into estrogen. So, not only is your body using the androgens that you are administering not as efficiently as it should due to less receptor activity, but at the same time the androgens that you do have floating in your bloodstream are converting to estrogen. This is a double whammy attack on your results as well as your manhood. This, in turn, will allow them to bind to the increased number of estrogen receptors leading you to become a DD Model in no time. This is a very serious thing here because you are basically setting yourself up for increased side effects, and decreased activity of your pharmaceutical plan (meaning you won't get the gains you should).

Zinc is also responsible for healthy sperm production. For those men who want to keep their "swimmers" healthy then make sure that you are taking in enough zinc on a daily basis. If you read my column from a few months back about Cortisol then you should pay attention. Cortisol is a catabolic hormone that is responsible for not only eating up your muscle and strength, while making you resemble the Michelin Man, but also for many different health conditions. When you are zinc deficient your blood levels of this nasty hormone increase dramatically. When this happens GH and IGF-1 production go out the window. It can also throw you in a major catabolic state since your testosterone to Cortisol ratio has become favorable for this muscle eating hormone and not for the one that builds muscle and makes a man a man. Another very important fact is how zinc affects your thyroid hormones. The thyroid hormone T4 is the inactive form and it must convert to the active form known as T3. The all-important liver enzyme that is responsible for this conversion taking place is 5-deiodinase. For this enzyme to activate one of the minerals that is involved in this process is zinc. Let's not forget that T3 is what controls your metabolic rate, your ability to burn fat and it is also responsible for protein synthesis. This is very important for keeping your thyroid healthy.

Shoot for about 15-30mg of zinc per day. Don't take it with your fiber supplement, because it will block its absorption. Two of the better-absorbed forms of zinc are Monomethionine and Gluconate. By getting in an optimal amount of zinc in on a daily basis you can look forward to a higher testosterone level, a healthier sperm count, increased androgen to estrogen receptor ratio, improved immune function and much more. Take it from me - get your zinc - because your health and performance will be glad that you did.

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

Aricciuto@NutritionXP3.com

Or check out my website at:

www.NutritionXP3.com

In 1996 Becca Swanson started climbing a mountain. Five years later, in 2001 she reached the top of that mountain. At the American Powerlifting Federation (APF) Nationals Becca totaled 1525 lbs. According to Michael Soong's All-time Historical Powerlifting Records that made her the strongest female powerlifter EVER. Atop this mountain and still unknown to our world of powerlifting, Becca took off running. For this was not the end, it was the beginning of her quest, the quest for 2000.

Years go by fast when your life is measured in weeks. Eight weeks out, that's only six heavy practices for each lift. Watching each and every practice for ten years, I learned Becca's abilities. I could fine-tune her in meets, just like practice. She spent the next 5 years knocking the numbers down: 600squat, 700 squat, 800squat, 400 bench, 500 bench, 1600 total, 1700 total, 1800 total, 1900 total. It was time for the ultimate mark in history, the 2000 lb total.

Becca's physical battles were the biggest obstacles to overcome. It would seem that her 2004 double bicep repair and recovery would devastate her powerlifting career. That was not the case. It was actually a welcome break from lifting. She fully recovered from the surgeries. At the 2005 World Powerlifting Organization (WPO) Finals, the Arnold Classic, Becca

suffered her most trying injury of her career. Upon lifting off her first attempt squat, she unintentionally adjusted all the joints that line both sides of her vertebrae in her upper back. Similar to a sprain, the area instantly swelled and any pressure (such as a loaded squat bar) produced intense pain. She still experiences problems with this area today. The only other injury that rears its ugly head is an adductor tear, which makes her hip and her knee feel unstable at times. Physical injuries are par for the course in powerlifting. They rarely stop a champion.

Finally, the time comes, nearly ten years from the day I started training Becca. The plan was to go for broke in Chicago at the WPO Semi-finals, totaling over 2000. Then, we would travel to the WPO Semi-finals in Finland and total at least 2000 in front of an international crowd one week later. Even I questioned Becca's intentions of doing a meet on the same level in a different country, what

STRAIGHT BAR TALK

The Quest for 2000

as told to Powerlifting USA by Coach Rick Hussey

for? Put yourself in Becca's shoes for a second. You have no competition (for 5 years now); you don't get paid one penny from ANY powerlifting organizations or supplement companies. All of her work is for the progression of female powerlifting, the progression of powerlifting in general, and success measured within herself. She lifts in the WPO and

world record four times, ending with 2050.2 lbs.

Becca is the only lifter I know that continuously breaks multiple world records in each meet she does. In Chicago, she broke world records ELEVEN times. This is something she has been doing for 5 years. For this reason alone I feel she is the greatest powerlifter ever to compete. And for this same reason I feel she hasn't received enough credit for her accomplishments. Quite often she went 9 for 9 or 11 for 11 at National and World level meets. Not to mention the fact that she out lifts her competition by 400 lbs.

From Chicago, Becca and I went straight to Finland. We never do back-to-back meets nor do we recommend it. It was important to Becca to lift in front of an international crowd. We relaxed most of the week to recover from the time change. And spent time finding large quantity and high calorie foods to eat. Finns eat organic, clean food, which is detrimental to a powerlifter (or should I say an American powerlifter). Gatorade type drinks were scarce; we paid over \$3 for 16 oz of Gatorade. Becca weighed in at 244 lbs, I was hoping she would be closer to 250.

internationally so her peers who respect her efforts can witness her historical lifts. So, back to Chicago...

Becca was BIG on Oct 29, 2005, undoubtedly sacrificing beauty for brawn. The "Big Bitch", as labeled on her Inzer belt, weighed in at 247 lbs. I requested she lift in second flight, females are usually in the first. This would make warming up easier, as only three middleweights would out-squat her that day. Becca smashed three world records back to back in the squat, 804, 838 and 854 lbs. I would have called for a fourth, but I had Finland in mind and didn't want to completely tap her power. The bench also saw some world records fall that day, 508 and 523 lbs. I called for Becca's first deadlift attempt at 623 lbs. so it would break the 2000 lb. Total mark. Success! In that moment, history was made. Her deadlift was powerful; she went 4 for 4: 623, 645, 655 and 672 lbs. The later two lifts broke her deadlift world record. Simultaneously, she broke the total

(thanks Jimmy G). That was the pivotal moment of the day. The drink didn't help much for benching. Becca was embarrassed, her form was awful, and lifts were barely locked out. On her second attempt, after a successful 507 lbs, she managed a new world record at 530 lbs. That is all she had, as 534 lbs got the best of her.

Going into the deadlift, Becca needed 667 lbs to crack 2000 lbs. This is where that drink came in. The difference was one simple word, SUGAR. Becca is so used to eating high calorie foods, the organic oatmeal she had was her nemesis. I could see that spark in her eye while she pulled her way to 2000 again. After the easy opener of 633 lbs, her second attempt 667 lbs sealed 2000. She followed that up with a new world record of 683 lbs and gave her best at 694 lbs to no avail.

That victory was sweet. Even in the week before she lifted she could feel overwhelming appreciation from the fans and fellow lifters. Earlier that week Ano and Minna, meet hosts, went out of their way to get Becca in the Helsinki newspaper. And now after she lifted she was taking pictures and signing autographs left and right. All the international competitors were so gracious. She received small gifts from lifters representing Russia and the Ukraine. She was invited to lift in many different countries. We felt honored to lift in Europe. The camaraderie of lifters was much more fulfilling than anything we have ever experienced. She was treated like a queen.

In retrospect, I feel Becca was capable of threatening the 2100 barrier in Chicago. I held her back a bit on the squat and deadlift to save energy for Finland the following week. Our plan for now has something to do with unfinished business in the 198 lb class. She will attempt to shave 50 lbs off her body for the WPO Finals in March. Although her numbers will not be her best, she feels it shows her athleticism to fine tune her bodyweight to her desire.

Things were interesting along the way. People were supportive and gracious for the most part. When she started outlifting most of the male population that is when things went sour. Becca finds humor in grown men getting upset over her lifting. I find it frustrating for the mentality of the sport. Becca and I wish that lifters would cherish the fact that they share the platform with living legends. The mentality of discrediting lifters is a step in the wrong direction. Our sport can be so powerful, if we as lifters allow it.

We would like to thank Big Iron Gym teammates for their unity and intensity. A big thanks to Red Bull for continued support. Also, we are deeply thankful for INZER meeting Becca's every need. Most importantly, we would like to thank her fans for responding when we reached out for monetary donations for the Finland trip.

Your final attempt at a contest is not just the completion of your current contest training cycle, it is also the start of your next one. This is a great time to evaluate your planning and execution for this contest. Much can be learned from that long grueling day on the platform, and the planning that went into it, which can help make future contests more successful.

There are many reviewable aspects of the competition. Let's begin with packing for the contest. Hopefully, before you left home, you checked to make sure you packed all your lifting equipment, including backup gear. To reduce stress and the possibility of forgetting something next time, consider putting together a checklist to review while you pack for your next contest. Check your equipment before and after every contest to make sure it's still usable or in need of replacement. A contest is a good place to get info and tips from other lifter on lifting gear such as squat suits and knee wraps. If something sounds promising, give it a try during your next training cycle. If it proves superior, use it for your next contest. Each brand of squat suit, knee wraps, etc., performs differently and can vary in its effectiveness from lifter to lifter, so keep an open mind with respect to new developments in lifting gear. Don't ever try new gear like knee wraps, etc. for the first time at a contest. Use what you came with. Competing with untested gear at a contest is asking for disaster. It requires time during your cycle to become accustomed to the effects of each piece of lifting gear and how it works in combination with other gear.

Food and beverages consumed during contest day are critical to maintaining a high energy level during that seemingly endless day. Many lifters prefer high energy breakfasts, like pancakes, the morning of the contest to sustain their energy. I

STARTIN' OUT

A special section dedicated to the beginning lifter

CONTEST REVIEW

as told to Powerlifting USA by Doug Daniels

suggest avoiding eating anything you are not used to. This could cause some digestive problems that can wipe out all your hard training in a single stomachache. It is wise to bring some food and beverages to consume during the contest. I would suggest some water, sports drinks and light food. Sandwiches are not a bad idea especially if there is not good food available at or near the contest. In some cases, nothing is available in the actual contest facilities. Fast food may upset your stomach and thus may not be a good choice. Bring a cooler and keep it in your car to keep everything cold and fresh. If you experienced problems at the contest due to something you ate, try to identify what it was and stay away from it next time. Things that seemed to digest well should be considered again for the next contest.

Some contests are a great distance away and require several hours or more of travel time, either by car or air. For some, it may be best to arrive the day prior to avoid rushing or, at worst, missing the contest altogether due to an unforeseen circumstance or travel delay. Arriving the day before would allow you to compete fresh without the tiring ordeal of early morning travel. If the contest is local and requires a short commute, arrive with plenty of time to spare. That extra breathing room can work wonders to reduce stress. Also, be aware of time changes when traveling into different time

zones.

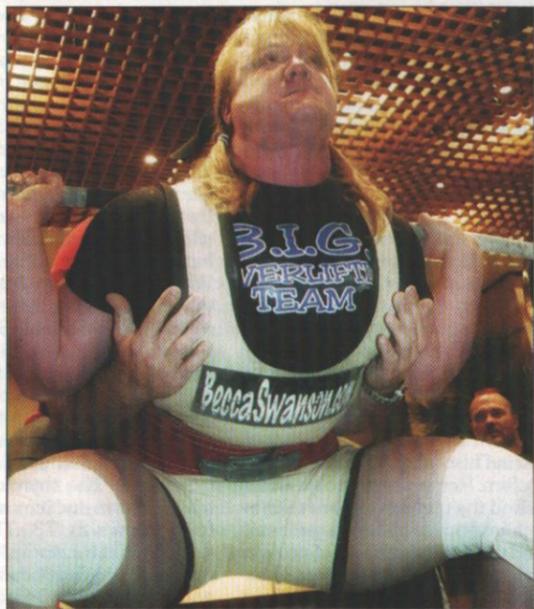
Evaluate how you chose your contest attempts. Most lifters come to a contest with some idea of how they would like to see their attempts go. Let's say you plan to open the squat at 400, take a 35 pound jump to 435, and then go for 450 as a third. Sometimes things don't go as planned. That 400 opener may have felt a lot heavier than usual. A tougher than anticipated lift at 400 may require you to lower your second attempt to 425. There are times when 400 feels like 200 and you may be good for more. Experience is the best source of how to alter your attempt choices at the contest when your lifting does not go the way you had expected. Sometimes it could be due to the weights (bar and plates) at the contest weighing more or less than the weights you lift with in the gym. A competent coach who knows your abilities can help you with these decisions. If you make mistakes, use that as a learning experience for future contests. Always come to a contest with realistic expectations, but be prepared to make intelligent and realistic adjustments on the fly. Remember that if one lift goes bad, it may foretell troubles in the following lifts, so you may need to make adjustments with those attempts also. I would always hesitate to adjust openers upward because if you can not make your opener, you are out. Your succeeding attempts can be easily raised if your opener goes well.

Warm-ups are critical to success at a contest. Rarely is there enough equipment, platforms, or space to go around. If you don't keep tabs on how soon you're due on the platform, you may have to lift before you've taken a final warm-up. On the flip side, you may finish your warm-ups too soon and have to wait a long time to lift, which could leave you cooled off. In either case, you are exposing yourself to injury as well as reducing your chances for good lifts. I've seen too many lifters miss opening attempts because they were in the warm-up room unaware their name had been announced to take a lift. If you had a problem in this area, make sure at the next contest you have a plan to deal with the issue coming in. Refer to past articles of mine on contest warm-ups in PL USA for more details.

Occupying yourself during the times when you are not lifting is worth considering. Make sure you have comfortable clothes to wear while waiting. Sweats make sense at contests where it can get chilly. Bring your MP3 player to keep yourself energized between lifts. Take a walk outside to clear out the cobwebs. Fresh air can work wonders after spending hours around sweat, chalk, baby powder and Ben-Gay.

Powerlifting tends to make us bigger and heavier over time. Making weight can get more and more difficult as time marches on. This could be a signal that you should consider a move-up in weight class for your next contest. A difficult time making weight can really tax your strength level at the contest. If this is the case, consider making the move up in weight class next contest. On the other hand, you may determine that lifting at too high a weight may not be desirable or healthy any longer. If so, work to lower your bodyfat level by reducing your calorie intake and adding some aerobic exercise to your training over the next cycle.

As you can see, there are a lot of factors to evaluate after your last contest attempt is taken. You don't need to think about all this stuff right after the contest. Make a few quick mental notes, then relax and eat and drink things you couldn't while trying to make weight. Later, sit down and jot down some notes and go from there. If things went well, don't fix things that aren't broken, but a few tweaks here and there can add up to some extra pounds at the next contest. Remember that all your effort, the best routine, lifting gear and nutrition can all be wasted if you blow it at the contest due to poor planning and execution. Make every contest a learning experience, using each one to make the succeeding contests more successful.



2050! - Becca was BIG in Chicago. (Leon Josaitis photo)



Future Powerlifter? ... Ariel Chandelle Roberts at the USPF Rhode Island meet. That's 625 on the bar.

THE RAGE

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- **SOLID SEAM™** technology. The construction and stitching on The Rage is superior. The Rage seams lay flat which eliminates the digging into your skin that regular commercial seams do. Regular commercial seams are intended for fast-sewing efficiency to save on labor cost, and for loose-fitting, mass-produced T-shirts, not for Bench Shirts. Inzer Advance Designs, the originator of the bench shirt, has always been the forerunner of bench shirt technology and construction. The most important thing the Solid Seam™ does is eliminate the erratic bar wavering that another's shirts cause. Instead of the quarter-inch of open play between sleeve and chest-plate the pinched commercial seams create, the Solid Seam™ locks all parts of The Rage together making it so solid it might as well be welded together. The differences are sometimes subtle but when all these factors are added together it makes a big difference. These reasons alone would make The Rage the best Round-Sleeve™ bench shirt in the world, but there's much more The Rage offers for big benching.

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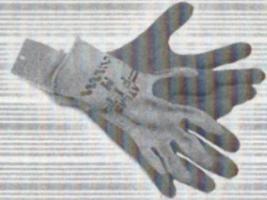
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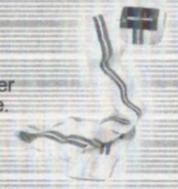
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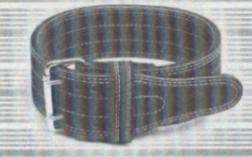
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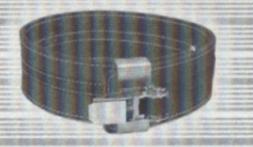
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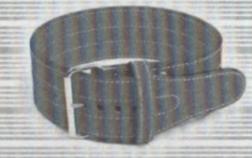
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ASK THE DOCTOR

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.)

Q: We met briefly at the Worlds about two decades ago. I was the manager of one of the teams there. Your article, "Nandrolone Positive Drug Tests" struck a chord with me. I had a lifter test positive for nandrolone who had not used it for over a year. As you can imagine, everyone was surprised. This leads to my question since I'm always worried about positive drug tests. I am 55 years old and was recently diagnosed with hypogonadism. My testosterone level was 134 ng/dl. My doctor prescribed a topical testosterone preparation (AndroGel) and it brought my levels up into the normal range. This made a huge difference in almost every aspect of my life—I felt like myself again. Matter of fact, I felt so good I started training again and am considering competing in the USAPL drug tested organization. I obviously would not want to have a positive test and am wondering if my use of AndroGel will cause me to return a failing T/E ratio? Any opinion you might venture on the above would be most welcome. Thanks, **Wally**

A: Unfortunately it appears that some of the metabolites of nandrolone have a retrospectivity of up to 18 months in some people, obviously way past the point where it has any anabolic effects.

As far as the use of AndroGel, it could indeed result in an elevated T/E ratio. And if you're subject to unannounced testing then you also could test positive for testosterone.

The main problem is that exogenous testosterone decreases epitestosterone production and excretion so that urinary levels are lower than normal. So if the testosterone levels are normal in the urine due to the use of the AndroGel or other forms of replacement therapy such as Andriol, patches, and injections or implanting of various testosterone preparations (crystalline, esters, pellets, etc.), the T/E ratio could be elevated above 6. This would be most likely the case if the urine sample was taken within 8 hours of the use of the topical preparation, patch or capsules, and within a few days to several weeks of the use of the injectable/implanted testosterone preparations, depending on the form of testosterone used.

There are two ways of dealing with the use of replacement levels of testosterone if random, unannounced drug testing is conducted by the sporting federation.

One is not to lift in drug tested meets. The other is to explain the medical use of the exogenous testosterone to the USAPL and see if they will make an exception in your case, something which is not likely to happen since that would open the door to all powerlifters declaring they were using testosterone for hypogonadism either before or after the fact. This would happen even if medical documentation of hypogonadism was made a necessary criteria for allowing replacement therapy since testosterone levels can be manipulated so that people who are not hypogonadal can appear to be so.

If drug testing is only done at competitions then there is a third alternative. If you stop the use of AndroGel (or the patches or Andriol) a few days before the drug tested meet, then both testosterone and epitestosterone levels will be low in the urine and the T/E will be in the normal, although hypogonadal, range. As well carbon isotope and other testing will also be normal and/or show evidence of hypogonadism. Of course this is also a problem with oral anabolic steroids since stopping their use a few weeks or so prior to competitions makes them undetectable. And this is the reason why any sports federation that is serious about their drug testing will institute random, unannounced testing.

This third alternative brings with it a moral dilemma. All sporting federations that drug test consider this third alternative cheating. There are two basic reasons for this. One is that they can't distinguish replacement use of testosterone and supraphysiological use based on the testing methods being used today and thus if they allowed replacement use it would lead to the rampant abuse of testosterone. And the other is that the sporting federations may feel that any tampering with hormonal levels, regardless of the state of the athlete, is doping. With this mindset the feeling is that if a person is hypogonadal then they should compete that way.

You also have to keep in mind that if they allowed replacement therapy, sporting federations may be faced with lawsuits from athletes that have been found positive for the use of exogenous testosterone, claiming that they used it for replacement purposes, whether in fact they did or not.

I don't profess to know the answer as to what hypogonadal athletes should do if they want to compete in drug tested meets. I do, of course, have my opinions, based on my expertise as a medical doctor, a former elite level powerlifter, the former chairman of the IPF Medical Committee, the former IPF North American Vice-President, and my forty years of experience, researching and writing about drug use by athletes and drug testing.

However, these opinions would not be popular in a world where bureaucrats and officials, both in the sporting federations and in governments are acting hysterically and, like many people in our society, have lost their perspective about the importance of sports in the grand scheme of things and subsequently the use of drugs in sports.

Mauro DiPasquale MD

Q: I've been making great progress in my lifts the past year. The only problem is that I've developed stretch marks mostly on my upper body around my shoulders and pecs. Is there anything I can do about them either in preventing them or treating them? **Ray**

A: Stretch marks are tears in skin that turn into scars. They happen for various reasons, including certain diseases and the use of some medications. However, the most common reason is when skin is overstretched due to weight gain. This happens when you gain weight faster than the skin can accommodate. Although the skin is usually fairly elastic, overstressing it as a result of tissue growing faster than the skin layers can stretch results in small tears in the underlying layers of the skin. These tears or stretch marks, like any other trauma to the skin, heal with the formation of scar tissue. While anyone can get stretch marks, some are more susceptible to them than others. That's because the susceptibility to stretch marks depends on genetic and environmental factors so that every person and situation is unique. Differences in skin strength and elasticity and ability of the skin to grow causing some people to be more susceptible to stretch marks than others.

WHAT CAN YOU DO ABOUT THEM?

While not harmful to your health, stretch marks can make you overly conscious of the way you look and can have a psychological impact. There are two different and complimentary approaches to dealing with stretch marks. One is prevention, the other treatment. Cosmetic treatments often try to deal with both while surgical treatments usually deal with trying to get rid of them once they form. It makes good sense to consider both sides of the equation since stretch marks are in essence scars and are extremely difficult to eradicate completely once they form. This is why prevention is so important.

Although there are many creams and other skin products on the market that claim to prevent and/or heal stretch marks, the truth is that most are pretty useless. That's because they don't penetrate deep enough to significantly affect the damaged tissues or to strengthen tissues so that they resist tearing. On the other hand it's possible to strengthen the layers of the skin and substructures so that they're more resistant to tearing. For more information on this approach have a look at the info on my InsideOut at <http://www.metabolicdiet.com/>. Once you get stretch marks there's various things you can do about them. The first is to do nothing because as they heal, stretch marks usually turn lighter and become much less noticeable. You can also deal with them surgically. For that you need to see a dermatologist (a physician who specializes in dealing with skin problems) or a plastic surgeon. These doctors may use one of many types of treatments - from actual surgery to techniques such as microdermabrasion and laser treatment - that reduce the appearance of stretch marks. I hope that this information helps.

Mauro DiPasquale MD

Someday I will...



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Q&A

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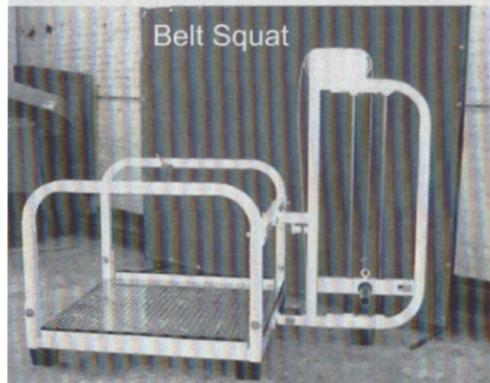


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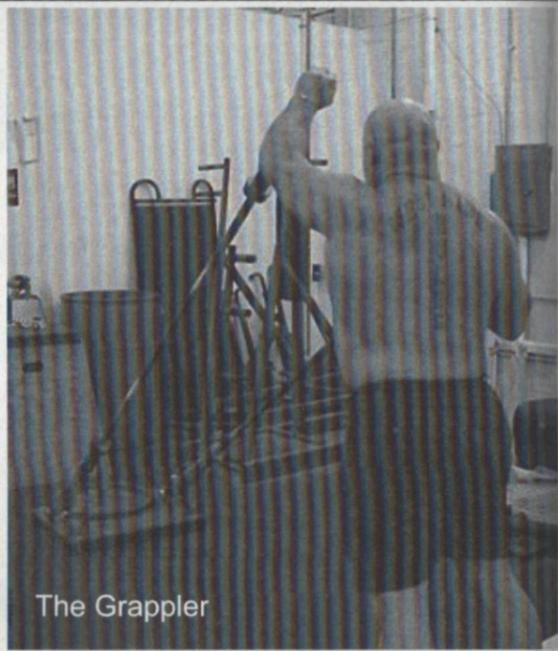
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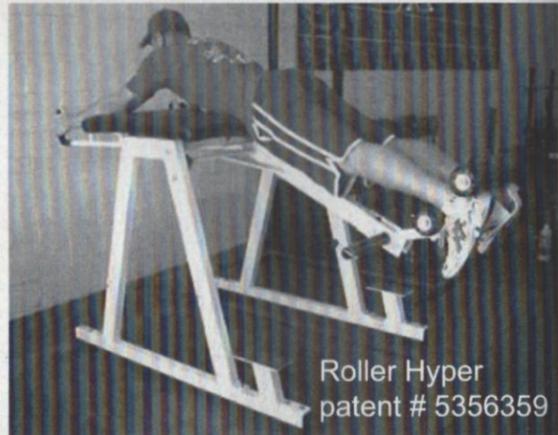
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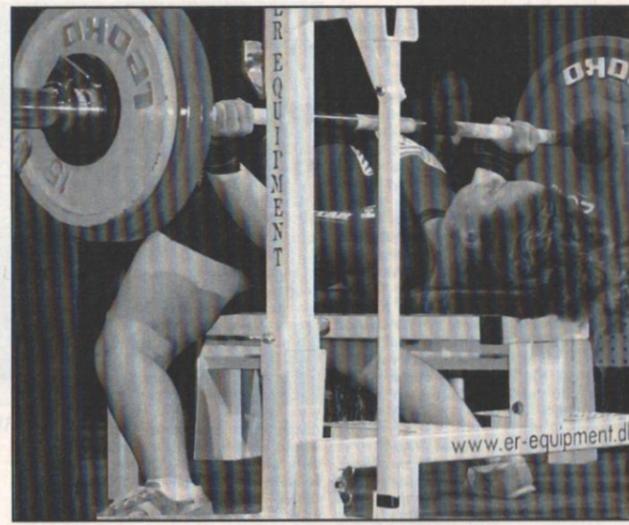
(continued from page 15)

Oba and Sharifulina would make their two attempts of 309 and 320 respectively to add to the pressure of Newman. This was a small flight, so the quickest way to get Newman's shirt off was with a pair of scissors. She would shake off her last attempt; and repeat her first weight with success to get back into the competition. She would now sit in third, but she was 28 pounds behind the leader, Sharifulina who hit an easy 331 on her second. Chasing after Sharifulina, Newman would end up having to take a 39-pound jump to get herself in the lead on her third attempt as she was now sitting in 5th, after everyone except Sharifulina had already finished their attempts. Newman would go out and actually press 342 better than her 303 to put herself in the lead. Sharifulina would, however, end the day with the winning lift of 347. 51-year-old Oba would finish with Bronze. And so the streak of no repeat winners would continue. Newman, not happy with just the Silver would take a shot at breaking her own World Record on a 4th attempt; and as good as it looked to most, the judges turned it down 2 to 1.

Men 181 lb: The Start of day 2 for the men would be one full of drama. Three lifters would headline this class; and if they were each able to get an opener in, there would not be a spot left on the medal stands for the rest of the group. What can you say about Russian Alexey Vorobyev? He is the most accomplished bench in attendance at this championship; Vorobyev has won 7 straight Golds spanning 3 different weight classes. After spending the last 2 years in the 198 class, Vorobyev returned to the 181s where he won 3 straight from 2000 to 2002. Over the last 2 years, Poland's Jan Wegiera has taken the top spot in this class; and took Vorobyev's World Record at last year's World Championships. Rounding out the top three would be Yugi Watanabe of Japan who has finished in the top 4 the last three years including two Silvers and one Bronze. It was odd to see the openers of these three as the heaviest of the three opened with the lightest and the lightest opened up with the heaviest. This looked to be Watanabe's undoing as he missed the top opener of 562, while Vorobyev and Wegiera made their openers of 545 and 556 respectively. American Joe DeMatteo got on the board with his second attempt of 463 and would end up finishing in 5th at his first World Championship. Vladimir Urban of Slovakia kept his hopes up of trying to medal for the first time with 502. Watanabe also kept Urban's hopes alive; what was first deemed a good lift of 562, was overturned by the jury through a protest by the Russians. Vorobyev missed 562 as well, while Wegiera moved up even more by hitting 568. Urban's hopes were no longer alive after Watanabe finally was able to get in a lift of 568 to the liking of the judges and with no protests. After a remarkable change of events, he was now in the lead by bodyweight. Vorobyev would uncharacteristically miss again. This time at 573 for what would have been the lead. Like Sivokon before him, I believe that is the first time he has ever missed two lifts in a World Championship; and now, also like Sivokon, he too would also miss Gold for the first time ever and finish with Bronze. It was all up to Wegiera to hit 573 for the win and third straight Gold. Wegiera man-handled the weight which appeared to be a good lift, but the judges did not see it that way and turned it down to the joy of Watanabe. Not so fast, amidst the unhappiness of the vocal crowd, Poland mounted a furious protest for their lifter. After a discussion with the jury, the referee's decision was upheld and Watanabe called for the icing on the cake; a 4th attempt to break Wegiera's World Record of 573 with an attempt of 595. Before that was to happen, one of the jury members was sent over to the scorer's table to

announce that they would now award the lift to Wegiera and give him the Gold Medal instead, as the crowd cheered the final decision. By this time, however, Wegiera was back in the warm up area and had already removed his Bench Shirt. This would not have been a big deal, but now that he was awarded the third lift, he too wanted to break his own World Record, and he would have to go before Watanabe. Luckily he was given the standard 4 minutes since he was lifting after himself. So almost 8 minutes after he thought he had lost the Gold, he was now under the bar for a new World Record attempt of 574. Unfortunately he was unable to lock it out. It was now Watanabe's turn, and he had to have been on his biggest roller coaster ride ever in a meet. Again the bar was loaded way over the record to 595. He powered it up; and after seeing two whites lights he showed more emotion than I've ever seen him have on the platform. Through his exhausting ordeal, he lost out on the Gold, but took Wegiera's record.

American Feedback: Joe DeMatteo: "This was my first international meet. It was also my first time traveling overseas. I was happy finishing 5th. I set as a goal before the meet to finish in the top 5 and to get 227.5 kg. I got 1 of my goals... the other was a no go. Observing the lifters from various countries one thing I took away is some of the Eastern European lifters are just plain stronger than I was. The Japanese were also strong, but were also so dialed in with their shirts. I think more overall raw strength is necessary for me to compete on that level. In a sport that is based solely on the individual it was nice to be a part of a team." Mex 198 lb: As mentioned above the Champion of this class from the last two years moved down; but a very capable newcomer, Russian Andrey Belyaev, replaced him. Standing in his way were four solid competitors. Two of those have a combined 11 championship medals under their belts; former champion of 2001 and three time medallist Yoichi Kishimoto of Japan and American Dennis Cieri, who owns a couple of Bronze medals as well. The two others are Jan Bast, who finished 3rd last year and holds the current World Record of 590 that he set earlier this year and the hometown favorite Fredrik Jader of Sweden, who hoped that his home soil would be the edge he needed for his first medal. The action would start out just the way you'd want it to, with all 5 of the top competitors making their openers and all 5 within 11 pounds of each other; Belyaev and Kishimoto at 551 and Cieri, Bast and Jader at 562. Two others to jump in the fray would be Stefan Westerholm and



Christy Newman... silver medaled, despite some serious difficulties

Petri Hietamaki of Finland; but both would miss on their openers of 551 and 562 respectively. It looked early on like lot numbers and bodyweight would play a crucial role in this crowded group. Both Finns would miss their openers again on their seconds, as would Cieri and Kishimoto, both at 573. Jan Bast had made a very modest jump to 568 and momentarily secured the lead. That was until successful lifts of Belyaev 573 and the new leader Jader would hit 579 to the excitement of a boisterous hometown crowd. And now the stretch run at medals would start. Three would make an attempt at 573 for a possible Bronze; all would miss. Both Bast and Kishimoto would go after Jader's 579, since they were both lighter; and both of them would miss as well. Belyaev would only be the second in this flight to make his 3rd attempt with a big lift of 584 to put himself into the lead. Both going for the win at 590 Jader and then Cieri would both miss locking the weight out. This would unfortunately knock Cieri off the medal stand and into 4th. Belyaev and Jader would each receive their first medals at Gold and Silver; and Bast would take his second straight Bronze and escape with his World Record intact when early on it looked as if it would have been eclipsed.

American Feedback: Dennis Cieri: "The competition in the 198 class was very tight. There were 5 guys within 5 kilos of each other. I opened with 562 lbs and went to 573 but missed due to uneven lockout. I personally thought that was a strict judging call but what can I do. My competition did 584 and weighed 1 lb less so I had to go to 589 for the win. I would not have been happy with 2nd place and the men's team was not in contention so I went for it all. I just couldn't lock it out but am completely satisfied that I did not leave anything on the platform. The competition is getting more intense since I have been participating in the World's in 1999. I truly believe that on any given day, any of the 5 guys in my weight class could have won."

Men 220 lb: The Initial top 4 finishers from last year's Worlds would not be in attendance. 3-time medallist and 2001 World Champion Ralph Young of the United States had a major injury after last year's Worlds and the other 3 are currently under IPF suspension. This left the field wide open for a new Champion. In fact, of the 16 competitors only three had been here before. Stanislaw Gasienia-Makowski of Poland and Vladimir Volkov of Russia made their debuts only last year, both leaving without medals. Only Sweden's Hans

Dahlstrom had more than one year of World championship experience, and he would also be looking for his first medal after 6 previous trips to Worlds. First timers Tim Anderson and Michael Landino of the United States were also part of the 16 lifters who had hopes of a possible medal. The flight was broken into two sessions, as it had over the maximum standard of 14 lifters. This is where nominations really come into play, since you want to be in the latter group where the medals are most likely to be won. Majid Shahnava of Iran would lead the first session with 540. The second session of the flight started out with three lifters that wanted to separate themselves from the rest of the group. Konstantin Otavin of Russia and the aforementioned Volkov and Makowski would all open up at 595, and all would miss. In fact 6 of the 8 lifters in the 2nd session would miss their first attempts. This opened the door for Anderson and Dahlstrom who would be our front-runners, each with 551 on the board. 5 more lifts were missed on 2nd attempts, but Volkov would take the lead with 595 and a new Masters 1 World Record, followed by Dahlstrom at 568, and now Landino would move into third with 557. Another 7 lifts were missed on 3rd attempts, with only Tomasz Lenarciak having any success, pressing out 579 for a Silver Medal. Volkov held on for Gold and Dahlstrom finally moved onto the medal stand with Bronze. Americans Landino and Anderson would finish 4th and 5th respectively in their first World meet. After only 7 disqualifications happened during the first 7 weight classes, the 220s had 6 by themselves. Hopefully the 242s would be better.

American Feedback: Tim Anderson: "I thought I did well in a sense (completing all 3 lifts, even though only one passed) considering the long travel and being my first Worlds. Overall it was a great experience and I definitely want to return and win an IPF medal. The meet was well run and had everything a world meet should have. I learned a lot, which should help at future World meets." Men 242 lb: Again we would have a split flight, as there were 17 lifters in this flight. The 1st session would be led by Emanuel Scheiber of Austria and Mathew Cosmo of South Africa with best lifts of 546 and 540 respectively. Since all 9 lifters in the second session were opening up over 546, it would be very difficult for either lifter to hope for medal contention. The second session would feature two Americans who were very hopeful of a medal. David Doan finished 3rd in 02 and 2nd in 03 and had Gold in his sights for this year. Kevin Mayer's only other appearance in the World Championships was last year, and he walked away with Gold; so he was looking for a repeat performance. Standing in their way where many top competitors like Oleg Kushnarev of Russia, Janne Kuuseva of Finland, Per Nilsson of Sweden, and Mykhailo Paller of the Ukraine. Session B did not start out too well as 7 of the 9 would miss their first attempts; only Kushnarev would survive with his opener of 595. Of the 7 who missed only Kuuseva and Doan actually looked strong enough to handle their openers as they both pressed the weight out, but were called on technicalities. It might be time to mention that Mayer's warm up session did not go well. He blew out a shirt on his second to last warm-up; and then missed his last attempt in the warm-up room, which was enough for head Coach Mike Hartle to make a quick change and lower his opener. Hopefully that last warm-up would not linger in Kevin's mind for his final two attempts. And now there was a glimmer of hope for Cosmo and Scheiber. It would be more of the same on 2nd attempts as now 8 of 9 would miss; with Oliwier Kushnarev of Poland now getting on the board, sitting in second, and wiping out the hopes of Cosmo. A repeat of third attempts would follow, as again 8 of 9 lifters would miss. Unfortunately for Scheiber that one

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good third attempt would be his demise, as Ktuseva would finally get in his opener of 617 and take Gold. Kushnarev would hang on to Silver bettering his 3rd place finish from last year, and Bryniarski would claim his first medal, the Bronze. The second session of this flight was decimated by the red light, with only 3 good lifts out of 27 attempts by the second session. Overall there were 8 Disqualifications, which unfortunately included the two Americans. So in the final two weight classes of the day there were an incredible 14 DQs out of 33 lifters with only 25 good attempts out of 99. I really believe that the judging was fair overall in these two weight classes, but it was strict; and there seemed to be a lot of lifters choosing weights that were just a little too heavy for them to start with.

American Feedback: David Doan: "Going into the meet, things seem to be going my way. Bodyweight was where I wanted it to be, warmups felt great, mindset was probably the best it ever has been at a World Championship. The travel part is always an unknown, but it I seemed to be handling very well. My opening attempt felt strong and fast, but the judges got me on some technical issues. Even after getting red lighted on my first 2 attempts, I was still confident in hitting my third. Bar weight was no issue, just technical problems that I felt were easily correctable. My third attempt felt better than the first 2, but the judges still turned it down 2 to 1. Even though I bombed, I still felt like I handled the weight well and have no doubt that I was one of the strongest lifters on that day. Judging was very tight for my session as can be seen in the number of bombs and missed attempts. Looking back on the outcome, I would definitely do everything the same. Coming home with a "disq" next to my name in the results was a little hard to swallow. I will definitely be spending more time on cleaning up the technical end of my lifts in preparation for Nationals in Denver." **American Feedback:** Kevin Mayer: "One bit of wisdom I came away with is the fact that overseas travel kills my strength. That was the 1st meet I did overseas and the 1st meet I've ever bombed. I did lose a lot of weight in the last 2 days (6 lbs) and I believe that combined with the travel hurt me. Other than my horrible lifting I had a great time. One new thing I really loved was the Internet broadcast. So many of my friends and family could watch and I hope that becomes standard at all world and national meets."

DAY 3 (SUNDAY): WOMEN 181 LB: This would be another class that once the favorite was able to get an opener in, the Gold medal would be taken. Tatyana Kudryavtseva of Kazakhstan was two for two in Gold and holds the current World Record of 380. And she did not disappoint, in what many would consider an out of date and not so proper fitting bench shirt, Kudryavtseva would make 342 look like the easiest opener of anyone in the competition, man or woman. She would take a lead that no one would even attempt to catch. This class would also feature the youngest lifter of the competition, American Devan Doan. Yes, that is a relation to Day 2's Dave Doan; it was his turn now to root on his daughter in an attempt to gain her first Open medal in her 4th try. Dave told me that her last workout was a complete disaster, but last workouts don't count; and the 18 year old came out and hit an easy 292 to place herself in second after opening attempts. Holding ground in third was 51-year-old Hana Takacova from the Czech Republic, who was also looking for her first Open medal. Last year's runner up Nikolettá Nanasí of Hungary was on the board with 276. After 4 women failed on their 2nd attempts, Takacova moved over Doan with 298. Doan battled back with 303 and was the first American, male or female, up to this point to start out 6 for 6 in white lights. Kudryavtseva again made her 2nd attempt

of 364 look ridiculously easy. With so many lifters in this competition struggling with and relying on the newest generation of shirts, I really believe she could have made these attempts without a shirt. Takacova would now put the pressure in Doan as she hoisted up 309, which would not only put her in the second spot but would break both the Masters 1 and 2 records. Doan, who must have had a higher lot number since she did weigh less, would be forced to go after 314 on her third. She was able to press it out, but it was a little shaky and turned down 2 to 1. She would still finish with her first open medal, taking Bronze. And one would have to believe that Dave Doan's disappointment only the night before, was now overshadowed by the proud moment for his daughter. Takacova would hold on to Silver; and Kudryavtseva finished off the day with another easy attempt, as she broke her own World Record with a lift of 381.

American Feedback: Devan Doan: "I've been watching my Dad since I was three, and saw him win medals and succeed. I couldn't wait for my turn on the medal platform, and this year was finally that year. I didn't care about where I was on the medal platform, just being up there made me so happy. First medal at an Open Worlds, definitely something I'll never forget. My strategy is always just to lift and do my best. Wherever I place is where I place. Knowing I did the best I could do is all that matters. I just want to have fun. Too much focusing on the competition and what everyone else is doing doesn't work for me. I can only control what I do, not what everyone else does. But when it comes to number jockeying, I leave that to my dad. He always knows exactly what to do. He's my hero and number one to me, despite what happens in competition. Without him I wouldn't be anything or gotten anywhere. I owe my medal to him."

WOMEN 198 LB: Svetlana Paltseva of Russia has medalled in all 6 of her previous appearances at the World Championships spanning 3 different weight classes finishing 2nd every time. In her run at the elusive Gold this year, she would have to go through the favorite, Jelja Strik of the Netherlands. Strik, who had finished in third three straight times in the 181 class, moved up to this class last year and secured her first Gold. 60-year-old Rosemarie Beer of Austria would try and feed off of her 2nd place finish a year ago. Everyone would start out with a good lift except the favorite Strik who started out 50 pounds heavier than her nearest competitor. Roles were pretty much reversed on second attempts, as Strik would crush her opener after a long pause and capture the lead with a lift of 358. Only Paltseva was able to repeat a good lift and kept the gap close between her and Strik with an easy lift of 331. The top 4 were each unable to get a final lift in and Strik captured her second straight Gold. Paltseva would hold on to take her 7th Silver, and Anna Sliwinska of Poland took Bronze. Strik did attempt to break the World Record with a lift of 389, but could not lock it out.

WOMEN 198+ LB: The anchorwoman for the American team is Deb Ferrell, the current World Record holder. Deb is 7 for 7 in medals never finishing lower than 2nd in competition, winning back-to-back titles in 02 and 03. Standing in her way were 3 more than capable opponents: 5 time medallist and champion in 97 and 99, Ganna Ganenko of the Ukraine, 3 time medallist in the 198 class including Gold in 01 and 02, Irina Naskripnyak of Russia, and the home crowd favorite Sanda Lonn of Sweden. The 198+ started out the same as the 198s, with only the top opener missing on first attempts, that being Deb Ferrell's try at 380. Meanwhile crowd favorite Lonn pressed an easy 375 for the lead followed closely by Ganenko at 364. Ferrell looked to be having major shirt problems as she had to take the bar down very high on her

chest and lost all leverage. Second attempts were much the same as openers with everyone making an attempt with the exception of Ferrell; and each would maintain their current placing. Again, Ferrell seemed to be having a hard time finding a proper path for the bar to travel as she struggled again at her chest. She had the strength as she locked it out, but it looked as if she could not keep it motionless on her chest before driving it back up. Lonn was now approaching the 400 lb barrier after fighting out a tough lift of 391. The final two lifts for the women would both be at 402, which is Ferrell's current World Record mark. Lonn would go first, but find the weight too heavy. Ferrell now had a lot of pressure on her, not only did she need this massive lift for Gold, but it would keep her streak of medals alive. It was her best descent, but she may have been out of gas from previous struggles as she was unable to lock it out and was disqualified. Ganenko and Naskripnyak would both finish 3 for 3 with lifts of 386 and 380 to take Silver and Bronze respectively. Lonn's 391 would take Gold.

MEN 275 LB: Nominated 9th in the 275+ class, Russia's Vladimir Maximov moved back down to his familiar 275 class where he instantly became the favorite. Marcus Hirvonen of Sweden and Marcin Lenarciak of Poland had hopes of denying him his first Gold. American Geoff Plante would be making his international debut, trying to fill the shoes of former American veterans Horace Lane and Scott Lade who have both had success at this level. And Geoff came out strong by crushing his opener of 556. Many strong lifts were being made and chosen wisely after witnessing the many DQs the night before. Still amazing, it wasn't until the 12th opener that someone would attempt a lift that exceeded the lift that 165 lb Kodoma attempted two days earlier. Unfortunately that lift of 644 by Hirvonen did not pass. But Maximov got on the board with 650 to take the early lead and move way ahead of Lenarciak's 617 and the 573 by Radik Gayanov of Kazakhstan. The last 5 lifts during second attempts would all miss; that was until Hirvonen's lift which was turned down for what seemed to be a touch-n-go, was later overturned by the jury. This now put him safely into second place and only 5.5 pounds behind Maximov. Final attempts saw three changes for the Bronze medal as Finland's Frederik Smulter's 617, which was then erased by Lanarciak's 628, who captured his first medal. Hirvonen took a shot at 656 for the win, but would miss and settle for Silver, as Volkov would claim his first World Title. Plante and who hit another easy attempt of 579 finally missed at 595 and finished 7th overall at his first World Championship.

American Feedback: Bill Gillespie: "I had a great time in Sweden. The people were very friendly and it was great to meet so many lifters from other countries. The team was so supportive and I wish we all could have done better. The judges were very fair in my flight and I

American Feedback: Geoff Plante: "I was happy with my lifting performance given it was my first Worlds and seeing how many people only got one lift in and I got two in. I think I could have gone 3 for 3 with a little more experience. I think a strategy of opening lift worked well. Smoking the first lift provides a ton of confidence and makes the next two attempts less stressful. Also, bringing my own food and water paid off big time. I am actually studying film of the competition and I am trying to get a better arc like the Japanese and widening my grip like other lifters. I really learned a lot from watching others and being able to study the film."

MEN 275+ LB: The last battle of the day would truly be a battle of the giants. The majority of these lifters have the ability to break the 700 lb barrier at any meet. The favorite had to be Finland's own Kenneth Sandvik, who currently holds the World Record at 760. Sandvik has also claimed the World Title over the last 2 years. Daisuke Midote of Japan is no stranger to success either, as he has

placed all 6 times in this competition, including 3 straight Gold medals from 00 to 02. In fact, the World Record has changed hands 5 times over the past two years between these two men. American Bill Gillespie would also have something to say about Gold at his first Championship. And never to be left out are veterans Ove Lehto of Finland and Niels Staerkjaer of Denmark. The wild card would be Frederik Svensson of Sweden who finished 4th last year and now had his home country on his side. 8 of the lifters would miss their first lifts including Sandvik's 728 and Midote's 739. This left the door open for Gillespie as he took the lead with an easy looking 728 for a Masters 1 World Record. Not far behind were Svensson at 717, Viktor Shabanov of Russia with 705 and Lehto at 694. Sandvik would get a lift in on his second attempt as he and Svensson would both move over Gillespie with 733 each. Midote would miss again at lockout with 738. Gillespie decided to go for it all on his second and chose to go straight for the Open World Record at 762 disregarding any strategy for Gold. Gillespie would miss; and open up a huge opportunity for Sandvik and Svensson in the hunt for the World Title. Lehto would make his final attempt of 727 going three for three to take over Gillespie on bodyweight. But he would have to wait out 5 lifts now to see if he could take Bronze. One by one lifts were missed until Midote had his lift of 744 passed to now take the lead. The lift appeared to miss at lockout again; and the crowd voiced their displeasure, as a few of the countries protested the lift. The jury over-ruled the judges and Midote was disqualified, missing all three lifts and not reaching the medal stand for his first time ever. Svensson would take a shot at 750, but looked to miss at lock out. Sandvik would also take a shot at 750 and as with all of his lifts, he would take the weight out of the rack by himself! The lift went up extremely fast to lockout, but his right arm dipped back down and up for a split second before the Rack signal was called and the lift was turned down two to one. Now all would wait for Gillespie to take a shot once again at the World Record. He would unfortunately miss again and finish 4th out of the medals. Lehto would sweat out 5 lifters to take his second Bronze, Svensson would finish with his first Silver and Sandvik would finish with his third straight title. 23 attempts were taken at 700+ with 7 of them passing.

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George Lealiifano from SAMOA.



Marcus Schick returned to the IPF (von Bachhaus photographs)

felt the encouragement from my teammates to do well. Two weeks prior to the meet I had to fly across the country to attend my Grandmother's funeral. This is something I had to do but at the same time it took me out of the rhythm of my workouts. I had video taped several of my heavy shirt workouts and felt that 765 was a reasonable 2nd attempt. I had prepared to do battle with the other big lifters in the plus 760 range. After the meet I was surprised that first I missed 763 but that I only needed 733

to win on body weight, just 2 1/2 kilos more than my opener. My warm-ups and opener with 727 felt as good. To have the top 4 lifters finish within 2 1/2 kilos of each other and the lowest weight was with 5 kilos more than has ever been lifted before at the World Championships tells you the caliber of competition that was there. The coaches did a great job of giving me the advice on my attempt and I would have loved to bring home a gold medal for the USA but that will have to be in the

future. I am very excited about the next chance I have to lift at the World Championships."

TEAM TITLES: Women: Russia's women were dominant on Day 2, winning all three classes; and locked up the team title. The battle for 2nd and 3rd came down to the last weight class as Sandra Lonn's victory helped the host country Sweden edge out the U.S. Team for second. Finland hung on for 4th and Japan took 5th. Men: The Russian men dominated as well, taking 5 of the 11 Golds and the team Title. Japan came out early on day one with 3 Golds; and were able to outdistance Poland for 2nd. The U.S. Men's team would battle Finland and Sweden for position during the last weight class of the day. That battle would be won by Finland who finished just ahead of Sweden in 4th, with the U.S. Team finishing 6th overall. U.S. Team Note: Of the 11 U.S. Men's team members, 5 were first time competitors on the World Team; and two others had never traveled overseas for a World Meet. I really feel that most of our lifters were affected by the traveling. It was quite a difference from last year's meet that was held in the U.S.

THANK YOU: Thanks to our Sponsors: Pete Alaniz of Titan Support Systems and John Inzer of Inzer Advanced Design for once again donating Bench Shirts, Wrist Wraps and Singlets. Rick Brewer of House of Pain for once

again donating the embroidered World team bags. And to Ivanko, who also donated gym bags. Thanks to our coaches, Mike Hartle and Dan Gaudreau and assistance from Tony Cardella.



Hiroyuki Isagawa - pride of Japan.

16th IPF World Bench Press

1-5 DEC 05 - Stockholm, SWE

BENCH WOMEN	1st	2nd	3rd	Best
97lbs.				
Kozdryk-POL	203	214	214	214
Nishimura-JPN	170	181	181	170
Wanko-AUT	159	165	170	165
Kiss-HUN	126	137	140	137
105lbs.				
Svjantekova-SVK	198	209	220	209
Balogova-CZE	198	209	209	198
Dalling-CAN	176	187	190	187
Kitamura-RSA	165	176	176	176
Fallerno-SWE	159	176	176	159
Fukushima-JPN	259	259	259	—
114lbs.				
Olsson-SWE	281	281	292	292
4th-303!				
Nagaya-JPN	253	253	253	253
Sirkia-FIN	203	209	226	203
Hougaard-DEN	192	203	203	192
Patil-IND	110	121	121	121
Yoshida-JPN	169	192	192	—
Arpala-FIN	226	226	226	—
123lbs.				
Darling-USA	242	242	270	270
Nogtegaard-SWE	237	248	264	264
Rantala-FIN	248	253	270	253
Nagypal-HUN	226	237	253	237
Pracella-FRA	237	237	237	237
Hollier-USA	226	242	242	226
Fujimoto-JPN	214	220	231	220
Enrich-GER	159	170	176	176
132lbs.				
Igoshcheva-RUS	264	275	292	292
Rantanen-FIN	253	270	286	286
Heikkila-FIN	231	242	242	242
Green-NZL	192	203	209	203
Wendl-GER	203	220	220	203
Aoki-JPN	264	264	264	—
140lbs.				
Fomina-RUS	308	319	330	330
Bahhaus-GER	292	292	303	303
Komi-JPN	281	297	300	297
Arntsen-NOR	275	286	297	297
Korobeynik-RUS	286	297	300	297
Hogan-USA	248	259	297	297
Schmidt-GER	226	237	259	237
Pendry-GBR	220	231	240	231
Pedersen-DEN	231	231	253	231
Johage-SWE	209	231	231	209
Bak-DEN	154	154	170	154
165lbs.				
Sharifulina-RUS	319	330	347	347
Newman-USA	303	303	341	341
Oba-JPN	308	319	319	308
Blikra-NOR	297	297	308	308
Volkova-RUS	286	297	303	303

Narovnigg-AUT	275	286	297	286
Birmfeld-GER	248	259	264	259
Tjader-SWE	220	231	242	231
Turnen-FIN	297	297	297	—
181lbs.				
Kudryavtse-KAZ	341	363	381	380
Takacova-CZE	281	297	308	308
Doan-USA	292	303	314	303
Nanas-HUN	275	292	297	275
Koski-FIN	264	281	281	264
Hartle-CAN	203	220	220	203
Eriksson-SWE	275	286	286	—
198lbs.				
Strik-NED	350	350	389	358
Paltseva-RUS	308	330	363	330
Sliwinska-POL	308	319	330	308
Ries-AUT	275	286	286	275
Ulveczi-HUN	242	259	264	264
198+lbs.				
Lonn-SWE	374	391	402	391
Ganenko-UKR	363	380	385	385
Naskripnyya-RUS	347	369	380	380
Last-GBR	253	270	281	270
Szollos-HUN	231	248	259	248
Ferrell-USA	380	385	402	—
MEN				
114lbs.				
Ikeeda-JPN	363	374	374	363
Rudulis-LAT	358	369	369	358
Wrona-POL	330	347	363	347
Klein-GER	314	325	336	325
Bene-HUN	237	253	259	259
123lbs.				
Isagawa-JPN	374	391	391	374
Wszola-POL	308	319	330	330
Sorensen-DEN	264	281	297	297
Malaskar-IND	242	253	264	264
Ebrahimi-IRI	264	275	275	—
Nakayama-JPN	374	374	374	—
132lbs.				
Zakiev-RUS	440	463	474	474!
Chrzanoswsk-POL	347	352	363	352
Petrencak-USA	336	346	352	336
Forsman-SWE	330	330	341	330
Nielsen-DEN	314	314	336	314
148lbs.				
Gronov-RUS	463	481	507	507!
Kazakov-RUS	463	485	501	485
Sivokon-KAZ	485	501	501	485
Schik-GER	485	496	496	485
Matsumoto-JPN	485	507	507	485
Higashizaka-JPN	451	463	485	463
Smith-USA	429	429	460	429
Nikkila-FIN	407	424	424	407
Jonsson-SWE	429	429	429	—
165lbs.				
Kodama-JPN	567	567	622	567
Knyazev-RUS	507	523	523	523
Limainen-FIN	485	485	485	485

Pracownik-POL	451	463	463	—
Cuczella-FRA	440	457	463	463
Hedman-SWE	429	446	446	446
Jarsson-SWE	440	457	457	440
Nock-POL	418	440	463	440
Collins-USA	429	440	457	429
Zedinger-AUT	463	463	—	—
181lbs.				
Wegiera-POL	556	567	573	573
Watanabe-JPN	562	562	567	567
4th-595!				
Vorobyev-RUS	545	562	573	545
Urban-SVK	485	501	512	512
DeMatteo-USA	463	463	501	463
Yuvai-AUS	451	460	460	451
Diesen-NOR	429	440	440	429
Ries-DEN	413	429	440	413
Shabana-EGY	440	440	440	—
Piszak-HUN	485	485	485	—
198lbs.				
Belyaev-RUS	551	573	584	584
Jader-SWE	562	578	589	578
Bas-GER	562	567	570	567
Ceri-USA	562	573	589	562
Kishimoto-JPN	551	573	578	551
Wetstein-AUT	507	523	523	523
Mardali-IRI	485	523	523	523
Hamazaki-JPN	507	507	551	507
Asadi-IRI	463	485	485	463
Madsen-DEN	418	446	446	446
Westholm-FIN	551	551	573	—
Hietamaki-FIN	562	562	573	—
220lbs.				
Volkov-RUS	595	595!	606	595
Lenarciak-POL	562	573	578	578
Dahlstrom-SWE	551	567	570	567
Landino-USA	556	556	567	556
Anderson-USA	551	556	567	551
Shahnavaz-IRI	54			

POWER PROFILE

TOWER OF POWER: BRIAN SCHOONVELD

as told to PL USA by Marc Cavigioli

Brian Schoonveld is a man beyond most. He has won fourteen professional strongman competitions. While this might not be a great accomplishment at the local level, consider that Schoonveld's wins are often at the elite world class level. He has been a two-time International Federation of Strength Athletes national champion in '00 and '01, while placing second in '99 and fourth in '02. He was fourth in the '01 Super Series World Finals. He has competed around the globe as a strongman.

In his second powerlifting meet ever, the Mountaineer Cup, Brian squatted 870, benched 705 and deadlifted 755. Schoonveld even tried his hand at arm wrestling, placing second in Indiana in '95.

So, we were thrilled to get his application for the '04 Atlantis America's Strongest Man.

Reigning supreme Schoonveld towered over competitors. Blown in on the same iron wind that brought head judge Eddie Coan, Schoonveld began opening eyes and dropping jaws even during warm-ups. He then dominated the competition, looking most impressive ramming 425 overhead in the standing jerk.

Brian is accustomed to supremacy. As a youngster weighing 140 he was capable of benching his own bodyweight and by sixth grade he stood 6'1" and weighed two-hundred twenty pounds.

Brian's brother, eight years his senior, inadvertently influenced him to begin training with weights. After lifting his brother would leave and Brian would try his hand at the barbells. He wanted to be stronger than

anyone else. By the time his brother returned from the military Brian had surpassed him. In high school he weighed 275 and hit a 425 bench.

Schoonveld feels training with weights helped him develop coordination and paved the way to success in a variety of athletic pursuits. He wrestled, swam the 50 and 100 meters, and played a variety of positions in football: primarily fullback, defensive end, and linebacker.

After twenty-one years of training Schoonveld's advice is to, "Learn as much as possible. Seek the advice of your betters, try a variety of approaches and, with experience, modify stuff to suit your needs. Also, read everything you can get your hands on."

TRAINING

Brian trains with the best, sharing workouts with none other than Eddie Coan while Emmet Cunane rounds out the lifting trio. Both a powerlifter and strongman competitor, Schoonveld stands 6'3" and 350. As might be expected, his workouts blend classic lifts with event training. He goes all out in both arenas while training even though his competitive focus has most recently been strongman.

Brian believes event training is of such value that as a powerlifter he uses strongman work for assistance. "Sled drags work the quads far better than leg extensions, while sled pulls with a harness develop the hamstrings and lower glutes better than any machine," he says. In fact, Schoonveld does little assistance work in the gym, preferring to focus on core lifts.

Pre-competition bench work focuses on periodization beginning with 2 sets of 5 then working toward triples and doubles on board presses. And while Brian does a large volume of overhead work, he never felt it helped his bench. But it *did* enable him to set a world record in the Apollon's Axle overhead lift in California getting 396 for 4 reps. Apollon's Axle is a

thick, cumbersome barbell by which strongmen gauge their mettle.

Recently, he began squatting four times per week and says his knees never felt better. Sometimes though, leg work includes the Nebula leg press. Beginning with 6 to 8 plates he'll hammer out ten reps, wait as his partners load on two more plates do ten more and so on. Of Sunday workouts with Coan, Brian says they are "sick."

Such is the intensity that men who've attempted to keep up have broken down, thrown up or come close to passing out: men who've gasped, "No mas." Schoonveld's message, "if you can't handle my help, go home."

But with experience comes the wisdom to know when pushing is counterproductive. If not feeling well, Brian picks a few core lifts, hits maybe 3 X 3 then leaves, rather than forcing through a big workout. "I do the best I can with what I got, then I get out."

Brian is a believer in speed work and focuses on explosive lifts to help him in both fields of endeavor. He credits his knowledge of speed work to Chad Corey who initially introduced him to strongman competition.

For Brian a typical training week might look like (written sets before reps as in sets X reps):

Sundays (3-4

hours): power squat: 5 X 5, (a typical workout might be 540 for 5 X 5), alternating with pyramids the next week; sled pulls 3-4 X ninety feet; tire flips; straight leg partial deadlifts in power rack OR straight leg sumo deads off blocks.

Tuesdays (1 hour): high bar squat: 405 8 X 3 for speed (all explosive work is for no more than doubles or triples); hang cleans: 315-335 5 X 2.

Wednesdays (1.5-2 hours): bench: 135 X 2 X 10, 275 X 10, 365 X 5, 425 X 8, then twenty pound jumps for 6, 5, 4, 3, 2 up to doubles with 525-535; inclines up to 365-405 4 X 10; dips up to 180 around the waist for 2 X 8-10; pushdowns and extensions for sets of 15 to pump a lot of blood through the elbows to keep them healthy.

Thursdays (2 hours): front squat:

405-455 for 5 X 3 with 30-40 seconds between sets; deadlift: 5 X 3 (focusing on form and technique). **Saturdays (1 hour):** high bar narrow stance squat: 315 for 5 X 2 for explosiveness and warm-up legs up for shoulders close grip bench same routine as on bench day but lighter; log clean & press: 275-295 for a specific number of reps, for example 275 X 20 (log is 12" in diameter and taken off a 4" block); overhead press with Olympic bar off a rack: 315, 335, 355 all X 2, then 375 and 405 X 1; bench speed work: 405-425 for 8 X 3 with 20 seconds between sets.

What are the most common training mistakes Brian sees? "Guys squatting on their toes drive me nuts. And all some guys do is bench. The next thing you know you see 'em with their shoulders pulled forward by strength imbalance. They'll learn. They're injuries waiting to happen."

DIET

Brian's diet consists of large amounts of protein and carbohydrates. On Sundays he cooks food for meals throughout the week, making 5 to 6 pounds of round steak for breakfasts. Four pounds of ground beef with 2 pounds of pasta and 2 big jars of spaghetti sauce for his lunches.

A typical morning meal then comprises 4-6 Egg Beaters (an egg product that eliminates cholesterol content) steak and Ramen noodles.

Working as a union construction laborer, Brian pauses midmorning for a snack of 5-6 cups of cereal. He currently eats Post's Maple Pecan Crunch.

Lunch entails the American chop suey prepared on Sundays.

Dinner usually involves some form of beef which he prefers to chicken or fish. And while he once ate a four pound steak at Gibson's Steak House in Chicago, Schoonveld's cholesterol remains reasonable for such a big man. A recent physical revealed a cholesterol of 195, blood pressure 117 over 74, resting pulse of 62 and a "textbook perfect" EKG.

MENTAL

I questioned Brian on the subject of his mental approach to the game and while he did admit to using

some visualization, his standard pre-training mantra is "Gimme a pot of coffee and I'm ready to go." Caffeine gives him a boost after working heavy labor sometimes as late as 8:30 PM then being up by 5 AM for another day.

Rather than complain about the physical demands of his job, he thinks the labor is beneficial, as it accustoms him to large volumes of work. If feeling particularly sluggish, he takes 300-450 mg of caffeine prior to the training rigors ahead.

I asked him how he prepares for a big lift once in the gym. "You know, take a hit of ammonia, turn up the music and scream a bit," says Brian.

This classic approach works well for him as he cannot recall ever missing a squat or bench attempt.

The only lifts he recalls missing are overhead presses where, when approaching upwards of 400 pounds, he encountered a psychological barrier. Now past that hurdle, he can throw 400 overhead pretty much any time he wants.

"Peak performance is mostly mental," says Brian. "The body does what the mind tells it. If you continually push your body beyond its capabilities you become mentally stronger. But many people don't have the ability to do that. Once they feel pain, they stop. My high school wrestling coach would say, 'You're still breathing, right? Then keep going.' That stayed with me all these years."

RECOVERY

Like all high caliber athletes Brian is quick to recognize the value of recuperation. He believes strength performance is 70% rest.

No pampered athlete however, Brian has to accommodate his grueling job as well. Consequently, he sleeps 8 to 10 hours sometimes going to bed as early as 5:30 to 6 in the evening only to get back up at 5 AM the next day.

In order to sleep the whole night through, he doesn't drink for 2.5 hours before bed except for a glass of orange juice he takes with Z Mass PM, a supplement made by Cytodyne that helps sleep and provides restorative nutrients to maximize recovery.

POWERLIFTING TODAY

"There needs to be one organization, one set of rules," says Brian. "Triple ply denim suits and squats four inches above parallel hurt the credibility of our sport."

"Olympic lifting doesn't have the problems of powerlifting because weightlifting is a highly refined athletic skill which supportive gear wouldn't help. They also have one organization that ensures standardization of performance."

"If powerlifting were under one set of rules, so many guys would lose their records none of 'em would agree to it. Those who stand to lose wouldn't consolidate even if it benefited everyone. No one wants to swallow his pride. Selfishness and greed ruin powerlifting. Because of that we'll never see the Olympics or any real TV coverage."

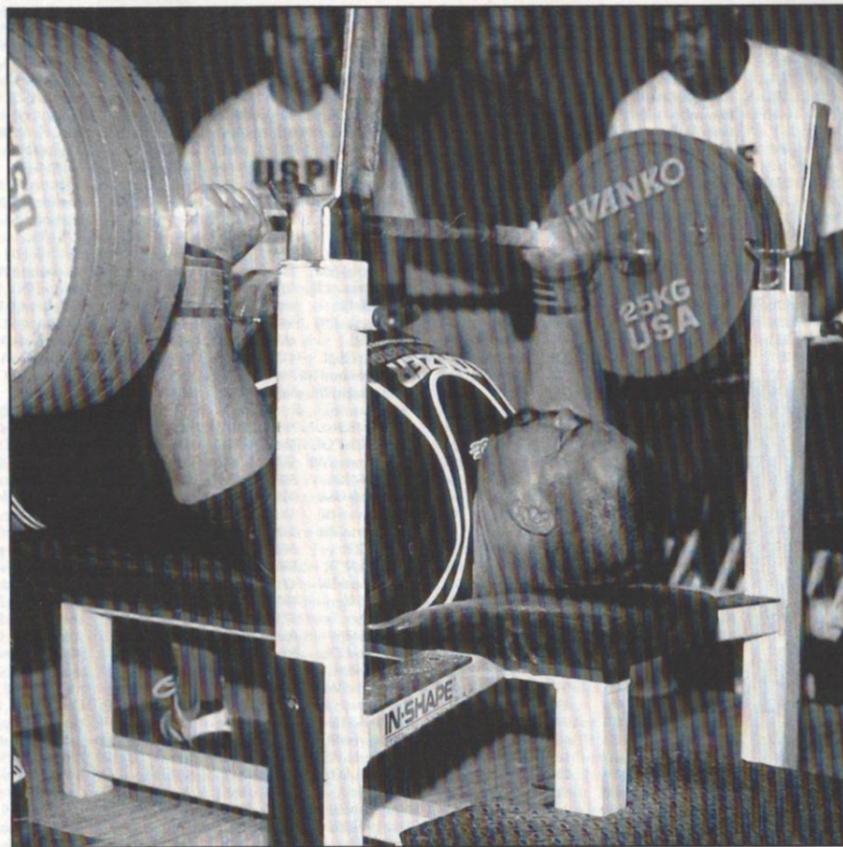
"Many of today's record holders would rather be unknown backwater champions than publicized competitors."

"The challenges coming from Atlantis Foundation to compete raw is good for both strongman and powerlifting because it draws interest into who is really the best. It makes people put up or shut up."

"I say, 'if you get challenged, go do it, and shut the promoter up. If you can't back it up then don't be a baby.'"

In closing Brian summed himself up as, "I'm a hundred percent dedicated to whatever I do whether it's powerlifting or strongman. I give everything I got and I don't quit."

Heroic words from a strength hero.



Brian's 705 Bench Press done at the 2004 USPF Mountaineer Cup was a magnificent effort



Some Strongman Events have a virtually direct carryover from power training.

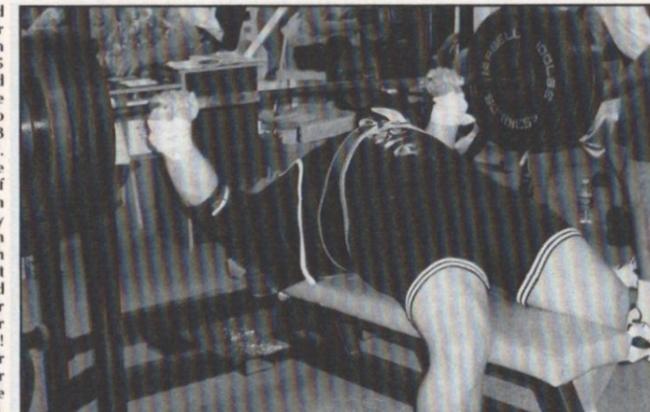


SLP Genesis Gym Meet Best Lifters: (l-r) Theresa Gill, Brian Seitz, Genesis Gym owner Tom Burch, and Scott Vickery. (LATCH photos)

Center. Thanks to owner Tom Burch and his staff for promoting a great competition, with great hospitality and great loaders and spotters. In the bench press event we had three new lady lifters, Kathy Brookhart, Joan Koontz and Theresa Gill. Kathy set the Ohio state record for the 40-44/181 class, making just her opener of 135. Joan Koontz won at 45-49/148 with 70, while Theresa Gill finished with a new state record of 115 at 50-54/114. This also earned Theresa the best lifter award among the women. Marianne Harmon got her first official 100 bench at 55-59/165, breaking her own state record there. Erin Olszewski failed three times with 175, bombing out at open 123. For the novice men's division Bryan Wheeler won at 165 with 300 while Dave Nieman finished with 425 before a successful fourth with 435. Both novice lifters broke the state record for their respective classes. At 13-15/181 it was Josh Mendoza, bombing with 215. Our only other teenage lifter was Mike Montgomery, who won at 16-17/114. Lifting in his first competition, Mike finished with 155, before returning with a new state record 170 fourth attempt.

Then there was junior 165 winner, Andrew Smith who finished twenty pounds over double bodyweight at 340! In the submaster division Brian Seitz won at 181 with 320 while David Raines won over Tim Reeder 530 to 380. David also captured the police & fire/275 class. John Pfeiffer won the title at 40-44/220 with 320, taking the open 220 class as well. Jeff Ritzler broke his own Ohio state record at 40-44/242 with a personal best 575. A fourth with his first 600 was his best lift of the day, not only strength-wise, but with near perfect form as well! Then at 275 it was Scott Vickery with a new state record 650! 675 was close but out of the groove from the lift-off. If Scott could have stayed in his groove, 700 would have gone on this day! Randy Francis, lifting raw, won at 50-54/165 with 305, followed with a solid 315 state record fourth. Robert Gill, another first-timer, set the state record at 55-59/132 with 225. Ken Hampton won at 165 with 160, followed by a personal best 165 fourth. Cliff Freese set the state record for the 55-59/181 class with 285. Our oldest competitor was the amazing eighty-five year old Charles Lee. Charles, a multi-

national and world champion, finished the day with a new state record 220 for the 85-89/198 class! In the open division Jason Dross won over Jason Witt in the 165 class 380 to 285. At 198 John Kistler had some problems with his shirt, failing three times with 365. Jereme Sager, who continues to make great gains, won at 308 with 500, after failing with 520 twice. Second place at 308 went to Mike Meadows, who finished with his opener of 450. Our final bencher was Jason Leonhardt, who won at shw with an easy 425. The best lifter award for the men went to Scott Vickery who finished with 650 at a 275 bodyweight. In the deadlift event Marianne Harmon won her second title of the day, along with setting her second state record of the day with her first official 200 deadlift at 55-59/165! Erin Olszewski came back from her disappointed bench to pull an easy 260 for the win at open 123. Erin is the Ohio state record-holder for that class with 280, which she set at the Ohio State Fair last month. Bryan Wheeler won his second title at novice 165 with a strong state record pull of 405. Andrew Smith looked



Jeff Ritzler with his 1st official 600 @ 40-44/275 at Genesis Gym.

strong at junior 165, finishing with another state record of 520. Todd Miller won at junior 220 with 440, followed by a fourth of 450, while Big Ryan Walls set the state record at 275 with 480. In the submaster division Brian Seitz won at 181 with 585, just missing a new state record 605 final pull. Brian, who also captured the open 181 title, was awarded the best lifter trophy for the competition. Also at submaster was 275 winner Tim Reeder, who finished with 485. For the 40-44 division it was John Pfeiffer again at 220 with a personal best 360. John also won at 220 open. Scott Vickery failed with his opener of 700 twice and bowed out of the competition at 40-44/275. But, you know, Scott always brings several younger lifters with him and spends so much time coaching them, that I know by the time it comes to him pulling, he's pretty well worn out. Just to let you know, Scott, we appreciate all you do for the other lifters! Ken Hampton had a great time in his first competition, capturing his second title at 55-59/165 with 210. The notorious Gene Keesy pulled a couple of new state records at 65-69/198 with his third (365) and fourth (375) attempts, smiling in typical Gene Keesy style, all the way to the top! Our final master puller was Charles Lee who again set the Ohio state record at 85-89/198 with 355! Just another big kid! In the open division it was Jason Witt at 165 with 450. Jason's final attempt with 475 gave new meaning to the term, "leaving something on the platform", okay! At 198 John Kistler redeemed himself with a solid 500 pull for the win there. Thanks again to all the great spotters and loaders, to Ronda Ritzler for taking pictures and helping me out so much and to her daughters who served as our trophy girls. See you all next year! (Results provided by Dr. Darrell Latch)

SLP Missouri State
09 OCT 05 - Springfield, MO

BENCH	275 lbs.	J. Humbyrd	455
MEN	DEADLIFT		
Junior	242 lbs.	A. Best	635*
SHW	MEN		
S. Birdsong	Junior		
Submaster	242 lbs.	A. Miller	590
242 lbs.	A. Best	635*	
G. Haelele	300	4th-610	
Master (45-49)	SHW		
242 lbs.	J. Braithwait	400*	S. Birdsong 550*
Open	242 lbs.	Open	
242 lbs.	J. Wantland	405	J. Humbyrd 565
J. Roark	405		

*Son Light Power Missouri state records. Best Lifter Bench: Joe Humbyrd. Best Lifter Deadlift: Alan Best. The Son Light Power Missouri State Bench Press/Deadlift Championship was held at St. John's Fitness Center. A special thanks to Geoff Haelele for all the promotion he did for this competition and to the staff at St. John's. In the bench press event Big Steve Birdsong had some problems with his opener of 600 and was unable to stay in the meet. But that 600 is right there; just needs to be the right day! Geoff Haelele won at submaster 242 with 300, just missing a fourth with a personal best 315. For the master men's 45-49/242 class it was Jim Braithwait with a new state record of 400 for the win there. In the open division it was a close one at 242, with both lifters finishing at 405. By bodyweight Justin Wantland came out the winner over Justin Roark. Our final lifter was 275 winner Joe Humbyrd. Joe finished with a personal best 455 taking also the best lifter title for the bench meet. In the deadlift competition best lifter Alan Best pulled the biggest weight of the meet with a new state record of 635 at junior 242. Second place went to Austin Miller, who finished with personal bests of 590 for his third and a 610 fourth. Steven Birdsong set the state record at junior shw with 565, for his second title of the day. Thanks to D.C. and others who helped with the competition as well as Marian Redhage for taking some great pictures. See you all again next year! (Results provided by Dr. Darrell Latch)

SLP Genesis Gym BP/DL
25 SEP 05 - Celina, OH

BENCH	275 lbs.	D. Raines	530
WOMEN	Open		
Master (40-44)	165 lbs.	J. Dross	380
181 lbs.	165 lbs.	J. Witt	285
K. Brookhart	198 lbs.		
Master (45-49)	198 lbs.		
148 lbs.	70	J. Koontz	70
J. Koontz	220 lbs.		
Master (50-54)	220 lbs.		
114 lbs.	115*	J. Pfeiffer	320
T. Gill	308 lbs.		
Master (55-59)	500	J. Sager	500
165 lbs.	450	M. Meadows	450
M. Harmon	SHW		
Open	425	J. Leonhardt	425
123 lbs.	DEADLIFT		
E. Olszewski	WOMEN		
Master (55-59)	165 lbs.	M. Harmon	200*
Novice	123 lbs.		
165 lbs.	E. Olszewski	260	
B. Wheeler	300*	Open	
308 lbs.	123 lbs.		
D. Nieman	425*	E. Olszewski	260
4th-435*			
Teen (13-15)	Novice		
181 lbs.	165 lbs.	B. Wheeler	405*
J. Mendoza	405*		
Teen (16-17)	165 lbs.		
114 lbs.	165 lbs.	A. Smith	520*
Montgomery	170*	220 lbs.	
Junior	220 lbs.	T. Miller	440
165 lbs.	4th-450		
A. Smith	340		
Submaster	275 lbs.		
181 lbs.	480*	R. Walls	480*
B. Seitz	320	Submaster	
275 lbs.	181 lbs.		
D. Raines	530	B. Seitz	585
T. Reeder	380	275 lbs.	
Master (40-44)	485	T. Reeder	485
220 lbs.	Master (40-44)		
J. Pfeiffer	320	220 lbs.	
242 lbs.	360	J. Pfeiffer	360
J. Ritzler	575*	275 lbs.	
4th-600*		S. Vickery	
275 lbs.	—	Master (55-59)	
S. Vickery	650*	165 lbs.	
Master (50-54)	210	K. Hampton	210
165 lbs.	Master (65-69)		
(Raw)	365*	198 lbs.	
R. Francis	305	G. Keesy	365*
4th-315	4th-375*		
Master (55-59)	Master (85-89)		
132 lbs.	198 lbs.		
R. Gill	225*	C. Lee	355*
165 lbs.	Open		
K. Hampton	160	165 lbs.	
4th-165	450	J. Witt	450
181 lbs.	181 lbs.		
C. Freese	285*	B. Seitz	585
Master (85-89)	198 lbs.		
198 lbs.	500	J. Kistler	500
C. Lee	215*	220 lbs.	
4th-220*	360	J. Pfeiffer	360
Police/Fire			

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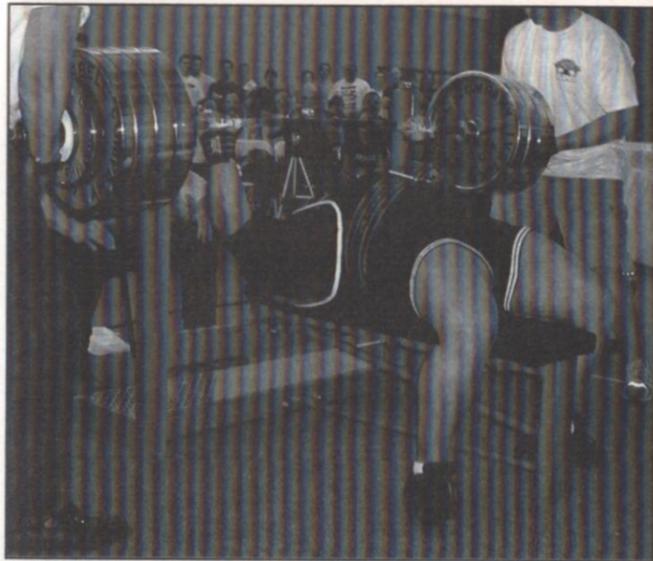
APA Bench Press Nationals
10 APR 05 - Canterbury, CT

BENCH		M. Ioannou	—
WOMEN		198 lbs.	—
Tested	Teen (13-15)	Swanson, Jr.	375!
123 lbs.	Teen (16-17)	D. Anneser	410!
Submaster	Junior	R. Marrama	510!
M. LaCoste	125*	Charbonneau	450*
114 lbs.	Submaster	T. Stucke	520*
Master (40-49)	4th-115!	C. Am	405*
J. Poirier	110!	Master (40-49)	—
148 lbs.	4th-115!	K. Mattson	515!
N. Famigletti	225*	O. Mack	355*
N. Hubbard	120*	4th-230*	—
Open	225*	Master (60-69)	—
R. Crapo	225*	F. Taylor	380!
4th-230*	165 lbs.	Police/Fire	—
165 lbs.	Submaster	R. Marrama	510
P. Lagrant	185*	D. Swinburne	385
MEN	148 lbs.	4th-395*	—
Tested	Open	J. Kellum	580!
148 lbs.	C. Bang	T. Stucke	520*
Open	K. Bergeron	K. Mattson	515
C. Bang	310	R. Marrama	510
K. Bergeron	290	Charbonneau	450
165 lbs.	165 lbs.	C. Am	405
Teen (16-17)	Teen (16-17)	220 lbs.	—
A. Kaufman	250	Teen (18-19)	—
Teen (18-19)	J. Gadd	305*	—
J. Gadd	305*	Junior (20-23)	—
Junior (20-23)	B. Cutler	330	—
B. Cutler	330	D. Kapura	410
P. Shafer	300	Submaster	—
Master (40-49)	Master (40-49)	Swanson, Sr.	510*
A. Bonola	390!	M. Peters	410
Master (60-69)	Master (60-69)	Master (40-49)	—
P. Hubbard	250*	A. Bruneau, Jr.	400
4th-275*	Open	Kielczwesk, Sr.	—
Open	Master (50-59)	J. Milne	455!
D. Rodriguez	330	Open	—
D. Bloom	320	J. Bianchi, Sr.	565
181 lbs.	181 lbs.	J. Knobler	565*
Junior (20-23)	Junior (20-23)	Swanson, Sr.	510*
D. Anneser II	385*	M. Peters	410
Kielczwesk, Jr.	325	J. Yurkunas	37
M. Masse	275	242 lbs.	—
Master (40-49)	Master (40-49)	Submaster	—
A. Perkins	367*	G. Banks	450
B. Kernoff	330*	Master (60-69)	—
R. Huber	325	R. Cote	435!
M. Ioannou	—	4th-440!	—
Master (50-59)	Open	Open	—
R. Jackson	260	D. Burke	445
Open	C. Schmalz	550!	—
C. Schmalz	550!	F. Caminita	545*
F. Caminita	545*	M. Ioannou	—
M. Ioannou	—	Submaster	—



Best Lifters: Nan Famigletti, Roland Cote, Craig Schmalz, Vin Dizenzo

D. Goudreau	425	Open	J. Bianchi, Sr.	565	242 lbs.			
Non-Tested	P. Chimblo	525	308 lbs.	Open	P. Herrick	355	275 lbs.	
Master (40-49)	T. Petrino	625!	Master (40-49)	275 lbs.	Bourgeault, Sr	500*	4th-510*	
400	Open	SHW	Open	C. Bouley	—	308 lbs.	Junior	
Kielczwesk, Sr.	J. Bianchi, Sr.	565	Open	M. DeMello	527*	Master (40-49)	242 lbs.	
Master (50-59)	J. Knobler	565*	R. McCray	700*	Non-Tested	165 lbs.	D. Bloom	320
J. Milne	455!	Open	Non-Tested	165 lbs.	Police/Fire	181 lbs.	D. Bloom	320
Open	J. Bianchi, Sr.	565	Master (40-49)	400	181 lbs.	Open	G. Uphold	305
J. Knobler	565*	Open	D. Bloom	320	Police/Fire	181 lbs.	M. Ioannou	—
Swanson, Sr.	510*	Open	R. Tucker	520	181 lbs.	Open	Police/Fire	445
M. Peters	410	Open	B. Bumgarner	—	181 lbs.	Open	M. Ioannou	—
J. Yurkunas	37	Open	V. Dizenzo	800*	181 lbs.	Open	M. Ioannou	—
242 lbs.	Submaster	Open	R. Bumgarner	—	181 lbs.	Open	Submaster	220 lbs.
M. Peters	410	Open	B. Tucker	520	181 lbs.	Open	Submaster	220 lbs.
J. Yurkunas	37	Open	SHW	—	181 lbs.	Open	Submaster	220 lbs.
242 lbs.	Submaster	Open	Master (50-59)	V. Klein	320*	Open	Submaster	220 lbs.
M. Peters	410	Open	220 lbs.	—	—	Open	Submaster	220 lbs.
J. Yurkunas	37	Open	220 lbs.	—	—	Open	Submaster	220 lbs.
242 lbs.	Submaster	Open	220 lbs.	—	—	Open	Submaster	220 lbs.
M. Peters	410	Open	220 lbs.	—	—	Open	Submaster	220 lbs.
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An 800 lb. Bench Press by Vinnie Dizenzo. (photos courtesy Slaga)

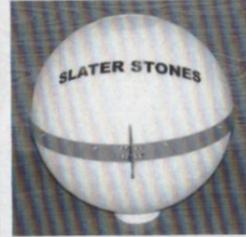
in the Submaster 198 lb. class, Tom made all 3 of his attempts, ending with a Connecticut record 520 to take the win. Chute Am of Rhode Island also had a great day, leaving with 2nd place and a Rhode Island state record. Ken Mattson came to the meet expecting big things and while he didn't have the day he had hoped, he still managed a big 515 WPA World Record to win 1st place in the 40-49 198 lb. class. New York's Oscar Mack is always a joy to see. We were supposed to meet up with him for supper the night before but the meet set-up took longer than expected and I decided not to bother him at such a late hour. A lifter needs to get his rest you know! Well, I'm not sure how much rest Oscar actually got but he sure lifted like he got plenty. He gave us a scare when he missed his opener but after that, he was on fire. A repeat with his opener of 325 looked like 135. It was then on to 355 and 375 for a 60 lb. PR and New York state record. 60 yr. old Frank Taylor is another lifter that just keeps getting better and better. Entered in the 60-69 198 lb. class, Frank opened with a WPA World record 380 for all whites and 1st place. David Swinburne is a Connecticut fireman who holds state records in the

deadlift. By the looks of things he's been working very hard on his benching as well. Dave made a Connecticut state record 395 to place 2nd to Rick Marrama in the Police/Fire 198 lb. class. The Open 198 tested division featured multi-world champ Jesse Kellum of Louisiana. When you first meet Jesse you are amazed he can handle the weights he does. 900+ lb. squats, 700+ lb. bench presses, totals of almost 2,400 lbs., all of that on that size frame is just mindboggling. Jesse dropped to the 198's for this meet and opened with an easy 550. A 2nd attempt of 580 wasn't passed but Jesse repeated for 3 whites and a WPA World Record for the win. 2nd through 4th place in this class was so closely contested that only 5 lbs. separated each placing. 2nd place finisher Tom Stucke's 520 gave him the Submaster CT state record and the CT Open record. 18 yr. old college student Dean Kapura entered the Teen 220 lb. class and while the Connecticut state record 430 he tried didn't go, his 410 gave him the win. After Bruce Swanson Jr. did so well in the teen division, it was his dad's time to show his stuff. Bruce opened with 490 and smoked it. 500 and then 510 were solid lifts that gave him the win and a NY State record

in the Submaster 220 lb. class. Amil Bruneau has been lifting for 28 years and while he seemed to have some injuries slowing him down, his 400 lb. opener gave him the win in the 40-49 220 lb. class. Jeff Milne finally had the day he was due. After a string of bad luck it all came together for him and he won the 50-59 220 lb. class with a WPA World record 455. Way to go Jeff! The Open 220 lb. class was another hotly contested class. Joe Bianchi Sr. opened with 545 and was followed by Jason Knobler's 565. Joe jumped to 565 to tie Jason (Joe weighed 4 lbs. lighter) and Jason took a big jump to 600 but missed. Joe then attempted but missed 585, Jason passed on his 3rd and we had the winner by body-weight, Mr. Joe Bianchi Sr. Glenn Banks is a 5th grade teacher and I doubt the kids give him any trouble. Lifting in the Submaster 242 lb. class, Glenn won with an easy 450 and had two close misses with 505. How's this for a lifting resume, 216 meets, 194 1st place wins and more records than I can even count. What more can you say about Roland Cote? Having just turned 60 and weighing 226 for this meet, Roland wasn't about to show any signs of slowing down. He opened with 410 that was so fast that if you blinked you missed it. 425 was the next jump and it was just as fast and left Roland licking his chops for his next attempt, a WPA World Record 435. Not only did Roland get that lift but he also made 440 on a 4th attempt. Add 1st place win No. 195 to the collection, Roland. In the Open 242 lb. Tested class, Dan Durkee is another lifter moving up the ranks quickly and he took home the gold. He opened with 445 for a 25 lb. PR. Subsequent tried with 475 were missed due to some shirt issues but I can see 500 coming soon. Massachusetts' Patrick Herrick has to have the longest arms I've ever seen on a lifter. He didn't let that stop him though, good lifts of 335 and 355 brought home a nice 1st place trophy in the 242 lb. N.T. class. Darryl Goudreau was another Massachusetts lifter who made the trip. Darryl is co-owner of the Fitness Factory and he showed his members he practices what he preaches, as his 425 lb. bench took the win in the Submaster 275 lb. class. Philip Chimblo is an Explosives Engineer and he certainly was exploding those weights off his chest. His 525 2nd attempt took the win in the Submaster 275 N.T. division and he looked good for more. Rhode Island's James Bourgeault Sr. returned to the platform after some serious health problems. Looking better than ever, James set a State record on his 3rd attempt, only to break it again on his 4th with a PR 510. Nice to have you back, James. Tony Petrino hasn't been

competing long but he sure isn't wasting any time. Entered in the 40-49 and Open 308 lb. classes, Tony came to the meet ready to do battle. He opened with 600 and then jumped right to a WPA World record 625. He mis-grooved the 625 on the way up and the spotters caught the bar on a free-fall, inches from his face. Something like that would have rattled most lifters but Tony wasn't going to be denied. He came back to try the 625 again and slammed it up for 3 white lights, the World Record and 1st place in both divisions. It's all in the flame shoes, right Tony? 20 yr. old, Mike DeMello got a lot of attention. In what I believe was his first official meet, he entered the Junior 308 lb. class and benched 485, 515, and 527.5 for a new Connecticut State record, all while wearing just a t-shirt. I can't wait to see what he does in just a few years. Big Billy Tucker is a Correctional Officer in Rhode Island and by the look of him, I get the feeling things are pretty quiet on his shift. Billy opened with 500 for 3 white lights. 520 was his next attempt and whites all around again. A State record 535 was just a little too much but 1st place was his in the 40-49 308 lb. N.T. class. 53 yr. old Victor Klein made his return to Connecticut in fashion. Considerably stronger since the last time I saw him, Victor benched a Massachusetts record 320 on his way to the win in the 50-59 SHW division. Nice to have you back, Vic! Vincent Dizenzo has done it all. This Special Education Teacher from Connecticut has come on the scene fast and furious, destroying the all-time record books in the process. He has competed in many feds and at many levels, never dodging competition. Formerly a full-power lifter who squatted over 700 in the USAPL, he's done everything from winning at Bench America and competing at the Arnold Classic to becoming only the 2nd person ever to bench press 700+ lbs. in 3 weight classes. While having as formidable a lifting resume as anyone out there, you will never meet a more modest and classy person. Whether he's lifting or not, you can count on him to lend you advice, coach you through your attempts or simply cheer you on, doesn't matter whether he knows you or not. He volunteers countless hours of his time to promote the sport and I can't think of a better role-model. So, Vincent came to the meet looking to add something new to his list of accomplishments. An 800 lb. bench was what he wanted and it was standing-room only, as the spectators packed in to see if he could get the job done. Looking as wide as he is tall, Vincent came out for his opener of 715 and the crowd was so loud I was afraid he wouldn't

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ST120	12"	Diameter	apx weight	72lbs.....	\$59.00
ST140	14"	Diameter	apx weight	116lbs.....	\$79.00
ST160	16"	Diameter	apx weight	175lbs.....	\$99.00
ST180	18"	Diameter	apx weight	240lbs.....	\$109.00
ST200	20"	Diameter	apx weight	335lbs.....	\$135.00
ST210	21"	Diameter	apx weight	354lbs.....	\$149.00
ST220	22"	Diameter	apx weight	400lbs.....	\$169.00
ST210	24"	Diameter	apx weight	476lbs.....	\$169.00

hear the head judge who wears a microphone! After a nice lift-off, Vincent took the bar down with his customary control. After a solid pause and the "press" command, Vincent rocketed the 715 to lockout. The crowd actually hesitated for a moment before roaring their approval, his bar speed has to be seen to believe and they were quite frankly, shocked. 715 shouldn't move that fast. The stage was set for 800 and you could just feel the electricity in the air. I can't ever remember hearing a crowd that loud. It seemed like everyone in there was trying to will Vincent all the energy and strength they could. The bar was loaded and out Vincent came looking extremely confident. No big psyche routine, just all business. After a solid set-up, he signaled for the hand-off. Out the bar came and for the first time I saw Vincent tremble a little under a weight. Down he went with it and held it to his chest for the

"press" command. As soon as he got it, it was launch time. While not having the same speed as the 715, 800 still came off his chest with remarkable speed. As the bar moved out of his shirt range I could see it starting to slow and just when I thought he might have a problem, he simply rotated the bar back towards his head and there it was, locked and waiting for the "rack" command. The crowd went nuts and then grew silent as we all waited for the judge's lights. A split second later there it was, 3 white lights, an official 800 lbs. I couldn't even begin to count the number of people that rushed to the platform to congratulate Vincent. All I can say is that there was literally a line of people waiting to shake his hand. It was a tremendous performance and couldn't have happened to a nicer guy. Add 800 lbs., 1st place in the 308's and Best Lifter to that resume, Vincent. One of those people that ran to congratulate Vincent

was Tee Tee McCray. Tee Tee was so excited for his training partner that he literally ran to the platform with a shoe on one foot and only a sock on the other. The smile on his face said it all and I couldn't tell which guy was the happiest. Not that Tee Tee had anything to frown about when it came to his own lifting. Tee is a hometown boy who has kept a low profile. Already considered to be the strongest lifter in this area by many, Tee Tee decided it was time to make it official. He planned his training well in advance for this meet, started training at Southside Gym with Vincent, and was determined to leave no doubt as to who was the top dog in these parts. I had been hearing all kinds of impressive rumors about his training weights and judging by how thick he looked when I saw him, they weren't just rumors. He opened with a nicely controlled 665 for a new Connecticut record

and it was smoked. He then jumped to what he really came for, 700 lbs. It looked to me like he may have rushed a little on this one and he missed it. I thought this might shake his confidence but he jumped off the bench completely unfazed and I heard him tell his workout partners, "I've got it". 700 was called for again on a 3rd attempt and this time Tee Tee looked ready. Nice solid set-up, very precise and controlled unracking of the weight and then slowly he brought the bar to his chest. Upon hearing the "press" command he shot the weight up and locked it out rather smoothly. For his efforts he won 1st place in the Open SHW class, set the Connecticut State record, got his first 700 lb. bench and more importantly, left no doubt. All the hard work paid off Tee Tee, nice job. Special thanks go out to Inzer Advance, House of Pain and APT's Pro Wrist Straps. You really help to make our meets top-notch and we appreciate the support. (These results from Donna Slaga)

USPF US Open BP/DL 18 SEP 05 - Morgantown, WV

BENCH	J. Contakos	529
MEN	SHW	
148 lbs.	Open	
Master (40-49)	B. Siders	771
M. Miller	93	DEADLIFT
Junior (14-15)		WOMEN
K. McPeck	181	148 lbs.
		(60-69)
Junior (16-17)	E. Purre	181
Loncharich	264	MEN
		148 lbs.
Open	Junior (14-15)	
Richendollar	319	K. McPeek
Junior (16-17)		380
		165 lbs.
B. Snodgrass	220	(40-49)
		B. Hughes
		402
		181 lbs.
M. Richards	303	Junior (16-17)
Open		B. Snodgrass
E. Bailey	330	198 lbs.
J. Harris	314	Open
		W. Derr
		490
		(40-49)
A. Lapaglin	507	M. Richards
Submaster		485
		220 lbs.
R. Harbger	507	(40-49)
(40-49)		D. Currence
R. Perkins	380	242 lbs.
(50-59)		Open
C. Stanley	352	T. Graham
275 lbs.		529
Open		(50-59)
P. Andrich	501	C. Stanley
308 lbs.		628
Open		275 lbs.
		Open
		A. Courtney
		749

(Thanks to Matt McCas for the results)

BP/DL, Pre-Meet Checklist, Do the SQ - by Louie , Ernie 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 Bz| Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 165s
Dec/00 ... Tao of Competition Pt. 1, 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, AWP World, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis S., TOP 100 198s
Feb/01 ... Gany 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 Natls, 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 Perrotta Interview, Training the Lockout, TOP 100 198s
Feb/002 ... 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 Natls, TOP 20 Teen/Women/Masters, Russ Barlow, Becca Swanson, 850 DLs, Louie on "the Repetition Method"
Apr/02 ... WPO Finals/Qualifer/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 Natls, 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 Natls, 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 SubJr. 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 Patena, 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.
Oct/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 Natls, 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.
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 Natls., Becca benches 501, Water Technology Pt. 2, Brent Mikesell Interview, IPF President's Message, TOP 100 220s
Apr/04 ... Frank Goes 2706/2805!, 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

Louie, Jo Walker DL Workout, All Time Squat/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 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

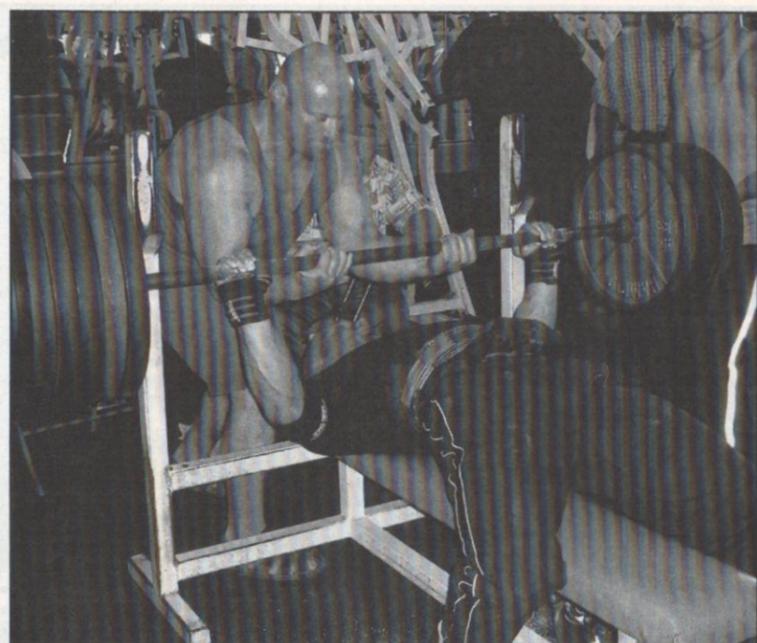
Fame, Equipment for Sumo, Reactive Methods by Louie Simmons, Mendelson Tries 1008 BP, TOP 100 114s.
Oct/05 ... Deadlift Training by Louie Simmons, Raw Benching Westside Style, Brian Schwab Squat Workout, World Top 20 lists, AWP Worlds, TOP 123s
Nov/05 ... Kettlebells for PLers, Tony Conyers' 2033 total @ 165, Raw Squatting by Jim Wendler, Fan Fanaticism, Seguin Fitness, TOP 132s.
Dec/05 ... WDFPF Single Lift Worlds, Bench America, WPO Semis (1201 squat), AAU PushPull, GPC Worlds, Jason Beck Worlds Routine, TOP 148s
Jan/06 ... WPC Worlds - 970 DL, IPA Nationals, AAU World Push Pull, Louie S. on Isometrics, Ted Arcidi, Tiny Meeker Interview, Herb Stroke, TOP 100 165s

LIST THE ISSUES YOU WOULD LIKE (AND ALTERNATES), MAKE OUT A CHECK (\$5 PER ISSUE, INCLUDING S&H), SEND TO POWERLIFTING USA, BACK ISSUES, BOX 467, CAMARILLO, CA 93011. (SPECIAL PRICE ON MULTIPLE QUANTITIES: 2-3 BACK ISSUES - \$4.50 EACH, 4-9 BACK ISSUES - \$4 EACH, 10-24 BACK ISSUES - \$3.50 EACH, 25+ BACK ISSUES - WE NEGOTIATE A BETTER PRICE)



Ernest Faulkner with an SLP State Record 620 @ 198. (Latch photos)

ginning of the event we started with an old fashioned curl competition. Traveling from Jonesboro, Illinois was 600 plus bencher Lloyd Edwards. Taking the police & fire/submaster division, Lloyd finished with a solid 205. Robert Gray came up from Corinth, Mississippi, taking titles at novice, master 40-44 and open 220 with his final attempt of 165. In the bench press event we started with the raw division, all of which set new Tennessee state records for their respective classes. At master 40-44/198 it was Marty Shettlesworth with 245. Danny Gibson set the mark at 50-54/308 with an easy 365. For the open division it was Mark Stafford at 220 with 350 and Bobby Arnold at 275 with 365. For the assisted classes we had three fine novice lifters. Mark Mason won at 198 with 270 while Trey Hamilton took the 220 class with a new state record of 405. A fourth with 425 was also good! William Sanders, another first-time competitor, finished with 325 for the title at 275. Patrick Welty broke the state record at 13-15/220 with a solid 230, while Miles Tamboli set the mark at 16-17/165 with 190. Also at 16-17 was 275 winner Will Thomas, who finished with a new state record of 245. Our final teenager was Ryan Acuff, who won at 18-19/198 with 315. In the submaster division we had some great lifters, starting with 165 winner Kenneth Baroff, who finished with 290. Doug Bryan got his first official 400 bench as he took the 181 title, breaking the state record there. Glen Power won at 198 with 350 while Gregory McCoy won over Terry Crossen 505 to 460. Terry's 460 was a new personal record for him. At master 40-44 it was Keith Dowell with 315 at 181. Todd Bowman finished with 385 at 220, but returned with a successful state record fourth of 410. 220 winner Q. Fletcher, struggling with some minor shoulder problems, set the state mark there with a solid 455. At shw Robert Henley had to drop out of the competition, due to a pec tear. Speedy recovery, Bob! Eric Cooper won at



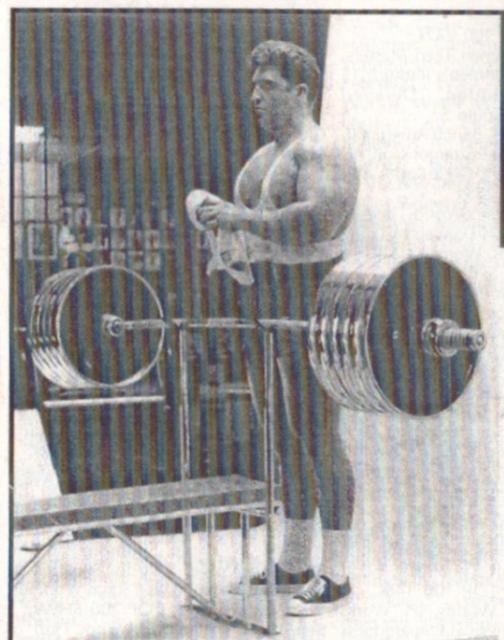
Best Lifter Ben Goins taking a run at a 530 bench in the Police/Fire 220 lb. class

275, finished with 465. Ryan Acuff, guest lifting at 18-19/198, set the state record there with 405. The big pull of the day came from best lifter John Prather, who finished with a new Tennessee state record of 725 at junior 220! Marty Shettlesworth won his second title of the day at 40-44/198 with 425. Also at 40-44 was shw winner Robert Henley, who also pulled 725 for the win there. If it hadn't been for his earlier injury, Robert probably would have gone over 800 on the day! Eric Cooper got the state record at 45-49/shw with his 500 second attempt, but had plenty more in him. In the open division Ernest Faulkner broke his own state record at 198 with a personal best 620! Kirk Dowell also became a two time winner at open 308 with an easy 500 pull. Hey, thanks to my son Joey and to the several other lifters who helped out with the spotting, loading and judging. See you all again next year! (Thanks to Dr. Darrell Latch for providing these meet results)

SLP Big Bench at the French 16 OCT 05 - Memphis, TN

BENCH	Master (50-54)	220 lbs.
Raw	J. Coll	375
MEN	308 lbs.	
Master (40-44)	D. Gibson	365*
198 lbs.	Police/Fire	
M. Shettlesworth	220 lbs.	
245*	B. Goins	500
Master (50-54)	Open	
308 lbs.	165 lbs.	365*
D. Gibson	275	
Open	242 lbs.	
220 lbs.	J. Welty	430
M. Stafford	4th-450	
275 lbs.	308 lbs.	365*
B. Arnold	515*	
Assisted	4th-530*	
MEN	S. Grice	300
Novice	DEADLIFT	
198 lbs.	MEN	
M. Mason	Teen (16-17)	405*
220 lbs.	165 lbs.	
T. Hamilton	M. Tamboli	340*
4th-425*	4th-355*	
275 lbs.	275 lbs.	325
W. Sanders	W. Thomas	465*
Teen (13-15)	Teen (18-19)	
220 lbs.	198 lbs.	230*
P. Welty	R. Acuff	405*
Teen (16-17)	Junior	
165 lbs.	220 lbs.	190*
M. Tamboli	J. Prather	725*
275 lbs.	Master (40-44)	
W. Thomas	198 lbs.	415
Teen (18-19)	SHW	
198 lbs.	R. Henley	725*
R. Acuff	Master (45-49)	
Submaster	SHW	
165 lbs.	E. Cooper	500*
K. Baroff	Open	
181 lbs.	198 lbs.	400*
D. Bryan	G. Power	350
198 lbs.	220 lbs.	
G. Power	G. McCoy	505
220 lbs.	T. Crossen	460
T. Crossen	Master (40-44)	
460	MEN	
Master (40-44)	Novice	
181 lbs.	220 lbs.	315
K. Dowell	R. Gray	165
315	Master (40-44)	
198 lbs.	220 lbs.	
T. Bowman	R. Gray	165
4th-410*	Police/Fire	
220 lbs.	Submaster	
Q. Fletcher	SHW	455*
455*	242 lbs.	
R. Henley	Master (45-49)	
—	Open	
Master (45-49)	SHW	205
205	220 lbs.	
E. Cooper	R. Gray	165

*=Son Light Power Tennessee state records. Best Lifter Bench: Ben Goins. Best Lifter Deadlift: John Prather. The Son Light Power Big Bench at the French was at the French Riviera Spa in Hickory Hills, Tennessee. Thanks to the staff at the club for their help in setting up the event and a special thanks to Danny Gibson for his help in promoting this competition. At the be-



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- 18 FEB, SLP Brickyard Gym Open BP/DL (Milwaukee, WI) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
- 18 FEB, USPF West Virginia High School (S. Charleston HS, So. Chas., WV) John Messinger, 304-766-0352(school), 304-744-2475(home)
- 18 FEB, WABDL Metro-Flex Gym Push/Pull Challenge BP & DL, (Texas) Brian Dobson, 817-465-9331
- 18 FEB, APA Houston Open Push/Pull & Tigers High School Invitational Push-Pull, Sam Houston High School, 9400 Irvington Blvd. Houston, TX 77076, Tom McCullough, tom_mccullough@texaspowerscene.com
- 18 FEB (corrected phone number), WABDL Penn-Ohio-New York Regional BP/DL Championships World Qualifier (Beaver Falls, PA) Charles Venturella (724) 654-4117
- 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, 518-858-7002, 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 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, dbrochey@adelphia.net
- 18 FEB, Iron Warrior Powerlifting Championships (PL/PP/BP/DL/SC - Bartow, FL) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-626-4247
- 18, 19 FEB, NASA Teenage Nationals & Ohio State High School (PL/PP/PS - Springfield, OH) Greg Van Hoose, gvh@wirefire.com
- 19 FEB, Fit Expo BP/DL (Pasadena, CA) Steve Denison, pwrfltrs@msn.com, 661-333-9800
- 19 FEB, Western USA Cup PL (Mountaineer Cup qualifier, Pasadena, CA) Steve Denison, pwrfltrs@msn.com, 661-333-9800
- 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
- 25 FEB, SLP Mason-Dixon Open BP/DL (Metropolis, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
- 25 FEB, 2nd WNPFF 100% Natural All American (PL, BP, DL, PC, Police/Fire/Military - West Islip, NY) Troy Ford, WNPFF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com
- 25 FEB, 100% Raw Old Dominion Classic BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com, www.virginiausapl.com
- 25 FEB, USAPL Minneapolis Men's State & Women's Open, Angela Simons, 1188 Laurel Ave., St. Paul, MN 55104, 651-260-2644
- 25 FEB, NASA Virginia State (PL/BP Only/PS/PP - Wytheville, VA) Greg Van Hoose, gvh@wtfire.com
- 25 FEB, NASA Missouri State (PL/BP Only/PS/PP - Joplin, MO) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
- 25 FEB, ADFPF National Single Event Championships (Wayland, MI) Richard VanEck 269-521-4031, www.adfpf.org
- 25 FEB, ADFPF Bill Beckwith Memorial Powerlifting Championships (Wayland, MI) Richard VanEck 269-521-4031, www.adfpf.org
- 25 FEB, USAPL Minnesota Men's State & Women's Open, Angela Simons, 1188 Laurel Ave., St. Paul, MN 55104, 651-260-2644
- 25, 26 FEB, USAPL USNA Open, Jason Bowers, 101 Buchanan Rd., Annapolis, MD 21412, 443-534-3447
- 4 MAR, USAPL S. Dakota PL/BP, Jeff Blindauer, 5912 W 56th St., Sioux Falls, SD 57106, (605) 201-2411
- 4 MAR, NASA Illinois State High School Championships (Special Olympians lift free - Flora, IL) Smitty (618) 662-3413, lesmitly@bsspeedy.com
- 4 MAR, USAPL Kansas Heavy Metal PL/BP Open, Wayne Herl, 3503 Chaumont, Hays, KS 67601, 785-625-1761
- 4 MAR, NPA Drug Free Midwest Open BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, Duane Burlingame
- 4 MAR, APA Texas State, Sam Houston High School, 9400 Irvington Blvd. Houston, TX 77076, Tom McCullough, tom_mccullough@texaspowerscene.com
- 4 MAR, SLP Tennessee Open BP/DL (Clarksville, TN) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
- 4 MAR, WABDL Karl Tyler Montana Classic (BP/DL - Ruby's Inn, Missoula, MT) Gus Rethwisch, 763-545-8654
- 4 MAR, NASA Bench Press Nationals & Mountain State Power (PS/PP - Denver, CO) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
- 4 MAR, ADFPF Deadlift Meet (412 Cushing St., Hingham, MA) Saul Shocket 718-740-4114 or 617-875-1698, www.adfpf.org
- 4 MAR, WNPFF 100% Natural Single Lift Championships (SQ/BP/DL/PC) / 14th Georgia Powerlifting Championships/WNPFF Georgia Body Building Championships (Atlanta, GA) Troy Ford, WNPFF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com
- 5 MAR, APF Minnesota State Powerlifting Championships (PL/BP - Elk River, MN) Jerry Gnerre & Dave Harrison, Elk River Gym, 550 Freeport Ave., Elk River, MN 55330, 763-441-4232
- 5 MAR, WNPFF Upstate New York Powerlifting Championships (Buffalo, NY) Ron Deamicis, 303-792-6670
- 7 MAR, New Jersey High School Championships (students only) Paul or Peggy Sacco, 609-567-0046, PaulSacco537@comcast.net
- 10-11 MAR, USAPL Wisconsin State High School, Chris Sepich, 1001 McHugh

COMING EVENTS

- 11 MAR, USAPL Missouri State & Ozark Meet, Harold Gaines, 2109 Butterfield Ct., Maryland Hts., MO 63043, 314-275-7069
- 11 MAR, USAPL Anchorage Spring Classic, Ron Burnett, 13400 Lamb Dr., Anchorage, AK 99516, 907-345-7996
- 11 MAR, WABDL Northwest Regional Championships (BP/DL - Red Lion Hotel, Medford, OR) Sam Pecktol, 541-941-0619
- 11 MAR, NASA, USPF & AAU Oklahoma State Unified Powerlifting Championships (PL/BP/PS/PP - Oklahoma City, OK) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
- 11 MAR, SLP March Madness BP/DL (Mattoon, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
- 11 MAR, Police & Fire Nationals (Kansas City, KS) Jim Duree, jduree7086@aol.com, 913-626-1142
- www.lenexastrengthandfitness.com
- 11 MAR, Walker's Gym BP Classic (open, raw, master, police, fire, teenage) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918
- 11 MAR, USAPL Mountain State Peak Performance DL, Dan Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, 303-475-3366
- 11 MAR, ISS Industrial Strength BP Contest, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, mikesbench@hotmail.com
- 12 MAR, APA Vermont State (YMCA Burlington, VT) Bret Kemoff, 802-865-2747, kemoff@adelphia.net
- 12 MAR, WNPFF National Youth, Teen, Junior & Collegiate (PL, BP, DL) & 7th American Cup Open (Subs, Masters, BP, DL, PC - Philadelphia, PA) Troy Ford, WNPFF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com
- 18 MAR, USAPL Palmetto PL/BP Invitational, Ilani Taylor, 6912 Prause Ct., Ft. Jackson, Columbia, SC 29206, 803-787-4395
- 18 MAR, 1st annual Body Tech Classic/OK State Meet (La Quinta Inn) Howard Huddleston, 405-794-6200, Joey Codner, 405-314-0882
- 18 MAR, New York State High School (Newfield, NY) James Howell, 607-379-0200, jh198@hotmail.com
- 18 MAR, IBP NC State (Shelby, NC) Keith Payne, 336-766-3347, keith@ironboypowerlifting.net
- 18 MAR, WABDL California State BP/DL (Monterey, CA) IRON SOCIETY/Yanto Soekardi, 831-277-4766 or Bovinestrengthsystems.com
- 18 MAR, USAPL "The Battle of the Great Lakes" V PL/BP (Cleveland, OH - huge sword awards) Gary Kanaga, 440-717-9624, gary.kanaga@nordoniaschools.org
- 18 MAR, APA Southeast Regionals PL/BP/DL (Williamston, SC) Kate Tailon, 864-286-0532, Wade Johnson, 615-335-1207, kathryn264@charter.net
- 18 MAR, USAPL Massachusetts Open High School, Eric Cordeira, 35 Berkeley St., Watertown, MA 02472, 612-923-7062
- 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

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)

(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 MAR, SLP Illinois State PL, SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

18 MAR, 100% Raw World Gym Ironman Open (Palatine, IL) Shawn "Bud" Lyte, 312-494-5865, FAX 530-323-8076, Bud@BMFSports.com

18 MAR, APF South Dakota Open/BP, Josh Law, 1801 Summit St., Yankton, SD 57078, 605-660-3392, www.APFSD.com

18 MAR, NASA Power Sports Nationals (Unequipped PL/CR/BP/DL - Pickwick, TN) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

18 MAR, 100% Raw Powerlifting Federation World Gym Ironman Open (World Gym, 1546 E. Dundee Rd., 847-991-9300 - Palatine, IL) Shawn "Bud" Lyte, 312-494-5865, rawlifting@bmfssports.com

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

19 MAR, WNPf 100% Natural Single Lift Nationals (SQ, BP, DL, PC) & 14th Georgia Powerlifting Championships & WNPf Georgia Bodybuilding Championships (Atlanta, GA) Troy Ford, WNPf, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

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, SLP Lift for the Lord BP/DL (Scottsville, KY) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

25 MAR, USPF West Virginia State PL, SQ, DL, Holley Open PL, BP, DL (open to out of state lifters) (S. Charleston HS, S. Charleston, WV) John Messinger, 398 Forest Circle, S. Charleston, WV 25303, 304-744-2475

25 MAR, USAPL Virginia Open PL/BP/DL/Ironman, Raw & Assisted (Charlottesville, VA) John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com, www.virginiausapl.com

26 MAR, SLP Genesis Gym Open Spring BP/DL (Celina, OH) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

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 PL or BP/DL (N. Bend), Bull Stewart, r@bullr.com, Richard Schuller, 12916 475th Ave. SE, North Bend, WA 98045, (206) 280-8122

25 MAR, USPF California State PL/BP/DL (Los Alamitos, CA) Steve Denison, pwriftr@msn.com, 661-333-9800

25 MAR, WABDL Iron Gradiators World Record Breakers Championships (BP/DL - Red Lion Hotel, Pasco, WA) Gus Rethwisch, 763-545-8654

25 MAR, APA Eastern USA Powerlifting (PL/BP/DL/PP - Hanover, PA) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-626-4207

25 MAR, NASA Kentucky State Championships (BP/PP/PS - Paintsville, KY) Greg Van Hoose, gvh@wirefire.com

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25 MAR, NASA Iowa State Championships (PL/BP Only/PS/PP - Des Moines, IA) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

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, APF/AAPF Southwest Championships PL/BP and AAPF Polk & Fire Nationals, (Las Vegas, NV) Mark Swank or Carol Upton, 702-245-6852, 656-6762, theymlasvegas@earthlink.net

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

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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

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

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 Oreniga, 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 APR, WABDL 3rd annual Heart of America BP/DL (Gateway Convention Center, Collinsville, IL - 10 minutes East of St. Louis) John Hudson, 217-377-4640, jhudson@uiuc.edu

1 APR, APF Jacksonville Open, World Gym, 5810 Normandy Blvd., Jacksonville, FL 32205, 904-786-2822, 904-378-1551

1 APR, Wisconsin's Best BP, Glen Woychik, N34146 Moga Rd., Independence, WI 54747, 715-985-2608, www.wisconsinbestbench.com

1 APR, APF Long Island BP/DL, Chris Taylor, pwrifrk650@aol.com

1 APR, 16th Weightlifting Unlimited Bench Press (Sculptured Awards - Winchester, VA) Randy Brooks, 540-667-6288, or Randy Robinson, 304-283-6059

1, 2 APR, NASA High School Nation-

als Powerlifting & Power Sports (Unequipped, wrist & knee wraps and belts allowed in powerlifting - Oklahoma City, OK) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

1, 2 APR, 5th WNPf Can-Am National Teenage, Junior, Open (PL, BP, DL, PC) & 9th Submasters, Masters National Championships (PL, BP, DL, PC - Romulus, MI) Troy Ford, WNPf, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

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

2 APR, USA "Raw" Bench Press Federation Spring Nationals, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.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

7-9 APR, AAPF Nationals (Baton Rouge, LA) Garry Frank, 225-261-4482

8 APR, SLP Harvey's Gym Open BP/DL (Columbia, TN) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

8 APR, APF Midwest Open (Kansas City) Susan Sharpe-Patterson, 816-668-2005, www.midwestbarbell.com

8 APR, WABDL Oklahoma/Arkansas Regional Championships (BP/DL - Days Inn, Ft. Smith, AR) William Winkley, 479-252-0379

8 APR, Dungeon Power Works Bench Slam/Deadlift (Three Rivers, MI) Mark Mellinger, 269-506-5386, or 269-435-7586

8 APR, NASA "The Bigger One" (PL/BP Only/PS/PP - Green Bay, WI) Job House, statechairman@wisconsinpowerlifting.com

8 APR, NASA Kansas State Championships (PL/BP Only/PS/PP - Salina, KS) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

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

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

8 APR, USAPL Alabama State, Billy Keel, 636 Water Oak Ln., Talladega, AL 35160, 256-268-2194

8 APR, WNPf Western Pennsylvania Championships (BP, DL, PC - Beaver Falls, PA) Ron Deamicis, 330-792-6670

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, SLP Primitime Fitness BP/DL (Crestwood, KY) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

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

14-16 APR, USAPL Collegiate Nationals (Miami, FL) Robert Keller, rhk@verizon.net, (954) 790-2249, www.geocities.com/floridausapl

15 APR, 3rd Super Bench (crystal vase awards: men, women, teen, jr., submaster, master all ages) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

15 APR, SLP Ultimate Body Fitness BP/DL (Chicago, IL) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

15 APR, NASA Ohio State (PL/BP Only/

PS/PP - Springfield, OH) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

15 APR, USAPL Richmond Open Powerlifting Championships (PL/BP), Philip Battle, 9576 Atlee Station Rd., Mechanicsville, VA 23116, 804-301-2196

15 APR (new date), 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

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

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

15 APR, United Amateur Powerlifting Committee National Championships / 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 World Men's & Women's Masters BP (Miami, FL) Robert Keller, rhk@verizon.net, (954) 790-2249, www.ipfworld.com/mastersbench

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

22 APR, 100% Raw World Gym Full Power (Joliet, IL) Shawn "Bud" Lyte, 312-494-5865, FAX 530-323-8076, Bud@BMFSports.com

22 APR, USPF 4th annual Kern County High School (Bakersfield, CA) Dave Boyt & Steve Denison, pwriftr@msn.com, 661-333-9800

22 APR, NASA New Mexico State (PL/Bench Only/PS/PP - Un/Equipped - Rio Rancho, NM) Mike Adelmant 505-891-1237, email mike@liftinglarge.com

22 APR, WABDL Southeastern Regional Championships (BP/DL - Admiral Binbow Hotel, Suwanee, GA) George Herring, 770-963-6738

22 APR, NASA West Virginia State Championships (BP/PP/PS - Ravenswood, WV) Greg Van Hoose, gvh@wirefire.com

22 APR, NASA New Mexico State (PL/BP Only/PS/PP - Rio Rancho, NM) Mike & Teale Adelmant, mike@liftinglarge.com

22 APR, NASA Tennessee State Championships (PL/BP Only/PS/PP - Pickwick, TN) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

22 APR, Iowa Open State Champion-

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4 MAR, 100% Natural Single Lift, Atlanta, GA

5 MAR, Upstate New York, Buffalo, NY

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678-817-4743

or wnpf@aol.com

website - members.aol.com/wnpf

ships (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

22 APR, SLP John Ware Memorial (Kirksville, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

23 APR, USAPL Florida (Hurricane Open) BP (Miami, FL) Robert Keller, rhk@verizon.net, (954) 790-2249, www.geocities.com/floridausapl

23 APR, 15th WNPf National BP/DL/PC Championships & USSA NJ Strongman Championships (Atlantic City, NJ) Troy Ford, WNPf, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

29 APR, APF Delaware Power Classic

(PL, PP, BP, raw & equipped) The Training Center, 807 Churchman's Center, New Castle, DE 19720, Broderick Chavez, 302-858-7465, isquat700@mcpsi.com

29 APR, SLP National BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

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

29 APR, 100% Raw North American BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com, www.virginiausapl.com

29 APR, ADAU 27th Raw "Power Day Classic" (BP/DL/Open/All ages - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikittup.com

29 APR, NASA Colorado State Championships (PL/BP Only/PS/PP - CO) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

29 APR, USAPL Illinois State & Great Rivers Open Championships, Mark Molsinger, 201 N. Gum St., Harrisburg, IL 62946, 618-926-1591

29, 30 APR, APC State PL & BP (Fresno, CA) Bob Packer (559) 322-6805 or (559) 323-3892

29, 30 APR, 1st WNPf USA vs. Brazil Powerlifting Championships, Troy Ford, WNPf, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

30 APR, The Power Gym's Beast in the East Bench Press Championships (limited to 50 entries - Taylor, PA) Joe Moe 570-562-3642, mocey@netu.org

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

6 MAY, Erie Community College Football's 5th Open BP/DL Championships (near

Buffalo - Orchard Park, NY) Dennis Green (716) 851-1748

6 MAY, SLP Cross County Pull BP/DL (Mattoon, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

6 MAY, USPF San Diego Open, Barret Marum, 619-795-5965, barrett_marum@yahoo.com

6 MAY, NASA Western States Nationals (PL/BP Only/PS/PP - Mesa, AZ) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

6 MAY, Bartlesville Push-Pull (Osage Hills H.S., OK) Jim Duree, jduree7086@aol.com, 913-626-1142, www.lenexastrengthandfitness.com

6 MAY, 7th WNPf 100% Natural Carolina States & Ralph Peace Championships (PL, BP, DL, PC - Greenville, NC) Troy Ford, WNPf, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

7 MAY, SLP Muscles & More BP/DL (Kennett, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

12-14 MAY (NEW DATE), WDFPF European Single Lift Championships (Fagano Ocona, Italy) Jim Gedney@wiu.edu

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

13 MAY, WABDL Rocky Mountain Regional Championships (BP/DL - Salt Lake City, UT) David Edgell, 801-731-0471

13 MAY, NASA West Texas State (PL/BP Only/PS/PP - Hereford, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

13 MAY, IBP SC Powerlifting Championships (Easley, SC) Keith Payne 336-766-3347, keith@ironboypowerlifting.net

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 HSBP & PL (Ft. Lauderdale, FL) Robert Keller, rhk@verizon.net, (954) 790-2249, www.geocities.com/floridausapl

13 MAY, Lifetime Natural Powerlifting Society Nationals, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

14 MAY, USAPL Florida State BP & DL (Ft. Lauderdale, FL) Robert Keller, rhk@verizon.net, (954) 790-2249, www.geocities.com/floridausapl

20 MAY, APC Southern California PL & BP (San Diego, CA) James Keigrice at www.keigricegym.com or Bob Packer (559) 322-6805 or (559) 658-5437

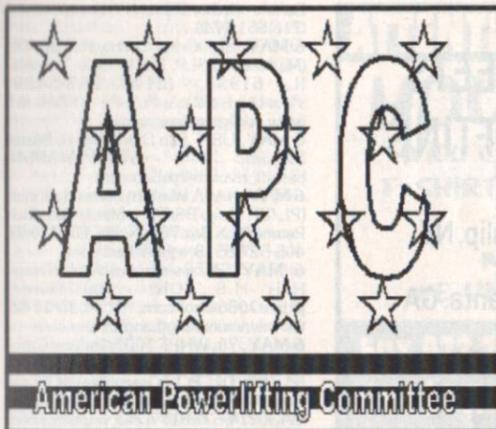
20 MAY, USPF San Jose BP/DL Open, Paul Love, Paul.Love@sbcglobal.net, 408-238-7413

20 MAY, WABDL Push-Pull National Championships (Holiday Inn Hotel and Suites, Mesa/Phoenix, AZ) Gus Rethwisch, 763-545-8654

20 MAY, NASA Greater Houston Open (PL/BP Only/PS/PP - Alvin, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

20 MAY, SLP Oklahoma Fitness Open BP/DL (Tulsa, OK) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

21 MAY, SLP Southwest Missouri Open



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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.

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GA 30214, 678-817-4743, wnpf@aol.com

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

27 MAY, WABDL AquaVIBE Midwest Regional Championships (BP/DL - Marriott Hotel, St. Louis Park/Minneapolis, MN) Gus Rethwisch, 763-545-8654

27 MAY, NASA East Texas State Championships (PL/BP Only/PS/PP - Longview, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

MAY, ADFPF National Powerlifting Championships (All age categories, including Police/Fire/Military - Evansville, IN) Dick Conner 812-867-1736, www.adfpf.org

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

MAY, 6th WNPFF Pan-Am Teenage/Junior/Open Subs/Masters Championships (BP, DL, PC) & USSA Florida Strongman Championships & WNPFF Southeastern USA Body Building Championships (Orlando or Daytona, FL) Troy Ford, WNPFF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

2,3,4 JUN, APF Senior Nationals, (Las Vegas, NV) Mark Swank or Carol Upton, 702-245-6852, 656-6762, thegymnasvegas@earthlink.net

3 JUN, SLP Missouri Open BP/DL (Festus, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

3 JUN, USAPL "The Pete Lanzi Memorial IV" Night of Champions, (Cleveland, OH - huge sword awards) Gary Kanaga, 440-717-9624, gary.kanaga@nordoniaschools.org

3 JUN, WABDL River Country Classic Championships (BP/DL - Gadsden, AL) Brant Bishop, 256-390-4436

3 JUN, WABDL Sonny's 2nd Push-Pull (Marriott Hotel and Resort, Honolulu, HI) Jocelyn Ronolo, 808-989-2312

3,4 JUN, NASA Masters & Submasters Nationals (PL/BP Only/PS/PP - Oklahoma City, OK) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

3,4 JUN, GPC America's Cup PL/BP (Canada vs USA) & GPC Canadian Nationals PL/BP (GBC World Qualifier), Calgary, Alberta, Canada, Brian Johnston, 403-215-4549, www.independentpowerlifting.com

3,4 JUN, WNPFF Drug Free Nationals

(Youngstown, OH) Ron Deamicis, 303-792-6670

10 JUN, USPF West Coast BP & DL (Venice Beach, CA) Joe Wheatley & Steve Denison, pwriftr@msn.com, 661-333-9800

10 JUN, Immaculate Heart of Mary Festival (BP/DL/Ironman - Youngstown, OH) Ron Deamicis, 330-792-6670

10 JUN, NASA Arkansas State Championships (PL/BP Only/PS/PP - Russellville, AR) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

10 JUN, 1st USPF Pennsylvania State BP/DL Championships (Waynesburg High Schools, Waynesburg, PA) Matt McCas, 304-376-2432, mccase@yahoo.com

10 JUN, SLP Superman Classic BP/DL (Metropolis, IL) SLP, 122 W. Sale, Tuscola,

IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

10 JUN, ADFPF Men & Women Contest (raw, belt & wrist wraps only - Washington Square Mall) Dick Conner, 8323 Copperfield Dr., Evansville, IN 47711, 812-867-1736

10 JUN, NPA Drug Free Central USA BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, Duane Burlingame

10,11 JUN, 7th WNPFF USA Open Teen/Junior/Subs/Masters Championships (BP, DL, PC) & WNPFF Bodybuilding Championships & USSA Georgia Strongman Championships (Atlanta, GA) Troy Ford, WNPFF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

11 JUN, USA "Raw" Bench Press Federation Summer Nationals (Mattoon, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

14-18 JUN, IPF/NAPF North American Regional & Tournament of the Americas (Dorado, Puerto Rico) Robert Keller, rkh@verizon.net, (954) 790-2249

17,18 JUN, WABDL AquaVIBE Great Northern Championships (BP/DL - Red Lion Hotel, Olympia, WA) Gus Rethwisch, 763-545-8654

17,18 JUN, NASA USA Nationals (PL/BP Only/PS/PP & Unequipped PL/BP - Las Vegas, NV) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

18 JUN, USAPL Florida (Sunshine State Games) BP (Miami) Robert Keller, 954-790-2249, rkh@verizon.net, www.geocities.com/floridausapl

24 JUN, 10th WNPFF Raw National Powerlifting & 8th WNPFF North American Powerlifting Championships (Teen, Junior, Open Subs, Masters, Novice - Las Vegas, NV) Troy Ford, WNPFF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

24 JUN (NEW DATE), Kansas City Push Pull (Kansas City, KS) Jim Duree, jduree7086@aol.com, 913-626-1142, www.lenexastrengthandfitness.com

24 JUN, SLP Express Fitness Open BP/DL (Benton, AR) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

24 JUN, NASA Missouri Grand (PL/BP Only/PS/PP - Joplin, MO) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

24,25 JUN, WDFPF European PL (Maroc, France) www.wdfpf.cc

24,25 JUN, ADAU Powerlifting Nationals (Raw/Drug Tested - Catasauqua, PA) Nick Theodorou, 5 Stonecroft Dr., Easton, PA 18045, 610-258-1894, nutritek@aol.com

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

JUN, ADFPF "The Pit" Barbell Club Open PL/BP Championships (Unequipped only - Washington Square Mall, Evansville, IN) Dick Conner 812-867-1736, www.adfpf.org

JUN, USAPL Teen/Junior Nationals, Bruce Sullivan, 1545 4th 1/2 Mile Rd., Racine, WI 53402, 262-639-3210

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

JUN, 10th WNPFF 100% Lifetime Drug Free Raw Teen/Junior/Open/Subs/Masters Powerlifting Nationals (BP,

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DL, PC) & Maryland States (Baltimore, MD) Troy Ford, WNPFF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

1 JUL, SLP Big Bench at the French II BP/DL (Memphis, TN) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

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 rkh@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/Women's US (Open) Invitational Bench Press Championships (Miami, FL) Robert Keller (954) 790-2249, www.geocities.com/floridausapl

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

8 JUL, USAPL National Governing Body Meeting (Miami) usapladmin@skyenet.com, 260-248-4889

8 JUL, WABDL AquaVIBE Capitol City Classic Championships (BP/DL - Marriott Hotel, Rancho Cordova/Sacramento, CA) Gus Rethwisch, 763-545-7654

8 JUL, Allentown Sports Fest (BP/DL - Allentown, PA) Mike Laudenberg, Allentown YMCA & YWCA, 425 South 15th St., Allentown, PA 18102, 610-434-9333

8 JUL, NASA Houston Summer Open (PL/BP Only/PS/PP - Alvin, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

9 JUL, WABDL Eastern Seaboard Regional Championships (BP/DL - Best Western Hotel and Conference Center, Westminster, MD) Brad Myers, 717-471-9177

9 JUL, 1st WNPFF Lifetime American Cup & 3rd WNPFF New England Teenage/Junior/Open Subs/Masters/Novice (BP, DL, Ironman, PC - Danbury or Stamford, CT) Troy Ford, WNPFF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

15 JUL, ANPPC World Cup, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

15 JUL, WABDL Deep South Regional Championships (BP/DL - Holiday Inn Select, Baton Rouge, LA) Reed Bueche, 225-718-2646

15 JUL, WABDL World Cup Championships (BP/DL - Sheraton Airport Hotel, Portland, OR) Gus Rethwisch, 763-545-8654

15,16 JUL, NASA vs. AAU Team Challenge (Official NASA Team Only - Oklahoma City, OK) (PL/BP Only/PS/PP - Alvin, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

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

17 JUL (new date), 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

20/21 JUL, USAPL/USOC Palm Beach Sports Commission Youth & Fitness Festival (W. Palm Beach, FL) Robert Keller, rkh@verizon.net, (954) 790-2249, www.geocities.com/floridausapl

22 JUL, SLP Arkansas Open BP/DL (Glenwood, AR) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

22 JUL, WABDL Great Lakes Regional Championships (BP/DL - Holiday Inn South, Lansing, MI) Gus Rethwisch, 763-545-8654

22 JUL, NASA Grand Nationals (PL/BP Only/PS/PP - Pickwick, TN) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

22,23 JUL, ADAU Raw Single Lift National Championships (Johnson City, NY) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-846-3214, al@pikitup.com

23 JUL, SLP Oklahoma Summer Open BP/DL (Sallisaw, OK) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

26 JUL, NASA Tri-State Regional Championships (Spe-

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Arginine base powder, 300gm 14.00
Arginine AKG 150 gm 12.50
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cial Olympians lift free - Flora, IL) Smitty (618) 662-3413, lesmitty@speedy.com

29 JUL, Vermont State Open BP (men, women, teen, masters, grandmasters) All American Fitness Center, 1881 Williston Rd., S. Burlington, VT 05403, 802-865-3068, Rick Poston.

JUL, WNPFF Lifetime USA Open Teen/Junior/Subs/Masters & Lifetime Drug Free Subs/Masters Nationals & 4th Virginia Teen/Junior/Open/Subs/Masters/Novice Powerlifting Championships (Virginia Beach, VA) Troy Ford, WNPFF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

5 AUG, USPF Venice BP & DL, Joe Wheatley & Steve Denison, pwriftr@msn.com, 661-333-9800

5,6 AUG, NASA World Cup Championships (PL/BP Only/PS/PP - Oklahoma City, OK) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

5,6 AUG, USAPL Rocky Mountain State Games, Dan Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, 303-475-3366

6 AUG, SLP Vince Soto Memorial Ohio State Fair BP/DL (Columbus, OH) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

11-13 AUG, World United Amateur Powerlifting Championships (St. Louis, MO) James Rouse, jsrouse41@aol.com

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., Faintmont, WV 26554, 304-376-2432, mccase@yahoo.com

12 AUG, SLP Wisconsin State Fair BP/DL (W. Allis, WI) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

12 AUG, Larry Flynn Classic (Gold's Gym, Kansas City, KS) Jim Duree, jduree7086@aol.com, 913-626-1142, www.lenexastrengthandfitness.com

12 AUG, NASA Larry Flynn Classic (Kansas City, KS) Jim Duree, jduree7086@aol.com

12 AUG, SLP Colorado Grand Championships (PL/BP Only/PS/PP - Denver, CO) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

12,13 AUG, WABDL World of Pain National Cham-

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jsrouse41@aol.com

2 SEP, NASA New Mexico Regional (PL/BP Only/PS/PP - Rio Rancho, NM) Mike & Teale Adelmann, mike@liftinglarge.com
9 SEP, SLP Tennessee State Fair BP/DL (Nashville, TN) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
9 SEP, USPF Venice Beach PL/BP/DL, Joe Wheatley & Steve Denison, pwiftr@msn.com, 661-333-9800
9 SEP, WABDL Tennessee State Championships (BP/DL - Manchester, TN) Ken Millrany, 931-454-0935
9 SEP, NPA Drug Free National BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, Duane Burlingame
9 SEP, 15th WNPFLifetime Drug Free Nationals (BP, DL, PC - Bordentown, NJ) Troy Ford, WNPFL, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com
10 SEP, 15th WNPFL Pennsylvania State (PL, BP, DL, PC - Philadelphia or Ephrata, PA) Troy Ford, WNPFL, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com
10 SEP, United We Stand 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
16 SEP, NASA East Texas Regional (PL/BP Only/PS/PP - Longview, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
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
16 SEP, SLP USA Raw Bench Press Federation Fall Nationals, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
16 SEP, 7th WNPFL Michigan Teen/Junior/Open Subs/Masters/Novice (BP, DL, Ironman, PC) & USSA Strongman Championships (Romulus, MI) Troy Ford, WNPFL, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com
16 SEP, WNPFL Upstate New York II (Clyde, NY) Ron Deamicis, 303-792-6670
23 SEP, SLP National PL Championships, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
23 SEP, Bartlesville Classic (Osage Hills H.S., OK) Jim Duree, jduree7086@aol.com, 913-626-1142, www.lenexastrengthandfitness.com
23 SEP, WABDL Washington State Championships (BP/DL - Aberdeen, WA) Dr. Don Bell, 360-581-5118
24 SEP, SLP Genesis Gym Open BP/DL (Celina, OH) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
24 SEP, USAPL Colorado Mile High Push Pull, Dan Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, 303-475-3366
30 SEP, WABDL Hawaii State Championships (BP/DL - Bellows AFB, Waimanalo, HI) Keith Ward, 808-375-8700
30 SEP, WABDL Night of the Champions (BP/DL - All American Gym, Lakeland, FL) Ken Snell & Louis Balts, 863-687-6268
7 OCT, ADAU "No Druggies Allowed" Single Lift Championships (SQ, BP, DL, No TOT) Joe Orenigia, 4319 W. 26th St., Erie, PA 16506
7 OCT, SLP Alabama Push/Pull (Northport, AL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
7 OCT, 1st WNPFL Arizona State & West Coast USA Championships (Teen, Junior, Open Subs, Masters, Novice, PL, BP, DL, PC - Tucson or Phoenix, AZ) Troy Ford, WNPFL, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com
7 OCT, USPF Central California Open PL/BP/DL (Modesto, CA) Dave Cummerow & Steve Denison, pwiftr@msn.com, 661-333-9800
7 OCT, NASA Ohio Regional (PL/BP Only/PS/PP - Springfield, OH) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
7 OCT, IBP Carolina Classic Powerlifting Championships (Shelby, NC) Keith Payne, 336-766-347, keith@ironboypowerlifting.net
8 OCT, SLP Big Bench at the French III BP/DL (Hickory Hills, TN) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
14 OCT, SLP Oklahoma State BP/DL (Tulsa, OK) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
14 OCT, NASA Colorado Regional Championships (PL/BP Only/PS/PP - CO) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
20-22 OCT (NEW DATE), WDFPF Single Lift Worlds (John Clow, 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 McCasie, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, mccasie@yahoo.com
15 OCT, SLP Missouri State BP/DL

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ships (BP/DL - Crown Plaza Hotel, Dallas, TX) Gus Rethwisch, 763-545-8654
12,13 AUG, WNPFL International World Cup (PL, BP, DL, PC) & WNPFL All Raw WNPFL Record Breakers Powerlifting (BP, DL) & USSA National Strongman Championships & WNPFL USA vs. The World Bodybuilding Championships & Summer Elite Championships (SQ, BP, DL - Atlanta, GA) Troy Ford, WNPFL, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com
13 AUG, SLP Missouri State Fair BP/DL (Sedalia, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
19 AUG, WABDL Nevada State Championships (BP/DL - Stockmen's Hotel & Casino, Elko, NV) Raul Lopez, 775-753-2374
19 AUG, NOVA Raw BP (Sterling, VA) John James, (703) 475-9885, www.northernvirginiarawpower.com
19 AUG, SLP Indiana State Fair BP/DL (Beech Grove, IN) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
19 AUG, USAPL Mid Atlantic Open PL/BP/DL/Ironman (Culpeper, VA) John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com, www.virginiaausapl.com
19 AUG, ADAU Texas State (closed) and Long Horn Cup (open) (all age groups and divisions, men & women) Les Cramer, Box 300966, Austin, TX 78703, www.powerlifting-journal.com, leslifter@netscape.com, 512-329-8528
19 AUG, AAU Texas State (closed) and Long Horn Cup (open) (all age groups and divisions, men & women) Les Cramer, Box 300966, Austin, TX 78703,

www.powerlifting-journal.com, leslifter@netscape.com, 512-329-8528
19,20 AUG, YMCA Nationals (raw, single ply, unlimited gear, PL, plus individual lifts & power sports, all age groups and divisions, men & women) Les Cramer, Box 300966, Austin, TX 78703, www.powerlifting-journal.com, leslifter@netscape.com, 512-329-8528
20 AUG, IPA Long Horn Cup (open) and Texas State (resident only) (all age groups and divisions, men & women, amateur, elite, amateur, pro) Les Cramer, Box 300966, Austin, TX 78703, www.powerlifting-journal.com, leslifter@netscape.com, 512-329-8528
20 AUG, SLP Illinois State Fair BP/DL (Springfield, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
26 AUG, SLP Kentucky State BP/DL (Louisville, KY) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
26 AUG, WABDL 10th Alki Beach Championships (BP/DL - Seattle, WA) Bull Stewart, 206-725-7894
26 AUG, ADAU Powerlifting Championship (Hagerstown, MD) Kevin Prosser, 11218 Greenmount Ave., Hagerstown, MD 21740, 301-573-7853, jkprosser@yahoo.com
AUG, WNPFL Minnesota Teen/Junior/Open/Subs/Masters & Novice Championships (BP, DL, Ironman, PC - Montgomery Area, MN) Troy Ford, WNPFL, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com
2 SEP, SLP World BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

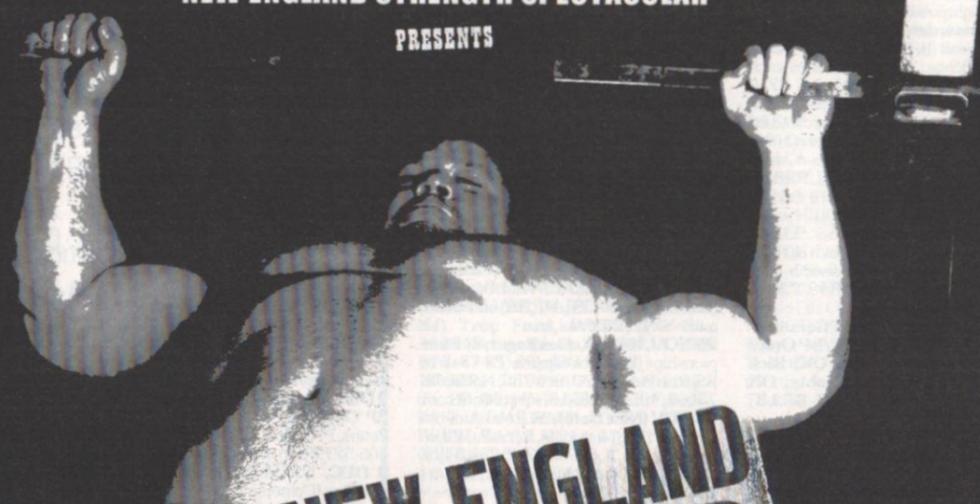
(Springfield, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
21 OCT (new date), PPL USA Powerlifting Drug Free (BP/DL/PP/Full Power/Body Challenge, 1st-5th prizes in each division) Tee "Skinny Man" Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, (706) 790-3806, pythongym@aol.com, www.hometown.aol.com/pythongym
21 OCT, SLP Fall BP/DL Classic (Mattoon, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
21 OCT, USPF Monster Bench & Night of the Living Deadlift (Chatsworth, CA) Kevin Meskew, 818-899-7555, warrior01@earthlink.net
21,22 OCT, NASA 2nd "Genuine" Unequipped Nationals (PL/BP Only/PS/PP - Oklahoma City, OK) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
27-29 OCT, 15th WNPFL World Powerlifting & USSA World Strongman Championships & WNPFL USA Body Building Championships & WNPFL Men's and Women's Elite Championship II & Olympic Weightlifting Classic (Atlantic City, NJ) Troy Ford, WNPFL, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com
28 OCT, ANPPC National PL Championships, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
28 OCT, 2nd annual Open BP, Scott Bixler, 11 Longwell Ave., Westminster, MD 21158, 443-789-9452
28 OCT, ADAU 24th Raw "Central PA Open" (Drug Free - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-846-3214, al@pikitung.com
28 OCT, NASA Iowa Regional Championships (PL/BP Only/PS/PP - Des Moines, IA) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
OCT, ADAU Connecticut State Powerlifting Championships (PL/BP - Brookfield, CT) Robert Del La Vega, 71 Commerce Dr., Brookfield, CT 06804, 203-775-8548, pghbrookfield@sbcglobal.net
OCT, 100% Raw Virginia State BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com, www.virginiaausapl.com
OCT, USAPL Florida Collegiate BP & PL and Southeastern USA Regional BP/PL (Ft. Myers, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl
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, NASA Kansas City Regional (PL/BP Only/PS/PP - Kansas City, KS) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
4 NOV, USA "Raw" Bench Press Federation Worlds, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
4 NOV, NOVA Raw PL/BP (Sterling, VA) John James, (703) 475-9885, www.northernvirginiarawpower.com
10-12 NOV, WDFPF World PL Championships and WDFPF Congress (Barry & Marie Crowley, Kinsale, Ireland) jm-gedney@wiu.edu
11 NOV, NASA Arizona Regional (PL/BP Only/PS/PP - Mesa, AZ) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
11 NOV, SLP Ohio State BP/DL (Hamilton, OH) SLP, 122 W. Sale,

Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
11 NOV, WNPFL Southern States Powerlifting (BP, DL, PC) & USSA Southern Strongman Championships (Atlanta, GA) Troy Ford, WNPFL, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com
15-20 NOV, WABDL World Championships (BP/DL - Las Vegas, NV) Gus Rethwisch, 763-545-8654
18 NOV, SLP Kentucky State BP/DL (Louisville, KY) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
19 NOV, ISS Bench Press Championship, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, mikesbench@hotmail.com
25 NOV, NASA Kansas Regional Championships (PL/BP Only/PS/PP - Salina, KS) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
25 NOV (New Date), SLP Mid-America Open BP/DL (Metropolis, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
1-3 DEC, USAPL American Open, Lance Slaughter, 4437 S. Centinela Ave., Los Angeles, CA 90066, (310) 995-0047
2 DEC, NASA Missouri Regional Championships (PL/BP Only/PS/PP - Joplin,

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USAPL Alaska State
19 NOV 05 - Anchorage, AK

WOMEN	SQ	BP	DL	TOT
Open				
148 lbs.				
V. Raynor	258	132	302	693
198+ lbs.				
H. Jollison	225	148	253	627
MEN				
Open				
181 lbs.				
K. Reeves	407	346	407	1160
220 lbs.				
C. Lau	434	401	561	1397
B. Robinson	423	324	561	1309
Master (65-69)				
R. Ansem	253	159	302	715

Place of Meet: Polaris Gym. Coordinator: Ron Burnett. (Thanks to USA Powerlifting for providing these results to PL USA.)

SLP Iowa State BP/DL
02 OCT 05 - Clinton, IA

BENCH	275 lbs.	
MEN	P. Harris	700*
Junior	DEADLIFT	
198 lbs.	WOMEN	
S. Barton	365*	
220 lbs.	132 lbs.	
J. Schmitz	205	H. Redmond 225*
4th-225	MEN	
Master (55-59)	Junior	
198 lbs.	181 lbs.	
B. McDonald	270*	S. Barton 460*
Open	Police/Fire	
198 lbs.	Submaster	
S. Rieger	445	220 lbs.
220 lbs.	J. Duerr	500*
J. Cravatta	670*	

*Son Light Power Iowa state records. Best Lifter Bench: Jay Cravatta. Best Lifter Deadlift: Steve Barton. The Son Light Power Iowa State Bench Press/Deadlift Championship was held at the Clinton YWCA. Thanks to athletic director Terry Mull for all the hard work she did setting



SLP Iowa State Best Lifters: Jay Cravatta & Steve Barton. (Dr. Latch)

up this event and promoting it locally. A much smaller turnout than usual, but still, some fine lifters! In the bench press event Steve Barton won at junior 198 with a new state record 365. Josh "Taco" Schmitz, competing for the first time, won at junior 220 with 205, followed by a personal best 225 fourth for the win. Bob McDonald took the title at 55-59/198 with a new Iowa state and personal best 270. In the open division Steve Rieger, who continues to improve, both strengthwise and formwise,

won at 198 with 445. Steve came close with his 480 second attempt and even handled a 500 final attempt well. Our final two lifters had great days, both setting new personal and Iowa state records! Jay Cravatta finished with 670 at 220, but came within one-half an inch of locking out that magical 700 on his final attempt! It's right there, Jay! Up next was big Paul Harris, who at 275, began by missing his 665 opener, before getting it easily on his second attempt. Taking 700 for a ride on

his final attempt, Paul hit his groove perfectly, and after talking the "press call", came up evenly, locking out completely for the "rack" command. Good lift! Another 700 SLP bencher! In the deadlift event Heidi Redmond broke her own state record for the open/132 class with a great 225 pull. Best lifter Steve Barton broke the state record at junior 181 with a personal best 460. Our final lifter was police & fire/submaster/220 winner Joe Duerr. Joe finished with a new state record 500 for the class. Not bad, three pullers, three new state records! Thanks to my son Joey and grandson Daniel for their help loading and spotting and to Bob McDonald's daughter, Crissy, for taking some great pictures. (Thanks to Dr. Darrell Latch of Son Light Power [SLP] for providing us with these meet results)

USAPL Halloween Havoc
22 OCT 05 - Bellefonte, PA

MALE	SQ	BP	DL	TOT
148 lbs.				
K. Wilson	525	345	530	1400
165 lbs.				
O. Williams	525	365	510	1400
J. Kling	500	300	480	1280
181 lbs.				
N. Leslie	605	380	600	1585
B. Conway	580	345	525	1450
198 lbs.				
C. Lawyer	500	435	475	1410
220 lbs.				
M. Evans	675	365	645	1685
J. Granison	635	445	600	1680
242 lbs.				
W. Skelley	700	375	665	1740
A. McFerren	700	440	550	1690
T. Skelly	600	485	575	1660
275 lbs.				
G. Lowe	900	400	800	2100
SHW				
N. Minneti	775	475	785	2035
E. Cline	550	505	475	1530

(Thanks to USAPL for providing the results)

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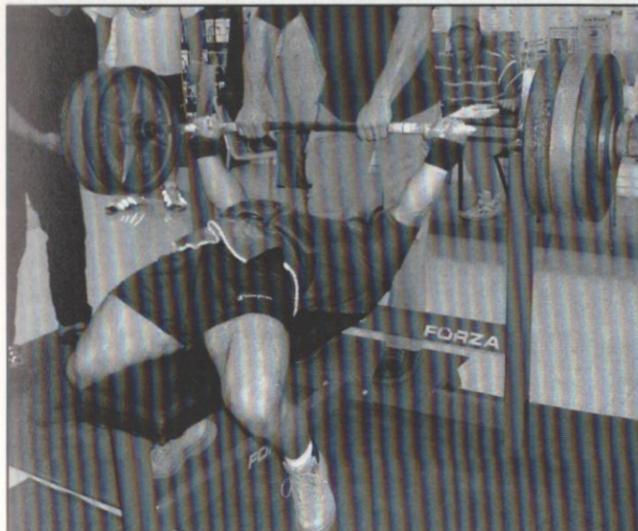
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Mike Gugino benches 600 @198 at the SLP Fall Classic (Dr. Latch)

SLP Fall BP/DL Classic 01 OCT 05 - Mattoon, IL		Fall Bench Press/Deadlift Classic was held at the Cross County Mall. Thanks once again to the Mall Merchants Association for their continued support of the sport of powerlifting. In the bench press event first-time lifter Casey McClure did great, lifting raw and finishing with a personal best 335 at junior/165. In the master men's 50-54 age group James Ewing won at 242 with a solid 245. You know Jim, the unofficial mayor of Gays, Illinois, the home of the world's only two story outhouse - really! In the open division Mike Gugino tied the Illinois state record at 198, which had been held solely by Dwayne Nealy at 600. A fourth with 610 was close, just slipping out of	
BENCH	DEADLIFT		
MEN	WOMEN		
Junior	Master (50-54)		
165 lbs.	220 lbs.		
C. McClure 335	M. Vincent 275*		
Master (50-54)	Junior		
242 lbs.	165 lbs.		
J. Ewing 245	C. McClure 400		
Open	Open		
198 lbs.	198 lbs.		
M. Gugino 600*	M. Gugino 640		
275 lbs.	275 lbs.		
B. Williamson 385	B. Williamson 660		
*Son Light Power Illinois state records.			
The twenty-second annual Son Light Power			

groove halfway up. Brandon Williamson won at 275, just missing with his final attempt of 400 at lockout. In the deadlift competition it was Margie Vincent with a new Illinois state record at 50-54/220. Margie's 275 beat her previous best by thirty pounds. Casey McClure pulled a personal best 400 at junior 165. Mike Gugino finished a great day of lifting with another personal best pull of 640 at open 198. Brandon Williamson pulled a solid 660 at 275, missing with his final attempt of 690 at the top. (Brandon, maybe you should have worn your blue bunny slippers, after all!) Thanks to my son Joey, grandson Daniel and Ed Bridges for all their help loading and spotting. See you all again December 3 for the SLP Christmas For Kids BP/DL Championship here at the mall. (Thanks to Dr. Darrell Latch for providing results to Powerlifting USA)

USAPL California State 05 NOV 05 - Northridge, CA			
BENCH	Master I		
FEMALE	148 lbs.		
181 lbs.	S. Bloomer 264		
M. Sora 187	Open		
MALE	165 lbs.		
Open	J. Liponovich 264		
J. Hadden 253	J. Myers 176		
Teen II	198 lbs.		
148 lbs.	A. Funtanilla 374		
T. Bloomer			
FEMALE	165 lbs.		
Master I			
L. Adams 341	181	380	903
181 lbs.			
Master I			
B. Behm	154	275	
Master II			
M. Sora 203	187	319	711
MALE			
148 lbs.			
Open			
S. Layman 540	374	512	1427
165 lbs.			
Master III			

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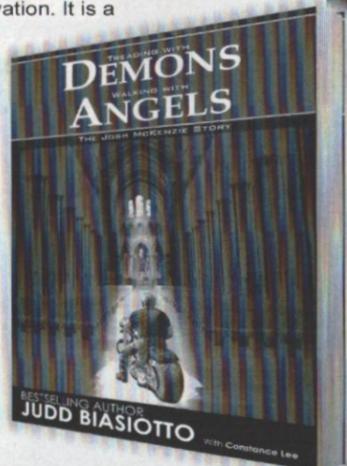
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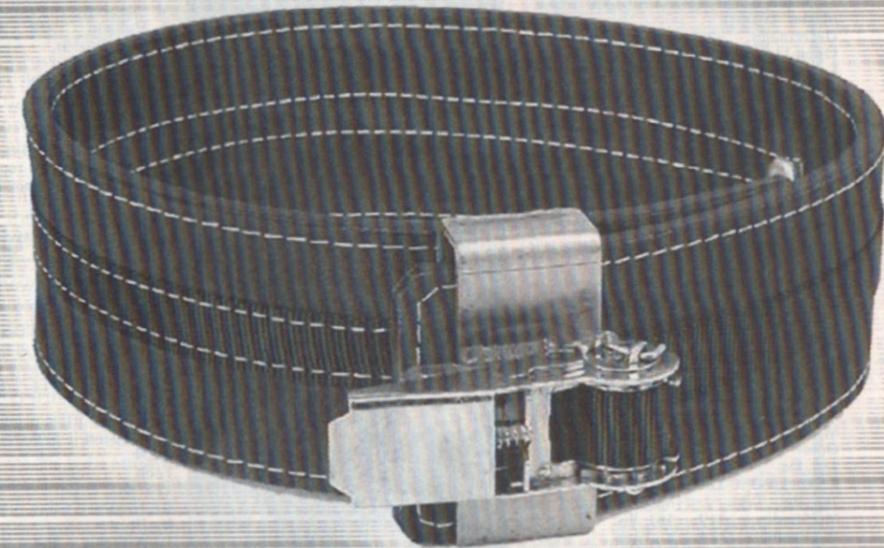
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USAPL Kansas Record Breaker
9 OCT 05 - Lawrence, KS

BENCH	198 lbs. Open			
MALE	SQ	BP	DL	TOT
181 lbs. Teen (3)				
M. Bradley	308			
165 lbs. Open-Light				
C. Laing	473	275	473	1223
198 lbs. Teen (2)				
T. Nique	325	148	358	832
Master (50-54)				
T. Nique	314	132	358	804
Master (60-64)				
Determann	225	281	369	876
Open-Light				
E. Espinoza	534	363	507	1405
J. McFadden	402	358	429	1190
S. Craig	—	—	—	—
220 lbs. Open-Heavy				
S. Stout	534	424	573	1532
M. Tuley	523	369	600	1493
S. Bronoski	446	187	457	1091
B. Bowman	—	—	—	—

(Thanks to Wayne David Herl, Meet Director, for providing these results to PL USA)



Tom Isbell (above) and Mike Stanley, Clemson Challenge BLs!



BENCH	148 lbs. Open			
FEMALE	SQ	BP	DL	TOT
132 lbs. Open				
P. Burnett	—	165	286	—
148 lbs. A. Matteson	214	104	275	594
SHW				
H. Anderson	236	148	330	715
A. Taylor	170	165	203	539
MALE				
132 lbs. Open				
S. Warren	264	253	369	887

R. Stocker	424	308	446	1178	T. Craig	474	286	540	1300
C. Carter	297	248	369	914	198 lbs. Teen				
J. Hill	501	402	529	1432	J. Shinelar	—	303	—	303
A. Groves	501	—	507	—	T. Petekavich	358	308	496	1162
Teen (14-15)					D. Bass	347	248	440	1036
W. Wright	236	99	253	589	Master				
275 lbs. N. Nickerson	435	225	407	1068	D. Gengler	—	347	—	347
Teen (18-19)					220 lbs. Open				
J. Snider	479	264	496	1240	T. Anderson	—	567	—	567
242 lbs. Teen					242 lbs. Teen				
M. Driggers	314	253	501	1069	A. Tomes	424	319	512	1256
Master (40-49)					275+ lbs. Open				
R. Smith	578	418	507	1504	G. Fritz	—	485	—	485
M. Stanley	529	319	562	1410	S. Logan	661	474	633	1769
T. Holland	529	440	429	1399	D. Bryl	—	363	—	363
Master (50-59)					Master				
220 lbs. T. Acker	429	297	479	1206	K. McKnight	—	363	—	363
Master (70-79)					(Thanks to USAPL for providing results)				
220 lbs. M. Branham	275	248	407	931					

Best Lifter Powerlifting: Mike Stanley.
Best Lifter Bench: Tom Isbell. (Thanks to Jon Mouzon for providing these results)

NASA Winter Classic (kg)
29 JAN 05 - Paintsville, KY

BENCH	220 lbs. SMP			
MEN	SQ	BP	DL	TOT
148 lbs. Junior				
B. Moore	102.5			
198 lbs. HSP				
C. McCoy	172.5			
165 lbs. HSP				
Jr.				
S. Terry	82.5			
PN				
B. Crowe	135			
C. Meade	135			
MEN				
165 lbs. HSP				
D. Hilton	112.5	165		277.5
181 lbs. HSP				
S. Burgraff	107.5	190		297.5
Jr.				
D. Slone	160	237.5		397.5
220 lbs. SM-1				
C. Poore	207.5	220		427.5
242 lbs. Jr.				
C. Terry	112.5	215		327.5
SMP				
D. Blevins	145	250		395
MEN				
CR				
114 lbs. HSP				
C. Stiltner	45	70		205
198 lbs. Master-2				
P. Titzer	47.5	95		172.5
242 lbs. SMP				
D. Blevins	77.5	145	250	472.5
(thanks to Richard Peters for these results)				

USAPL Hawkeye Open
7 AUG 05 - Sioux City, IA

WOMEN	SQ	BP	DL	TOT
123 lbs. Teen				
L. Marietta	347	170	336	854
A. Taylor	237	159	264	661
165 lbs. L. Marietta	314	170	314	799
Master III				
R. Carlsson	270	143	330	744
MEN				
114 lbs. Teen				
D. Neyless	143	99	209	451
D. Brester	264	181	363	810
T. Williams	259	137	303	700
D. Brester	259	137	303	700
148 lbs. Teen				
B. Iverson	325	187	352	865
165 lbs. A. Smith	391	231	457	1080
A. Ford	457	303	501	1262
Master				
J. Ochs	303	214	303	821
Master II				
J. Balomenos	292	192	396	881
181 lbs. Teen				
P. Potvin	369	192	451	1014
D. Williams	413	259	402	1074
Master				
J. Trenhaile	402	281	418	1102
Open				

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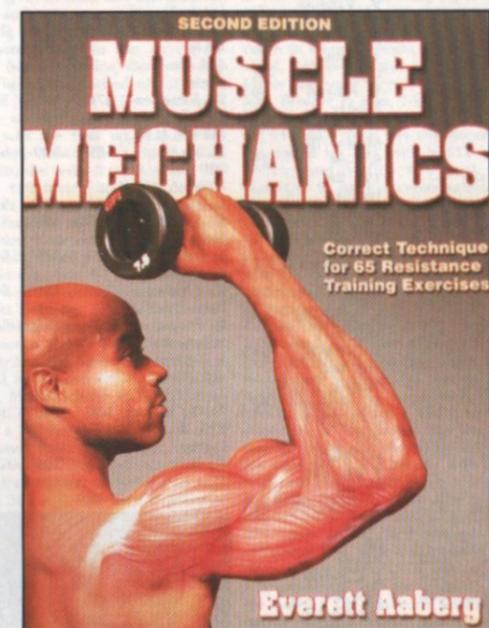
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FOR REVIEW ... Muscle Mechanics, 2nd Edition, which uniquely describes the correct performance techniques for 65 different resistance exercises, was written by Everett Aaberg. Mr. Aaberg has been a teacher and practitioner of resistance training for more than 15 years. Currently he is director of the Fitness Center at the Telos Center in Dallas, Texas, as well as being an international presenter and consultant, and he continues to serve as an instructor at the Cooper Institute. He has been certified as a personal trainer through various organizations, and was a collegiate Academic All American in football. He has won several state and national powerlifting championships, as well as bodybuilding titles. The first chapter in the book, "Anatomical Design and Function", describes the functions of the body in terms of physical activity. From that base, seven additional chapters cover all sorts of movements that weight trainers of various focus would find productive and useful. The book concludes with a chapter on training program design. What makes this presentation extraordinarily effective are the visual descriptions of each exercise movement, done with excellent color photography, showing the key start, finish, and intermediate positions of each movement. Beyond that, the actual musculature involved in the movement is super-imposed, in an artist's color rendition, upon the photographic image. The purpose of this is to provide a visual connection between the

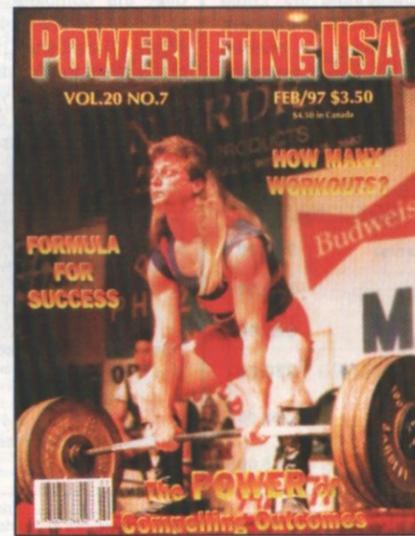
human anatomy within the body and the external movement in question. The effect is profound because you actually develop a kinesthetic 'feel' for what you're doing and why positioning your body in one mode or another might lead to better performance in the exercise. These renditions show skeletal features and the actual muscles, how they attach, and where they attach. It's a concept that provides an intuitive feeling, from the visual aspect, on what you're doing in the exercise relative to your body structure. Many of these exercises are directly applicable to powerlifting, and some of them may well should be. Throughout the book, even in the non-exercise demonstration sections, the line drawings are very effective in showing the principals involved. For example, on page 42, in an elegantly simple manner, they compare body positions that are high risk and reduced risk, for different exercise movements, such a cable rows, or simply picking up an object. What this book can bring to the reader is an enhanced perception of what is involved in the physical movements they're undertaking, which could easily result in greater performance, enhanced safety, and more effective training sessions. This book will be available



through Powerlifting USA for \$19.95, plus \$4 shipping and handling. Send your check to Powerlifting USA, P.O. Box 467, Camarillo, CA 93011, or order by Visa or MasterCard by calling 1-800-448-7693.

BACK ISSUE OF THE MONTH

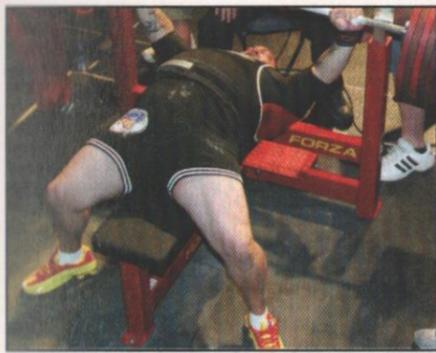
The FEB 1997 issue of *Powerlifting USA* has John Inzer on the cover, with the feature story being John's article "The Power of Compelling Outcomes," describing the mental techniques he used to break all-time world records in the deadlift. The same principles were utilized in his cutting edge meet promotions, such as the Greatest Bench in America, and the running of his very successful company. The act of setting goals, developing action plans, applying focus, and creating an outcome that is compelling to you personally are all factors that are explained in this extraordinary treatise on achievement. The Workout of the Month was by Scott Siegel, one of the best squatters in USPF Senior National history, with very close to a 600 lb. squat in the 148 lb. class. Herb Glossbrenner reported on the WPC World Championships from Durban, South Africa. He also came up with his Prodigious



ranking of the all-time best bench/deadlifters. It was led by Bill Kazmaier and in 100th place was Chuck Vogelpohl (who has Ed Coan with Ellen Stein, and of James Harris as Elvis Presley, and Robert Cortes, declared the author, Chris Lydon MD, on the cover of Playboy's Hard Bodies. Louie Simmons' article concerns "How Many Workouts", with an interesting photo of Joe Amato, who went from a 500 to a 865 squat, simply by adding special workout for his lower back. Judd Biasiotto, PhD, came in with an article entitled, "My Formula for Success", and Doug Daniel's piece involved tips on making weight. We had bios on everybody on the newly elected USPF Executive Committee, and Herb Glossbrenner moved up quite a bit since then). There is a striking photograph of Doug Furnas, ranked #11 with his combination of a 600 bench

series on the 12th Senior National Championships, held in Arlington, Texas. We also had a report on the IPA Senior Nationals,

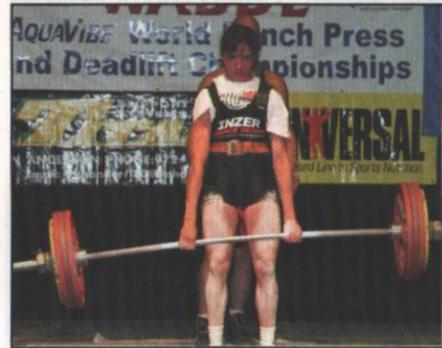
where Rickey Crain squatted 800 at 165, and Jamie Harris won a big bench off with Anthony Clark, and took home \$1,000. There was a Charles Lee photograph of Robert Cortes, declared the ADFPA Master Lifter of the Year, not the first nor the last of many honors for this great lifter. Speaking of Rickey Crain, we've got another picture of him in this issue at age 43, bodyweight 178, benching 450, at the USPF Oklahoma Extravaganza. On our Top 100 class for the 220 division, top squat went to J. Bailey with 909, top bench to Tim Spellman with 573, Chad Holmes lead the deadlift parade with a spectacular 830, and Chuck Vogelpohl had the biggest total with 2105. Veteran ADFPA/USAPL Scott Zwaanstra with 97th in the squat with 650. Chip E'Dalga was 80th with a 480 bench press. In the deadlift, Mike Musto, another veteran master competitor, was 90th with a 650. In the total, Paul Sutphin was 91st with a 1680 total. To get this back issue of PL USA and the dozens of others that are still available, see the listings on page 48-51 of this issue.



Steve Wong... great shoes! (CSS Photo Design)

(report continued from page 7)

... At 181, Michael Pettinger of Illinois set a state record 540, and at 198 Jared Wiley set a Tennessee record 578.5 to win the worlds. Landon Cross came in third with an Illinois record 523.5. At 220, Patrick Shippert won the World's with an Illinois state record 633.7. At Tortorelli was second with 584. At 242, Dennis Schmidt, who got his first 600 deadlift back in June, set a Minnesota record 606.2 to edge out Tom Pennella, who also pulled 606.2, but was the heavier man. Brent Morris of Tennessee came in fourth with a state record 567.5. Jung Hyuk Ko of South Korea was fifth with 578. Terry Putnam won 259 with 639 over four competitors. At 275, David Bergman set an Illinois record 507. At 308, Ray Gandeza Jr. of Hawaii pulled 628 to beat Manny Burrue, who set a California record 611.7. At super, the WABDL State chairman for Utah, David Edgell, pulled 705.2 to beat Chane Cline of Ohio who pulled 661 for record. In Disabled, Matthew Taylor pulled a disabled World Record 501.5 at 181. Matthew goes for dialysis treatments three times a week. At 198, Jonathan Jenkins of Montana who only has one arm, pulled 435.2. He has a prosthesis that he clamps onto the bar for both bench and deadlift. The amazing thing is the bar is level when he lifts, perfectly level. He got a call from the Today Show and he will appear on that show to be interviewed by Katie Couric. He might even demonstrate his unique use of his deadlifting abilities with a prosthesis. In Junior men, Ryan Snelling of Missouri set a World Record at 165 with 611.7. Ryan has been making slow steady gains over the past five years, going from 540 to 611.7. In second place was Laramie McMasters, who set an Illinois record 512.5. At 198, Yuri Nikonchuk of Belarus, pulled 628 to beat Leonard Harrison, who set a Washington record 579.6. At 220, two good pullers hooked up and Patrick Shippert beat Steven McShane of Michigan 633.7 to 611.7. In Junior women, Kristy Scott of Maine pulled a World Record 435.2 at 181, with authority. She's in line for a 500 in a year. At 198, Francesca Mangaorang-Brodine pulled 380.2 to beat Andrea Kent of Montana who set a 270 state record. In Law/Fire Master 40-47, Dave Edmondson is a walking testament to "you get better with age." He set a World Record 530.1, weighing 145.4 and he's thinking of pulling 600 before he retires, probably at about age 50 or more. Dave is from the Salt Lake City area and the rugged landscape of Utah and the clean air seems to create an environment for great deadlifters, such as Bud Davis, Bill Mott, and David Edgell, to name a few. In Law/Fire 48+, Walk Faulkner set a World Record 722 at 275. Walk has got a very lean, big shoulders, rugged physique, great for deadlifting. In the old west, deadlifters would have been the gunslingers or tough ranchers. In Law/Fire 48+ 275 lbs., Ken Eyre came in second with a Utah record 473.7. In Law/Fire women 40-47, Shauna Ferguson set a World Record weighing only 108, by blasting up 254.6. Pound for pound, a great pull and she's only been competing for a



Imelda Zamora Andujo Mexico's Best. (CSS)

couple years. In Law/Fire Open, Dave Edmondson also got a World Record with his 530.1 at 148, and Ryan Harth, who just became a Policeman, pulled an Illinois record 710.7 at 242. He weighed about 265 prior to the police academy training, but lost about 25 pounds and pulled as good as ever. In Superheavy, Chane Cline of Ohio, weighing in at 333, and Keoni "Bulla" Reich of Hawaii, weighing in at 318, squared off with Cline pulling 661 to Reich's 650. Cline set an Ohio record in the process. In Darwin English of Nevada was fourth with 633. They all set state records. At 308, Mark Phillips set a Tennessee record 606.2 and came in second. John Hudson, the coach of Team Illinois, who won the team title with Joe Head's Headquarters Fitness, came in third with the same weight 606.2. Big Jim Sheffield, who weighed in at 347, won the supers with a California record 606. In Master men 47-53 deadlift, Gary Bobrovitz of Canada set a Canadian record at 132 with 341.5. At 181, Tom Eiseman set a World Record 744. Tom still has his sights on 800 before he retires. At 198, Leamon Woodley, who just retired from the army after 20 years, set a World Record 688.7. Neil Schoenback of Michigan was second with 644.7 and a state record. Jody Woods of California was third with a state record 628. Jody had been a meet promoter with the WABDL for five years and had put on 11 meets in Sacramento and Los Angeles, but it became too much for him and his family. He had done a real good job with these meets. At 220, Clinton Sims was huge with a World Record 678.8, edging out David Stratton's 677.7. Duane Burlingame of Illinois was second with 644.7. Duane brought seven lifters from Illinois. Raul Lopez was fourth with a Nevada state record 551. At 242, Jerry Capello was his usual consistent self and pulled 749.5 to easily win his category. He holds the World Record with 772.6. Dan Davidson of Alabama won the 259 class with 661.2. At 308,

Law/Fire Submaster, Richard Anderson of Alabama set a state record 413 pull at 165. Moving on to Master 40-46 men, where there were 101 Master deadlifters, Dan Guches of Oregon made a comeback after a three year absence with an Oregon state record 573, weighing only 177. Mark Lo was second with a Hawaii record 501.5. Mark used to train with me at the Power Pit in Hawaii, back in the early 80's. The Power Pit was owned by Mike Scott and Gary Watanabe, and was open from 1977 to 1997. It changed location three times. No air conditioning, just a sliding overhead door and a lot of grunting, growling, and sweating. One workout usually required three changes of shirts. Then the pay off was to drive ten miles to a beach and get under a beach front shower head. That was a spiritual experience any Tibetan Monk would kill for. Then you would gorge on food and take a nap like some bear that had just eaten an elk, totally satisfied and more endorphins than some young kid that was told he has won a \$3,000 gift certificate to Toys R Us. Vilmar Oliveira of Brazil, who is the South American WABDL Chairman, and puts on three WABDL meets near the Sao Paulo area, came in fourth with a 468.2. A year ago he had a terrible accident and 25% of the flesh on his left arm is missing. Each of the three WABDL meets that he directs has about 150 lifters. David Brekke of Colorado was fifth at 181, with a Colorado record 463.8. Still in Master 40-46/198, Brian Baertlein, who is a WABDL judge and has been judging for me for about ten years, pulled a 573. He's been pulling that weight for over 15 years and the only reason he's not pulling 650 are some personal issues that prevents him from training. Brain has done a terrific job raising an autistic child. Raymond Cliff of Utah was second with a state record 556.5. The 220's featured lifters from Texas, Georgia, and Oregon with the Texas lifter Don Moser prevailing 606 to Gary Land's 600. At 242, George Herring was in a league by himself with a 772.6 World Record. At 259, there was a horse race. 650, 640, 639, 633.7 for the first four places. Bobby Driskill of Alabama won the world title with 650. Todd Christenson of Oregon was second with 640. Terry Putnam of Oklahoma was third with 639 and

bencher Rudy Lozano tried his hand at deadlifting and beat "Iron Mike" Scott of Maine, 446 to 424. "Iron Mike" did all of the MC duties during the bench. He was MC for all of the Hawaii World Record Breakers from 1980 to 1995. He competed in Olympic lifting with Tommy Kono, the eight time World Champion in Olympic lifting. Kono also won two gold medals at the Helsinki and Melbourne, Australia Olympics in 1952 and 1956. Kono won a silver at the Rome Olympics. Mike also trained with Harold Sakata who played "Odd Job" in the James Bond movie Goldfinger. "Iron Mike" went to Compton Junior College in Los Angeles, where he was coached by Ken Carpenter, a discus thrower, who won a gold medal in the Berlin Olympics in 1936. Then in the summer of 1969, Mike went to Hawaii and met Mits Kawashima of Mits Gym. Mits had befriended Arnold Schwarzenegger, Dave Draper, and Franco Columbo. Schwarzenegger and Iron Mike hung around a lot together and Arnold and Mike would hit Waikiki night spots often. One time both Draper and Schwarzenegger came over to Mike's apartment after a work out and Arnold would use a 1/2 a can of Rho Blair's protein in a blender. Arnold would say when you can cut it with a knife, then you have a potent blender drink. When Iron Mike would go to Los Angeles, he always trained with Arnold, Draper, and Columbo at the original Gold's Gym in Venice. Iron Mike is 65 and looks 45. Still in Master 61-67, we move on to the 198 class with the legendary Olicio dos Santos Filho of Brazil, who pulled 700.7 at 181 at age 59, and pulled 661 weighing 194 at this meet at the age of 63. His erectors are the biggest I've ever seen. He could pull 700 at age 70, weighing less than 200, if he doesn't get hurt. Tom Haggenniller was second with a Minnesota record 462.7. Haggenniller loves to party and not too many people can hang with him. At 259, we have another legendary deadlifter, Bud Davis, out of Utah. He's 63 years old, weighing 252, and he pulled a World Record 683.2! These two deadlifters were the most impressive of the whole contest. At 308, Manny Herrera of Utah pulled a national record 523.5 to edge Robert O. Smith, who pulled the same but was the lighter man. Manny is Ted Williams nephew and has been the primary source of inside



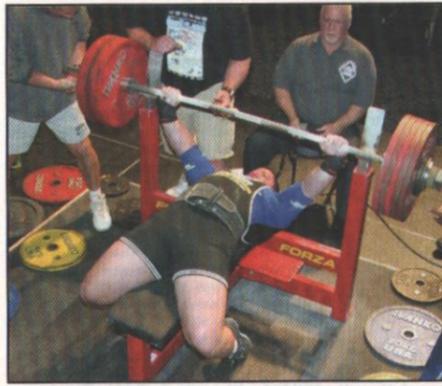
Roy Bradshaw... world class bencher (CSS)

Sam Pecktol set a world record 727.5 to beat Joe Mickelson, who hauled in a Washington state record 600.7. In Master men 54-60, Robert Krowech had deadlifted 573 at 181, about six months ago, then he got cancer and lost 50 pounds. He had gained about ten pounds after a low of 132 lbs. I convinced him to lift in the Worlds. He was going to Reno to help his friend Don Rygh and I said since you are going to be there, why not lift? He did and struggled with a Minnesota record 341.5, but won first place. He didn't look good, he didn't feel good but he had the guts to give it a try. It was very touching to watch. At 165, Gregory Kleyn, who is originally from Russia, set an Illinois record 496l. Moses Timbal of Hawaii, who has fantastic vacation rentals on Maui, came in second with a Hawaii record 446. At 220, the old veteran Larry Russell pulled 622.7 for a Florida record and best lifter in the heavyweight division. Larry has been pulling between 600 and 700+ for about 30 years. At 242, Bill Anderberg set an Oregon record with 556.5, but came in second to former World Record holder Cliff Sandberg, who pulled 622.7. In Master men 61-67, Martin Montgomery of Indiana pulled a nice 473 at 165, but couldn't get his World Record try of 502.6. Arlindo DaSilva of Brazil was third with 374.7. Thomas English of Nevada was fourth with a Nevada record deadlift of 275. Ray Gandeza, Sr., of Hawaii, who I've lifted with 20 years ago, was second with 451.7. At 181, the ace

after tearing her hamstring on a 450 pound deadlift attempt in training. In her last contest she pulled 440.7 weighing 129 at age 61, the highest coefficient ever for a female deadlift. She did 131.6 at this contest and set a World Record 391.2 at the age of 63! Think about that one for a while. At 105, Betty Lafferty of Alabama set a World Record 193.8. Betty has been forced out of her beach front condo twice because of hurricanes in the last four months. But still, she's managed to come to the World's. I only hope that my staff and I made it worth her while. Brent has won this event for five of the last seven years. He promised to be back with a vengeance. At 259, Ryan Klein set a Nevada record 700.8 to win the world title. At 275, Patrick Holloway was incredible and set an Arizona record 778.1 to easily win the world championship. Jerry Pritchett, a fellow Arizonian, pulled a respectable 710.7. Brandon Bankston was fifth with a Louisiana record 600.7. At 308, William Mott of Utah opened with 710.7 and jumped to 782. 710.7 won it all, 782 wouldn't go. Andy Medak of Washington was second with 705 and Dave Forstner of Utah was third with 672. At superheavy, Brian Oldham finally got the 800 pound deadlift he had been looking for, 801.2 and a World Record, and no deadlift suit, just a singlet. Brian is from Bemidji, Minnesota, the home of Paul Bunyan. Brian is 6'4" and weight 395, and is a true gentle giant, soft spoken. He had to save his money all year just to come to this contest. In Open women, Alexandra Vallejo set a California record 303 at 105 pounds. At 123, Jo Walker set an Oregon record 391. Sarah Biddle of Indiana came in third with an Indiana record 181.7. At 132, Jeanne Watts, who told me she consumes 400 grams of protein a day, pulled 376.9 for a California state record. She pulled 402 at 148, weighing about 139, and she tried 402 at 132 but it wouldn't go. Penelope Villegas of Mexico was third with a Mexican record 308.5 and Chih-Hsing Chang of Taiwan was fourth with 200.4. At 148, Li Tan of Washington and Gina Gendotti of California battled with 275.5 each, but Li Tan was the lighter woman and won. Elise Stickler of Nevada was a close third with a Nevada record 264.5. At 165, Imelda Zamora Andujo of Mexico, who only weighed 149.7 had an off day. She pulled 462 at a meet in Mexico. She pulled 451.7 in Mesa, Arizona back in April, but here she had to settle for 440.7. She came close with 457, and she pulled her guts out on it. It was the "never say die", of "the never say dies." The most supreme effort ever, only about two or three inches from lockout. She will do at least 473 by next years World's. she also is a conventional style deadlifter and is 5'9". She is one of the most talented deadlifters I have ever seen and again all of the female deadlifters from age 13 up to 79 were all above average in weight pulled and weigh above average in effort. They were a pleasure to watch. Sabrina Armstrong, who is coached by Bill Armstrong, made her debut into the 400 club with a California record 403.3. It's impressive any time a woman deadlift 400 pounds. Cindy Weber won the 181 class with 352.5. She holds three world records and has done as much at 391. Abigail Biddle of Indiana set a state record 314 for second. Now, what I'm going to report next is not a misprint. 16 year old Kayla Tueli in the 198+ division became the first woman in WABDL to pull 501.5! Then she pulled 523.5 to her knees. Only 16 years old! Dawn Richards of Utah was second with 413.2. Her best pull is 435 and she will pull 500 some day. In Special Olympian men, Pao Thao was impressive with 308.5 at 123.

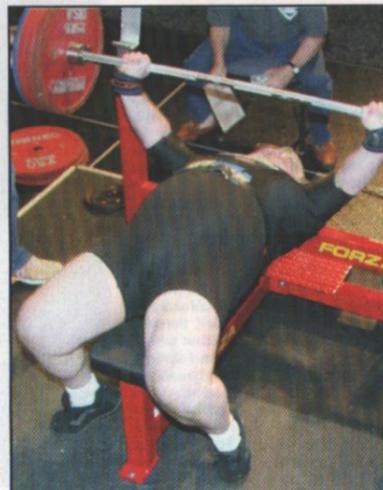


Tatu Avola - Finnish Pulling Power



Chris Senese got a WABDL WR 626 BP. (CSS)

info on the legendary baseball player for three books written over the last three years. In Master 68-74, Larry Vincent pulled an Oregon record 369.2 at 148, for the world title. Larry was also the World Record in the bench press with 287.6, until Hans Naegerl of Germany broke it with 288.7. At 165, Bill Tinkler set a Florida record 314, and at 181 Richard Simon set a California record 337.1. John McEwen of California was second with 253.5. John is a retired full bird colonel in the Air Force, as is his wife Rae. Moving on to 75-79, Robert Cortes, who trained with the great Wayne Bouvier in Michigan back in the late 60's and early 70's, set a World Record 446 weighing 151 at age 77. Now that is incredible! He has been competing for over 50 years in odd lifts and powerlifting. Jim Schall, who had a reputation for being one of the best high school wrestling coaches ever in the state of Washington, was second with 325 at age 78. Jim produced many state champions. In Master 80-84, Arthur Winston set a World Record 138.8 at 146. Arthur is still a practicing patent and trademark lawyer. He and his wife Melicent have been married for over 50 years and he's 80 and she's 79. They are the oldest competing couple in powerlifting. James Butler of California was second with 137.7. Dr. Donald Dreyer, who is still a practicing MD, set a Louisiana record 254.6 at age 83. He lifted the equivalent of three sacks of cement at one time. At 198, Edwin Free of Tennessee who is 83 and is a veteran of both World War II and the Korean War, hauled in 286.5 lbs. to tie his state record. Jack Heizelman of Texas, who is 88, pulled 132, weighing 137 and he has Parkinson's disease. He has the body of a 60 year old. In Master women 40-46, Alexandra Vallejo weighing only 98.8 lbs. set a World Record 303, more than three times her body weight. Bill Armstrong is her coach. In second place was Desiree Brown, who pulled 264.5, still an impressive lift. At 148, Silvia Maher set a California state record with a strong credible 348. At 181, Kari Sabin of Florida set a World Record 402.2. Jennifer Taylor was second with an Oregon state record 363.7. Jennifer tried 403 and got it to her knees. In Master women 47-53/123, Denise Ruff of Medford, Oregon, and trained by Jerry Capello, pulled over 20 pounds more than triple body weight and got an Oregon record 385.7. That's world class. At 181, Cindy Weber, who was a track and field star in high school, pulled a World Record 352.5, however Jane Stabile of Massachusetts, who came in second to Cindy took a fourth attempt and broke Cindy's World Record by a small chip, 1.1 pound 353.6 to be exact. The women's deadlifting was fantastic, all the way up an down the weight classes and age groups. Master 54-60 women, Sherry Abblett set a World Record at 105, weighing only 97.6. She pulled 193.8. At 165, Judith Petray set a California record 281. At 181, Dana Backiel set a Washington record 303 and at 198, Karen Polanski pulled 374.7, still chasing the 400 pound barrier, which she will get some day. In Master 61-67, Jo Walker returned to the lifting platform

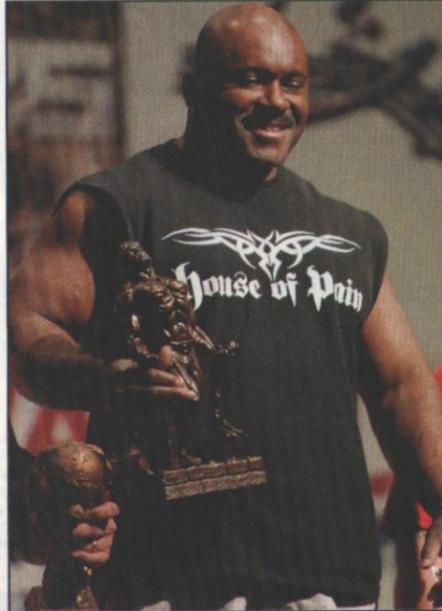


Robert O. Smith... a calvacade of records

Chris Senese got a WABDL WR 626 BP. (CSS)

after tearing her hamstring on a 450 pound deadlift attempt in training. In her last contest she pulled 440.7 weighing 129 at age 61, the highest coefficient ever for a female deadlift. She did 131.6 at this contest and set a World Record 391.2 at the age of 63! Think about that one for a while. At 105, Betty Lafferty of Alabama set a World Record 193.8. Betty has been forced out of her beach front condo twice because of hurricanes in the last four months. But still, she's managed to come to the World's. I only hope that my staff and I made it worth her while. Brent has won this event for five of the last seven years. He promised to be back with a vengeance. At 259, Ryan Klein set a Nevada record 700.8 to win the world title. At 275, Patrick Holloway was incredible and set an Arizona record 778.1 to easily win the world championship. Jerry Pritchett, a fellow Arizonian, pulled a respectable 710.7. Brandon Bankston was fifth with a Louisiana record 600.7. At 308, William Mott of Utah opened with 710.7 and jumped to 782. 710.7 won it all, 782 wouldn't go. Andy Medak of Washington was second with 705 and Dave Forstner of Utah was third with 672. At superheavy, Brian Oldham finally got the 800 pound deadlift he had been looking for, 801.2 and a World Record, and no deadlift suit, just a singlet. Brian is from Bemidji, Minnesota, the home of Paul Bunyan. Brian is 6'4" and weight 395, and is a true gentle giant, soft spoken. He had to save his money all year just to come to this contest. In Open women, Alexandra Vallejo set a California record 303 at 105 pounds. At 123, Jo Walker set an Oregon record 391. Sarah Biddle of Indiana came in third with an Indiana record 181.7. At 132, Jeanne Watts, who told me she consumes 400 grams of protein a day, pulled 376.9 for a California state record. She pulled 402 at 148, weighing about 139, and she tried 402 at 132 but it wouldn't go. Penelope Villegas of Mexico was third with a Mexican record 308.5 and Chih-Hsing Chang of Taiwan was fourth with 200.4. At 148, Li Tan of Washington and Gina Gendotti of California battled with 275.5 each, but Li Tan was the lighter woman and won. Elise Stickler of Nevada was a close third with a Nevada record 264.5. At 165, Imelda Zamora Andujo of Mexico, who only weighed 149.7 had an off day. She pulled 462 at a meet in Mexico. She pulled 451.7 in Mesa, Arizona back in April, but here she had to settle for 440.7. She came close with 457, and she pulled her guts out on it. It was the "never say die", of "the never say dies." The most supreme effort ever, only about two or three inches from lockout. She will do at least 473 by next years World's. she also is a conventional style deadlifter and is 5'9". She is one of the most talented deadlifters I have ever seen and again all of the female deadlifters from age 13 up to 79 were all above average in weight pulled and weigh above average in effort. They were a pleasure to watch. Sabrina Armstrong, who is coached by Bill Armstrong, made her debut into the 400 club with a California record 403.3. It's impressive any time a woman deadlift 400 pounds. Cindy Weber won the 181 class with 352.5. She holds three world records and has done as much at 391. Abigail Biddle of Indiana set a state record 314 for second. Now, what I'm going to report next is not a misprint. 16 year old Kayla Tueli in the 198+ division became the first woman in WABDL to pull 501.5! Then she pulled 523.5 to her knees. Only 16 years old! Dawn Richards of Utah was second with 413.2. Her best pull is 435 and she will pull 500 some day. In Special Olympian men, Pao Thao was impressive with 308.5 at 123.

Jon Shapiro stood out with 347 at 148. Jon is ranked in the top 30 in bench at 132 with 286.5. At 165, Douglas Hodges pulled 314. At 181, Antwon Bellils pulled 402.2. At 220, Tony Johnson pulled 490.5 and Brady Tanner pulled 490.5 at 242. Brady is probably the most energetic of all of the Special Olympians with exuberant high fives and raised fists to punctuate his lifting. In Special Olympian women, Soledad Rosas won best lifter. She has to use a walker, only weighs 98, and pulled 137.7. Emily Matlack of California had the heaviest pull with 220.2. In submaster men, Michael Pettinger of Illinois set a state record 540 at 181. Evandro Casagrande of Brazil won the 220 with 708.5. At 275, Patrick Holloway set a World Record 778.1. Dave Forstner won the 308s with 672. He's done as much as 749. Dean Munsey won the supers with 650. In submaster women 132, Jeanne Watts set a World Record 376.9. She also holds the World Record 402 at 148. At 148, Nancy Kim set a Washington record 325. Teresa Jacobs won 165 with a quality 374.7. Disarie Spencer was second with a California record 319.5. At 181, Gwen Cables won the World's with a Georgia record 336. In teen men 13-15/105, Zach Dwinell set an Oklahoma record 225.7. At 123, Donnie Miskins set an Ohio record 325 to beat out Brady Devens, who set a Washington record 286.5. At 132, Tyler English set a Nevada record with 303. Justin Scarbrough of California was second with a California record 265.6. At 148, Travis Belen set a Washington record 402 to beat Ryan Lund, who set a Utah record 303. At 220, Dustin Webb set an Arkansas record 347. In teen 16-19/165, there were four contestants with Chris Rayner of Oklahoma winning fairly easily with 485. In third was Michael Mokauu with a Nevada record 415.4. At 198, Hunter Beall set a Louisiana record 556.5, a quality lift for that age and weight. At 220, Andy Munsey of Oregon pulled a very respectable 540 to beat a field of three. At 242, Kevin Romano set a Georgia record 452.8. In teen women 13-15/94, Sharre Jackson set a World Record 188.3. In second was a very mature nine year old Alex Pecktol, the daughter of long time lifter Sam Pecktol, who only weighed 76 lbs., and she pulled an Oregon record 165.2. At 123, Amanda Wass pulled a World Record 281 at age 14, a very impressive lift for a 14 year old. In second place was Sarah Biddle, who set an Indiana record 181.7. At 198, 14 year old Kayla Tueli pulled a Washington record 363.7. Joe Head of Headquarters Fitness, claims



Jason Jackson an absolute benching phenom.

Jason Jackson an absolute benching phenom.



Roger Ryan - not far off with 300 kilos. (CSS)

she will also pull 500 by the age of 16. In teen women 16-19, Karina Phipps pulled a Nevada state record 264.5 to beat Lauri Choate of Tennessee, who hauled in a state record of her own 214.7. At 181, Abigail Biddle set an Indiana record 314 and at 198+, Kayla Taueli not only set the open World Record but also the teen World Record of 501.5. MOVING ON THE BENCH in Class I, Jorge Salazar Flores of Mexico won the 132 with 253.5. Eric Nahorniak of Nevada won the 148 with a PR 336. At 165, Brent Dreger won the 165 with an Illinois state record 308.5. At 220, Michael Ireland qualified for the open with a Washington record 507. Tom Pernu of Minnesota was second with a state record 459.4 and Barron Gehri of Wisconsin was third with a Wisconsin record 440.7. There were eight contestants in 220 all told. At 242, there were three bomb outs and Juan Laija of California was the lighter man and won out over seven contestants with a 501.5 bench. Johnathan Leftwich, who also did a 501 but was heavier man, set an Alabama record. At 259, Rick Soland of Washington won the World's with a 485. Joey Murphy of Georgia was second with a state record 481.7. Tim Prince of Utah was third with a state record. At 275, Matt Myers was huge with an Idaho record 562 and qualified for open in the process. David Bergman was second with an Illinois record 363.7. At 308, both Mario Ceccarelli and Bruce Sabin improved tremendously and they both hit a 556.5 and tied for first. They both had state records, Ceccarelli for Washington and Sabin for California. In third was James Sayre of Oklahoma with an Oklahoma record 519.1. In fourth, Bill Alex put up a respectable 501.5. At Super 342 lbs., Charlie Poteete of Tennessee set a state 535.6 record to edge out Chane Cline of Ohio, who weighed in at 333 and put up a "on your heels" 534.5 for an Ohio record. In Disabled 123, Michael Aguanno set a state record 121.2 for a New York record, and another New Yorker, Anthony Kokell set a state record at 181 with 237.8. In Junior men 165, John Alves set a World Record 479.5 to easily dominate this weight class. At 181, Andrew Kim broke a record many thought would never be broken, John Korn's 512.5, but Kim chipped it and came away with a 513.6 World Record. At 198, Rick Marrama of Massachusetts set a World Record 556.5. Greg Gibson was second with a California record 518 and Jared Bachmeier was third with a Nevada record 501.5. There were ten contestants in all. Michael Ross was fifth with a Nevada record 440.7. At 220, Phil Davi set a World Record 573. (Phil has had injury and health problems the last couple of years and is now making a comeback) and at 242 Chris Senese set a World Record 626. At 259, Joseph Gast, who had bombed in an earlier division, came back and set a World Record in Junior with 602.9. Ryan Vessey was second with 446 and Josh Nelson was third with an Alabama record 429.7. At 275, David McCoy of Illinois beat Jerry Pritchett of Arizona. They both did 501.5

and even though Jerry came in second, he got an Arizona record. Jerry and his mother both help out tremendously with the WABDL meets in Phoenix. At 308, the biggest rising star in the bench world is Michael Womack. He drove a beat up Mustang from Modesto to Dallas, Texas, which is about 2,000 miles, and proceeded to bench 705, 714, 724, 734, 744, and 755 at 275 in two different divisions. That was July 23rd. On August 5, 6, in Portland, Oregon, he drove the same beat up Mustang 750 miles and proceeded to bench 705, 735, 760, 780, and just missed 800 twice at 308. In this contest he bombed on Saturday and came back and hit an 810 and

an 826.5 for a Junior World Record. At Super, Terry Corwin set a World Record 700.8. He is being trained by Randy Patterson so he's in good hands. In second place was Leo Scott who set a California



Michael Womack ... new superstar in the BP

record 479.5. In Junior women at 132, Erica Haislar set a World Record 203.7. Erica and John Hudson are the Illinois WABDL state chairs and they had a great meet in Collinsville, Illinois, right across the river from St. Louis. Sara Ansberry was second with a California record 143.2. At 148, Christie Hansen set an Oregon record 225.7. At 181, Kelly Womack, Michael's sister, set a World Record 353.6, the second highest bench ever by a female in WABDL. In second place was Jamie Tanner of Kansas who set a state record 253.5. In Junior 198, Lauren Vaterlaus set a World Record 204.8. Her mother Sue Vaterlaus also set a World Record. At 198+, Jessica Brooks of Washington set a World Record 231.2, beating her old record by about 20 lbs. In Law/Fire Master men 40-47/148, Dave Edmondson, who really is a rocket scientist as well as Law/Fire, set a world record with 341.5. Michael Kuzmack of California won the 220 with 435.2 and Leroy Banks, who works at one of the toughest prisons in the country, Joliet Federal Prison, did a 451.7 at 198 raw. Jamie Tovar of California won 308 with 600.7 below his World Record 633.7. Dave Marchant won supers with 650.2. In Law/Fire 48+, Mike Berteaux set a World Record 496 at 220. In second place was my first workout partner in Hawaii in 1973, Jeffrey Allen Jones, who did a Nevada

record 418.7. At 242, Mike McKenzie of Colorado keeps making gains. He put up a 534.5 World Record. At 275, Ron Hood suffered his first defeat ever to Roger Ryan 600.7 to 540. Ron is 60 and Roger is 50. Roger tried 661 and wasn't too far off. At 308, Bruce Sabin set a World Record 551. Bruce has a good training partner in John Minahan, who has done 600.7. In Law/Fire Open/148, Dave Edmondson set a Utah record 341.5. At 181, Darren Carr set a Utah record 424.2. Darren had been stuck in the 402 range and finally had a break through meet. At 198, Mike Ioannou of Massachusetts set a state record 402.2. At 242, Jason Jackson slammed 749.5 and missed 802. At 259, two Utah lifters battled it out. Tim Prince beat Mike Blankenship 451.7 to 436.3. Both lifters broke Utah records. At 275, Jeffrey Begue set an Ohio record with 601.8. Carl Wimmer of Utah was second with a state record 523.5. At superheavy, Keola Kekaulike of Hawaii beat Chane Cline of Ohio 551 to 534.5. Cline's record was a state record. In Law/Fire Submaster 165, Richard Anderson set an Alabama record 303. Frank Wakakuwa put up 622.7 at 242. He has been benching 600+ for the last seven years. In Master men 40-46 at 148, Charles Venturella set a World Record 392.3 and Pennsylvania record. At 165, Sakari Selkainaho of Finland brought home gold with 418.7. At 181, Dean Reiman beat out seven contestants with a Minnesota record 440.7. Darren Carr of Utah was close with 424. At 198, the legendary Ed Morishima who was benching 470 at 148 back in the 80's, pushed 563.1 for a World Record to beat George Herrings record. Leroy Banks was second with 473.7. this time with a bench shirt. There were eight contestants. At 220 there were nine contestants and the WABDL Tennessee Chairman Ken Millrany set a World Record 601.8. Doug Haycraft of Illinois was second with a state record 556.5. Juha Pukkila of Finland was third with 479.5. Mike Smothers of Illinois was fourth with a state record 473.7. At 242, Ed Wilkinson of Texas and Russell Kitani of Nevada hooked up in a great duel, maybe the best one in the whole meet. They exchanged World Records twice with Ed winning the battle 639.2 to 634.8. At



Terry Corwin broke the 700 barrier. (CSS)

Sunday, and Monday. John Hudson, who is the team coach for Team Illinois, who won the team title. His partner Blake Edwards, who coached Team Illinois Blue, between them they bought 41 lifters, including exchange students from seven countries. I can't say enough about these two guys. At Superheavy Master 40-46, Dave Marchant beat Paul Ratsch 650 to 556.5. Paul wasn't too far off with 651.6. In Master men 47-53/198, Jody Woods, who also has done a lot for WABDL, beat out seven contestants with a California record 473.7. Ernest Reyes was second with a Utah record 418.7, and Greg Alves was a close third with a California record 414.3. Mike McCormack was right behind in fourth with 408.8, which was a California record when he did it. Brian Welker of Texas was a close fifth with 396.7. He's done 429.7. Brian has also been very helpful to me with the Texas meets. William Stirling of Canada was sixth with a 308.5. At 220, Clinton Sims of California won with 512.5. In June he shot up 556.5. In second was Mike Berteaux of Colorado with a state record 496. Nick has a big white beard. He looks like a hard driving "been there done that" biker. Don Rygh, Jr., of Minnesota was fourth with a 479.5. Don helped tremendously in the weigh-in room and did a great job checking gear. Don has a baseball that his grandfather gave him signed by Babe Ruth & Lou Gehrig. He has mint condition pictures of Babe Ruth & Lou Gehrig with their respected barnstorming teams called the "Bustin Babes" and the "Laruppan Lou's." At 242, Rob Carbo won with 518. Rob manages a Gold's Gym in Monterey owned by Reggie Jackson. Dave Henderson of Oregon was second with 507 and Daniel Prevatt of Florida was third with a state record 418.7. Ron Proctor of Georgia was fourth with a 407.7. Ron also helped out in the weigh-in room and did a great job. He is the new Georgia state chairman. At 259, a sometime work out partner of mine, Forest Hofer, out of Portland won the 259 world championship with a 518. Forest works as an emergency room technician in White Salmon, Washington. At 275, Ken Eyre won his first world championship with a 451.7. At 308, Joe Mickelson of Washington won world's with a Washington record 529. Joe has about 60 employees under him working with the Seattle Water Dept. At super, John Minahan won with 523.5, well below his best of 600.7. Leo Contreras of California, a great guy, was second with 429.7. In Master men 54-60, Robert Gill of Ohio won the 123 class with an Ohio record 225.7. At 165, Moses Timball won with 275.5 and Guy Brenner set a Louisiana record 242.5 to finish third. Guy was displaced by Hurricane Katrina, from his New Orleans home, which had three feet of water in it. He was living temporarily in Houston. I can't say enough for Guy and about 12 other Louisiana

lifters, who came from New Orleans areas and up to Baton Rouge. At 181, Pastor Randy Barr set a World Record 380.2. Jaime Alvarez of California was second with 347. At 198, Dan Swift set an Illinois record 430.8, only 10 pounds off the World Record. Joseph Parsons of Oklahoma was second with a state record 369, Godfrey Holzinger of Washington was third with a state record 363.7, and Jarnail Singh Biring of the United Kingdom was fourth with 352.5. At 220, Donald Madere of Louisiana, not far from New Orleans, won with 374.7, and Colin Bonneau of Canada won 275 with a 523.5 Canadian record. Colin played the national anthem on his trumpet for both Canada and the USA. He was a member of the Royal Canadian National Band and is now the world's strongest church musician and can play nine different instruments. At 308, Austin Webb, a former Green Beret, set a national record and an Arkansas record with 462.7. Austin is the WABDL State Chair for Arkansas. Randy Patterson won the supers with 611.7. Last year at the World's he hit 672 and took about six months off. Look for Randy to hit 700 at age 60. In Master 61-67/181, Rudy Lozano set a World Record 387.9. At 198, ace deadlifter Olicio dos Santos Filho of Brazil benched decently 352.5, which is enough to win over five contestants. Roy Erickson of Nevada was fourth with a state record 303, and Tom Haggemiller was fifth with a Minnesota record 281. Bob Bassman of Texas was second with 347. At 220, Mickey Glasco of Georgia set a state record 319.5 with John Herbein of Pennsylvania, who is a graduate of the Naval Academy, second with a state record 242.5. At 242, former Vietnam combat veteran, Daniel Smith III of California, won the World's with 424.2. Richard Zareck of Florida was second with a Florida record 424.2. At 259, Ed Acey won with 407.7. He's good for 430-440 most days. At 308, Robert O. Smith of Canada set a World Record 523.5. Robert O is a cartoonist and is the voice of many video games and has had bit parts in movies and TV, filmed in the Vancouver, Canada area. At Super, Don James broke Robert O. Smith's World Record 519.1 to 518, that Robert did last year. Ed Sheets was second with an Indiana record 303. In Master 68-74, Harold Hagen won the 165 class with an Arkansas record 231.2. At 148, Larry Vincent of Oregon won with 253.5. At 181, T.C. Lewis of Arkansas won the World's with 259, over four contestants. At 220, Harold Smith, at age 72, pushed up 341 raw. On September 10, in Missoula, I saw him push 369 raw. At 259, Danny Herrera set a World Record 418.7. Other winners were Nick DeLiddo of California at 198 with 242.5 and gentleman Jack Peters won at 242 with 209, and Gary Johnson won the 308 class with 275.5. Gary drives a black Viper that he's had up to 160. In Master 75-79, Robert Cortes won 165 with a California record 242.5. In Master 80-84, 83 year old Sonny Ronolo put up 236.7 at 165 and would have done 270-285, but his heart was acting up and had to take Nitro to calm it down. At 181, Bladen McClelland of Michigan, who is 83, set a World Record 199.3. Dr. Donald Dreyer was second with 143.2. Jack Heizelman, who was the oldest lifter in the meet at 87, benched 132 at 137 lbs. I can't say enough about the 80+ lifters who came to this World's. I can't thank all



Ken Millrany roared up a 601.8 bench @ 220

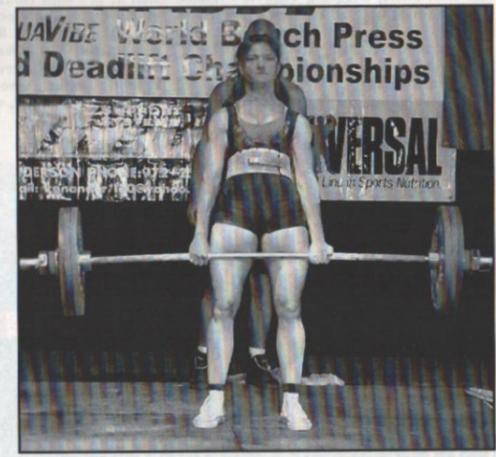


Brandon Leming (462) Mike Hara (540), Ray Hickman (535) @ 165.

of you who came enough for your sacrifices in getting to Reno from all over the county and the globe. But the 80+ age group holds a special place in my heart. We are all either going to be there or die trying. These guys are all productive and fairly healthy. I know lifters that are in their 20's and 30's that think a meet 250 miles away is too far. Lets start with Arthur Whinston of Portland, Oregon. He is 80 and flew 550 miles. He's a practicing trademark and patent attorney. He drives 300 miles to Ashland, Oregon, with his wife Melicent, who is 79, to watch the Shakespear festival. Sonny Ronolo flew 2,500 miles from Hawaii against his doctors orders. He had open heart surgery two years ago, and has diabetes. He's 83. Bladen McClelland is from Michigan, which is 2,200 miles from Reno. He is 82. Dr. Donald Dreyer is from Baton Rouge, Louisiana, 2,300 mile from Reno. He is 84 and is still a practicing physician. Edwin Free Jr., is 83 and is from the Nashville, Tennessee area, about 2500 miles from Reno. He is a combat veteran of World War II and the Korean War. Jack Heizelman is 87 years old and he's from Dallas, Texas, 2,000 miles from Reno. Try a four or five hour plane flight and go through all the stuff that airports put you through just to get on the plane. If you haven't tried one lately, it's stressful for a person in his or her prime, so you can imagine what it's like for a 80+ year old to take his shoes off and then be "wanned." I commend you guys big time! In Master women bench 40-46/97, Christine Moorman benched a World Record 160 without a shirt, weighing 96 lbs. At 105, Desiree Brown set a World Record 181.7. At 114, Claudia Salo benched 170.7 to cop the world title. At 123, Alison Barnhill won the World's with 165.2. At 148, Sandy Gomez Leon set a World Record 236.7 and dedicated it to her coach Randy Young, who died of cancer one year ago to the day. Sheri Klocke won at 165 with 203.7. At 181, Annette Sozzi set a World Record 243.6 and practically jumped through the roof with excitement. She beat out six contestants. Kari Sabin was third with a Florida record 225.7. At 198, Susan Jackson set a national record 253.5 to win the World's, and at 198+, Jill Arnow of Washington and Stacie Downs of Michigan battled and they both set national record but in the end, Jill Arnow 242.5 and Stacie Downs 232.31 Donna Madere-Hogg won 132. In Master women 47-53/114, Ita Pantilat of Washington set a World Record 198.2, a very good bench as she only weighed 110. At 123, Denise Ruff set an Oregon record 187.2 to win gold along with her gold in the deadlift with a 385 pull. Quite a day for her. At 148, Mary-Ann Van Dam won with a California record 220.2. Nancy Carpenter of Canada won 165 with 159.7. Marilyn Lewis won at 181. At 198, Kathy Cash set an Oregon record 187.2. At 198+,

Sue Vaterlaus joined her daughter Lauren in setting a World Record with a 253.5, Margie Huston was second with a Washington record 203.7. In Master women 54-60, Barbara Anderson won at 148 with 159.7. In Master 61-67, Betty Lafferty set a World Record 150.9 at 105. She had also set a world record in the deadlift. Mary Louise Coffey won the 165's, and Pat Robey won at 181 with 165.2. In Master 68-74, Rae McEwen set a World Record at 123 with 88 lbs. She also set a World Record in the deadlift. In Master 75-79 Masters, track and field star, Melicent Whinston won with 71.5 at 132, and at 198+, Gloria Mighell set a World Record 79.2. In Open men, there was some fantastic benching. At 123, Van Williams set an Oklahoma record 243.6. At 132, Gary Bobrovitz won with 264.5. At 148, Jason Imamura was first with 407.7, followed by Charles Venturella of Pennsylvania, who put up 392.3. Freddie Evangelista was third with 391.2. At 165, there was a classic battle with Michael Hara and Ray Hickman exchanging world records until Michael Hara finally ended up with the world championships and a World Record 540. Ray Hickman finished up with 535.6. In third place, Brandon Leming, who is only 17, put up 462.7 for a Tennessee record. Sakari Selkainaho of Finland was fourth with 418.7. At 181, Kim Paivoke of Finland won the World's with 468.2. Keith Daniels of Hawaii was a close second with 452. At 198, there were eight contestants and six did over 500. Ed Morishima was first with 563. He's out of Hawaii. In second was Rick Marrama of Massachusetts with 556.5. In third, Eric Milburn put up 534.5. In fourth, Greg Gibson of California 518 and Coby Washburn of Texas fifth with 507. Three years ago, 523 won the World's in this weight class. Jared Bachmeier of Nevada was sixth with 501.5. At 220, there were seven lifters who benched 523 or more and an eighth Ken Millrany, who bombed but had made 601.8 in Master earlier in the day. In first place, Michael Green of Florida got 606 and 617 on a fourth. He's in the Marine Corps and he's very fit. In second was Chad Mathews of Texas with 595. He's quiet, but dangerous. In third was Doug Haycraft of Illinois with 579.6. In fourth was Joe Bianchi, Sr., of Massachusetts with 578.5. In fifth was Phil Davi with 540 and 573 on a fourth for a Junior World Record. In sixth was Tatu Avola of Finland with 529. In seventh was Steve Pena, who is blind with 523.5. In

eighth was another Finish lifter, Juha Pukkila, with 479.5, and Evandro Casagrande of Brazil was ninth with 385.7. At 242, Jason Jackson blasted 793.5 and is right on the heels of Matt Lamarque for the all time best at 242 by less than eight pounds. In second was newcomer BJ Dirk with a very respectable 644.7. In third was Chris Senese with 606 and 626 on a fourth. In fourth was Greg Stephens with 600.7 and 633 on a fourth. In fifth was John Boeltger with a Missouri record 562. In sixth was Mike Cordova with a Utah record 545, and in seventh was Frank Schuetz with a Virginia record 528, and in eighth was Dan Tubridy with 518. That's a hell of a line-up when 518 can get you no better than eighth. At 259, James Hunter, who has the World Record 661, settled for 650 and the world title, but Eric Wright and Jason Laskowski were right on his tail with 644.7, and Wright was second by being the lighter man. Scott Hoekstra of California was fourth with 584 and Jani Ihalainen of Finland was fifth with 584, but was the heavier man. Mike Desrosiers of Arizona was sixth with 567.5, and Forest Hofer, who has done 545, was seventh with 518. Another very competitive class. Scott Hoekstra was the favorite and he ended up fourth. At 275 Jeff Peshek of Ohio put up a 688.7 to easily beat Patrick Holloway, who got an Arizona record 622.7. Jeff Begue from Ohio was third with 601.8. Dave Freeland from California put up 584 for fourth. Thomas Kesling set a Tennessee record 563.1 for fifth. Matt Myers of Idaho put up 562 for sixth. Normal Rial from California ramed up 551 for seventh, and Shane Palmer from Idaho got 523 for eighth. Another very competitive weight class. Brandon Bankston from Louisiana was ninth with 507. Nine lifters benched over 500 in one weight class. At 308, it was the Steve Wong and Tiny Meeker show. Coming into the meet, Wong held the World Record 854 and Tiny had done 843. When it was over, things had changed. Steve opened with 815 and got it. Tiny opened with 855, and missed. Steve missed 870 on a technicality. His bottom was off the bench. He locked it out perfectly. Tiny came back and made 870 for a new World Record. Steve locks out 881, bottom off the bench. Tiny tried 900 and his shirt blew. Then Tiny tried 900.4 and dumps it. Steve's 881 looked very strong, so did Tiny's 870. Ryan Kennelly was a guest lifter. He tried 870, 907, and 915. He had an off day and missed all three, probably too many contests throughout the year. Tiny Meeker was a guest lifter for a second go round, and in a single ply shirt, he locked out 907, but beat the press and missed the lockout at 915 in a quest to beat Scot Mendelson. Back to 308. John Hudson was third with 573 and Joe Mickelson was fourth with 529. Still in the Open bench at superheavy, 457, Roy Bradshaw, who played football at Oregon state, benched 722, which was a World Record in submaster and a California record in Open. His forearms are 20" and



Jeanne Watts ... another record goes down (CSS)



Ed Wilkinson ended with a new 639 lb WR. (CSS)

his arms are 25". Jim Presley still has the best arms though, with 24.5, weighing only 288. Terry Corwin, who is only 20, benched 700.8 for second. James Crawford III, who weighed 348 was third with 650 and 371 lb. Vince Eldridge was fourth with 512.5. In Open women 97, Christine Moorman set a Washington record 160.8. At 105, Desiree Brawn put up 181.7. At 114, Ita Pantilat set a Washington record 198.2. At 123, Deb Moretto of Montana won the World's with 143, and Sarah Biddle was second with an Indiana record 110. At 132, Jeanne Watts benched 225.7, and Deanna Hurlburt of Michigan was third with a state record 170.7. At 148, Virpi Pukkila Finland, who is sexy and strong, benched 281 to beat Elise Sticker, who set a Nevada record 154 and was third. Nikki Williams of Georgia came in second with a Georgia record 231.2. At 165, Sabrina Armstrong made a big improvement in her bench with 255.7, a California record and a 25 lbs. increase in a year. At 181, Kellie Mahoney, who manages LifeQuest gym in Kennewick, Washington, set a World Record in Open and a World Record in submaster with 253.5. She has a lot of intensity and will eventually hit 300. Cindy Weber of Tennessee was second with 198, a state record. Abigail Biddle was third with an Indiana record 137. At 198, Hoku Nohara broke her own World Record of 292 with 314 at age 16. She could bench 400 if she sticks with it. At 198+, 16 year old Kayla Taueli set a Washington record 325. She too could bench 400. In second was Dawn Richards who set a Utah record 236.7 and Tina Riley was third with a California record 214.7. In Special Olympian men, Jon Shapiro was way ahead of everybody else with 264.5, weighing 144. He's ranked about 25th at 132 all-time any division in WABDL! At 242, Brady Tanner of Kansas was impressive with 352.5. In Special Olympian women, Soledad Rosas of California easily won best lifter with 126.7, weighing 98. A very impressive

young lady. You would have to see her to appreciate how special she is. In Submaster men 123, Van Williams set an Oklahoma record 243.6. Michael Aquano of New York was second with 132. At 165, Adolpho Davila was huge with a California record 479.5. At 181, Keith Daniels popped a 452.8 Hawaiian record. At 198, Danny Soto set a World Record 524.6. At 220, Michael Green, set a World Record 617. Mike Ludovico was second with 551 and it's good to see Mike getting back to what he is capable of which is at least 600. Brant Bishop, who spent about 45 hours on the computer/expediter screen, put up 501.5, well below his best of 540. At 242, the two favorites bombed, Frank Wakakuwa's best was 633 and Patrick Parnell's best was 650, which left an opening for Anthony Frazier of Washington to win with 462.7. At 259, Jason Laskowski, who was battling personal problems and had lost some weight and wasn't even going to come to the World's, set a World Record 639. Then he lifted the next day in Open and got a 644, and I assure you his spirits were better when he left Reno, then when he first got there. Scott Hoekstra, the defending champion, was second with 584. At 275, Patrick Holloway of Arizona beat Robert Lincoln in a good battle 622 to 611.7. Lincoln set a California record. At 308, Tiny Meeker beat Steve Wong 870 to 815 and set a World Record. At Super, Roy Bradshaw at 457# was too much for 334# Scott Wesley Jordan, who nailed a 722 to Jordan's 650. Jordan is also nursing a tender elbow or he would be right around 700-715. Ken Overby of Alabama was third with 600.7. In Submaster women, Jeanne Watts won at 132 with 225.7. Virpi Pukkila easily won with 281 at 148. Teresa Jacobs won at 165 with a Washington state record and Kelley Mahoney won at 181 with a Washington and World Record 253.5. Tina Riley won at 198+ with 214.7. In Teen men 13-15, John Minahan III won at 123 with a California record 193.8, and Donnie Miskinis was second with an Ohio record 154.2. At 132, Tyler English set a Nevada record 165.2. At 148, Travis Belen beat Juan Laija 253.5 to 203.7. At 181, Alan O'Brien just barely edged Adam Lindsey 188.3 to 187.2. O'Brien set an Illinois record. At 220, Jesse Fain was lifting well above his age of 15, with 402.2 and a World Record. In Teen men 16-19, Ray Segura won at 123 with 187.2, and Anthony Ramos of Georgia set a Georgia record 276.6 at 132. At 148, Dom Baldassarre put up a respectable 270. Chad Cooper was third with a Michigan record 187.2. At 165, Brandon Leming, who was valedictorian of his high school class, was also valedictorian

of his group of teenagers with a World Record 464.9 at 165. Amandeep Singh was second with a California record 385.7. Eric Millburn was equally as impressive with a World Record 534.5 at 198. Hunter Beall was second with a Louisiana record 314. At 220, Sean Demarinis was also at the top of his teenage class with 501.5 World Record 220. Aaron Gil was second with a Michigan record 402.2, and Greg DeClark of Illinois was third with an Illinois record 380. At 242, Kevin Romano was world champion with 380 and Jim Pritchett was second with a Nevada record 308.5. At 259, Seth Carter of Tennessee set a state record 414.3 to beat Jacinto Alvarez, who set an Idaho record 325. At 275, Chris Barada won impressively with 507, and at 308 Viktor Tovar was the world champion with a California record 352.5. In Teen women 13-15, Sarah Moorman won at 105 with 121. At 123, Sarah Biddle won with an Indiana record 110. At 181, an animated Jennifer Otto set a Washington record 165. In teen 16-19, Nikki Williams was best lifter with 231 at 141, and Kayla Taueli set a World Record 330.5 at 198+. At 123, Karina Phipps and Erica Ansberry battled to a tie breaker. They both popped 143.2, but Karina Phipps was the lighter woman. Nikki Williams 231.2 at 148 was a World Record, and Brittany Burroughs of Georgia set a World Record 126.7 at 114, breaking Daiana Dos Santos' World Record, which

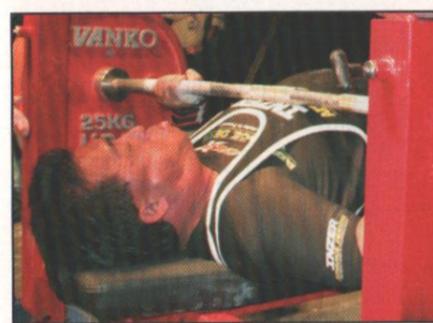
Pantilat, Master 47-53/114, Betty Lafferty, Master 61-67/105, Virpi Pukkila, Open 148, Hoku Nohara, Open 198, Soledad Rosas, Special Olympian, 105, Virpi Pukkila, Submaster 148, Sarah Moorman, Teen 13-15/105, Kayla Taueli, Teen 16-19/199+. Men Best Lifters Bench: Eric Nahomiak, Class 1/148, Michael Ireland, Class 1/220, Brady Tanner, Class 1/242, Matt Myers, Class 1/275, Sean McGrath, Disabled 220, Andrew Kim, Junior 181, Rick Marrama, Junior 198, Michael Womack, Junior 308, Roger Ryan, Law/Fire Master 48+/275, Jason Jackson, Law/Fire Open 242, Charles Venturella, Master 40-46/148, Ed Morishima Jr., Master 40-46/198, Ed Wilkinson, Master 40-46/242, Jody Woods, Master 47-53/198, Clinton Sims, Master 47-53/220, Forest Hofer, Master 47-53/259, Randy Barr, Master 54-60/198, Dan Swift, Master 54-60/198, Randy Patterson, Master 54-60/309+, Rudy Lozano, Master 61-67/181, Robert O. Smith, Master 61-67/308, Richard Simon, Master 68-74/181, Danny Herrera, Master 68-74/259, Sonny Ronolo, Master 80-84/165, Michael Hara, Open 165, James Hunter, Open 259, Tiny Meeker, Open 308, Jon Shapiro, Special Olympian 148, Danny Soto, Submaster 165, Tiny Meeker, Submaster 308, Jesse Fain, teen 13-15/220, Eric Millburn, Teen 16-19/198, Sean Demachine, Teen 16-19/220. Women Best Lifters Deadlift: Kristy Scott, Junior 181, Alexandra Vallejo, Master



Patrick Holloway - super in BP and in the DL (CSS)

either single ply Inzer Rage X or Titan F-6. Out of the 30 that benched over 600, 26 used either the Titan F-6 or Inzer Rage X. The Titan F-6 and Inzer Rage X or F-6 are better than most double ply denims or as good as any of them, at the very least. By the way, the F-6 and Rage X weren't in the 2003 World's. The shirts of choice then were the Inzer double denim and Karin Klein double denim. What's my point? It's not steroids, it's the advancements in the shirts and in training, such as heavy lockouts, board presses, bands, etc. Women Best Lifters Bench: Kelly Womack, Junior 181, Sandy Gomez-Leon, Master 40-46/148, Annette Sozzi, Master 40-46/181, Ita

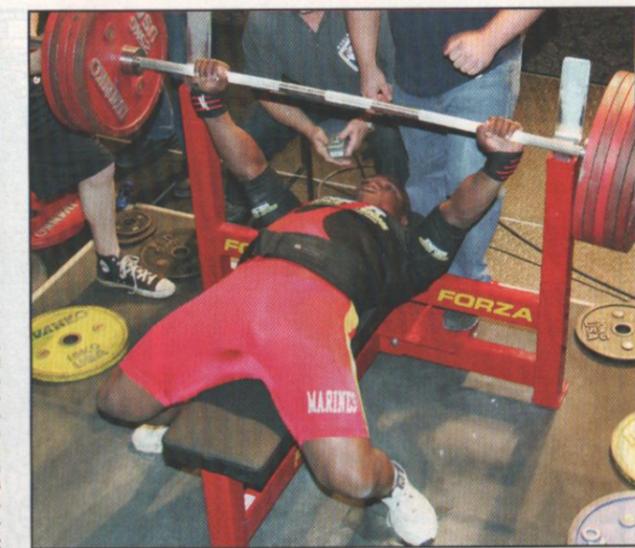
40-46/105, Jamie Rayburn, Master 40-46/165, Denise Ruff, master 47-53/123, Jo Walker, Master 61-67/123, Jo Walker, Open 123, Imelda Zamora Andujo, Open 165, Amber Kaslar, Special Olympian 114, Jeanne Watts, Submaster 132, Amanda Wess, Teen 13-15/123, Kayla Taueli, Teen 16-19/198+. Men Best Lifter Deadlift: Mauricio Mendoza, Class 1/148, Patrick Shippert, Class 1/220, David Edgell, Class 1/309+, Matthew Taylor, Disabled 181, Ryan Snelling, Junior 165, Jerry Pritchett, Junior 275, David Edmondson, Law/Fire Master 40-47/148 & Law/Fire Open 148, Michael Hara, Master 40-46/165, George Herring, Master 40-46/242, Andy Medak,



Ed Morishima one of many Best Lifters (CSS)

Master 40-46/308, Leamon Woodley, Master 47-53/198, Jerry Capello, Master 47-53/242, Gregory Kleyn, Master 54-60/165, Larry Russell, Master 54-60/220, Olicio dos Santo Filho, Master 61-67/198, Larry Vincent, Master 68-74/148, Robert Cortes, Master 75-79/165, Tom Eiserman, Open 181, Tatu Avola, Open 220, Patrick Holloway, Open 275, Rao Thao, Special Olympian, 123, Bobby Lord, Special Olympian 259, Patrick Holloway, Submaster 275, Travis Belen, Teen 13-15/148, Hunter Beall, Teen 16-19/198. In the Team Scoring, Team Illinois, which is coached by John Hudson and Headquarter Fitness, out of Seattle, were tied for first. Bull Stewart's team, out of Seattle, was second. Then, Pacific Athletic Center was third, Utah Mis-Fits fourth, and Body by George, which is George Herring's team out of the Atlanta, Georgia area, was fifth. There were 15 spots on a team and both coaches of the first place teams decided not to go with the tie-breaker. Therefore, instead of Bull's team being third, his was second and I moved every team up accordingly. Team Tennessee, coached by Ken Millrany was sixth. I want to thank our staff. The MCs were Mike Scott, Ted Davis, and I filled in when needed. They both won praises from the lifters. Elma Thomas did the computer work for the meet results, which were posted every day and stayed posted for the whole week (Thanks Brent Howard for the advice) Gary Thomas was the weigh-in room supervisor, both friendly and efficient. The weigh-in room staff was Ken

Overby, Ron Proctor, Christie Hansen, Austin Webb, Don Rygh, Jr., Kelley Mahoney, Mike Desrosiers, Rebecca Krotzer, and Dennis Schmidt. The drug control officer was Dr. Mark Webber, and the official meet photographer was Keith Lem. He provided a live feed of the lifting off the right side of the stage on a video screen, and live TV feed of the lifting in the warm-up room. Ticket sales was handled by Teresa Rethwisch, Peach Presley, Betty Presley, and Lisa Leong. Carl Rosborough and Ron Hood provided door control. The scorekeepers were Chris Erhardt, Christie Hansen, and Jamey Mauldin. The warm-up room expeditors on the computer were Jocelyn Ronolo and Brant Bishop. The platform manager was James Partch. Trophy set up and presentation was Jim Presley. The judges were Don James, Brian Welker, Dave Edmondson, Terry Luehrs, Ken Anderson, Jim Snodgrass, Brian Baertlein, Don Frosland Jr., John Hudson, Ken Millrany, Ron Hood, Sam Pecktol, and Charles Phillips. Platform weights were provided by Ivanko. The platform and warm-up benches were provided by Forza Strength Systems. I want to thank our main sponsor, AquaVIBE with Chris and Diane Winters, and Georgia Williams; Rick Brewer, Jason Graeser of House of Pain, Brent Mikesell of Iron Gladiator, Ken Anderson and Pete Alaniz of Titan Support Systems, Dave Tate and Jim Wendler of Elite Fitness Systems, Keith Lem of CSS, Gus Samuelson and Mike Rockoff of Universal Nutrition, Neal Spruce, Odd Haugen and Jim Starr of Apex Fitness Group, Chet Groskreutz of Ivanko, Shawn Madere of GLC No Pain, the Best Joint Formula Ever, Giorgio Usai and Giorgio Usai, Jr. of Forza Strength Systems, Mike Lambert of Powerlifting



Michael Green pride of the US Marine Corps. (a CSS photograph)

USA, Camellia Luprete and her Athletic lifting shoes, and Laura Lee Grizzle of High Cascade Emu Oil. The following lifters passed their drug tests: Tiny Meeker, Jason Laskowski, Clinton Sims, Jerry Capello, Sean Demarinis, Leamon Woodley, Michael Womack, Patrick Holloway, Eric Wright, Ed Wilkinson, Ken Millrany, Jason Jackson, BJ Dirk, Roger Ryan, Roy Bradshaw, and Rich Ludlam. One lifter failed. WABDL does not do random drug testing - we target the best lifters in the contest. Three other tests are still pending. (Thanks to Gus Rethwisch for results) PS .. 504 record certificates generated at this contest were sent out shortly afterwards, at an administrative cost of \$2500.



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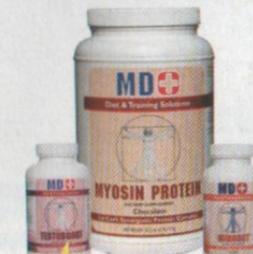
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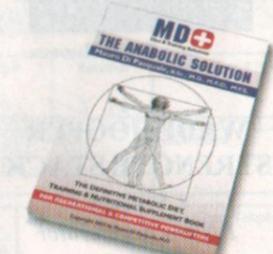
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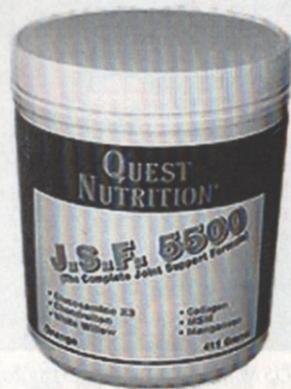
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WABDL Oklahoma State BP/DL 10 SEP 05 - Tulsa, OK

BENCH	M. Lowry	363
WOMEN	4th-374*	
Junior	220 lbs.	
181 lbs.	N. Dwinelli	424
J. Tanner	198*	242 lbs.
MEN	B. Whited	563*
Class I	Master (61-67)	
148 lbs.	259 lbs.	
A. Dimitrov	303	J. Duckett
181 lbs.	364	4th-369*
S. Penfield	319	Open
K. Sawyer	369	198 lbs.
A. Snow	347	C. Washburn
198 lbs.	501	Submaster (34-39)
V. Dobbs	352	181 lbs.
K. Loudermilk	418*	K. Sawyer
220 lbs.	369*	275 lbs.
B. Lumpkin	352	J. Sayre
259 lbs.	501	Teen 916-19)
M. Dalpoas	457*	308 lbs.
K. Miller	—	J. Quickle
275 lbs.	600*	DEADLIFT
J. Sayre	501*	WOMEN
308 lbs.	Junior	
G. Castling	407*	181 lbs.
Junior (20-25)	J. Tanner	292*
181 lbs.	MEN	
Z. Jones	352	Class I
A. Snow	325	165 lbs.
Master (40-46)	C. Rayner	501*
181 lbs.	Teen 913-15)	
R. Blythe	270*	105 lbs.
242 lbs.	Z. Swinell	203
T. Luce	501*	4th-214*
309+ lbs.	Teen (16-19)	
M. Hamby	727*	148 lbs.
Master (47-53)	C. Rayner	501*

Jason brought the Ivanko kilo set from Dallas. Jimmy Sayre and Kevin Sawyer also were helpful at this meet. (Thanks to Gus Rethwisch for providing the results)

Open 198 lbs.
S. Wingert 463 358 485 1306
Junior 275 lbs.
N. Butler 534 424 562 1521
Pure
220 lbs.
J. Price 435 314 523 1273
SO
242 lbs.
B. Tanner 540 305 468 1313
Pwr Sports CR BP DL TOT
WOMEN
Submaster
148 lbs.
L. Anderson 71 132 253 457
Submaster/Pure
148 lbs.
L. Anderson 71 132 253 457
MEN
198 lbs.
W. Smith 248
Master Pure
198 lbs.
W. Smith 248
B. Anderson 137 259 424 821
Master Pure
165 lbs.
B. Anderson 137 259 424 821
Int
275 lbs.
B. Mann 154 314 540 1008

! = World Records. * = State Records. In the deadlift Class I, Chris Rayner set an Oklahoma record 501.5 at 165. He's one of the best teenage lifters in the country because he can also bench close to 400 at age 16. In junior women, Jamie Tanner of Kansas set a Kansas record 292 at 11#. In teen men 13-15/105, Zach Dwinelli, who only weighed 104, set an Oklahoma record 214.7. And, in 16-19, Chris Rayner set an Oklahoma record 501.5 at 165. Moving on to the bench, Kevin Loudermilk set an Oklahoma record 418.7 at 198 in class I. Still in Class I/259, Mike Dalpoas pushed an Oklahoma record 457. At 275, Jimmy Sayre set an Oklahoma record 501.5 and at 308/Class I, Gordon Castling set an Arkansas record 407.7. In junior women/181, Jamie Tanner set a Kansas record 198.2 in the bench. In master men 40-46/181, Ross Blythe set an Arkansas record 270. At 242, Tony Luce set an Oklahoma record 501.5. Tony has come real close to that 580 mark in his last two meets, and he finally overcame the hurdle. He should rush right up to 550 now. At super/40-46, Mike Hamby keeps moving at a steady pace, a "big steady pace", 727.5 Oklahoma gold, crude oil, or whatever. He's going to be at 800 in 2006. He's passed two drug tests. Just a big old country boy. He's so big that if a couple of city folk were to stop by the road in the middle of Oklahoma with a flat tire and big old Mike stopped to help, the husband would say, "Honey, roll up the windows." In master 47-53/198, Maurice Lowry set an Oklahoma record 374.7. At 242, Brian Whited set the only World Record of the meet with 563.1, to beat George Nelson's record. Many thought that George's record would never be broken. Brian tried for that record in four previous meets. That's the beauty of the sport. If you're crazy enough, aggressive enough, and know your body and your gear, you will eventually move up the line in this tabloid of excellence. In master 61-67, Will Rogers incarnate, Jimmy Duckett, set an Oklahoma record 369.2 at 259. Jimmy is another one that keeps moving up slowly but steadily. In open 198, Coby Washburn of Texas slammed and rammed 501.5. In submaster/181, Kevin Sawyer set an Oklahoma record 369 and 275 Jimmy Sayre squeezed out 501.5. In teenage 16-19/308, Josh Quickle became one of about 3 or 4 lifters ever to bench 600 as a teenager and that last includes Anthony Clark. Anyway, his 600.7 was a World Record. Cale Sherwood was the meet director. Cale Sherwood was the meet director. House of Pain with Rick Brewer and Jason were the sponsors.



Brian Whited, 49, got a WABDL World Record at the Oklahoma State meet

Jason brought the Ivanko kilo set from Dallas. Jimmy Sayre and Kevin Sawyer also were helpful at this meet. (Thanks to Gus Rethwisch for providing the results)

NASA Missouri Regional 10 DEC 05 - Joplin, MO

BENCH	High School	Open			
MEN	123 lbs.	198 lbs.			
Open	J. Rutledge	358	134		
198 lbs.	PS CURL	165 lbs.			
S. Wingert	264	J. Rutledge	79		
Novice	Master V	SHW			
165 lbs.	Master III	374			
R. Dodd	Master III	198 lbs.			
Master V	W. Smith	248			
SHW	Master Pure	198 lbs.			
M. Mitchell	W. Smith	248			
Master III	W. Smith	248			
198 lbs.	W. Smith	248			
W. Smith	248	198 lbs.			
PS BENCH	W. Smith	248			
WOMEN	W. Smith	248			
SQ	W. Smith	248			
BP	W. Smith	248			
DL	W. Smith	248			
TOT	W. Smith	248			
M. Nash	143	99	253	496	
MEN					

Master II	165 lbs.				
T. Bowland	132	242	407	782	
High School					
181 lbs.					
J. Davis	110	203	369	683	
High School					
114 lbs.					
Z. Sprague	77	143	275	496	
275 lbs.					
J. Brock	104	214	363	683	
High School					
114 lbs.					
C. Anderson	77	99	220	396	
Youth					
55 lbs.					
Q. Wingert	27	44	121	192	
Junior					
114 lbs.					
S. Stalder	82	93	209	385	
Teen					
114 lbs.					
L. Griffing	66	99	181	347	
Youth					
114 lbs.					
C. Anderson	44	66	154	264	
Youth					
97 lbs.					
A. Wingert	38	38	132	209	
(Thanks to Rich Peters for these results)					

GBCC Record-Breaker's BP 12 FEB 05 - Bluefield, WV

BENCH	165 lbs.				
Z. Perkins	395*				
OPEN	242 lbs.				
165 lbs.	D. Wingo	335			
Z. Perkins	395	Law Enforce.			
242 lbs.	242 lbs.				
J. Church, Jr.	450	R. Blevins	270		
275 lbs.	Masters (50-54)				
E. Griffith	275	D. Callahan	380*		
Teen (14-15)	220 lbs.	Raw			
220 lbs.	M. Maddow	225			
Teen (16-17)	148 lbs.	Teen (14-15)			
148 lbs.	M. Maddow	190*			
M. Edwards	245	Junior (20-23)			
242 lbs.	165 lbs.				
R. Kirk	245	Z. Perkins	365*		
Teen (18-19)	165 lbs.	Open			
165 lbs.	242 lbs.				
T. Coppola	270	J. Church, Jr.	450		
Junior (20-23)					
*=WV All-Time Bench Record in Category. (Thanks to Paul Sutphin for these results)					



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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.

Signature _____

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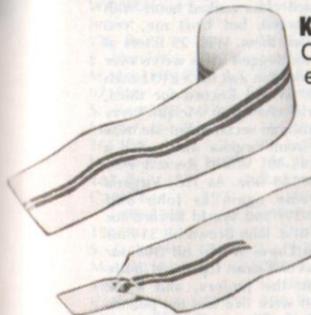
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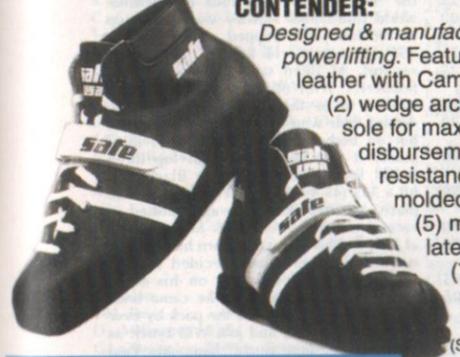


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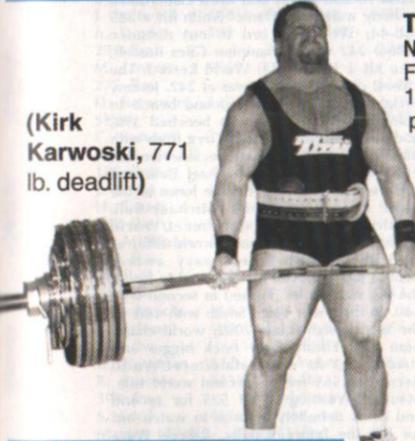
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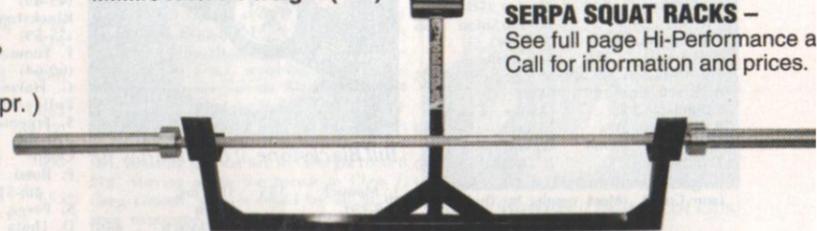
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10 DEC 05 - Chicago, IL

BENCH	
148 lbs.	Master (60-64) 260
Open	Open
T. Ma	210
165 lbs.	Y. Haq 265
Open	242 lbs.
A. Loginov	315
Open/Master (40-44)	275 lbs.
C. Phillips	295
198 lbs.	Master (50-54) 365
Master (50-54)	308 lbs.
J. Hummel	240
Open/Masters (45-49)	S. Ceralde 425
B. Blackstone	385
Submaster	SHW
Police/Fire/Law	Master (45-49) 480
C. Barth	335
220 lbs.	Open
	J. Dolan 600



Bill Blackstone at the Holiday BP

Judges: Tom Jorndt, Ted Oraham, Leni Jane Collet. (Meet results by Bud Lyte)

100% Raw World BP
19 NOV 05 - Barco, NC

BENCH	
123 lbs.	130!
Open	155!
K. Self	148 lbs.
Open	110
D. Grimes	110
Police/Fire	110!
D. Grimes	181 lbs.
Open	145!
A. Green	160!
(35-39)	160!
H. Isbell	160!
(65-69)	100!
SHW	100!
S. Stinnett	100!
MEN	77 lbs.
(10-11)	65!
S. Evans	88 lbs.
(8-9)	45
J. Hanks	45
(10-11)	65
G. Marshall	105 lbs.
4th-75	12-13
105 lbs.	95
(12-13)	65
Q. Thomas	95
M. Townes	65

(20-24)	K. McCoy 225
C. Vogt 300	(25-29)
(30-34)	J. Wright 400
J. Savage 405	(35-39)
(33-39)	S. Deuel 325
T. Isbell 370	(55-59)
M. Shipley 360	K. Groves 350!
J. Jackson 325	275 lbs.
(40-44)	Open
S. Freeman 385	M. Belk 570!
R. Berry 315	B. Jones 540
(45-49)	J. Hillard 460
Blackstone 385!	E. Jones 440
(55-59)	(16-17)
F. Sumner 295	C. Betts 245
(20-24)	(20-24)
G. Holzmler 255	J. Spr?? 375
Police/Fire	(40-44)
S. Freeman 385	V. Smith 480!
220 lbs.	S. Kuzmo 465
Open	(45-49)
P. Bossi 500	G. Berry 330
4th-515!	(50-54)
S. Perez 405	J. Hillard 460
D. Lhota 360	325
E. Anderson 275	T. Bean 325
A. Smith 225	S. Paolina 325
(14-15)	C. Kennedy 320
J. Morrow 245	(16-17)
K. Glover 165	K. Carlson 525
(18-19)	Washington 525
J. Brown 315	Were?? 500
J. Peachy 270	(16-17)
D. Sarot 310	(35-39)
Hague 305	S. Mitchell 350!
E. Anderson 275	A. Crowder 325
M. Franklin 300	(20-24)
Tipton 275	R. Nelson 270
R. Riddick 260	D. Smith 375
(35-39)	4th-385!
J. Maseibos 2685	(45-49)
R. Young 250	E. Adnerson 225
(14-15)	D. Bates 195
D. Richards 105	(40-44)
(16-17)	J. Hawley 345
D. Jones 135	4th-355!
(18-19)	G. Couch 225
W. Franklin 300	(50-54)
(20-24)	B. Babbert 305
J. Hogue 305	Police/Fire
T. Maseibas 265	E. Anderson 275!
(30-34)	A. Smith 225
J. Brown 315	198 lbs.
(35-39)	Open
J. Self 360	J. Savage 405
D. Sgroi 310	Blackstone 385
(40-44)	C. Powell 370
E. Tipton 275	M. Shipley 360
(12-13)	(14-15)
C. Phillips 285	T. Horne 350
R. Young 250	R. Berry 315
(55-59)	(14-15)
R. Feateau 185	J. Wheeler 145
(60-64)	(18-19)
C. Cannady 100	C. Harmon 225
(16-17)	

world meet. As always, there were a multitude of divisions, but in the interest of space I want to name the top three overall lifters in each weight class. The top lifter in each class walked home with an awesome sword, but trust me, you really had to earn them. With 23 lifters at 148, this was the biggest class we've ever had at the worlds. Ben Zak hit a 210 bench at 132 (35-39) World Record for third, defending world champion Melvin Perry hit 275 to finish in second, but it was David Wilson from Virginia who nailed a 320 on 148 (45-49) World Record who would win the 148 title. As 165, Virginia reigned supreme again as John Self benched a (35-39) 360 World Record for the 165 world title. John Brown hit 315 for second. Danna Dgroi would hit 305 for third and his second strait top three finish. Trey Hague in the juniors, and Mark Franklin (18-19) were five and ten pounds behind the pack. These are two very young lifters, and have a bright future ahead of them. Will "Chill" Lynch of NC hit an earth shattering 450 at 181 to capture the state, meet, and World Record, the best lifter light award, was named benchor for the year, and he also became the first lifter to win four consecutive world titles. John Hawley was runner up at 198 last year, dropped a class to hit a 355 (40-44) World Record, and finish second. At third was the always?? ?? Sobbert?? With 305. Sylvester Freeman went to be the second strait lifter to defend their world title. Sylvester hit 385, but on body weight it left him in third place. It was his fourth strait top three finish. From Illinois, William Blackstone hit a 385 (45-49) World Record for second place. In 2002, James Savage finished in second at 181, three years he was back at 198, and his 405 would earn him his first world title. Paul Bossi decided a state meet World Record 500 on his third attempt wasn't enough, as he came back to hit 515 to out distance the pack by over a hundred pounds, and join Will Lynch as the only four time world champions. Paul says we may see him at 242, and 198 in the future. Perhaps a battle between Paul and Will at 198? Salian Perez hit 405 to finish second place, and third came down to body weight, as Daniel Smith hit a 385 (40-44) World Record to out distance (2004) 242 world champion Giles Russell, who hit a 385 (50-54) World Record. The closest class of the day was at 242. Jeremy Wright would hit a 400 pound bench to hold off Joseph Bates who benched 390, and just a hair behind was Greg Bush with 385. 275 was a fun class because we had 2003 world champion Michael Belk and 2004 world champion Bennie Jones in the same class. In the end, Michael Belk would hit an open state/meet/World Record 570 for his second world title, as well as the best lifter heavy award. Bennie Jones proved he deserved to be on the big state as he finished in second with 540. In third was Virgil Smith with 480. In the heavyweight class 2002, world champion Carl Elliott came back bigger and stronger as he hit a state/meet/World Record of 565 for his second world title. Maurice Washington hit 525 for second and he is definitely a force to watch out for him the future. Finally, Rascoe Ware hit 500 at (35-39) World Record for third place. The best lifter (40-49) was William Black Stone, (50-59) Joe Hillard, (60+) Guz Holtmiller??, an overall was William Blackstone. The best lifter teen went to Mark Franklin. Female was Kerry Self, police/fire Sylvester Freeman, and junior Chris Vogt. Also winning awards were Official of the Year, Jeremy Wright. Meet Director John Shifflet. Man of the Year was Shaun "Bud" Lyte, Volunteer of the Year was Pam Balance, the Sportsmanship award went to local lifting legend Bryon Swain and Coach of the Year went to William Hawkins III. I hope everyone circles November on the calendar as the 2006 worlds should be even bigger. Can Will and Paul add a sixth world title? Which of the world champions will defend their titles, and who will fail? Who will reclaim former titles and who will win their first award titles. See you next year. (Thanks to Ben Zak for providing results)

WABDL Tennessee BP/DL
20 AUG 05 - Murfreesboro, TN

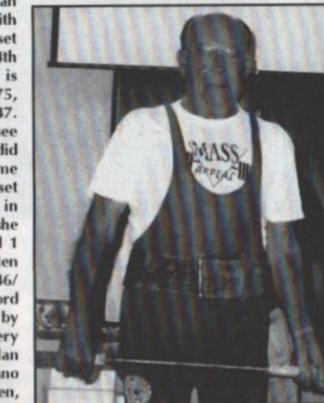
BENCH	
132 lbs.	242
Junior	Master (61-67)
132 lbs.	220 lbs.
E. Haislar 193*!	M. Glasco
Master (40-46)	Master (80-84)
97 lbs.	198 lbs.
S. Herring 126	E. Free, Jr. 137
Master (40-46)	Open
165 lbs.	165 lbs.
L. Reeyes 198*	A. Jackson 407*
181 lbs.	181 lbs.
C. Weber 192	B. Leming 435
4th-203*	4th-448*
198 lbs.	198 lbs.
S. Jackson 253	J. Graff 385*
Master (47-53)	L. Phillips 319
198 lbs.	220 lbs.
C. Cobb 253*!	B. Bishop 541*
Master 961-67)	308 lbs.
165 lbs.	M. McKee
L. Glasco 104*	Submaster (34-39)
Open	165 lbs.
132 lbs.	J. Colon 337
E. Haislar 193*	198 lbs.
198 lbs.	J. Graff 385
S. Jackson 253*	220 lbs.
C. Cobb 253*	R. Vann
Teen (13-15)	B. Bishop 541*
198 lbs.	308 lbs.
J. Ring 93*	D. Berey 512
Teen (16-19)	4th-534
114 lbs.	SHW
B. Burroughs 104	K. Crump 429
148 lbs.	Teen (13-15)
N. Williams 214*!	97 lbs.
181 lbs.	J. Bruno 99
A. Proctor 170*	T. Henshaw 80*
UL	105 lbs.
D. Pratt 215	114 lbs.
MEN	C. Luttrell 66
Class I	181 lbs.
165 lbs.	J. Hill 100*
J. Colon 337*	220 lbs.
181 lbs.	J. Fain 336
D. Millrany 325	4th-352*!
G. Gibson 159	Teen (16-19)
4th-170	123 lbs.
198 lbs.	A. Ramos 250
R. Brault 236	4th-253*
242 lbs.	181 lbs.
J. Leftwich 468*	B. Leming 435
A. Doyle 303	4th-448
259 lbs.	Z. Fox 259
M. Lawson 496*	198 lbs.
275 lbs.	J. Jones 360*
D. Bergman 347*	242 lbs.
SHW	K. Romano 402*
C. Poteete 518*	259 lbs.
Junior (20-25)	S. Carter 385*
165 lbs.	DEADLIFT
J. Reyes 336	WOMEN
H. Tsang 193*	Junior
198 lbs.	132 lbs.
D. Millifana 402	E. Haislar 308*
220 lbs.	Master (40-46)
M. Bell 358	97 lbs.
242 lbs.	S. Herring 242
J. Leftwich 468	165 lbs.
J. Nelson 402	E. Reeyes 336
275 lbs.	181 lbs.
D. Bergman 347	C. Weber 352
R. Proctor 341*	198 lbs.
308 lbs.	S. Jakson 352
S. Ford 451	Open
Master (40-46)	181 lbs.
181 lbs.	C. Weber 352
J. Brown 418	Teen (13-15)
198 lbs.	97 lbs.
L. Phillips 319	S. Jackson 176*
220 lbs.	114 lbs.
M. Retter 330	J. Jackson 214*
259 lbs.	Teen (16-19)
L. Mitter 298*	181 lbs.
Master (47-53)	A. Proctor 270*
165 lbs.	MEN
C. Smith 365*	Class I
181 lbs.	181 lbs.
A. Traylor 325*	D. Millrany 518*
198 lbs.	G. Gibson 292
M. Cole 286	198 lbs.
242 lbs.	J. Wilsey 556*
R. Proctor 396	R. Brault 418
259 lbs.	220 lbs.
B. Arnold	M. Rainey 557
J. Romano 319*	4th-578*
308 lbs.	242 lbs.
B. McKee	B. Morris 556*
SHW	A. Doyle 501

got the crowd going with a 663.4 Tennessee record that he missed on his first try, due to the heat and then he got fired up and the crowd got fired up with him, and he gutted it out. In Submaster men, Todd Altaffer set a Tennessee record 655.7 at 259. In Teen men 13-15/14, Christopher Luttrell set a Tennessee record 201.5. At 181, Jacob Hill set a Tennessee record 242.5. In Teen 16-19/181, Zachery Fox set a Tennessee record 425.3. At 259, Trent Silver set an Illinois record 457.2. Trent is part of John Hudson's Team Illinois. In Teen women 13-15, Sharee Jackson set a national record 176.2, weighing only 90 lbs. Her sister, Janae Set an Alabama record 214.7 in the 114 class. Susan Jackson is the proud mother and coach and she has coached them well. In Teen women 16-19/181, Amanda Jackson set an Georgia record 270. Moving on to the bench in Class I, Greg Gibson, who is loved by all in the area, overcame a handicap to set a Tennessee record 170.7 at 181. At 242, Jonathan Leftwich set an Alabama record 468.2 with room to spare. At 259, Matthew Lawson set a Tennessee record 495 and is ranked 64th on the WABDL All-Time list, and he is looking to move up that list rapidly. At 275, David Bergman set an Illinois record 347. At super, Charles Poteete set a Tennessee record 518 and in a subsequent meet did 535.6 and is ranked 46th in the All-Time WABDL superheavy list. Erica Haislar set an Illinois and World Record 193.8 in Junior 132. Erica has a great meet that she and John Hudson are promoting on April 1 in Collinsville, Illinois, which is about ten miles from St. Louis. In Master men 40-46/259, Leo Mitchell set a Tennessee record 298.6. In Master 47-53 records were set by Charles Smith of Tennessee with a very good 365.9 at 165, and at 181 by Alan Traylor of Georgia with 325. Jack Romano of Georgia with 319.5 at 259. In Junior men, Harry Tsang, who has a future in stand up comedy, set a Pennsylvania record 193.8 at 165, and at 275, Charlie Proctor set a Georgia record 341.5. In Master women, Cheryl Cobb set a World Record and Tennessee record at 47-53/198 with a large 253.5. What was even more impressive was how hard she worked in the weigh-in room, helping Ken Millrany set up the warm-up room, not to mention sending out entries and answering lifters questions during the months leading up to the meet. Cindy Weber also helped Ken out and she set a Tennessee record 203.7 in 40-46/181. In 40-46/198 Susan Jackson put up 253.5. In Master 61-67/165, Linda Glasco set a Georgia record 104.5. In Open men, Brandon Leming set a Tennessee record 448.4 at 181, at age 18. He also set a teenage record 16-19/181. At 165, Alfred Jackson was above average with 4007.7 Alabama record. In 1977, the highest lift ever in the weight class was 418! At 198, John Graff set a Tennessee record 385.7 and at 220, Brant Bishop was huge with 541.1. Alabama record and a near miss with 573. Brant loaded the 900 kilo set in Gadsden, Alabama, drove 250 miles to Murfreesboro, Tennessee, unloaded the kilo set and a Forza bench, then helped judge. I can't say enough about Brant. He also set a Submaster Alabama record. Speaking of Submaster, Clint Berry set a Georgia record 534.5 at 308. In Teen men, Jesse Fain set a World Record 352.5 in 13-15/220 and in Teen women 148/16-19, Nikki Williams set a World Record 214.7. Seth Carter set a Georgia record 402 in 16-19/242 and Mandy Proctor set a Georgia record at 16-19/181 with 170.7. Jeremy Jones set a Tennessee record with 360.2 in Teen 16-19/198, and Seth Carter set a Tennessee record 385.7 in Teen 259. I want to thank Ken Millrany, Mark Phillips, Cheryl Cobb, Cindy Weber, Mary Mealar, Brant Bishop, George Herring, Donnie Mullrany, and House of Pain with Rick Brewer and Jason Graeser. (Thanks to Gus Rethwisch for providing these contest results to Powerlifting USA Magazine)

! = World Records. * = State Records. The air conditioning didn't work very well in both the sleeping rooms and ballroom, but it was a good meet. Next year, Ken Millrany, the Meet Director, is moving the meet to a bigger and better location. In the deadlift Class I at 181, Donny Millrany set a Tennessee state record 518 to take his weight class. At 198, Jared Wilsey set a Tennessee record 556.5. This meet was packed with a good vibrant, loud audience, and they really perked up with the deadlifts. At 220, Michael Rainey set a Georgia record with 578.5 on a 4th attempt, with eyes bulging and veins popping, the "all the way limit" deadlifts should be performed, to the death. At 242, Brent Morris exemplified that demeanor with a Tennessee record 556.5. At 275, David Bergman set an Illinois record 501.5, and he also set the Junior 275 Illinois record. In Junior women 132, Erica Haislar set an Illinois record 308.5 with extreme effort. In Law/Fire Open 198, Matt Christie, who trains with George Herring, set a Georgia record 578.5. Speaking of George Herring, he set a World Record 750.6 in Master men 40-46/242 and Tried 805.6, and got it to his knees. The heat in the ballroom didn't help George's cause any, but there were fans and Ken Millrany did his best in spite of the hotel not cooperating with him. They promised the air conditioning would be fixed and it wasn't. Still in Master 40-46/259, Bobby "House" Driskill pulled 667 and Leo Mitchell was 2nd with a 473.7 Tennessee record. In Master men 47-53/220, Kurt Michael Green pulled an Alabama record 501.5. At Master 54-60/220, Jim Franklin set a Tennessee 371.4 and in Master 80-84, Edwin Free Jr. Set a Tennessee record 286.5. Edwin is a Army Veteran of both World War II and the Korean War. As Tom Brokaw would say, "He's part of the greatest generation." In Master women deadlift, no records were set, but Sandra Herring pulled 242.5 at 97 lbs. Eleanora Reeyes pulled 336 at 165. She's hoping for 400 within a year. Cindy Weber pulled 352 at 181, she's done 391 and Susan Jackson pulled 352 at 198. In Open men's deadlift, Alfred Jackson pulled 512.5 at 165 for an Alabama record, an above average pull for 165. At 198, Jared Wilsey set a Tennessee record 556.5. Brent Morris set a Tennessee record at 242 with 556.5. Brent has some standout tattoos and he's mentally equipped to kill any and all deadlifts. At Superheavy, Mike Beatty



Sandra Stowers (courtesy of Gus)



Ed Free set a Tennessee St. Record



Greg Gibson a Class I BP Champ.



Cheryl Cobb BPed a WR 253 lbs.

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: _____

REGISTRATION FEE \$25 - ADULTS \$10 - HIGH SCHOOL	MAKE CHECK PAYABLE TO: 100% RAW 139 MARLAS WAY, CAMDEN, NC 27921 NOTE: Your 100% RAW Membership Will Expire One Year From The Date of Application.
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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



Maxim Tikhonov - of Russia. (contest photographs by Helen Isaac)

(continued from page 11)

kgs. The Belgium twice tried 300 kgs, a lift he would normally pull easily, but it wasn't to be Mochalov 707.5 kgs., Verbeke M1 695 kgs. WR total. Italian Luca Segre coming in 3rd place with 590 kgs. The 90 kgs. men, five different nationalities in contention and a very close first and second place. Francesco Baldini just

edging out top Belgium junior Sebastian Borgers by 672.5 to 670 kgs. Alexey Kirkov from Russia 3rd with 632.5 kgs. and England's Steve Maden M1 4th on 622.5 kgs. with M1 Italian Giovanni Collela finishing on 612.5 kgs. Matt Saunders is Mr Consistent in 100 kgs. class, his 9th World title going 312.5, 215, 322.5 for an 850 kgs. total and best lifer. Awesome! Dave Smith from Ireland was up with him

World Drug-Free Powerlifting Federation, Inc.

WEBSITE: www.wdfff.org

NEWS RELEASE:

CONGRATULATIONS to newly elected W.D.F.P.F. President WIM BACKELANT of Belgium! For a copy of the W.D.F.P.F. Congress Minutes, 2005 Championships Results, UPDATED World & European Records, UPDATED Rulebook and our Championships PHOTO GALLERY, check our website at: www.wdfff.org. W.D.F.P.F. Member Nations are reminded that all lifters must wear KNEE SOCKS for the Deadlift event.

The 2006 W.D.F.P.F. Schedule:

SINGLE EVENT WORLD CHAMPIONSHIPS held on OCTOBER 20, 21 & 22nd in BENDIGO, AUSTRALIA; Meet Director: John Clow. The 4 motels are within walking-distance from the competition and location, which will be fully catered and has outdoor barbeque areas. The usual schedule will be followed: SQUAT competition on Friday; Bench Press on Saturday with Deadlift on Sunday. Each day will begin with the UNEQUIPPED Division competition followed by the EQUIPPED Division POWERLIFTING WORLD CHAMPIONSHIPS held on November 10th & 11th in KINSALE, IRELAND; Meet Directors: Barry Crowley & the Irish Drug-Free Powerlifting Association. Hotel and venue at same location; competition schedule includes UNEQUIPPED Division contested on Saturday with EQUIPPED Division contested on Sunday. A party for the participants is scheduled for Sunday evening.

EUROPEAN SINGLE EVENT CHAMPIONSHIPS held on MAY 12th, 13th & 14th in FAGANO OCONA, ITALY; Meet Directors: Marco Bosco & Drug-Free Powerlifting Federation-Italia.

EUROPEAN POWERLIFTING CHAMPIONSHIPS held on JUNE 24th & 25th in MAROMEE, FRANCE.

W.D.F.P.F. Logo Emblems & World Record Certificates: Available for \$10.00 U.S. per item. Contact the WDFPF Secretary General; information provided below.

W.D.F.P.F. Membership: The W.D.F.P.F. welcomes all drug-free lifters interested in international competition against like-minded athletes who train and compete without the use of strength enhancing or weight-reducing drugs. U.S. Citizens interested in WDFPF competition, see the ADFPF information below. For interested non-U.S. Citizens living within the U.S., contact the WDFPF Secretary General, address below, stating your national citizenship. You will be connected with your National Drug-Free Powerlifting Organization or provided with information as to how to register your nation within the structure of the W.D.F.P.F. i.e.: The German Drug-Free Powerlifting Federation recently fulfilled WDFPF membership requirements. German Citizens living outside of Germany can receive GDFPF registration information by contacting the WDFPF Secretary General. This applies to drug-free athletes of all nations.

American Drug-Free Powerlifting Federation

The U.S. affiliate to the W.D.F.P.F.

The 2005 ADFPF Schedule includes competitions in 7 different states with 2 ADFPF National events. The SINGLE EVENT NATIONAL CHAMPIONSHIPS is scheduled for February 25th in WAYLAND MICHIGAN, Meet Directors Jan & Dick VanEck.

The specific date in MAY and location of the POWERLIFTING NATIONAL CHAMPIONSHIPS will soon be announced; the location will be near a large airport.

Drug-Free lifters are encouraged to finalize their ADFPF registration a.s.a.p. Send postal address via e-mail request for ADFPF Registration to: jm-gedney@wiu.edu or to office address listed below.

The ADFPF Registration fee of \$20.00 includes Membership Card and copy of the ADFPF Condensed Rulebook. The ADFPF State Referee's test is based on information from this manuscript.

Our ADFPF State Referee's Test is scheduled in conjunction with the JUNE 10th ADFPF UNEQUIPPED Powerlifting & Single Event competition in EVANSVILLE INDIANA; meet Directors Patsy & Dick Conner. For meet information and Entry Forms, check the ADFPF website: www.adfpf.org

In preparation for the 2006 WDFPF World Championships, the ADFPF will be trying to fill full U.S. Teams of men (up to 3 per weight class) and women (up to 3 per weight class) in each of the W.D.F.P.F. Categories of competition. Those categories include: OPEN (minimum age 14 upward indefinitely); TEENAGE 1 (14 through 15 years of age); TEENAGE 2 (16 through 17 years of age); TEENAGE 3 (18 through 19 years of age); JUNIOR (20 through 23 years of age); MASTERS' 1 (40 through 44); MASTERS' 2 (45 through 49); MASTERS' 3 (50 through 54) and so on for MASTERS' in 5-year increments. POLICE/FIRE/MILITARY (Open; no age categories in this division) Age is determined by individual's age on the day of their competition.

Selection of the U.S. Teams will be made via an application process using totals from ADFPF National events & totals from recent past WDFPF events, followed by totals from ADFPF events, followed by totals from drug-free lifting organization totals via an application process. All entries into WDFPF World Championships MUST reach the minimum WDFPF World Championships Qualification Totals available in the WDFPF and ADFPF Rulebooks (included with ADFPF membership).

WDFPF Weight Classes include the following: MALES: 52 kgs.; 56 kgs.; 60 kgs.; 67.5 kgs.; 75 kgs.; 82.5 kgs.; 90 kgs.; 100 kgs.; 110 kgs.; 125 kgs.; 145 kgs.; and + 145 kgs. FEMALES: 44 kgs. (97 lbs); 47.5 kgs. (104.75#); 50.5 kgs. (111.25#); 53 kgs. (116.75#); 55.5 kgs. (122.25#); 58.5 kgs. (129.0#); 63 kgs. (139.0#); 70 kgs. (154.25#); 80 kgs. (176.25#); 90 kgs. (198.25#); +90 kgs. (+198.25#).

WDFPF Team Rules: Each team may have up to but not exceeding 3 lifters per weight class. A maximum of 12 Males and 11 females will be listed on a roster for Team Points. All "Team" lifters reaching or surpassing the WDFPF qualification totals will earn team points which are as follows: 1st place = 12 points; 2nd = 9; 3rd = 8 points and so on to 10 places.

Contact the WDFPF Secretary General with WDFPF and/or ADFPF questions at the following address: Judith M. Gedney, 27 ELMO DRIVE, MACOMB, IL. 61455, U.S.A. E-mail: jm-gedney@wiu.edu; Phone: 309-837-2111 (turns into a FAX after the 5th ring)



Les Pilling - veteran of numerous WDFPF contests.

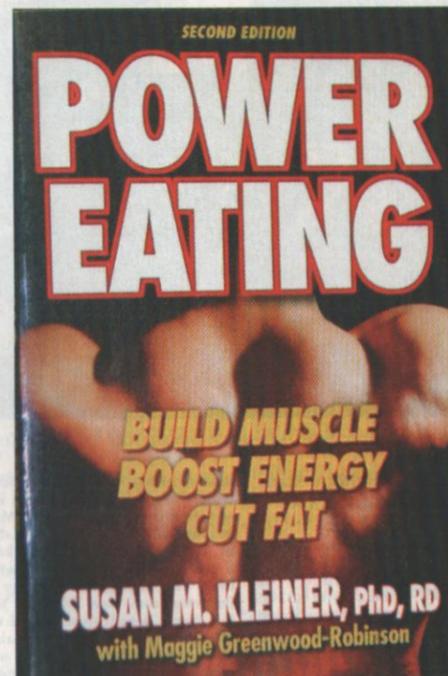
till the deadlift, but at 45 years of age a 775 kgs. total is excellent. Phil Nosko is making good progress, still a junior he squatted 250 kgs., made a new European record bench of 180 kgs. then topped it off with a brilliant 290 kgs. deadlift for a total of 720 kgs. Mutalipassi came in fourth on 690 kgs. and Neil Thomas unfortunately injured in warm-up making 5th place. The 110 kgs. class was a drama in itself for me personally. After receiving a misload in my first attempt by 20 kgs. I returned to the platform to get 305 kgs. on the board. Les Pilling managed 270 then 285 kgs. and passed on his third. Vermote from Belgium pulled 225 kgs. for a 640 kgs. total, Les Pilling pulled an excellent 300 kgs. beltless for 775 kgs. and I finished with 272.5 kgs. for 817.5 kgs. total, definitely a nerve jangler. The 125 kgs. class had last years 1st and 2nd placing athletes Maxim Tikhonov, Russia and Gerald Pilling, England. Along with M3, Hamish Davidson, European masters champ. In the squat

Hamish Davidson took second spot with 545 kgs., a little below par. At 145 kgs. Steven Brown, USA on his own squatted 237.5, managed an M3 World bench record 182.5 and deadlifted 285 M3 World Record for 705 kgs. total. This man has personality and talent, he will undoubtedly improve once he gets the hang of converting pounds to kilos. Finally the 145 kgs.+ two lifters Dave Fitzhenry, Ireland and Alan Borden USA. Dave had lifted unequipped yesterday and just took a token squat and deadlift so that he could attempt 300 kgs. on the bench press again. Alan Borden managed 280 kgs. squat but failed to register a bench press and so made no total. Meanwhile Dave Fitzhenry got 280 WR on his first attempt but missed



Della Milbourne - of Ireland in the 58.5 kg. class

Tikhonov went 335 whilst Pilling got 312.5 kgs.. Tikhonov has been injured for quite a while (Triceps) so bench press was a nervy affair. Pilling entered at 200 kgs. but couldn't get a bench press passed, Tikhonov managed 210 kgs. Gerald is a great deadlifter, but unfortunately didn't get a chance to prove it today. Maxim reversed last years result finishing off with a 295 kgs. deadlift and 840 kgs. total.



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

2 subsequent attempts at 300 kgs., its just a matter of time. Some very good lifting everybody good health for next years done in difficult conditions, I certainly World Championships in Ireland. (Thanks to Mark Norton for providing these meet when organising such events, WDFPF results to Powerlifting USA)

AMERICAN DRUG-FREE POWERLIFTING FEDERATION • Active & Non-active Membership Application Form

Complete this form and mail with membership fee to: ADFPF, 27 ELMO DRIVE, MACOMB, IL 61455

Need more information? Go to: www.adfpf.org

ADFPF Mission Statement: To provide all amateur athletes with legitimate drug-tested powerlifting, Strongman/woman, Highland Games competition through local, regional and national championships, while encouraging the growth of international amateur drug-free competition. To insure that the ADFPF as well as all ADFPF competitions are governed with integrity and by the highest standards of meet structure, officiating and organizational administration.

Conditions of Membership: As a condition of ADFPF membership, I commit to obeying all ADFPF rules, policies, drug testing requirements and procedures. Additionally I agree to UNANNOUNCED Out-of-Competition and Target Drug Testing. I understand the rules, regulations and drug testing procedures are at times subject to change and as a condition of continued membership, I agree to obey all such changes. I will voluntarily submit to any ADFPF and/or WDFPF drug testing procedures as stated in their rules. I understand that my ADFPF membership may be revoked, temporarily or permanently suspended and/or denied for my failure to obey ADFPF/WDFPF rules, regulations and/or drug testing procedures. If I 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 the positive test regarding my membership.

As a condition to ADFPF membership, I understand and accept that I am prohibited from using any substance or "doping method" banned by the ADFPF/WDFPF. I accept sole responsibility for what I take into my body and should I consume a banned substance unknowingly and test positive for that banned substance, I shall be solely responsible for consumption of that banned substance and shall accept the results and consequences of that test.

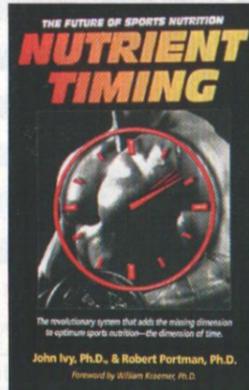
If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit the ADFPF and the WDFPF to publish my name as a suspended member and/or member who is suspended for testing positive for a banned substance or doping method on the internet, in Powerlifting USA, in RAW POWER, or any other publication that the ADFPF and WDFPF do choose.

Signature _____ If Under 21 yrs., Parent Initial _____ Date _____ Prior Registration No. _____
Name _____ Phone _____ E-mail _____
Address _____ City _____ State _____ Zip Code _____
Date of Birth _____ Gender _____ U.S. Citizen? _____ ADFPF Registered Club Member _____

Referee Ranks & Organizations

Active ADFPF Membership Fee \$20.00. Paid via (CIRCLE ONE): CASH CHECK made out to the ADFPF MONEY ORDER made out to the ADFPF The ADFPF offers a NON-ACTIVE MEMBERSHIP for coaches, meet directors or officiate who want to join the ADFPF but who WOULD NOT BE ALLOWED TO COMPETE nor would they be DRUG TESTED. The Non-active ADFPF Membership Fee is \$20.00. (It is possible to change the NON-ACTIVE membership into an ACTIVE membership with an additional fee of \$75.00 to cover the cost of a potential future drug test).

Non-active ADFPF Membership Fee \$20.00. Paid via (CIRCLE ONE): CASH CHECK made out to the ADFPF MONEY ORDER made out to the ADFPF All membership cards expire on December 31st of the year purchased with the exception of cards purchased in NOVEMBER which shall be valid through the following year. All payments to the ADFPF are non-refundable.

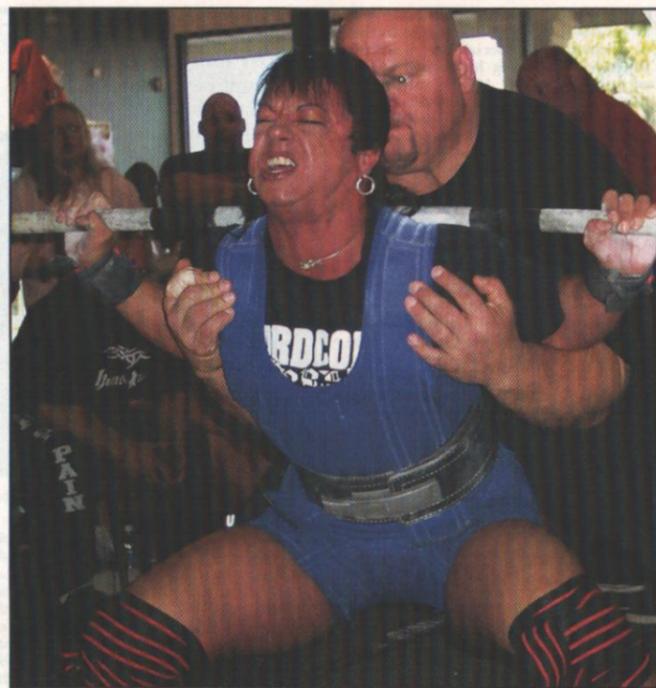


cycles emphasizing Energy, Anabolic, and Growth phases. This is real science ... in bite size portions, with common sense on the side. With big time endorsements from their academic colleagues, Drs. Ivy and Portman merge the concepts of hormones, training, nutrition, physiology, and recuperation in a 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

SPF/WBPLA World Powerlifting
12 NOV 05 - Gallinburg, TN

DEADLIFT	220 lbs.			
WOMEN	D. Whitaker	705		
Teen	M. Hood	550		
148 lbs.	J. Jesse	600		
A. Rogers	225	R. Mangrum	455	
MEN	BP	DL	TOT	
Push Pull				
WOMEN				
181 lbs.				
P. Slaton	175	325	500	
MALE				
Pre-Teen				
181 lbs.				
J. Hill	135	250	385	
181 lbs.				
W. Stover	250	380	630	
220 lbs.				
T. Simmons	435	475	910	
M. Hood	360	550	910	
242 lbs.				
J. Hill	475	600	1075	
259 lbs.				
J. Burnette	485	500	985	
275 lbs.				
B. Pickett	555	525	1080	
308 lbs.				
J. Jesse	500	600	1100	
R. Mangrum	475	455	930	
SHW				
A. Ervin	450	655	1105	
Submaster				
181 lbs.				
W. Stover	250	380	630	
198 lbs.				
J. Pickett	440	575	1015	
220 lbs.				
T. Simmons	435	475	910	
242 lbs.				
P. Waters	430	315	745	
Master (40-44)				
220 lbs.				
S. Brown	425	540	965	
Master (45-49)				
198 lbs.				
D. Overbay	265	465	730	
220 lbs.				
J. McDonald	365	500	865	
Master (65-69)				
220 lbs.				
R. Finch	275	435	710	
WOMEN	SQ	BP	DL	TOT
Teen				
181 lbs.				
J. Patterson	165	105	230	500
MEN				
Teen				
123 lbs.				
A. Bures	170	125	250	545
148 lbs.				
R. Whitmore	365	255	440	1060
R. Sims	250	150	270	670
Junior				
242 lbs.				
J. Harris	580	345	560	1485
Open				
165 lbs.				
J. Forbes	340	200	400	940
181 lbs.				
R. Lewis	600	500	600	1700
A. Bowen	565	370	605	1540
220 lbs.				
M. Hill	800	530	600	1930
242 lbs.				
J. Hill	635	475	600	1710
259 lbs.				
S. Jenkins	705	500	625	1830
Clevenhagen	585	490	650	1725
J. Burnette	600	485	500	1585
275 lbs.				
J. Robinson	800	500	625	1925



Carolyn Myers PR'd a SQ at the Southern States, but bombed in the BP

S. Anderson	650	425	570	1645
SHW				
M. Bealy	635	505	670	1810
Police/Fire				
198 lbs.				
B. Pennington	700	425	515	1640
Submaster				
220 lbs.				
T. Weller	650	425	450	1525
308 lbs.				
K. Overby	725	485	590	1800
Master (40-44)				
220 lbs.				
S. Brown	610	425	540	1575
259 lbs.				
S. Jenkins	705	500	625	1830
275 lbs.				
R. Sims	510	420	500	1430
Master (45-49)				
198 lbs.				
D. Overbay	475	265	465	1205
242 lbs.				
C. French	700	430	505	1635
Master (50-54)				
165 lbs.				
G. Brown	325	290	375	990
Master (55-59)				
132 lbs.				
M. Cross	255	155	350	760
165 lbs.				
J. Forbes	340	200	400	940
275 lbs.				
J. Robinson	415	285	475	1175
Master (65-69)				
220 lbs.				
R. Finch	460	275	435	1170
242 lbs.				
R. Crane	300	200	300	800

Best Lifter Powerlifting: Mike Hill. Best Team Powerlifting: Cell Block, from

Manchester, TN. Best Lifter Deadlift: David Whitaker. Best Lifter Push Pull: JB Hill. Best Team Push Pull: Dallas Bay Bar Bell, from Soddy Daisy, TN. (Thanks to Jesse Rodgers for providing these meet results)

Indian Summer Open
30 OCT 05 - Wyoming, MI

MALE	SQ	BP	DL	TOT
Youth (11)				
75 lbs.				
S. King	145	80	140	365
WOMEN				
Open				
165 lbs.				
J. Chapman	270	170	295	735
Master (40+)				
220 lbs.				
M. King	755	455	550	1760
Master (50+)				
198 lbs.				
T. Sheehan	—	505	—	—
220 lbs.				
J. Jeurink	—	—	555	—

A small but dedicated bunch turned out for Physical Culture's Indian Summer Powerlifting meet. Eleven year old Stephen King, who has been lifting for three years now, continues to improve, posting PRs in both the squat and bench. Joy Chapman had a fantastic day posting PRs all the way around also. Mike King had a big PR in his bench, and a great total in his first full meet as a Master's lifter. Tim Sheehan was down a weight class and still posted a PR bench breaking the 500 mark, in the Master's (50+)! Jim Jeurink rounded out the day with a solid deadlift. (results by Lynn Boshoven)



Dave Agostini had a 6/9 day in the Masters at the APF Southern States

APF Southern States
3,4 DEC 05 - Jacksonville, FL

BENCH	Open			
WOMEN	181 lbs.			
148 lbs.	T. Ivanov	512		
J. Hieatt	159	198 lbs.		
198 lbs.	J. Williams	429		
T. Colomb	402	220 lbs.		
C. Witmer	325	C. Holloway	352	
Master		242 lbs.		
181 lbs.		T. Burns	451	
E. Edwards	352	275 lbs.		
220 lbs.	M. Witmer	556		
L. Sposato	380	J. DeGiovine	551	
J. May	264	A. Manske	523	
242 lbs.		J. Johnson	457	
N. Martin	407	Guest Lifters		
275 lbs.		T. Conyers	440	
M. Witmer	556	R. Lawrence	584	
WOMEN	SQ	BP	DL	TOT
Open				
105 lbs.				
B. Lemus	226	170	248	644
123 lbs.				
P. Roisinger	330.7	170	363	865
132 lbs.				
M. Kirkland	418	209	369	997
A. Franciscus	336	132	303	771
148 lbs.				
G. Sanchez	347	121	319	788
165 lbs.				
S. Krupinski	402	275	457	1135
198 lbs.				
S. Motter	424	303	330	1058
MEN				
Junior/Teen				
165 lbs.				
J. Ladnier	358	181	402	942
198 lbs.				
J. Morris	584	385	501	1471
242 lbs.				
J. Herrera	705	485	600	1791



Dondell Blue benched 628 and totaled 2325 as a light 242 at the APF Southern States Championships. (Greg 'Geaman' Jurkowski photos)

C. Woods	501	319	402	1223	242 lbs.				
275 lbs.					B. Beekley	551	363	633	1548
N. Moretto	881	501	622	2006	275 lbs.				
Master					S. Bessent	551	374	584	1510
148 lbs.					SHW				
D. Whitney	440	231	479	1151	B. Moorre	727	523	766	2017
181 lbs.					Open				
D. Pittman	611	380	551	1543	132 lbs.				
D. Agostini	545	363	540	1449	J. Wilcox	275	303	325	903
198 lbs.					148 lbs.				
D. Herring	551	347	512	1410	J. Green	628	303	485	1416
220 lbs.					W. Holloway	501	374	518	1394
D. Kouf	738	501	628	1868	165 lbs.				
J. Thrift	562	402	523	1487	E. Talmant	677	352	633	1664

181 lbs.				
B. Tinch	705	507	600	1813
D. Cagnolatti	705	523	573	1802
J. Castiglione	650	385	534	1570
C. Norman	551	363	540	1455
T. Travis	501	347	501	1350
198 lbs.				
D. Flesh	804	490	600	1896
C. Rekas	655	418	512	1587
J. Williams	600	429	512	1543
J. Morris	584	385	501	1471
D. Herring	551	347	512	1410
T. Jones	496	385	451	1333
T. Liberto	369	248	407	1025

DON'T TRAIN ALONE -
ALWAYS USE
SPOTTERS.
DON'T TRAIN WHEN HURT -
ALWAYS CONSULT
YOUR DOCTOR.

220 lbs.				
D. Blue	975	628	722	2325
R. Jones	865	600	722	2188
M. Thompson	777	534	722	2033
B. Myers	843	573	600	2017
J. Jordan	810	512	584	1907
J. Frazier	683	474	628	1785
R. Weinstein	672	479	622	1774
C. Hendrix	644	463	567	1675
G. Baggett	600	440	512	1554
S. Jones	501	319	551	1372
M. Bonura	413	308	429	1151
275 lbs.				
C. Bailey	1036	600	705	2342
P. Story	948	622	766	2336
C. Fay	1008	584	655	2248
L. Estevez	920	628	600	2149
N. Moretto	881	501	622	2006
M. Lawson	722	474	716	1912
R. Gregg	782	474	600	1857
M. Stuchiner	782	446	621	1857
308 lbs.				
S. Weech	1102	633	722	2458
J. Vaughn	903	523	749	2177
SHW				
S. Crumbley	1074	578	655	2309
J. Ewing	1025	551	661	2237
K. Southwood	744	556	611	1912

Iron Warriors Meet
JUN 05 - State Farm, VA

MEN	SQ	BP	DL	TOT
148 lbs.				
M. Hines	255	275	405	935
165 lbs.				
T. Moye	370	225	505	1100
B. Cherry	405	250	455	1110
181 lbs.				
P. Athey	575	325	550	1450
198 lbs.				
G. Boney	400	335	555	1290
G. Brown	550	335	595	1480
A. Seeley	420	265	510	1195
220 lbs.				

American Powerlifting Committee (APC)
www.americanpowerliftingcommittee.com

P O Box 40
Bogart, Ga. 30622

As a member I agree to follow and obey all the rules, regulations, and procedures of the American Powerlifting Committee.

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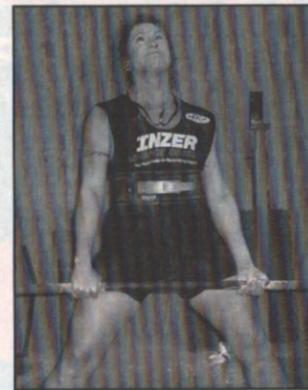
Steven Gawlik with 340 at the ANPPC Nationals (D. Latch photos)

ANPPC National Championship
29 OCT 05 - Tuscola, IL

SQUAT	220 lbs.	D. Haycraft	550*	
MEN	220 lbs.	Master (45-49)		
R. Butcher	405*	Master (40-44)		
BENCH	132 lbs.			
MEN	132 lbs.	L. Ashley	300*	
Master (55-59)		MEN		
181 lbs.		Master (50-54)		
R. Carlson	305	220 lbs.		
198 lbs.		B. Ferro	600	
D. Williams	340	Open		
Open	165 lbs.	D. Latch	320*	
WOMEN	SQ	BP	DL	TOT
Open				
114 lbs.				
S. Qasem	330*	215*	340*	885*
132 lbs.				
T. Monford	185	120	260	565
MEN				
Junior				
165 lbs.				
P. Halverson	380			
198 lbs.				
R. Morris	525*	415*	475*	1415*
242 lbs.				
E. Powers	600*	300*	525*	1425*

Submaster	275 lbs.			
B. Cripe	650*	525*	630*	1805*
Master (45-49)				
165 lbs.				
D. Phillippe	475	320		
198 lbs.				
J. Dougherty	540	360	570	1470
242 lbs.				
C. Price	650			
Master (50-54)				
220 lbs.				
B. Ferro	640	405*	600	1645
Master (55-59)				
181 lbs.				
R. Carlson	425	305	385	1115
Master (65-69)				
220 lbs.				
T. Hall	400*	215	500*	1115*
Open				
181 lbs.				
M. Strom	610	510*	470	1590
S. Gawlik	600	330	570	1500
242 lbs.				
E. Ruff	435	305	500	1240
275 lbs.				
T. Wilke	500	405	510	1415

*=ANPPC national records. Best Lifter Powerlifting Women: Sue Qasem. Best Lifter Powerlifting Master: Bernie Ferro. Best Lifter Powerlifting Open: Brian Cripe. Best Lifter Bench: Doug Haycraft. The ANPPC National Powerlifting Championship was held at Son Light Power Gym in Tuscola, Illinois. Another great ANPPC competition! In the full meet we had one of the nations greatest natural raw lifters in Suhe Qasem. Weighing in at just 107 Suhe squatted 330, benched 215 and pulled 340 for an 885 total! Suhe's squat and deadlift were both more than triple her bodyweight! She also set all new national and world ANPPC records for her efforts and received the best lifter honors among the women as well! First-time full meet competitor Teresa Monford also did well, finishing with an 185 squat, 120 bench and a 260 deadlift for a 565 total. Not too shabby! In the junior men's division it was Phil Halverson, on his way to new national records in the bench and total, when he was called into work after his 380 squat. Robert Morris set all new national marks at 198 with his 525 squat, followed by his 415 bench and 475 deadlift, to finish with 1415. Training partner Eric Powers did the same at 242 with a personal best 600 squat, 300 bench and 525 pull for a 1425 total and all new records there as well. Best lifter Brian Cripe had his greatest meet to date, breaking all of his previous national records with his 650 squat, followed by his 525 bench and 630 deadlift for a great 1805 total. All were also new personal and national records for Brian. In the master men's 45-49 division Doug Phillippe started his day with a personal best 475 squat. Following that with a strong 320 bench, Doug then dropped out of the competition. John Dougherty really had a good day, even with his frustrations, finishing with a 540 squat, 360 bench and a 570 deadlift for a 1470 total. John's 570 pull tied the existing national record at 45-49/198. Chuck Price got in his 650 opening squat, coming close with a 705 final attempt, but bombed out on the bench, leaving the meet. The "Great One", Bernie Ferro, showed everyone what a man over fifty should look like and lift like. The bodybuilder, trainer, and powerlifter won again at 50-54/220 with a great 640 squat, 405 national record bench and a 600 pull for a 1645 total. Bernie was also awarded the best lifter trophy for the master lifters. Richard Carlson repeated as national champion at 55-59/181 with solid lifting. Richard finished with a 425 squat, 305 bench and a 385 deadlift for a 1115 total. Tom Hall had a great day, breaking the national records for the squat (400), deadlift (500) and total (1115) for the 65-69/220 class. Tom also had a 215 bench. In the open division it was Mike Strom at 181 with a big 610 squat, followed by a national record 510 bench. A 470 pull gave Mike a great 1590 PR total. Second place at 181 went to Steven Gawlik, a great "raw" lifter. Steven got his first official 600 squat to go along with a 330 bench and a personal best 570 pull for a first-time 1500 total! Lifting in his first competition in more than ten years, Eric



Loretta Ashley's NR 300 @ 132/40-44 at the ANPPC Nationals.

Ruff set all new personal records for the open 242 class. Eric finished with a 435 squat (raw), followed by a 305 bench and a 500 PR pull for a 1240 total. Tim Wilke, who continues to improve with each new competition, got his first 500 squat at 275. Tim followed that with a 405 bench and a 510 pull for a 1415 total. All new PRs for Tim! In the squat event it was Randy Butcher with a new national record 405 raw at 45-49/220. In the bench press competition Richard Carlson won at 55-59/181 with 305 while training partner Dave Williams won at 55-59/198 with an easy 340. Best lifter Doug Haycraft broke the national record at open 220 with a strong 550. For the deadlift event Loretta Ashley pulled her first-ever 300 deadlift for the win at 40-44/132. This was also a new national record for Loretta. Bernie Ferro won at 50-54/220 with 600 while my oldest son D.C. set the national record at open 165 with a personal best 320. Thanks to my sons Joey and D. C. for all their help and to Eric Ruff as well. And to all the others who always chip in to help in my meets. See you all again next year! (Thanks to Dr. Darrell Latch for results)

APA Massachusetts State
18 JUN 05 - Brattleboro, VT

BENCH	J. Bianchi, Sr.	600*
WOMEN	C. Clapp	500
Middleweight	242 lbs.	
D. Briggs	185	C. Minners 375
Master (40+)	G. Chabot	360
C. Carl	145	DEADLIFT
MEN		
Teen (13-16)	Teen (13-16)	
Junior 920-23)	A. Flagg	145
R. Marrana	535!	Teen (17-19)
S. Brown	315	198 lbs.
McTaggart	265	McTaggart
Master (45-49)	4th-425*	400
198 lbs.	Junior (20-23)	
K. Mattson	535!	McTaggart
4th-550!	4th-505*	460
220 lbs.	Master (45-49)	
C. Clapp	500*	L. Steiner
L. Steiner	380	Master (60-69)
Master (50-59)	275 lbs.	
B. Borofsky	320	E. Mard
Master (60-69)	Open	500!
275 lbs.	148 lbs.	
E. Mard	345!	J. Staples
Open	165 lbs.	165 lbs.
148 lbs.	McTaggart	460
J. Staples	160	L. Steiner
165 lbs.	181 lbs.	425
L. Steiner	380	B. Kernof
S. Brown	315	220 lbs.
181 lbs.	C. Clapp	620
B. Kernof	375	242 lbs.
198 lbs.	C. Minners	600*
R. Marrama	535	
K. Mattson	535*	
4th-550*		
220 lbs.		

!=World Records. *=State Records. Meet site: Kings Gym. Three world records and nine state records were set. The meet ran very smooth, due to the fine work of Fred

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Conditions of Membership: As a Condition of membership to UAPC, I agree to follow and obey all rules, regulations and drug testing procedures of UAPC. I further agree that the rules, regulations and drug testing procedures are subject to change at any time and that I agree to obey 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 UAPC/AWPC rules, regulations and drug testing procedures. I voluntarily submit to any drug testing procedure that UAPC/AWPC has approved in its rules and regulations and drug testing procedures. I do not test positive for 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 UAPC, I understand and accept that I am prohibited from using any substance or doping method that is banned by UAPC. It is my sole responsibility to stay current with any UAPC/AWPC 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 UAPC/AWPC to notify the state chairperson only and the president of UAPC/AWPC.

SIGNATURE _____ If under 21 yrs. Parent Initial: _____ Date: _____ Prior Reg. # _____
Name: _____ Phone: () _____ E-Mail: _____
Address: _____ City _____ State _____ Zip Code _____
Date of Birth: _____ Age _____ Sex _____ U.S. Citizen? _____ UAPC Registered Club Represented: _____

Membership Prices: (please circle all that apply) • Adult - \$30.00 • High School Division (Full year, any meet) - \$15.00 • Special Olympian \$10.00
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Cash/Check/Money Order # _____ Membership Price \$ _____
All memberships expire 12 months from date of purchase.

Liatsis, the MC, and the Scorekeeper, who was Jacquelyn Chabot. Jim Crowley was Head Judge. Side Judges Gerard Chabot, Greg Updold, and Bob Borofsky. Spotters did a great job. Thanks to all for helping. A special thanks to ch?? and Robin King, owners of the Kings Gym, for all their help and letting us run a meet at their gym. (Thanks to Ken Mattson, APA MA State Chairman, for providing these meet results to Powerlifting USA)	Teen	MEN	Teen				
	S. Breznau	145	198 lbs.				
	Open		Master I				
	S. Breznau	145	T. Berryman	560			
	DEADLIFT		Junior				
	Drug Free		M. Israetel	415	135	500	1050
	181 lbs.		308 lbs.				
	R. Foot	205	Open/Drug Free				
	Push-Pull		C. Ewold	700	575	680	1955
	MEN		Powerlifting Best Lifter: Clint Ewold.				
	148 lbs.		Bench Press Best Lifter: Chris Cole.				
	Master III		Deadlift Best Lifter: Todd Berryman.				
	R. Gidcumb	240	Push-Pull Best Lifter: Richard Gidcumb.				
	WOMEN	SQ	Special thanks to Old Town Gym for providing an excellent meet site and to our spotters and referee's who did an outstanding job throughout the day. Some great lifts were registered. Renee Brown really surprised us all with some outstanding lifts. At a bodyweight of 102 she squatted 280, benched 180, deadlifted 300 and set several Indiana records, Regional records, National records and some world records. Be on the lookout for this young lady. This was her first powerlifting contest and it put her high in the ratings. (Results provided by Scott Taylor, APA President)				
	Drug Free						
	105 lbs.						
	R. Brown	280	BP	DL	TOT		
	MEN						
	181 lbs.						
	Teen						
	J. Lawson	270					
	198 lbs.						
	Master II						
	R. Batko	425					
	220 lbs.						

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AAU membership provides each member with an opportunity to participate in AAU events.
Membership benefits include accident insurance (which is secondary and is applicable after any primary coverage) for all properly sanctioned AAU events and supervised practices of member clubs.
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County _____ Phone (With Area Code) _____

Member's Signature _____

Parent/Guardian Signature _____

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.

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State or Providence	Zip Code	Country			
Telephone	Email Address	Date of Birth	Age	Sex	
			Pro	Am	

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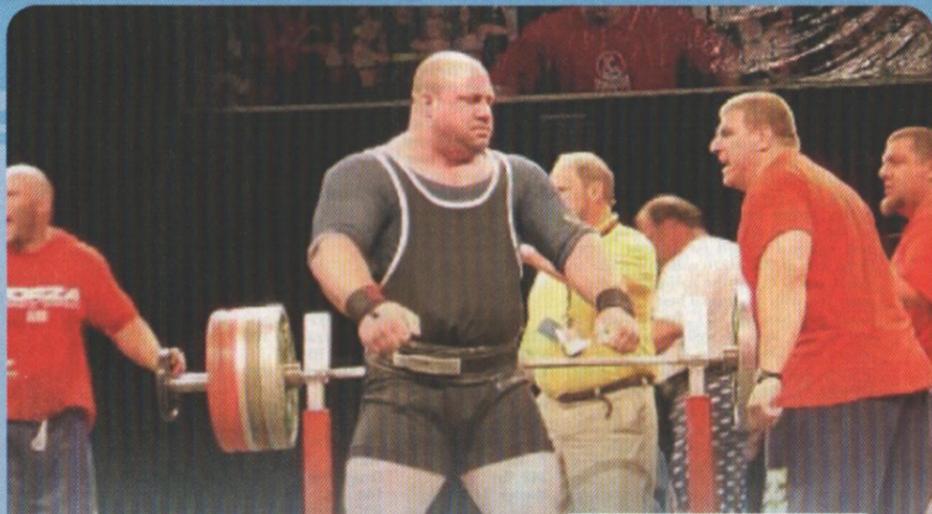
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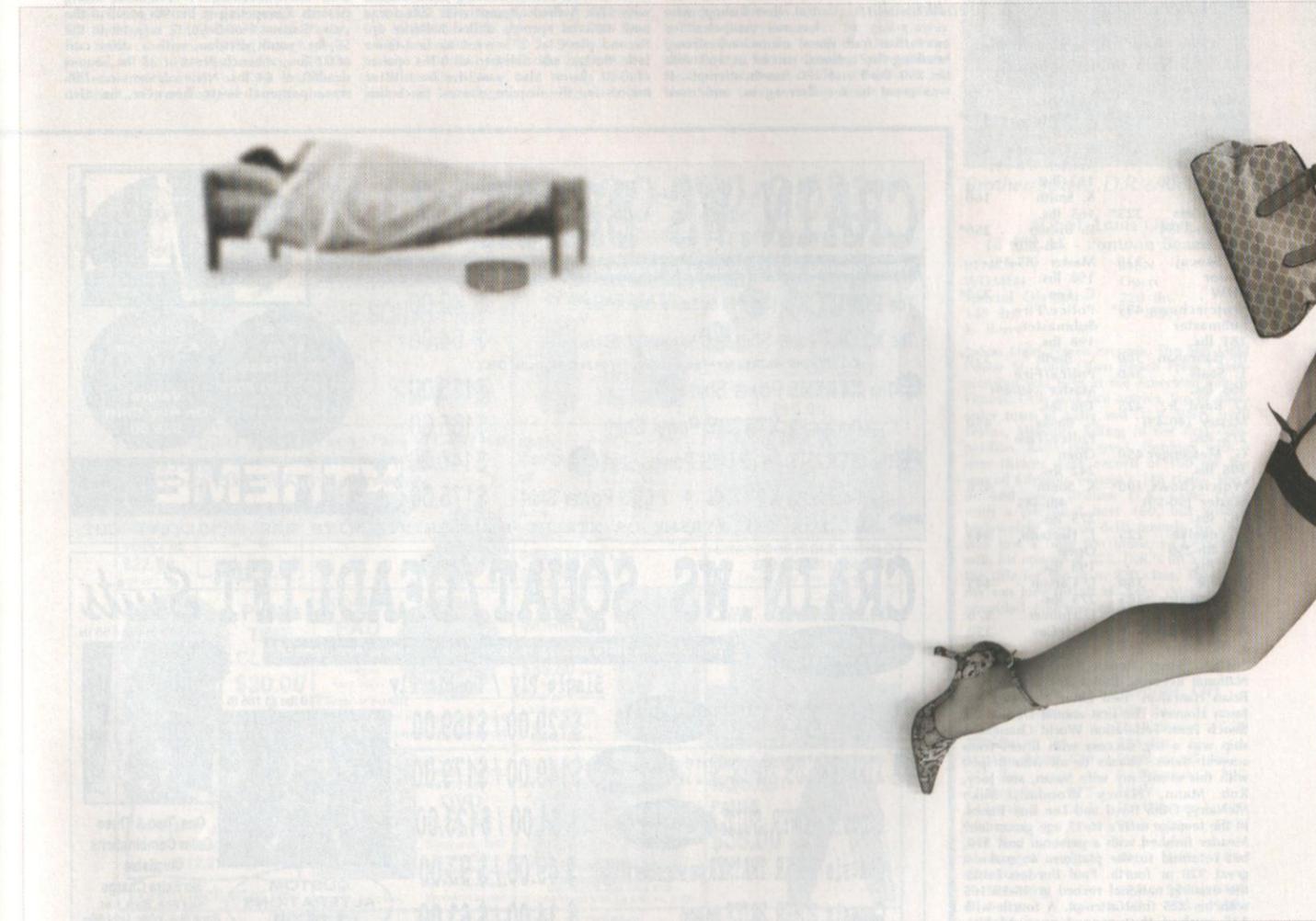
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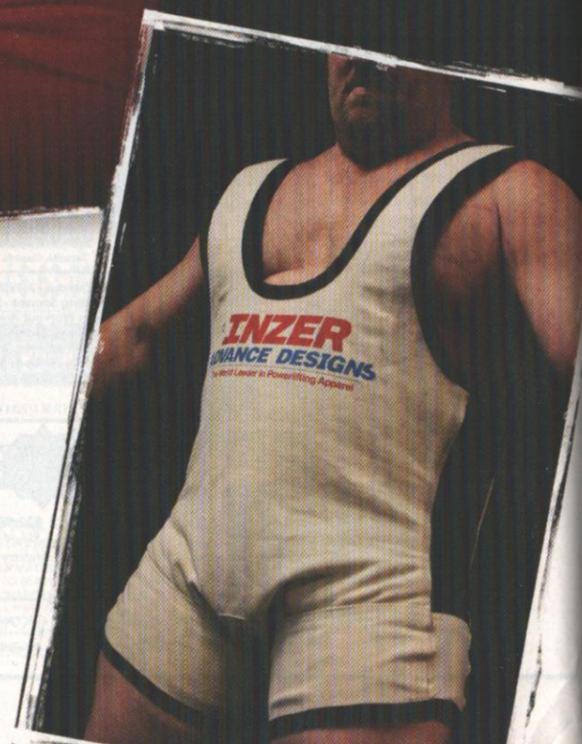


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Butch Adams and David Kennedy at the SLP Mid-America Open.

SLP Mid-America Open
22 OCT 05 - Metropolis, IL

BENCH	N. Woodcock 435	275 lbs.	Wood returned to competition after more than two years away to capture the title at 55-59/181 with 375. Jerry is the state record holder there with 420. Butch Adams won at 55-59/308 with his opener of 405, though he did come close with a state record 425 final attempt. In the police & fire division it was James Contes with 405. James was competing for the first time. In the open division it was J.R. Case for the win at 220 with 390. At 242 it was Joey Lawson over Nathan Woodcock 475 to 435. Then at 275 and 308 both competitors bombed, unable to get in an opener! Joe Carter just didn't seem to get any explosion off the bottom with 535, while Mark Rose struggled with his shirt and 560. Then at shw it was big Chris Crisman with 405, followed by a 425 fourth attempt. In the deadlift competition David Kennedy set his second state record of the day at 13-15/shw with his final pull of 275. For the junior 181 class it was Mike Morner with 475, though he followed that up with a great 525 fourth! Richard Cox broke the state record at 45-49/181 with an easy 500, while Loren Potts pulled a personal best fourth attempt of 435 to take the win at police & fire/220. Taking the win at p&f/308 was Mark Rose, who also set the state record there with 550. For the open division it was William Foster taking the title at 198 with 535. Nathan Woodcock won at 242 with 515, and a close call with a 535 final attempt. For the 275 class it was best lifter Joe Carter, making just his opener of 650, pulling at a bwt. of 260. Thanks to my son Joey and William Foster for their help loading and spotting and to our trophy girl, Lisa Stein, for helping out. See you all again next year! (Meet results provided courtesy of Dr. Darrell Latch)
MEN	J. Carter	308 lbs.	
Teen (13-15)	M. Rose	308 lbs.	
132 lbs.			
T. Crain	190	SHW	
SHW	D. Kennedy	180	405
4th-190*	C. Crisman	4th-425	405
Teen (18-19)	DEADLIFT		
198 lbs.	Teen (13-15)		
I. Stone	300	SHW	
Junior	D. Kennedy	275*	275
181 lbs.	Junior		
M. Morner	325	181 lbs.	
275 lbs.	M. Morner	525	525
P. Little	485	Master (45-49)	
Master (50-54)	181 lbs.		
165 lbs.	R. Cox	500	500
G. Watkins	300*	Police/Fire	
Master (55-59)	220 lbs.		
181 lbs.	L. Potts	405	405
J. Wood	375	4th-435	
308 lbs.			
B. Adams	405	M. Rose	550*
Police/Fire	Open	198 lbs.	
220 lbs.	J. Contes	405	535
J. Contes	Open	242 lbs.	
220 lbs.	N. Woodcock	515	515
J. Case	390	275 lbs.	
242 lbs.	J. Carter	650	650
J. Lawson	475		

*=Son Light Power Illinois state records. Best Lifter Bench: Philip Little. Best Lifter Deadlift: Joe Carter. The Son Light Power Mid-America Open Bench Press/Deadlift Championship was held at Metropolis Health & Fitness Spa. Thanks to owner Lars Linquist for sponsoring this competition and to Butch Adams for all the hard work he did promoting this event. In the bench press competition Travis Crain won at 13-15/132 with 190, just missing a new state record attempt of 205. At shw it was state record holder David Kennedy upping his personal best to 190 there. In the 18-19/198 class it was Isaac Stone with 300 for the win. Junior lifter Mike Morner, lifting with a slight shoulder injury, finished with 325 at 181. Also at junior was 275 winner Philip Little, who finished with 485. At a 262 bwt. this lift also gave Philip his first overall best lifter title. For the master men's 50-54 division it was Gerald Watkins at 165 with a new

USAPL Florida National Qualifier
03 SEP 05 - Ft. Lauderdale, FL

BENCH	A. Kraft	225
MEN	114 lbs.	
Meet Location: World Gym. Head Referee: Robert Keller. Left Referee: Dan Mathews. Right Referee: Alex Costa. (Thanks to USAPL for providing results)		

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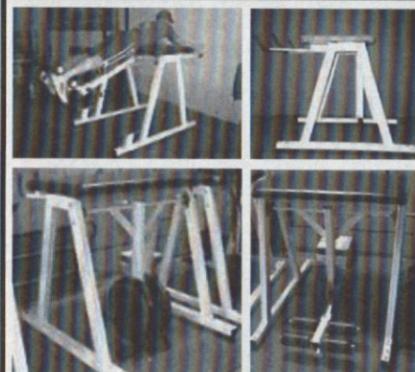
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TOP 100

For standard 181 lb./82.5 Kg. USA lifters in results received from Dec/2004 through Nov/05

SQUAT	BENCH	DEADLIFT	TOTAL
1 900 Harrington, P. 3/19/05	665 Kilts, J. 2/19/05	744 Eiseman, T. 11/26/05	2120 Vargason, B. 11/12/05
2 844 Coleman, A. 3/4/05	650 Fry, J. 11/19/05	705 Austin, D. 5/7/05	2117 Coleman, A. 3/4/05
3 830 Vargason, B. 11/12/05	623 Boldt, F. 10/29/05	700 Palmer, R. 11/5/05	2072 Harrington, P. 10/29/05
4 799 Rapp, B. 6/4/05	620 Vargason, B. 12/11/04	699 Coleman, A. 3/4/05	1918 McLawchin, S. 5/7/05
5 777 Lucket, M. 4/23/05	600 Heck, B. 4/2/05	699 Ricks, D. 11/12/05	1918 Rapp, B. 6/4/05
6 771 Runde, T. 7/9/05	600 Burdette, J. 10/29/05	690 Vargason, B. 11/12/05	1873 Berardinelli, A. 10/29/05
7 766 Berardinello, A. 10/29/05	573 Coleman, A. 3/4/05	688 Woodley, L. 8/6/05	1873 Ricks, D. 11/12/05
8 755 Van Alstyne, M. 11/12/05	550 Schmaltz, C. 4/10/05	683 McLawchin, S. 4/16/05	1857 Lucket, M. 4/23/05
9 738 McLawchin, S. 5/7/05	545 Caminita, F. 4/10/05	683 Decker, J. 5/7/05	1835 Larrisey, S. 7/16/05
10 733 Maxwell, M. 6/4/05	540 Osgood, D. 7/9/05	672 Garofalo, R. 5/21/05	1813 Conyers, A. 6/25/05
11 725 Larrisey, S. 7/16/05	530 Harris, R. 8/6/05	666 Harrington, P. 9/10/05	1770 Kirschen, D. 11/12/05
12 710 Benedix, B. 5/14/05	529 Kirchner, L. 9/30/05	661 Conyers, A. 6/25/05	1763 Runde, T. 7/9/05
13 705 Lavelle, T. 6/4/05	523 Harrington, P. 10/29/05	660 Gibson, L. 10/1/05	1763 Cook, G. 9/10/05
14 705 Morrison, L. 7/30/05	523 Daly, R. 10/29/05	650 Brown, J. 3/12/05	1757 Maxwell, M. 6/4/05
15 705 Cagnolatti, D. 9/24/05	520 Kirschen, D. 11/12/05	650 Larrisey, S. 7/16/05	1752 Austin, D. 5/7/05
16 699 Conyers, A. 6/25/05	513 Kim, A. 11/19/05	645 Bridges, E. 7/10/05	1750 Gibson, L. 10/1/05
17 699 Ricks, D. 11/12/05	510 Strom, M. 10/29/05	633 Cook, G. 9/10/05	1741 Morrison, L. 11/5/05
18 683 Perkins, T. 2/13/05	507 Berardinelli, A. 10/29/05	630 Grogan, T. 4/2/05	1735 VanAlstyne, M. 11/12/05
19 680 Piermattei, F. 9/10/05	505 Proya, T. 9/11/05	628 Reid, T. 2/12/05	1730 Tincher, B. 6/18/05
20 677 Pelletier, J. 11/5/05	505 Baer, J. 10/2/05	628 Godard, R. 11/20/05	1719 Benedix, B. 5/14/05
21 675 Brown, J. 9/17/05	502 Milburn, E. 6/25/05	625 Travis, D. 12/4/04	1715 Piermattei, F. 11/12/05
22 672 Tincher, B. 6/18/05	502 Tincher, B. 8/6/05	625 Cofer, J. 4/2/05	1714 Cagnolatti, D. 9/24/05
23 672 Cook, G. 9/10/05	501 Blake IV, H. 1/15/05	617 Byas, A. 5/21/05	1714 Garofalo, R. 10/10/05
24 670 Kirschen, D. 11/12/05	501 Jewett, T. 4/30/05	617 Rapp, B. 6/4/05	1702 Brochu, G. 6/4/05
25 666 Austin, D. 5/7/05	501 Rapp, B. 6/4/05	617 Morrison, L. 11/5/05	1700 Waites, B. 12/11/04
26 661 Brochu, G. 6/4/05	501 Lavelle, T. 6/4/05	615 Daniels, Q. 4/2/05	1700 Crowe, B. 9/10/05
27 661 Wambsgans, F. 6/4/05	501 Furnas, A. 9/30/05	615 Thorn, C. 4/2/05	1700 Lewis, R. 11/12/05
28 660 Kuligowski, J. 11/12/05	500 Waites, B. 12/11/04	611 Wade, T. 4/9/05	1692 Decker, J. 5/7/05
29 650 Waites, B. 12/11/04	500 Sanks, K. 3/19/05	606 Icenhour, J. 2/12/05	1675 Sanks, K. 3/19/05
30 650 Hicks, R. 6/4/05	500 Palmer, R. 11/5/05	606 Lucket, M. 4/23/05	1653 Blake IV, H. 1/15/05
31 650 Crowe, B. 9/10/05	500 Lewis, R. 11/12/05	606 Brochu, G. 6/4/05	1636 Perkins, T. 2/13/05
32 645 Crook, G. 12/11/04	500 Coleman, M. 11/12/05	606 Tincher, B. 8/6/05	1625 Reid, T. 2/12/05
33 644 May, J. 11/5/05	496 McLawchin, S. 5/7/05	605 Bowen, A. 11/12/05	1620 Benemerito, J. 5/7/05
34 639 Garofalo, R. 10/10/05	485 Mamola, A. 1/15/05	600 Wright, C. 12/12/04	1620 Kuligowski, J. 11/12/05
35 635 Routzong, B. 4/16/05	485 Furbush, T. 3/19/05	600 Althoff, A. 1/05	1614 Hicks, R. 6/4/05
36 633 Benemerito, R. 5/7/05	485 Smola, S. 9/10/05	600 Reichert, G. 2/19/05	1603 May, J. 11/5/05
37 633 Stark, J. 5/7/05	485 DeMatteo, J. 9/17/05	600 Chang, J. 3/5/05	1600 Crook, G. 12/11/04
38 630 Gibson, L. 10/1/05	485 Minuth, M. 11/3/05	600 Cantwell, J. 3/26/05	1600 Lindsey, J. 4/16/05
39 630 Roney, J. 11/12/05	480 Crowe, B. 9/10/05	600 Green, R. 3/26/05	1598 Bowers, J. 4/16/05
40 628 Beikman, B. 11/12/05	479 Walker, C. 3/5/05	600 Rouan, A. 4/16/05	1590 Brown, J. 3/12/05
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43 617 Torrez, D. 8/13/05	475 Zangl, G. 6/25/05	600 Maccanelli, J. 6/25/05	1580 Beaupre, S. 5/21/05
44 611 Morrell, A. 12/4/04	475 Judah, S. 10/1/05	600 Milburn, E. 6/25/05	1576 Wunz, S. 12/4/04
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48 610 Strom, M. 10/29/05	473 Cunningham, J. 6/11/05	600 Fahnenfeld, 10/22/05	1565 Scholnick, H. 3/12/05
49 606 Wunz, S. 12/4/04	473 Cowser, R. 9/10/05	600 Berardinelli, 10/29/05	1560 Roney, J. 11/12/05
50 606 Dicaldo, S. 12/11/04	470 Brown, J. 9/10/05	600 Lewis, R. 11/12/05	1550 Maccanelli, J. 6/25/05
51 606 Blake, H. 1/15/05	470 Van Alstyne, 11/12/05	600 Riedl, S. 11/12/05	1548 Stark, J. 5/7/05
52 606 Shanebrook, S. 5/14/05	470 Piermattei, F. 11/12/05	600 Benetra, J. 11/20/05	1545 Martik, A. 11/12/05
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58 600 Sanks, K. 3/19/05	460 Gibson, L. 10/1/05	584 Sanderson, K. 8/6/05	1525 Routzong, B. 4/16/05
59 600 Cantwell, J. 3/26/05	460 Hanselman, B. 11/5/05	584 McDougal, J. 8/13/05	1515 Cofer, J. 3/12/05
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93 565 Bowen, A. 11/12/05	435 Early, M. 4/23/05	562 Reinger, T. 11/5/05	1445 Daniels, Q. 4/2/05
94 562 Beck, G. 5/21/05	435 Wainer, A. 4/30/05	560 Serrano, R. 3/12/05	1444 Greene, T. 3/12/05
95 562 Fabiano, R. 7/30/05	435 Zaffino, A. 4/30/05	560 Taylor, S. 4/2/05	1444 Beck, G. 5/21/05
96 560 Hayden, R. 4/2/05	435 Benemerito, J. 5/7/05	560 Routzong, B. 4/16/05	1440 Smith, M. 3/19/05
97 555 Grogan, T. 4/2/05	435 Brochu, G. 6/4/05	560 Mason, N. 8/13/05	1438 Boutte, P. 5/14/05
98 551 Wiltshire, G. 1/15/05	435 Lee, S. 10/21/05	560 Chesno, S. 8/14/05	1438 Donofrio, V. 7/30/05
99 551 Naughton, D. 4/23/05	430 Crook, G. 12/11/04	560 Godawa, T. 11/12/05	1438 Wolfe, G. 7/30/05
100 551 Huston, A. 6/4/05	430 Birt, R. 4/16/05	560 Piazza, T. 11/12/05	1432 Helton, C. 7/30/05

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