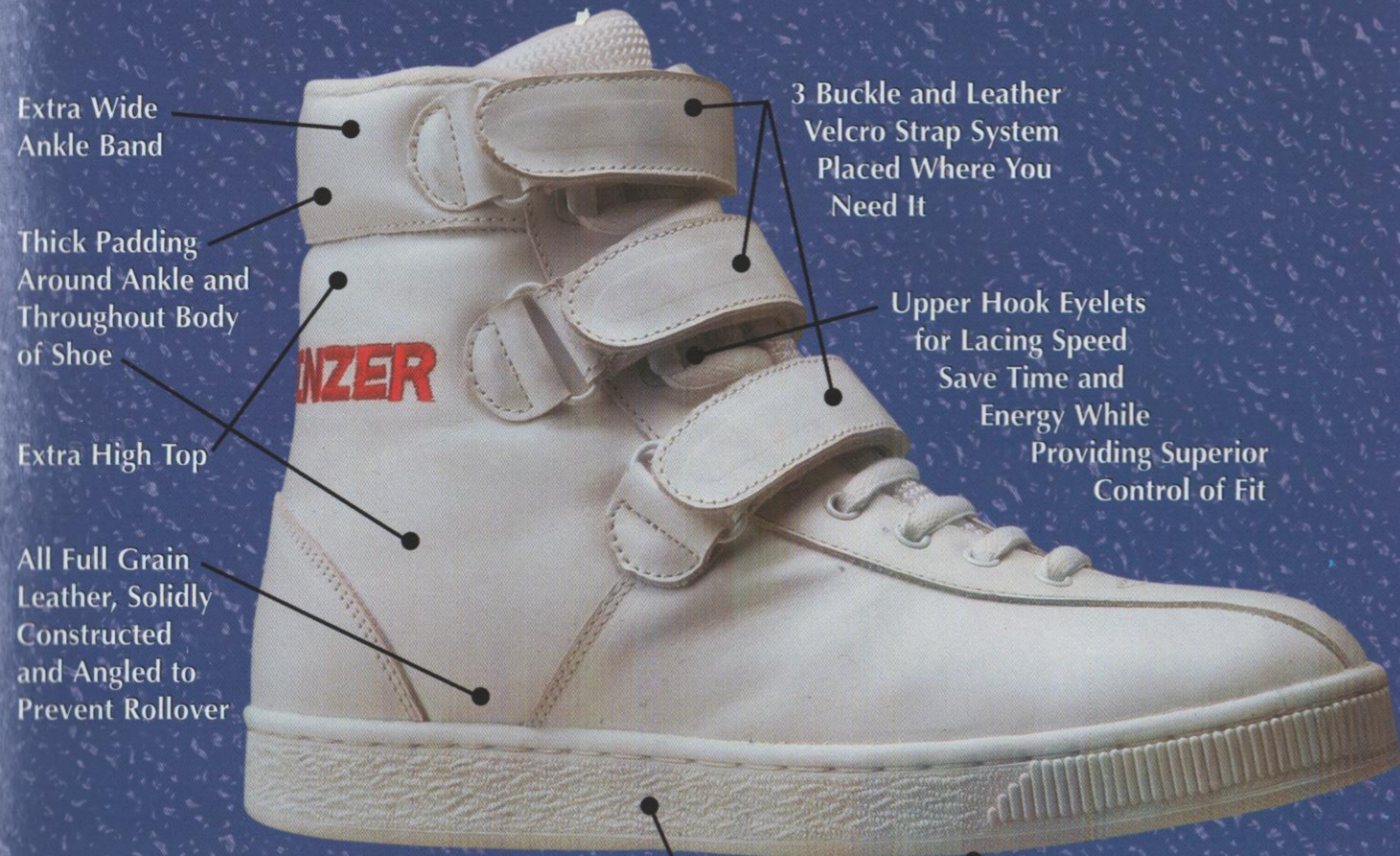


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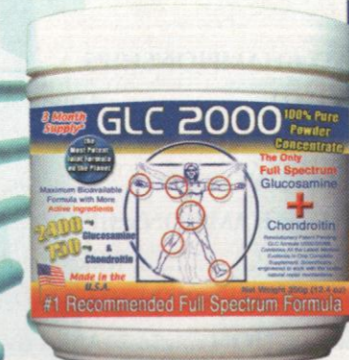
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MUSCLE MENU

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ON THE COVER ... the IPF World Champions from the United States of America included Wade Hooper, Priscilla Ribic, and Liane Blyn, from the combined Men's & Women's championship event in Stavanger, Norway (photographs were courtesy of Gundula Fiona Von Bachhaus & Suzanne Hartwig-Gary)

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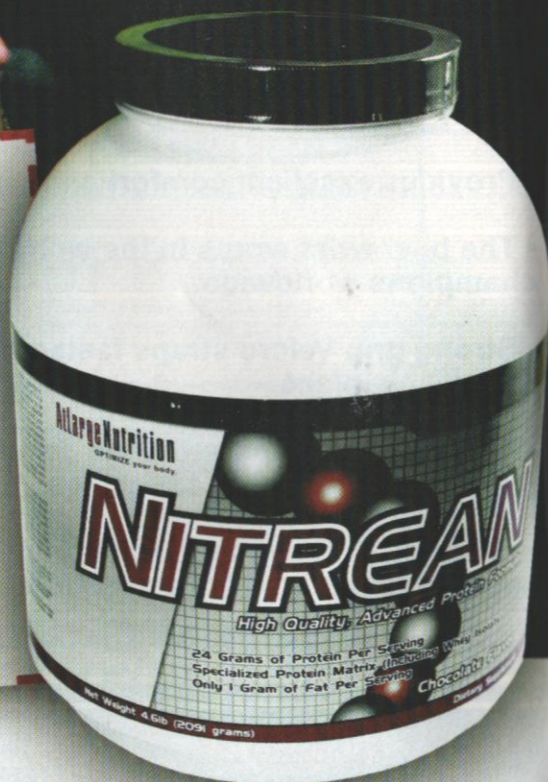
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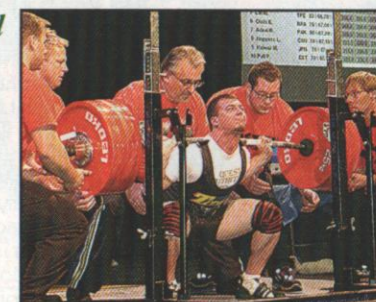
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WADE HOOPER

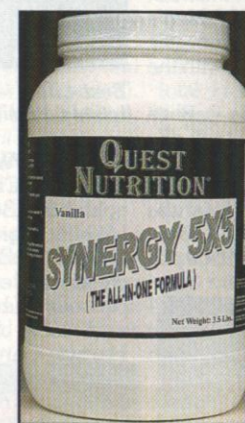
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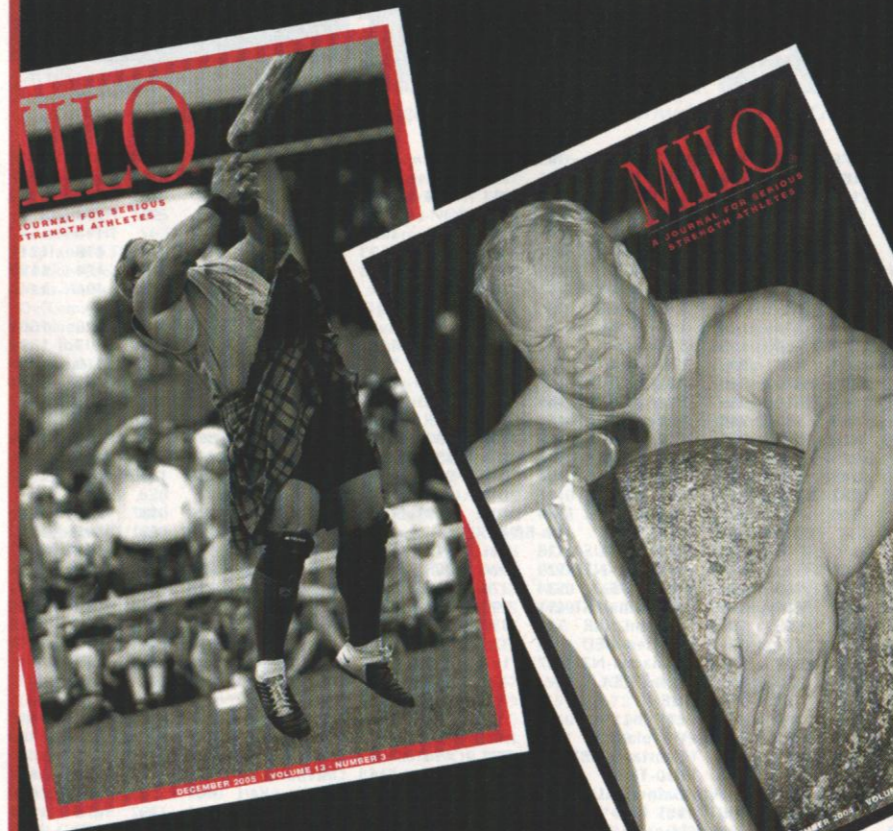
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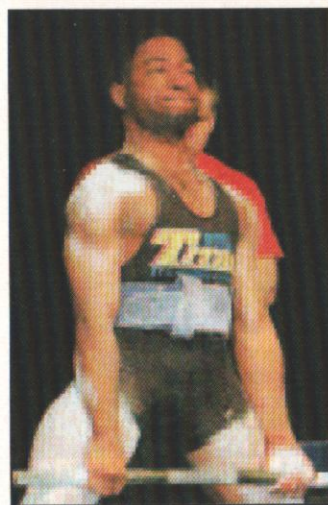
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Doc Holloway pulled for the win.

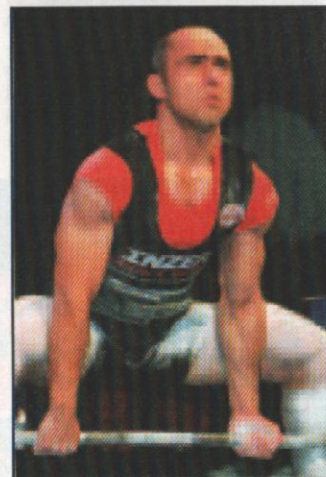
for the gold. Jessica made a tremendous valid attempt but could not completely lock out the weight so she got the silver medal and Hildeborg the gold. Hildeborg finished with a 1,455 LB total and Jessica totaled 1,432.7 LB. The USA's Brandie Hirai was unable to get a squat passed and had a difficult time in the bench. This was her first World meet and I know she plans on doing better next year. Now for the Men's competition.

52KG Weight Class - Dariusz Wszola from Poland took the gold with a 512.5 LB squat, 319.5 LB bench, and a 451.7 LB deadlift, for a 1,284 LB total. Patrick Constantine from Great Britain took the silver with a 1,212 LB total. Chiang Hsu Chin of Chinese Taipei came in third with a 1,168.2 LB total. The USA's Ervin Gainer Sr finished a close fourth with an 1,140.7 LB total. Ervin had a chance for the silver, but failed on his third deadlift of 485.7 LB.

56KG Weight Class - There was a tremendous battle for the top three spots. Hiroyuki Isagawa, the 53 year old veteran, came out on top with the gold with a 473.7 LB squat, 374.7 LB bench, and a 523.5 LB deadlift for a 1,372.2

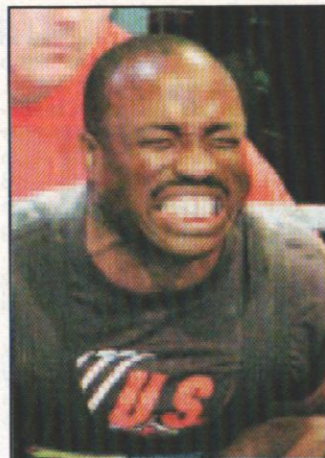


Caleb Williams went 1768 at 148, but Olech (below) did 1796



LB total. This was his 8th Open World title and he became the oldest lifter to attain this accomplishment. He also won the Masters Worlds this past October. Wu Lu Shih of Chinese Taipei took the silver with a 1,344.7 LB total and the USA's Damarrio (Doc) Holloway came in a close third with a 1,317 LB total. Doc had a chance for the overall gold, but failed on his third deadlift of 578.5 LB.

60KG Weight Class - Ting Hsieh Tsung from Chinese Taipei took the gold with a 573 LB squat, a big 407 LB bench, and a 628.2

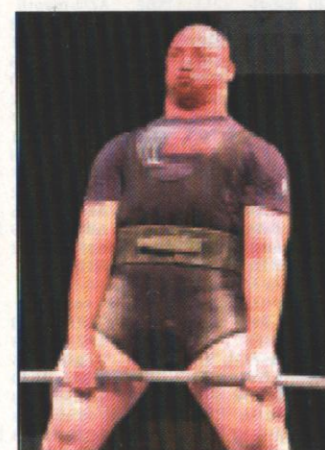


Dave Ricks got hurt in the squats.

LB deadlift, for a 1,609.2 LB total. USA Hennis Washington took the silver with a 1,399.7 LB total and silver in the squat with a 562 LB effort. Erik Bacinsky of Slovakia took the bronze with a 1,350.2 LB total

67.5KG Weight Class - This was a some superb lifting between the veteran Jaroslaw Olech from Poland and the young gun from the USA, Caleb Williams. Jaroslaw took the gold with a big 727.5 LB squat, 407 LB bench, and a 661 LB deadlift, for a 1,796.5 LB total. Caleb was close behind for a silver with a Junior World record 722 LB squat, 451.7 LB bench, and a 595 LB deadlift, for a 1,769 LB total. Caleb also took a silver in the squat, gold in the bench and a bronze for the deadlift. Amit Selberg of Sweden took the bronze with a 1,587.2 total.

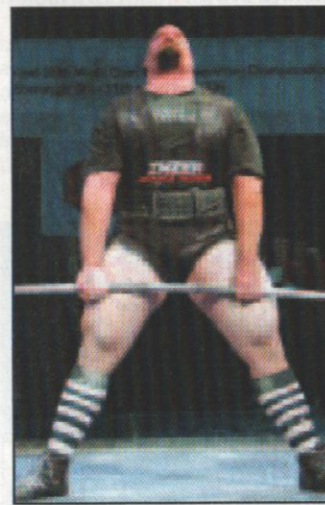
75KG Weight Class - Wade Hooper won the only gold for the USA Team. He continues to put everyone in awe with his squat. He broke his own World record with an amazing 766 LB effort on his third attempt. He had some problems with the judging in the bench, and he only got his opening attempt of 496 LB. Wade finished with a 551 LB deadlift for a 1,813.2 LB total. He also took a gold medal for the squat and bench. Jacek



USA Gold Medal - Wade Hooper



Audunn Jonsson - won the 275s, but Cardella had the biggest DL.



Spychala of Poland took the silver with a 1,730.5 LB total and Hsing Huang Lung of Chinese Taipei took the bronze with a 1,714 LB total.

82.5KG Weight Class - This was expected to be a close battle between Jan Wegiera of Poland and the USA's David Ricks. However David severely injured his right leg during his third squat which hampered his bench and deadlift. Jan won the gold with a 727.5 LB squat, 556.5 LB bench, and a 639.2 LB deadlift, for a 1,923.5 LB total. David took the silver with a 705.2 squat, 451.7 bench, and a 705.2 deadlift for a 1,862.7 total. David also won a bronze in the squat and a gold for the deadlift. Davranbek Turakhanov was not far behind with a bronze medal with a 1,824.2 total and barely missed a third attempt of 716 LB for the silver.

90KG Weight Class - This was an extremely close battle for the top three. Patrik Turesson of Sweden won the gold by bodyweight over Pjotr v.d.Hoek of Netherlands. Patrick had a 705.2 LB squat, 440.7 LB bench, and a 694.2 LB deadlift, for a 1,840.7 LB total. Michal Tatarynowicz of Poland was close behind with a 1,829.7 total.

Jason Beck .. Bronze in the 220s (article continued on pg. 77)

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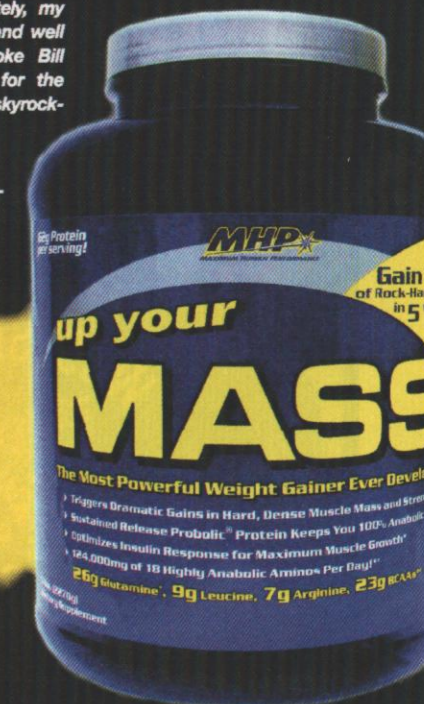
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Photo By Josh W

In the summer of 2005 I placed an ad on our Web site for lifters that wanted to excel at powerlifting. We had just had a serious blow dealt to us at Westside, losing four great lifters to injury and illness. When you lose lifters who have totaled more than 2200, 2300, 2400, and 2500, it's hard to shake off. It was even harder to lose four good friends and training partners. We had to fill the void.

I like to think it's Westside versus the world. There's Huge Iron's Justin Garalf, Jim Grandick, Nick Hatch, and their coach, Rich Hussey, to worry about. The Finns are getting stronger all the time, led by Ano Turtiainen. If that's not enough to worry about, now the Ukrainians are coming to the WPO. Yevgeny Yarymbash has already broken the total record at 275 with an unreal 2635. Then there's Oleksander Kutcher at 165. His 870 squat, 540 bench, and 793 deadlift are not from another country, but another planet. By the way, Kutcher and the rest of the Ukrainians presented me with the Ukrainian symbol of power. This is one of the most prized possessions I have ever received. Thank you very much, Mr. Kutcher.

Why am I rambling on about our losses and the great lifters coming from everywhere? Because we are looking for a few good

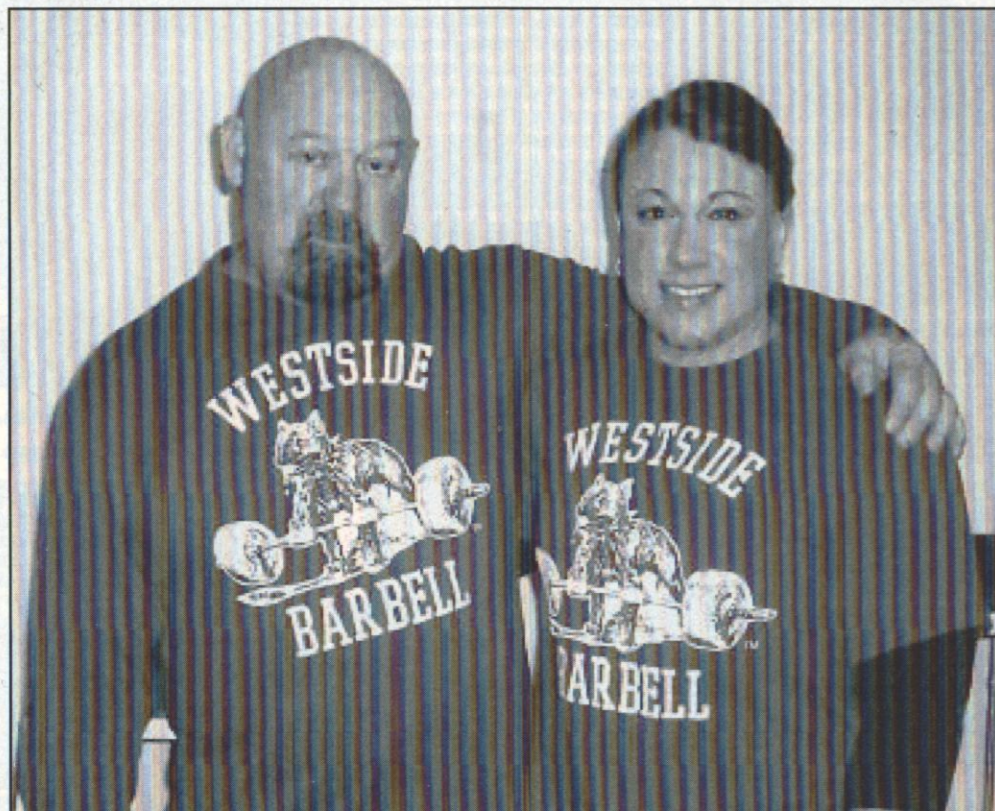
Help Wanted

as told to PL USA by Louie Simmons



A Tribute to the Success of Westside Barbell ... is this "Symbol of Power" from the Ukraine, presented to Louie Simmons by the great Oleksander Kutcher.

lifters who want to become great. But first I'll talk about the four that decided to come to Westside.



Matt Wenning, from Ball State University, had been visiting Westside for 7 years. After receiving his Master's degree, he moved to Columbus to train here. One year ago, his total was 2175 at 275, at the IPA Nationals in November 2005. In November at the WPO, he totaled 2402. His squat went from 900 to 1005. His 600 bench press increased to 680, and after pulling a meager 600, he smoked 755 in New York to hit that 2402.

How did he do it? His squat form was not that good. He was always going down, then back, instead of going back, then down. Lots of sled work, glute/ham raises, and the Reverse Hyper machine helped fix this problem. We thought his bench press was slow, so we reduced his speed work from 245 plus bands to 205 plus bands. The result was an 80-pound PR with room for improvement.

The real problem was his deadlift. He had done a 700 deadlift in 2004, but by deadlifting too much, he aggravated his back to the point that he could not deadlift in the Detroit APF Senior Nationals and made only 600 at the IPA Nationals in York in 2005. Training sumo style with bands off the floor, regular and ultrawide, saved his lower back and built up the muscle groups that he lacked:

hips and glutes. The result was a 155-pound jump at the WPO semifinals in New York in 2006, while still at 275. Matt has learned a lot about his training and his teammates' training to further their advancement as well. Matt has now settled in Columbus, buying a house, while maintaining a thriving personal training business.

The next to join up was Phil Harrington. Phil had already broken the world record in the squat several times. After moving to Columbus and training at Westside, he broke not only his squat record again but also his deadlift, with an easy 670 at 181. Like Matt, Phil's squat form was a bit off. He did wide box squats, and keeping his chest up and pushing the glutes out to the rear first changed his form for the better.

For Phil's deadlift, form work was first employed. He concentrated on pushing his knees out to the sides, pulling back the bar, and not rushing or jerking it. For strength work, glute/ham raises, the Reverse Hyper machine, sled pulling, and box jumps were used.

For the bench, we had a lot of work to do. First, Phil was reverse-grip benching because of a shoulder injury. After

Continuing the Tradition of Westside ... Louie is looking for phenomenal talent like Laura Phelps



Westside Barbell ... will grow from the presence of Phil Harrington, Matt Wenning, and Greg Panora

some prehab and rehab work, he was benching regular again. A lot of triceps work was done to place most of the work where it is needed: on the arms. This reduced the stress on his shoulders, and now his bench press is moving again.

His goal is to break the total record at 181 and then move up to 198. With Arnold Coleman at Westside, Phil is always looking over his shoulder.

Laura Phelps has joined Westside to team up with Amy Weisberger. First, Laura squatted 725, benched 405, and deadlifted 510 to total 1640 at 164 body weight, which equals 10 times body weight. She later benched 465 at 176 body weight, an all-time bench record. For squatting, she does a lot of band work off a foam box. This helped turn potential into reality. She has perfect squat form. Laura looks like she was born to squat.

George Halbert has worked extensively with Laura's bench, and the results speak for themselves. Learning to release her muscles on the eccentric phase has paid off. She found that a strong upper back is essential if you want to use strong triceps while benching. Her deadlift has gone up quickly due to selecting the right exercises. The Reverse Hyper ma-

chine, glute/ham raises, and ultrawide sumo pulls have been beneficial. The sky's the limit with support from Shane, her boyfriend, and all of Westside behind her.

Greg Panora came to Westside after waiting 10 years. He knew he wanted to train at Westside when he was 15 years old. He did alright on his own, totaling 2255 in the 242's. His best lifts were a 920 squat, a 600 bench, and a 770 deadlift. Not bad, but after moving

to Columbus and working with some of our top lifters, he made a 2369 at the Las Vegas APF Nationals in 2006. This was after less than 8 weeks of training. At a meet in Fremont, Ohio, he squatted 1000, benched 680, and deadlifted 800. That's a world record total of 2485 at 288 body weight. He drove to the meet in the middle of the night and weighed in at 9:00 a.m. and was squatting at 11:00 a.m. At the WPO semifinals

in New York in November, he squatted 1003, was red-lighted with 1025, benched a strong 688, and pulled 749. He missed 799 at the knees. The Arnold Classic is next for Greg.

Greg's bench has come a long way. His form was good, but his arms needed work. He did a lot of triceps extensions of all kinds. Kettle bell extensions have really increased his lockout. He does full-range band press and dumbbell presses at all angles. Working lats and upper back with Chuck Vogelpohl has paid dividends. Greg had never used a Reverse Hyper machine or done band pulls, and just like Laura, wide sumo deadlifts are developing his lockout. We really worked on Greg's squat form. It had cost him a 1025 squat at the WPO semis, which cost him another world record total. This makes his squat form a priority.

We are lucky to have four new lifters like these to fill the void. Now that you have read what these four have done, are you up to the task? We are always looking to fortify Westside. It's fun but not easy. If you want to reach the top, Westside could be your gateway to glory. We are looking especially for lightweights. It's hard to find anyone under 148 in the U.S. With Westside having 19 700+ benchers, nine doing over 1000 in the squat and two over 1100, and 13 800+ deadlifters, large weights for a smaller person would seem light. We have plenty of heavyweights to push anyone to their limit. There can be no excuses. The U.S. has to pick it up fast to survive in world powerlifting. Other sports are falling behind: baseball, basketball, boxing. Don't let powerlifting do the same.

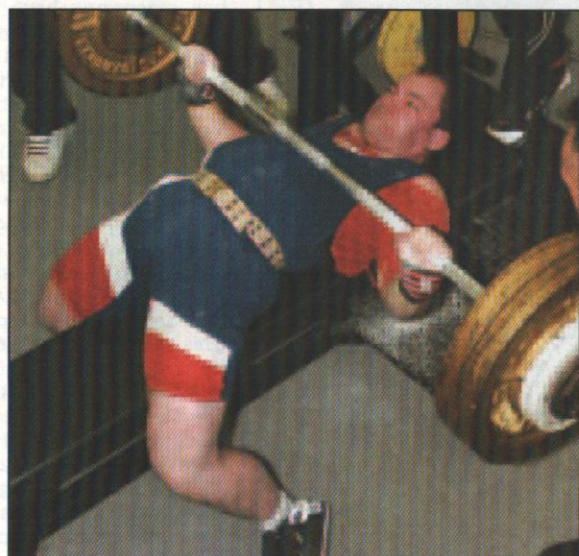
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Why is PL USA so late?

Over the last few months, among the people who produce the magazine, we have experienced the deaths and funerals of two family members, car accidents, broken bones, etc., and some of these factors led to the departure of a key employee. The prep house that we have used for nearly 30 years was suddenly sold to a party that is no longer local. Additionally, during the holiday season, it is very impractical to catch up our production schedule with the reduced hours available at our printer.

We apologize for this poor service, and we have taken action to resolve the matter. Everybody at PL USA was doing things we haven't done before to get this issue out, and there was a learning curve. Now that we have benefited from that experience, we expect to catch up the magazine's production schedule within 4 months. In the meantime, in order to compensate for this inconvenience, we are willing to add a free issue of the magazine to the subscription of anyone who wants it. Just call 800-448-7693 before the end of February, 2007. Mike Lambert

IPA Senior Nationals told to Powerlifting USA by JANE KLINE



Brian Crowe got another IPA record at 165, after squatting 725, with a 500 lb. bench press. (photographs courtesy of Ellen Chaillet/IPA)

When the 2006 IPA National Championships began there was much anticipation for the weekend to come. Again, athletes were welcomed into the hallowed halls of York Barbell Company in York, PA. There was also something missing. Two of the sports champions

were not going to be there. Many are aware of the loss of Dave Barno in February this year. In October we also lost "Pop" John Newman suddenly due to a heart attack. Both men brought so much to the world of powerlifting and will surely be missed. Friday began with teens

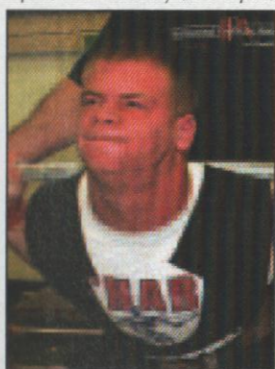
and lightweights. This year we were fortunate to have competing a team from Monsignor Donovan High School from Toms River, NJ. Their team of five lifters came well-coached. Stand-outs from the team included Megan Tafuri. At 15 she proved she is no 98 lb. weakling. Megan confident on every lift squatted 180 lbs., benched 100 lbs., and dead lifted 145 lbs. She could not take away the best lifter award; as that went to Sarah Welch. Sarah, coached by her dad and brother, squatted 200 lbs., benched 70 lbs. and dead lifted 185 lbs. weighing in



The McCloskeys ... Anna (460 squat) and Anthony (700 squat)



Sam Glover pulled 420 as a Master lifter in the 220 lb. class.



at 113 lbs. In the Men's Teen 165 lb. Raw Division Elias George came to break records and did he ever. Setting new IPA squat record of

610 lbs. and followed that up with a 275 lb. bench and a 550 lb. pull. Great day Elias! The women were strong this year and Michele Borzak proved she has it when it comes to the bench press. Michele broke her

(article continued on page 90)

IPA Senior Nationals 10-12 NOV 06 - York, PA

BENCH	Master (50-54)	105 lbs.
FEMALE	T. Harman 425	S. Welch 190 70* 185* 445
Amateur	Professional	4th-SQ-200*
Open	Junior	198 lbs.
148 lbs.	181 lbs.	A. McCloskey 460* 200 390* 1050
M. Borzok 340*	C. Cox 315	MALE
Amateur	Open	Amateur
Teen (18-19)	W. Cox 440	Teen
114 lbs.	275 lbs.	Teen (14-15)
A. Armagno 230*	B. Matney 650	132 lbs.
Teen (16-17)	SHW	J. Petrilli 280 160 275 715
198 lbs.	J. Gutridge 725	198 lbs.
B. Holdren 400	Submaster	A. McCloskey 700* 370* 585* 1655*
Junior	242 lbs.	Teen (16-17)
220 lbs.	E. Clark 610	114 lbs.
B. Hartlaub 365	E. Levesque 490	J. Tafuri 260 185 260 705
Open	Raw	148 lbs.
165 lbs.	SHW	P. Columbia 365 240 420 1025
R. Hillyard 375	J. Contakos 405	J. Bida 350 240 420 1010
242 lbs.	Master	165 lbs.
W. Randall 460	Master (55-59)	E. George 610* 275 550* 1435
308 lbs.	242 lbs.	198 lbs.
B. Earnst 530	M. Lindsay 500*	K. Piompino 450 340 450 1240
Utermahlen 675	Master (40-44)	Teen (18-19)
Master	220 lbs.	181 lbs.
Master (50-54) Raw	S. Hartlaub 590	J. Robinson 250 205 450 905
181 lbs.	DEADLIFT	198 lbs.
D. Kline 285	MALE	M. Bailey 605 432* 505 1542
4th-290*	Amateur	Junior
Master (65-69)	Open Raw	181 lbs.
220 lbs.	148 lbs.	T. Dessel 440 235 390 1065
B. Vastine 345	J. Sharrar 315	A. Keiderling 660 400 520 1580
Master (40-44)	Master (70-74)	242 lbs.
242 lbs.	132 lbs.	H. Owens 600 325 540 1465
J. Utermahlen 375	G. Sipe 250*	Junior Raw
FEMALE	SQ	275 lbs.
Amateur	BP	J. Harbin 645* 385* 605* 1635*
Open	DL	198 lbs.
Teen (14-15)	TOT	D. Buyan 740 505 525 1770*
97 lbs.		

D. Adamson 600 370 540 1510	Blankenship 905 560 710 2175
220 lbs.	242 lbs.
C. DelPreore 725 500 600 1825	J. Cox 1010 540 600 2150
S. Welch 570 365 515 1450	275 lbs.
242 lbs.	D. Byrd 650 380 600 1630
B. Berchtold 525 330 485 1340	E. Daubert 720 465* 615* 1800
308 lbs.	B. Matney 900 650 700 2250
J. Pavlek 750 510 510 1770	SHW
Master (40-44)	M. Wilson 1100 730 735 2565
220 lbs.	D. Thompson 1150 820 800 2770*
B. Arrington 705 470 590 1765	Submaster
4th-SQ-730*	242 lbs.
Master (40-44)	E. Clark 740 610 570 1920
242 lbs.	Master (40-44)
M. Lochondro 640 350 480 1470	220 lbs.
Master (45-49)	J. Howell 650 475 625 1750
148 lbs.	Master (50-54)
J. Gengo 425 265 455 1145	275 lbs.
Master (45-49) Raw	M. Dimiduk 710 305 600 1615
242 lbs.	Master (60-64)
T. Quinn 455* 370* 575* 1400*	242 lbs.
Master (60-64)	Haudenschild 525* 470* 530* 1525*
220 lbs.	Master (65-69)
S. Glover 470 370 420 1260	181 lbs.
Master (65-69)	L. Cramer 445* 280* 370* 1095*
181 lbs.	Police
L. Cramer 445* 280* 370 1095	275 lbs.
Elite Open	M. Dimiduk 710 305 600 1615
165 lbs.	*IPA Record. Best Lifters PL: Women's
B. Crowe 725* 500* 540 1765*	Teen Amateur-Sarah Welch, Men's
275 lbs.	Teen Amateur-Elias George, Men's
R. Yard 1000* 750 600 2350	Lightwt Amateur-Denny Buyan, Men's
Professional	Lightwt Pro-Dean Moore, Men's
Junior	Amateur-Chris DelPreore, Men's
220 lbs.	Heavywt Pro-Donnie Thompson, Men's
E. Melodini 650 530 600 1780	Master Amateur-Les Cramer, Men's
4th-SQ-705*	Pro-Chris Haudenschild. Best Lifters
Open	BP: Women's Amateur-Michelle Borzok,
198 lbs.	Men's Teen Amateur-Mark Holdren,
D. Moore 800 540 460 1800	Men's Open Amateur-Aaron Utermahlen,
220 lbs.	Men's Open Pro-Josh Gutridge, Men's
J. Howell 650 475 625 1750	Master Amateur-Bob Vastine, Men's
V. Cooke 900 640 660 2200	Master Pro-Michael Lindsay.

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1220 lb. Squat
World Record Holder



Most of us know Travis Mash for his record breaking performances in powerlifting, but there is more to Travis than just squatting, benching and deadlifting. He was an accomplished football player and Olympic lifter. He spent time at the Olympic Training Center under coach Dragomir Cioroslan. He has also worked with some of the premier strength coaches in the United States.

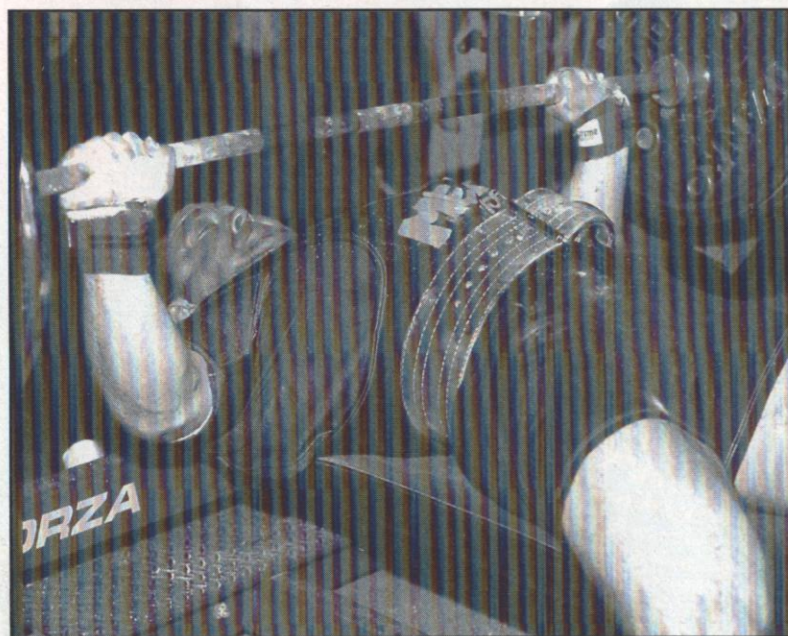
I have personally known Travis for 3 years. In this time, I've learned there is a lot more to him than his big lifts and his easy going nature. Here's a glimpse:

EFS: The first thing I want to ask you is how did you get involved with the Olympic Training Center?

Travis: The honest truth is that when I graduated, all I cared about was lifting weights. At Appalachian State University, we did a ton of Olympic lifting, and I was pretty good at it, so I decided to move to Colorado Springs. The first day that I was there I got a job at a World Gym, and believe it or not, Wes Barnett, a three time Olympic athlete, was also a part time coach there. What luck!

EFS: There is a lot of finger pointing in the United States about the lack of success in U.S. Olympic Weightlifting. Do you think this is warranted?

Travis: Yes and no! First, no, in regards that our athletes are drug tested out of meet at least once per month. Other athletes from around the world are tested at meets only, and we all know that those tests are easy to beat unless you are just stupid and come in loaded to the gills. Second, our athletes did not start out at the young age of their competitors, a huge disadvantage. Olympic lift-



Travis is good at all the lifts... that's how he comes up with those monster totals.

INTERVIEW

A Unique View of Travis Mash told to PL USA by Jim Wendler/Elite FTS

ing is such a complex movement that learning at a young age is a major benefit because then you can use your prominent years to concentrate on getting stronger and more explosive. Third, yes, in the fact that we continue to train the same as we have for several years with the same results. I truly believe that if the US Weightlifting Federation would open their minds to some of the concepts developed by Louie Simmons, then we would benefit greatly.

EFS: What have you learned from Dragomir Cioroslan?

Travis: I learned the importance of focus and mental preparedness. I don't know if you know this, but Dragomir hurt himself badly before the '88 Seoul Olympics. He was lying in the sun after a hard practice and fell asleep. The bad thing was his back was against fresh snow, so when he awoke, he was frost bitten. He was hospitalized for six weeks prior to the Olympics, and still received silver. He envisioned himself doing the lifts over and over while lying in bed, and with that practice he was still prepared to take on the best in the world. After I heard that story, I knew I had a long way to go, and I still do.

EFS: Is there anything that you

took from Olympic Weightlifting and applied to powerlifting and vice versa?

Travis: The importance of technique and explosiveness are priceless. One thing that I notice in powerlifting is a lot of top name lifters that look so uncomfortable completing the lifts. If you ever have the pleasure of visiting the OTC, you will be amazed at the level of precision and confidence with which the athletes perform their lifts. This is where volume (Prilepin's chart) comes into play. You have to perform the lift enough times that you could do it in your sleep. Not to mention that you should be able to do it under different circumstances (Monolift, no Monolift, walkouts, SS Bar, Buffalo Bar). I am going to give a big secret away right now. At every meet that I have ever been to, lifters complain about the platform, the bars, the judging, etc, and guess what, I always maximize their emotions. For example, one time a competitor of mine, whose identity I will keep confidential, came off the platform complaining about the stability of the platform. I told him that I totally felt it too, and could hardly stand up. Well, the lifter went on to bomb out. Moral of the story is that there will never be a perfect platform, perfect field, or court, so practice for all conditions.

EFS: Do you think that the Olympic lifts deserve all of their praise or all of their criticism?

Travis: I think that the Olympic Lifts have their place in sports training, but in my opinion I would use the power clean and maybe power snatch, because the full lifts are just too hard to coach, especially at bigger schools. When you have 115 guys on the football team alone and each with their own level of skill sets for Olympic lifts, I don't believe that it is possible to train these guys with the proper form and technique for

them to benefit. Basically it all boils down to Force = Mass x Acceleration, and if you train using the Westside template, then that is one of the big aspects that you always concentrate on. I will agree that the third stage of an Olympic lift (basically after the bar has passed the knees) probably generates the most force of anything that I can think of, so Power Cleans or Hang Cleans would be great.

EFS: What did a typical day at the OTC consist of?

Travis: I was mainly a day lifter because I never fully bought into the sport. I just couldn't get as fired up about the two lifts, but anyway, I will give you an example. A.M. Power Cleans, Front Squats, Abs and Hypers. Then you would go to sports medicine, eat, and rest. P.M. Full Snatch Workout, Snatch Pulls Heavy, Abs, Plyos. You are going heavy and hard a lot of the time. It was basically a progressive overload type of training with 6-10 sessions per week. I saw a lot of guys broken down and hurt. I personally feel that they train like Eastern European countries without the extreme supplementation! (Is that politically correct?) They could benefit big time in working with Louie. Recently I fooled around with some Olympic lifting again and broke PRs my first day, so the whole "lift specific" thing was kinda shot in the butt, I guess.

EFS: I know that you also played college football. Where did you play and what position did you play?

Travis: Appalachian State University and I played receiver at first, and decided that I hated taking the ass whipping. I later moved to Outside Linebacker, and did alright, but simply went through a terrible wild stage, and quit like a dumb ass, which is something that I will regret for the rest of my life. This is part of what drives me in powerlifting.

EFS: What was your attitude towards strength and conditioning when you played football? Did you always love training?

Travis: Man, I have always loved strength training. I guess the fascination with what a person can do with the human body has always blown me away. Probably the coolest example of this is my future wife Julie, who is training for bobsled competition, and she had about a 15" vertical leap when we started training, and a year later it is nearing 30". I am so fired up about that. I have never in my life seen that dramatic a turn around.

EFS: Were you allowed to structure your own training in college?

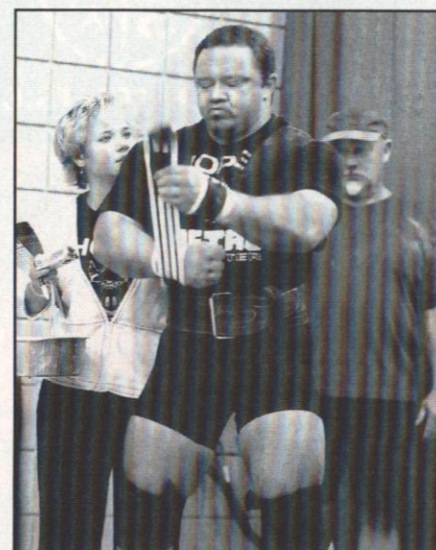
Travis: Hell no! Coach Mike Kent was in total control, and at the time I am glad because I didn't know anything.

EFS: This is a great question! What drives a human to want to do things that haven't been done, shouldn't be done, or that some say can't be done. I have read books by Lance

Armstrong, watched videos by Ed Coan, I have read Michael Johnson's book all to try and understand myself. Now I am not comparing myself to these guys, at all. I just see it is that we are here on earth for a simple blink in time, and I believe that each of us is given a gift of some type by God. It is up to us to take that gift as far as possible, and then do good things for others with the success that comes. Every day of my life I have a restless unease with myself because to me the clock is ticking for all of us to send echoes in time that say, hey, I was here and I gave every ounce of myself to prove to others that nothing is impossible if you want it bad enough and believe in yourself. This last year my father passed away, and, of course, I went through a very tough time. Truth is, I still am going through a tough time because I have refused to embrace the whole thing I guess. After all of this I started wondering what the meaning of life is, and, man, I was struggling big time. Lately, after praying a ton, it dawned on me that loving and supporting my family was number one, and taking my athletic gifts to a whole new level and hopefully using that to help others was second. I don't know what will happen at the Arnold or my other competitions this year, but I will say this, I am going to lift with more heart than I ever have.

EFS: Your lifts continue to grow. What have you done recently to move your lifts even more?

Travis: I think as you mature as a lifter you come to realize that balls to the wall all the time isn't all that good. In 2005 I trained insanely. Those around me can attest to the craziness that went on. In one session, I benched 535 raw, 2 boarded 585 raw, 3 boarded 815 with a shirt, full benched 735 for 1, and then did 405 for 8 reps. Why? Good question, because I am still feeling the consequences. I have simply learned to listen to myself. Not to mention, I am using a chain squat routine kinda like Phil Harrington, but with a bunch of tweaks. I think that I have learned to increase the squat and deadlift at the same time by allotting equal work to both.



TRAVIS is backed up by Westside Barbell's Louie Simmons.... in more ways than one.

EFS: You have more hands-on knowledge than any lifter I know and have a ton to offer other people. Is there anyway that people can use you as a resource; as a coach, trainer, for a seminar?

Travis: The biggest goal that I have in the future is just that. I am going to offer consultations on strength training; I am going to do seminars, on-line and in person training, and motivational seminars.

EFS: You recently spoke at a conference in North Carolina. What did you talk about?

Travis: It was cool because it was Loren Seagraves of Velocity Sports, Gayle Hatch - the famous Olympic Weight Lifting Coach, and myself. Loren was awesome! I learned more in one day about sprinting than I had previously learned in my whole life. A lot of his concepts are parallel with Westside Concepts such as explosion, hip strength, and posterior chain importance. However, he isn't familiar with the principles, but hopefully he learned more about the concept, and will be open in the future to new ideas. Right now he uses the workout program designed by Gayle Hatch, which in my opinion isn't practical for most colleges and high schools. The reason is that athletes should start at a young age being taught the Olympic movements to get the benefit from the exercises, and to minimize the potential of injury. It took Shane Hamman a month with a broom stick before he could perform the movements with a barbell, so how

EFS: I heard that you have or had a 35" vertical jump. Is this true or just a myth surrounding you?

Travis: Believe it or not, I can jump. I could actually dunk when I was younger. I still can jump though. I can touch the rim flat footed any day, and I am 5'7". I think I take this vertical thing personally. Short man syndrome or something!

EFS: Moving on to powerlifting... You've obviously had great success in the sport. And it's obviously not the huge paycheck that is driving you to succeed and break records. What is it that makes you push the envelope?

Travis: This is a great question! What drives a human to want to do things that haven't been done, shouldn't be done, or that some say can't be done. I have read books by Lance

Armstrong, watched videos by Ed Coan, I have read Michael Johnson's book all to try and understand myself. Now I am not comparing myself to these guys, at all. I just see it is that we are here on earth for a simple blink in time, and I believe that each of us is given a gift of some type by God. It is up to us to take that gift as far as possible, and then do good things for others with the success that comes. Every day of my life I have a restless unease with myself because to me the clock is ticking for all of us to send echoes in time that say, hey, I was here and I gave every ounce of myself to prove to others that nothing is impossible if you want it bad enough and believe in yourself. This last year my father passed away, and, of course, I went through a very tough time. Truth is, I still am going through a tough time because I have refused to embrace the whole thing I guess. After all of this I started wondering what the meaning of life is, and, man, I was struggling big time. Lately, after praying a ton, it dawned on me that loving and supporting my family was number one, and taking my athletic gifts to a whole new level and hopefully using that to help others was second. I don't know what will happen at the Arnold or my other competitions this year, but I will say this, I am going to lift with more heart than I ever have.

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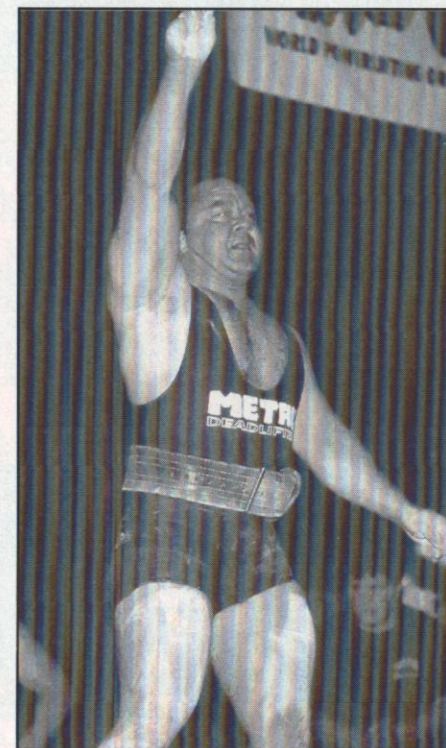
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is a strength coach going to teach a hundred athletes to snatch and clean & jerk in the short amount of time allotted by the NCAA and high school class schedules? I gave my seminar on integrating Westside with Olympic lifting, but only the basic movements of Olympic lifting like the power clean or push press. I also talked about beating the plateaus in the bench press, and I talked about my new chain squatting routine that seems to be working. The room lit up, when I talked about the chain squats because it allows max effort squats to be performed safely, while providing a lot of the advantages of box squatting without compressing the spine. Altogether most of the crowd was digging Westside over Olympic lifting.

EFS: How can people reach you in regards to training, seminars, etc?

Travis: I have two new websites: Mashmonster.org and MethodXSP.org! Mashmonster.org is for my tried and true powerlifters and strength athletes, and MethodXSP.org is for the strength and conditioning world. I have been working with several college programs and athletes for a long time, and now it is my career, and I love it! Both sites are new and evolving each day. The process has been very exciting, watching the idea become reality. The biggest difference in my website is that I will be filming all of my workouts, and many of my training sessions with athletes, and posting all of them in their entirety on my site. This should be a great source for strength coaches, athletes, and lifters to learn new ideas, and to watch me be my own test subject. Anyone can e-mail me at travis@mashmonster.org! Thanks for this opportunity to tell the Elite faithful more about myself and what I am doing.

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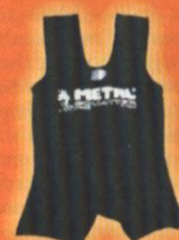
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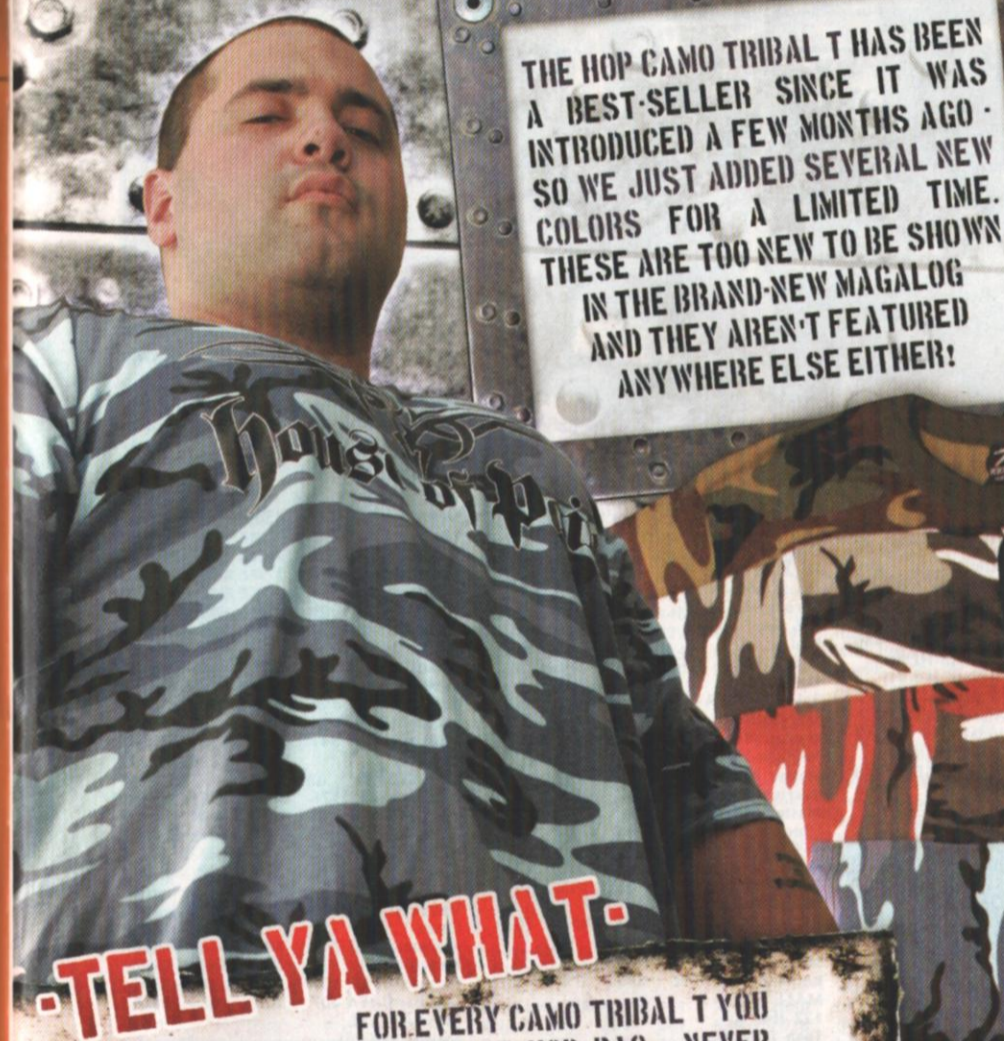


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GPC World Championship

30 OCT - 4 NOV 06 - Gent, BEL

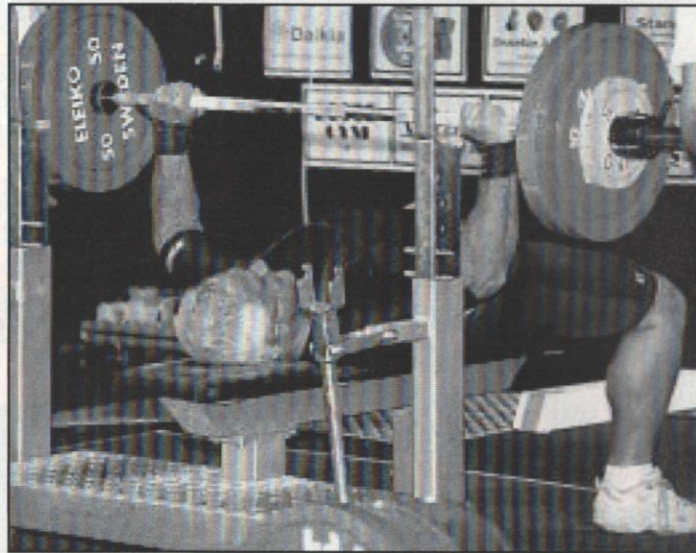
BENCH
 FEMALE
 105 lbs.
 Master (50-54)
 Nefjodov-LAT 115
 Open
 Watson-GB 143
 123 lbs.
 Master (40-44)
 Debudey-GER 115
 Callahan-USA 203
 Greco-CAN 156
 Ope
 Beneke-GER 148
 132 lbs.
 Master (40-44)
 Anger-GER 137
 Open
 Michiels-BEL 220
 Teen (16-17)
 Elyn-BEL 154
 148 lbs.
 Open
 Pukkila-FIN 231
 Master (40-44)
 Miglans-LAT 165
 Master (45-49)
 Weinelt-GER 143
 Master (50-54)
 Burrick-BEL 132
 Junior
 Kasarova-SVK 88
 Teen (18-19)
 Kojanov-CZR 176
 165 lbs.
 Master (40-44)
 Abramens-LAT 176
 181 lbs.
 Open
 Hanssen-GER 264
 Master (40-44)
 Romanovi-LAT 242
 MALE
 114 lbs.
 Open(40-44)
 Wick-GER 264
 132 lbs.
 Open(40-44)
 Wunderli-GER 248
 Open
 Karkusch-GER 281
 Pulido-FRA 314
 148 lbs.
 Teen (13-15)
 Keyser-USA 154
 Teen (16-17)
 DeRudder-BEL 264
 Open
 Haaparan-FIN 352
 Calus-BEL 308
 Musayev-AZE 308
 Master (40-44)
 Opperma-GER 253
 Master (50-54)
 Bobrovit-CAN 137
 Master (55-59)
 Guercio-FRA 286
 Novotny-AUT 220
 Master (65-69)
 Trichlin-AUT 253
 Schweitz-GER 154
 Master (60-64)
 Mullan-GB 226
 165 lbs.
 Teen (13-15)
 Evans-USA 220
 Junior
 Reinhard-GER 352
 Open
 Herzog-CH 451
 Liskovich-ISR 407
 Aliev-AZE 396
 Halabe-ISR 385
 Bulford-GB 352
 Master (40-44)
 Gregeris-LAT 330
 Master (45-49)
 Lepaire-FRA 330
 Rien-GER 363
 Werner-GER 418
 Herzog-CH 451
 Master (55-59)
 Lazreg-FRA 270
 Wintersc-GER 275
 Master (65-69)
 Sinn-GER 275
 181 lbs.
 Teen (16-17)
 Kopilov-LAT 341

Saleman-ISR 330
 Teen (18-19)
 Kasiar-SVK 242
 Junior
 Donath-GER 385
 Vojtech-CZR 363
 Banz-GER 336
 Open
 Istvan-HUN 496
 Henzien-FRA 341
 Pignitter-AUT —
 Master (40-44)
 Miglans-LAT 440
 Romanovi-LAT 242
 Master (50-54)
 Mueller-GER 297
 Master (55-59)
 Leskenma-FIN 440
 Barski-ISR 330
 Ismailov-BEL 264
 Master (60-64)
 Kubick-FRA 292
 Hermann-CH 264
 Master (65-69)
 Hogg-AUT 330
 Merta-GER 242
 Master (70-74)
 Tschiers-GER 264
 Contoli-FRA —
 Master (80)
 Pothee-FRA 126
 198 lbs.
 Teen (18-19)
 Buhner-GER 385
 Becker-GER 275
 Junior
 Piotr-POL 446
 Wendt-GER 429
 Podarew-GER 396
 Open
 Laszlo-HUN 573
 Jafarov-AZE 463
 Velicka-CZR 396
 Master (40-44)
 Bela-HUN 352
 Wick-GER 264
 Master (45-49)
 Rathke-GER 451
 Pritzl-GER 352
 Master (50-54)
 Kruger-GER 463
 Master (55-59)
 Porozky-ISR 341
 Master (60-64)
 Gotz-GER 319
 Pascke-GER 297
 Master (65-69)
 Baker-USA 264
 Morris-IRE 220
 220 lbs.
 Teen (13-15)
 Abbeel-BEL 181
 Master (40-44)
 Teen (16-17)
 Bakus-CZR 314
 Master (18-19)
 Girardin-CH 385
 Master (55-59)
 Rinkinen-FIN 407
 Open
 Hasson-ISR 611
 Mardano-AZE 578
 Millrany-USA 573
 Hanni-CH 562
 Kulmala-FIN 556
 Micek-GER 485
 Creytens-BEL 314
 Selsam-GER —
 Csaba-HUN —
 Master (40-44)
 Millrany-USA 573
 Open
 Pukkila-FIN 468
 Kuhn-GER 418
 Johnston-CAN 402
 Kudi-CZR 396
 Master (45-49)
 Brasseur-FRA 501
 Bittman-GER —
 Master (50-54)
 Gunther-GER 451
 Durocher-FRA 446
 Leibl-CZR 352
 Master (55-59)
 Gersdorf-GER 440
 Smelovs-LAT 407
 Borkows-GER 407
 Master (60-64)
 Coleman-USA 352
 Master (65-69)
 LeBolay-FRA 385
 242 bs.

Baumac-GER 606
 Hlinka-CZR 600
 Kasperek-AUT 573
 Podlipny-CZR 551
 Haberl-AUT 529
 Sefl-CZZR 440
 Nemeth-HUN —
 Master (40-44)
 Seminato-FRA 573
 Ozols-LAT 622
 Csepregi-HUN 606
 Luedtke-GER 595
 Swank-USA 589
 Zimmer-CAN 573
 Dvorak-CZR 567
 Kaufman-GER 551
 Avola-FIN 551
 Wilson-GB 529
 Bradac-CZR 485
 Henriot 440
 Ferenc-CZR 396
 Ibrahim-AZE —
 Master (40-44)
 Brenkus-SVK 363
 Master (45-49)
 Pevko-LAT 540
 Savoca-FRA 424
 Master (50-54)
 Vetter-GER 440
 Grosser-GER 418
 Master (55-59)
 King-GB 519
 Pinchem-FRA 407
 Master (60-64)
 Eulenstei-GER 352
 Master (65-69)
 Feniuk-GER 330
 Master (75-79)
 Zappa-BEL 286
 4th-308
 275 lbs.
 Junior
 Lehto-FIN 529
 Open
 Meszros-HUN 705
 Gollnitz-GER 633
 Ihalainen-FIN 606
 Wojsiec-POL 496

Open
 Michiels-BEL 440
 226
 385
 1052
 Keresey-USA 336
 165
 385
 887
 148 lbs.
 Junior
 Sohler-BEL 297
 137
 330
 766
 Open
 Baldwin-USA 451
 319
 429
 1201
 Marshall-GB 264
 148
 286
 700
 Master (40-44)
 Miglans-LAT 308
 154
 314
 777
 Master (50-54)
 Burrick-BEL 259
 132
 264
 655
 Master (55-59)
 Utecht-GER 297
 165
 297
 760
 165 lbs.
 Open
 Rushe-GB 286
 143
 253
 683
 Open(40-44)
 Stegges-GB 440
 242
 374
 1058
 181 lbs.
 Master (40-44)
 Romanovi-LAT 352
 253
 374
 981
 MALE
 Musayev-AZE —
 132 lbs.
 Teen (18-19)
 Mahieu-BEL 198
 176
 275
 650
 Open
 Robbens-BEL 209
 2039
 308
 722
 Karkusch-GER 380
 264
 330
 975
 Ingold-CH 374
 Master (60-64)
 Pauluks-LAT 440
 308
 485
 1234
 Master (65-69)
 Fasolin-GER 264
 198
 286
 749
 181 lbs.
 Teen (18-19)
 Muller-AUT 463
 264
 523
 1251
 Kaslar-SVK 308
 237
 396
 942
 Probst-GER 275
 264
 341
 881
 Junior
 Vojtech-CZR 440
 385
 540
 1366
 Open
 Humphrie-GB 661
 407
 518
 1587
 Brooks-GB 584
 363
 556
 1504
 Phillips-CAN 606
 347
 545
 1499
 Pignitter-AUT 463
 308
 507
 1278
 DeVadde-BEL 440
 341
 440
 1223
 Bloch-GER —
 Master (40-44)
 Dunne-IRE 551
 308
 573
 1433
 Vich-CZR 507
 303
 573
 1383
 Master (45-49)
 Morgan-IRE 606
 370
 545
 1521
 Master (50-54)
 Bejgroz-POL —
 Master (55-59)
 Lovelace-USA 463
 330
 468
 1262
 Master (65-69)
 Martin-USA 468
 275
 440
 1185
 198 lbs.

GPC World Championships
 as told to Powerlifting USA by L. B. Baker



Tom Bowman will co-host next year's APC National Championships.

Teen (18-19)
 Volkovs-LAT 418
 Junior
 Apskalns-LAT 545
 Hager-GER 496
 Open
 Tiefenba-AUT 666
 Ozols-LAT 622
 Csepregi-HUN 606
 Luedtke-GER 595
 Swank-USA 589
 Zimmer-CAN 573
 Dvorak-CZR 567
 Kaufman-GER 551
 Avola-FIN 551
 Wilson-GB 529
 Bradac-CZR 485
 Henriot 440
 Ferenc-CZR 396
 Ibrahim-AZE —
 Master (40-44)
 Brenkus-SVK 363
 Master (45-49)
 Pevko-LAT 540
 Savoca-FRA 424
 Master (50-54)
 Vetter-GER 440
 Grosser-GER 418
 Master (55-59)
 King-GB 519
 Pinchem-FRA 407
 Master (60-64)
 Eulenstei-GER 352
 Master (65-69)
 Feniuk-GER 330
 Master (75-79)
 Zappa-BEL 286
 4th-308
 275 lbs.
 Junior
 Lehto-FIN 529
 Open
 Meszros-HUN 705
 Gollnitz-GER 633
 Ihalainen-FIN 606
 Wojsiec-POL 496

Open
 Michiels-BEL 440
 226
 385
 1052
 Keresey-USA 336
 165
 385
 887
 148 lbs.
 Junior
 Sohler-BEL 297
 137
 330
 766
 Open
 Baldwin-USA 451
 319
 429
 1201
 Marshall-GB 264
 148
 286
 700
 Master (40-44)
 Miglans-LAT 308
 154
 314
 777
 Master (50-54)
 Burrick-BEL 259
 132
 264
 655
 Master (55-59)
 Utecht-GER 297
 165
 297
 760
 165 lbs.
 Open
 Rushe-GB 286
 143
 253
 683
 Open(40-44)
 Stegges-GB 440
 242
 374
 1058
 181 lbs.
 Master (40-44)
 Romanovi-LAT 352
 253
 374
 981
 MALE
 Musayev-AZE —
 132 lbs.
 Teen (18-19)
 Mahieu-BEL 198
 176
 275
 650
 Open
 Robbens-BEL 209
 2039
 308
 722
 Karkusch-GER 380
 264
 330
 975
 Ingold-CH 374
 Master (60-64)
 Pauluks-LAT 440
 308
 485
 1234
 Master (65-69)
 Fasolin-GER 264
 198
 286
 749
 181 lbs.
 Teen (18-19)
 Muller-AUT 463
 264
 523
 1251
 Kaslar-SVK 308
 237
 396
 942
 Probst-GER 275
 264
 341
 881
 Junior
 Vojtech-CZR 440
 385
 540
 1366
 Open
 Humphrie-GB 661
 407
 518
 1587
 Brooks-GB 584
 363
 556
 1504
 Phillips-CAN 606
 347
 545
 1499
 Pignitter-AUT 463
 308
 507
 1278
 DeVadde-BEL 440
 341
 440
 1223
 Bloch-GER —
 Master (40-44)
 Dunne-IRE 551
 308
 573
 1433
 Vich-CZR 507
 303
 573
 1383
 Master (45-49)
 Morgan-IRE 606
 370
 545
 1521
 Master (50-54)
 Bejgroz-POL —
 Master (55-59)
 Lovelace-USA 463
 330
 468
 1262
 Master (65-69)
 Martin-USA 468
 275
 440
 1185
 198 lbs.



First (PL) Lady Nefjodov of Latvia



Sabra Callahan... set records in the PL & BP divisions. (by Clay Felton)

Master (50-54)
 Bobrovit-CAN —
 Master (55-59)
 Brown-GB 319
 165
 308
 793
 148 lbs.
 Teen (16-17)
 DeRudder-BEL 440
 253
 468
 1162
 Junior
 Wendt-GER 501
 286
 496
 1284
 DeRudder-BEL 308
 176
 396
 881
 Open
 Haaparan-FIN 606
 396
 463
 1466
 Adams-GB 551
 297
 507
 1355
 Master (40-44)
 Triangle-BEL 176
 148
 264
 589
 Open
 Master (55-59)
 Novotny-AUT 308
 231
 418
 959
 Master (60-64)
 Mullan-GB 341
 209
 352
 903
 165 lbs.
 Teen (13-15)
 Bamsey-GB 176
 99
 297
 573
 Teen (18-19)
 Zagers-BEL 407
 231
 396
 1036
 165 lbs.
 Junior
 Lewis-CAN 518
 308
 507
 1333
 Smith-GB —
 Teen (55-59)
 Driyers-BEL 573
 220
 —
 —
 Open
 McNamar-IRE 716
 407
 540
 1664
 Kutuzov-GER 518
 374
 485
 1377
 Parment-FRA 507
 325
 440
 1273
 Manuardi-ITA 407
 220
 485
 1113
 Musayev-AZE —
 Master (40-44)
 McNamar-IRE 716
 407
 540
 1664
 Molged-GER 518
 319
 534
 1372
 VanOoste-BEL 440
 242
 474
 1157
 Master (55-59)
 Ingold-CH 374
 220
 396
 992
 Master (60-64)
 Pauluks-LAT 440
 308
 485
 1234
 Master (65-69)
 Fasolin-GER 264
 198
 286
 749
 181 lbs.
 Teen (18-19)
 Muller-AUT 463
 264
 523
 1251
 Kaslar-SVK 308
 237
 396
 942
 Probst-GER 275
 264
 341
 881
 Junior
 Vojtech-CZR 440
 385
 540
 1366
 Open
 Humphrie-GB 661
 407
 518
 1587
 Brooks-GB 584
 363
 556
 1504
 Phillips-CAN 606
 347
 545
 1499
 Pignitter-AUT 463
 308
 507
 1278
 DeVadde-BEL 440
 341
 440
 1223
 Bloch-GER —
 Master (40-44)
 Dunne-IRE 551
 308
 573
 1433
 Vich-CZR 507
 303
 573
 1383
 Master (45-49)
 Morgan-IRE 606
 370
 545
 1521
 Master (50-54)
 Bejgroz-POL —
 Master (55-59)
 Lovelace-USA 463
 330
 468
 1262
 Master (65-69)
 Martin-USA 468
 275
 440
 1185
 198 lbs.



Sonji Baldwin had lots of support

Teen (16-17)
 Vandenbr-BEL 551
 281
 496
 1328
 Teen (18-19)
 Stoll-GER 672
 440
 639
 1752
 Open
 Jenkins-GB 727
 440
 683
 1851
 Horanek-AUT 589
 463
 540
 1592
 Kraus-GER 562
 457
 573
 1592
 Plunkett-GB 617
 440
 507
 1565
 Hackulic-CZR 507
 396
 606
 1510
 DeWanne-BEL 551
 330
 474
 1355
 Velicka-CZR 451
 413
 440
 1306
 DeKoster-BEL 330
 198
 396
 925
 Haer-FRA —
 Master (40-44)
 Verbeke-BEL 595
 319
 683
 1598
 Miglans-LAT 551
 440
 551
 1543
 Belleville-IRE 440
 242
 584
 1267
 Fisher-CAN —
 Master (45-49)
 Trost-GER 440
 286
 485
 1212
 Master (50-54)
 Kutzsch-GER 451
 374
 485
 1311
 Latter-GB —
 Master (55-59)
 Utecht-GER 474
 220
 485
 1179
 Master (60-64)
 Bohrish-GER 352
 259
 418
 1030
 Master (65-69)
 Baker-USA 396
 264
 418
 1080
 Morris-IRE —
 220 lbs.
 Teen (13-15)



Evangeline Keresey pulled so big.

Abbeel-BEL 242
 Teen (16-17)
 Deli-HUN 595
 440
 617
 1653
 Junior
 Kitchenee-GB 639
 374
 595
 1609
 Open
 Avola-FIN 771
 529
 727
 2028
 Burke-IRE 749
 529
 683
 1962
 Brandon-USA 733
 584
 617
 1934
 Newell-GB 837
 429
 628
 1896
 Lamprec-GER 705
 396
 661
 1763
 Vauls-IRE 661
 463
 617
 1741
 Vermote-BEL 611
 308
 523
 1444
 Beke-BEL 518
 270
 512
 1300
 Creytens-BEL —
 Mayr-AUT —
 Mardano-AZE —
 Master (40-44)
 Kaipio-FIN 859
 440
 683
 1984
 Verbljdt-BEL 529
 297
 496
 1322
 Johnston-CAN —
 Master (45-49)
 Bianchi-ITA 551
 325
 518
 1394
 Master (50-54)
 Rajala-FIN 771
 474
 661
 1907
 Neumaie-AUT 496
 418
 573
 1488
 Master (55-59)
 Luker-GB 727
 352
 661
 1741
 Master (60-64)
 Hachenb-GER 507
 352
 440
 1300
 Probst-GER 319
 248
 369
 937
 242 lbs.
 Teen (18-19)
 Willaert-BEL 639
 418
 662
 1719
 Junior
 Orehovs-LAT 661
 474
 661
 1796
 Open
 Middleton-GB 815
 529
 617
 1962
 Zimmer-CAN 617
 595
 650
 1862
 Dvorak-CZR 661
 556
 650
 1868
 Swank-USA 733
 551
 578
 1862
 Jones-GB 705
 407
 716
 1829
 Stejskal-CZR 672
 446
 644
 1763
 Wilson-GB 661
 529
 551
 1741
 Ferenc-CZR 573
 374
 606
 1554
 Phelan-IRE 485
 330
 595
 1410
 Master (40-44)
 Graham-IRE 683
 374
 551
 1609
 Kudi-CZR 463
 396
 485
 1344
 Felton-USA 446
 286
 474
 1207
 Master (45-49)
 Dohne-GER 815
 463
 573
 1851
 Slosarek-GER 617
 479
 551
 1647
 Master (50-54)
 Bowman-USA 661
 407
 551
 1620
 Master (55-59)
 Pollendo-AUT 595
 385
 562
 1543
 Stroj-AUT 551
 380
 578
 1510
 275 lbs.
 Junior
 Sturm-USA 545
 352
 507
 1405
 Lehto-FIN —
 Open
 Podlipny-CZR 727
 551
 771
 2050
 Kruse-GER 881
 507
 639
 2028
 Revyn-BEL 661
 396
 617
 1675
 Dirven-NED 529
 413
 540
 1482
 Self-CZR 463
 418
 529
 1410
 Kiss-GB —
 Williams-GB —
 Kasperek-AUT —
 Master (40-44)
 Boulton-GB 727
 440
 622
 1791
 Bamsey-GB 683
 440
 650
 1774
 Adams-GB 617
 485
 617
 1719
 Tilson-USA 716
 407
 556
 1681
 Fogerty-IRE 617
 396
 672
 1686
 Master (45-49)
 Marshall-GB 815
 440
 727
 1984
 Goovaert-BEL 617
 413
 628
 1659
 309 lbs.
 Junior
 DeVadde-BEL 551
 418
 485
 1455
 Open
 Rosendah-FIN 870
 611
 722
 2204
 Piatelli-CAN 810
 628
 650
 2088
 Crets-BEL 738
 501
 683
 1923
 Meek-USA 727
 562
 551
 1840
 Mithcell-GB —
 Lanier-USA —
 Master (45-49)
 Hurrass-GER 683
 396
 551
 1631
 Master (60-64)
 Meek-USA 727
 562
 551
 1840
 309+ lbs.
 Teen (16-17)
 Havelka-CZR 661
 479
 507
 1647
 Open
 Kalliola-FIN 1047
 782
 655
 2485
 The annual Global Powerlifting Committee World Powerlifting and Bench Press

Championships were held in the beautiful old city of Gent, Belgium October 31 through November 4, 2007. Powerlifters from 22 countries assembled in the Sport Arena Yolhuis, a large facility with under ground parking and food concessions. The competition area was spacious and convenient to spectators, but the small warm up area was very cramped for the lifters. The platform was spacious and sported a new front opening monolift, made in America, for the competition. The meet was run with GPC precision throughout with expert spotting and loading from the Heinz Buhl's Austrian Platform Crew. If there were any flaws to mention it was the absence of squat bars and deadlift bars. A squat bar was found for the final day with the heavyweights, but no deadlift bar was available for the entire meet. Congratulations to US lifters Sonji Baldwin, best lifter open women, Evangeline Keresey, best lifter master women, and Brian Meek, best lifter master men. The contest opened with the women bench press. The lightest women bench pressers were Svetlana Nefjodova, the first lady of

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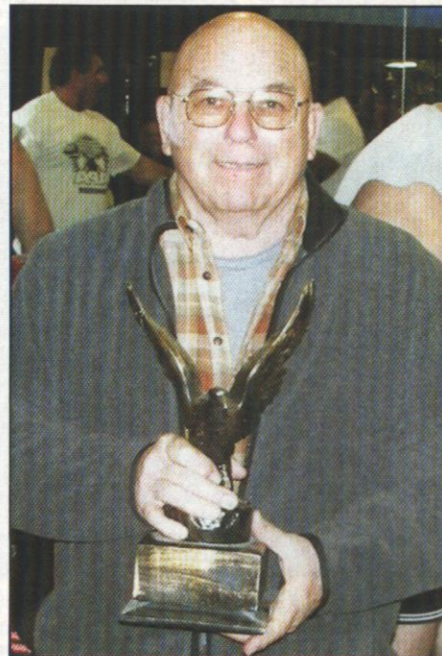
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"More about the Lifter, than the Lift" Don Rothenbach started weight training about 2 years ago, at age 73. A little while back, Don was diagnosed with cancer, and he has since had surgery and is currently going through his second round of chemotherapy. He continues to train as often as he can, and always puts a smile on the faces of his teammates when he walks into the gym. Even though he was in chemo and had lost 20 lbs. of bodyweight, he decided to go with his gym buddies and compete at Wade Johnson's APA Holiday Classic in Goodlettsville, Tennessee, on December 2nd. Rodney Wood, who trains Don, and who has seen a lot in this sport as a lifter, state chair, referee, meet director, loader, etc., had this to say about the man: "In the meet, Don bench pressed 175 lbs. to set a new Masters age division state and world record for the APA. While this was 25 lbs. under his best lift, as far as I am concerned, it might as well have been a 1000 lb. lift. On a day when I had one of the best performances of my life in Powerlifting, the highlight of this day was being there to support, help, and encourage Don in his pursuit of our sport, Powerlifting. Bottom line, Don will always be an inspiration to me, my Powerlifting team, the APA, and any lifter that has the privilege to be around him." (thanks to Rod Wood for the photo & info)



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The STABILIZERS



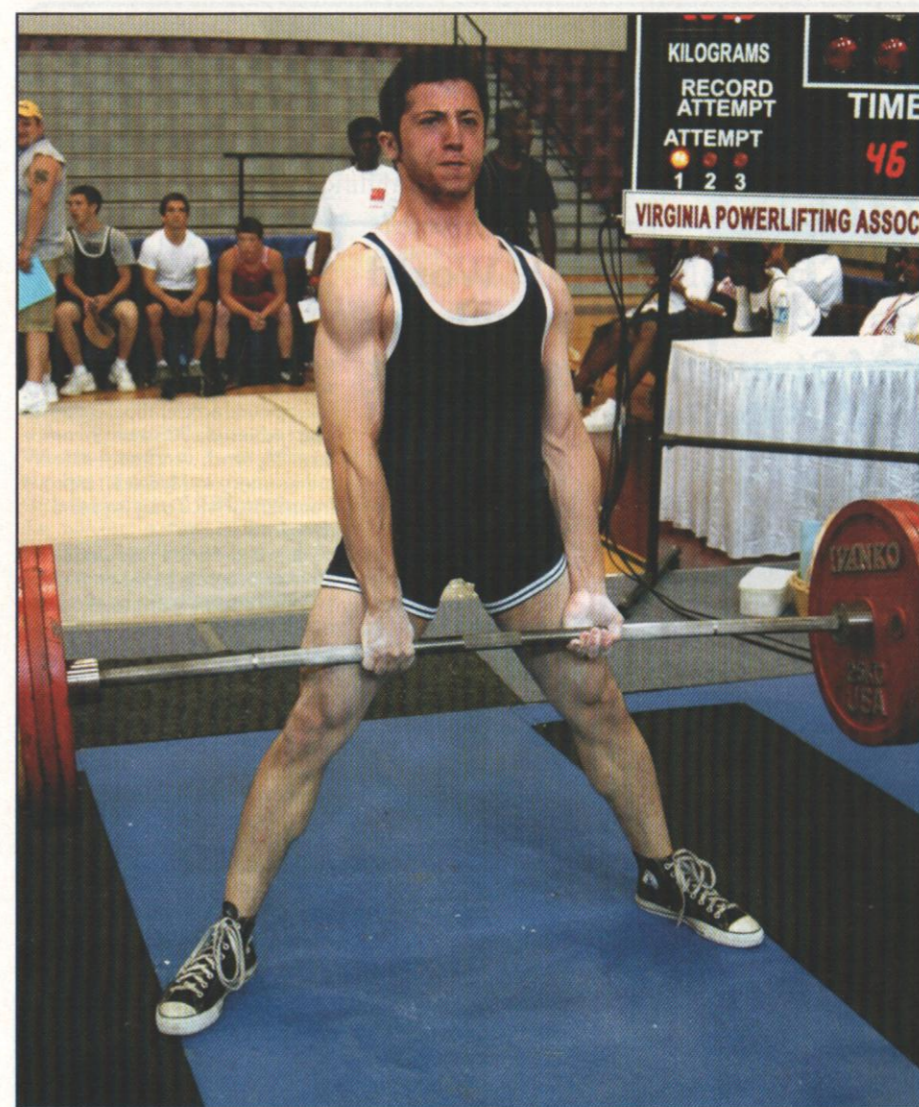
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order call 713-898-0927



The "FACE SAVER" proved to be exactly that at the recent WABDL World Championships, saving the face, literally and psychologically, of a big name bench, who suddenly lost control of the bar with over 600 lbs. on board, and it dropped before the spotters could respond. The bracket, developed by lifter and meet promoter Jody Woods, can be strapped to any bench press rack to provide protection for the athlete. For further information, contact Jody Woods at 916-485-3801, jwoods@surewest.net



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Paul Zingone, from Brooklyn, New York, has competed in the USAPL, WNPf, ADAU, AAU and the WDFPF over the last 2 years, and on Nov. 19th he lifted in Kinsale, Ireland at the WDFPF World Championships, at age 19, representing the USA in the Teen 3 Division/165 lbs. He researched every drug tested organization to find the heaviest deadlift in his age group/weight class, and he found it to be in the AAU, with a 534 lb. world record lift. At the meet in Ireland, weighing 160 lbs., Paul pulled 536.8 lbs., which he believes to be the heaviest raw deadlift in the history of drug free lifting, in his division. Paul also won the overall world title for his division, over competitors from Ireland, France, and Scotland.

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Nick Theodorou (left) received a plaque at the Twin City Holiday Banquet from Don Kuhns commemorating his status as one of the founding officers of the ADFPA, in 1981. Nick is a Dr. of Naturopathy, and recently pulled 560 at 162 lbs. and 56 years of age.

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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:

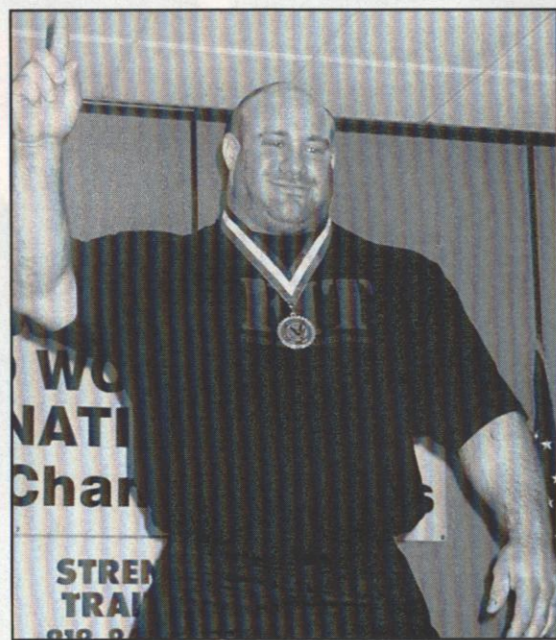
1) Based on the intended movement, a signal from the spinal cord causes an electrical current, referred to as the action potential, to travel down the motor neuron towards its associated group of muscle fibers in the triceps. This motor neuron and its group of muscle fibers are, combined, referred to 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. The calcium contacts the contractile machinery of the muscle (actin and myosin), and muscular contraction

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



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.

Scott Mendelson, who has increased his world-record bench-press from 786.2 lbs. to 1008 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 Ferris, ACSM, has been featured by media worldwide, including Maxim Magazine, The Philadelphia Inquirer, Amazing World News (Japan), and MTV. For more information on acetylcholine-based strength development and athlete case studies, visit www.adaptagenix.com or www.getbodyquick.com

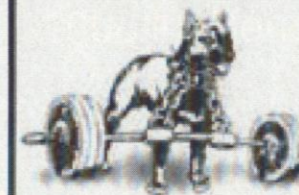
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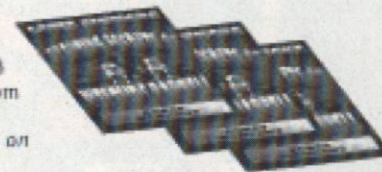
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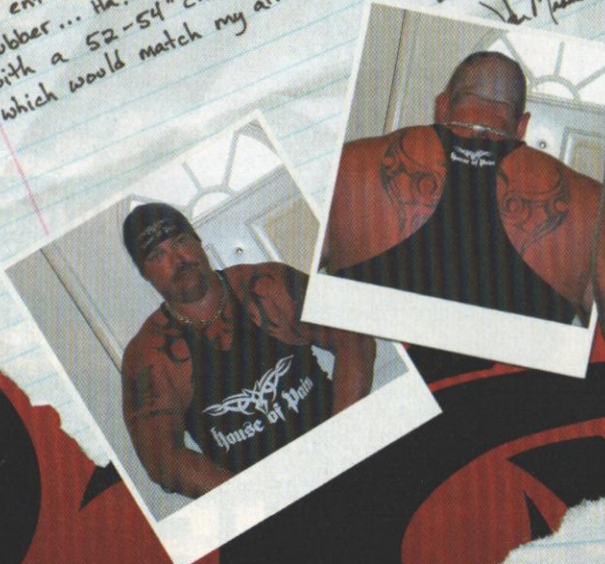
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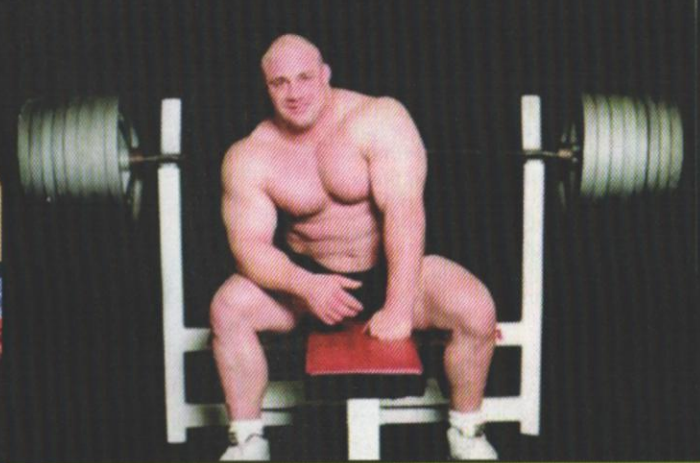
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LM: Johnny, I don't know who has been around longer, you or me, but either way we're both pretty old, so why don't you confess your age and other personal information such as your occupation and family background.

JG: My name is Johnny A. Graham, Age 50 something +4. I have been married for 24 years to a great lady from Germany, Elke, and I have 3 lovely daughters, Trakina, who is an ADA for the state of Florida, Jennifer, a Junior @ UTSA, and Monique, who is a Sophomore in High School. I have been blessed with a very supporting family. Professionally, I am a retired Master Sgt from the Army, with 20 years service. Currently, I am the Asst. Director of the Branden Group, where I handle a lot of the Fort Hood, Texas Military Installation Soldier's Military Benefits. This job keeps me in daily contact with soldiers and family members within the community.

LM: I have to ask you what your feelings are regarding the war in Iraq. As a member of the military for so long and living in Killeen, next to the largest Army base in the US, it must affect you and your family on a regular basis.

JG: It really does. I can't tell you how many soldiers and their family members I get to talk to before and after deployments. Many of these "kids" are only 18-19 years old, and ready to serve their country without any hesitation. One lifter on my team was not able to deploy because he was only 17, and 2 days after he turned 18, he was on a plane to Iraq.

LM: Did you play sports in High School and College?

JG: I had a pretty good HS and Collegiate football career. I was a running back, defensive back, and kick returner in HS. Back in those days, almost everyone played multiple positions. I went to the U of Florida on a full football scholarship and played defensive back for 4 years.

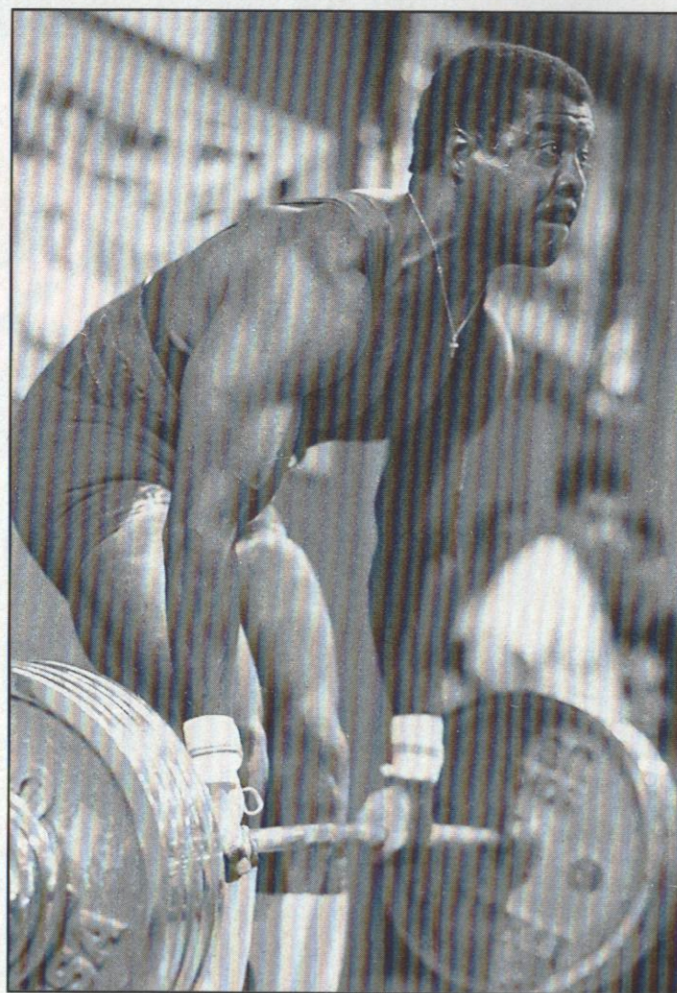
LM: How long have you been lifting and how did you get started in the sport?

JG: Now you are going to make me feel old. I have been lifting since High School. I actually started out doing lifts in the HS events in Florida, which consisted of the bench press and clean and jerk. I was told they still have these events now in Florida High Schools. This was WELL over 30 years ago. Then I started competing in weightlifting, and trained under a great Olympic coach by the name of Harvey Newton. The real person behind my weight training career was my HS coach, Richard Graham. (no relation). He was also one of

INTERVIEW

JOHNNY GRAHAM

as interviewed by Dr. Larry Miller



Johnny Graham ... an administrator who has a lifter's point of view

my HS football coaches, and THE backbone of my career in weight training.

LM: Have you competed in any other organizations other than the ADFPA/USA PL?

JG: Like most of us OLDER lifters, I started in the AAU a loooooooong time ago, then went to the USPF. When the ADFPA came into assistance, I also started lifting there. I have also lifted in NASA, but have been only an ADFPA/USAPL lifter for the past 15 years. I like the drug free standards, and have been a lifetime drug free lifter, so this is where I want to be.

LM: What are your accomplishments as a lifter and

what have you contributed as a member of the USAPL Executive?

JG: You know, this is a strange question for me. I can't tell you how many State, National, or World events I have competed in or won. I do remember that I had the IPF World record M2 squat until about 2 months ago. I just love the sport, and the people around it. This is the best accomplishment for me. Where else, in any sport, can you meet the strongest, smartest, and friendliest people in the World, and just enjoy their company and a few laughs? As for my position on the EC, that's another story. Being a member on the outside looking in, I didn't know

how much was involved in making this a great organization. My MAIN and ONLY reason for serving on the EC and running for Vice-President was/is to improve the service to our members. The everyday lifter IS the backbone of USAPL. That is from the Elite, World and National caliber lifter, to the lifter who is competing in their first meet. One of the things I felt was not being done right, was lifters not being answered when they had questions, or just being delayed with their answers. I have always tried to return phone calls and e-mails in a timely manner. Not only that, but I try to have an open mind to what they are saying, and give them my HONEST answer to their questions, not just what they want to hear. I may not always agree with them, but they will know my true opinion on the matter. With that, I think we have earned the respect of the members within the organization.

LM: You were around during the Brother Bennet days. In what areas do you think Brother Bennet would be proud of how far we've come and in what areas do you think he would be disappointed?

JG: First, I think he would be VERY PROUD of his dream of keeping this a clean and drug free organization. Also, I think he would be proud of the lifters that have continued to follow his dreams. Having had the chance to sit down and talk to Brother Bennet on several occasions, I know he looking down on us with a smile on his face. Sometimes, I'm sure we have made him frown a little. I think he would like to see some of the political things go away in our sport. We really need to get back to what's best for the lifters on some issues. Overall, I really feel we have made him proud of us. Remember, every lifter in this great organization is a product on Brother Bennet's dream.

LM: What are your best lifts and what remaining goals do you still have as a lifter?

JG: Once again, my age is catching up with me. My best squat ever was an 804 years ago in a NASA meet. In USAPL, I have done a 755 squat, 424 benchpress, (yes, I used to have a respectable bench), and a 727 deadlift. My most recent goal was to win the 2006 IPF Masters World Championships, which I hosted in my home town of Killeen, Tx. Since that has been accomplished, I'm ready to retire again, for the 3rd time, and just coach.

To be honest with you, I really miss the coaching aspect of my life in this sport. Helping the Fort Hood Team and teaching these young lifters to excel in this

sport is really satisfying to me. Also, I have to say, that sitting on the sidelines with the Masters team this year and not coaching and just lifting, was something that I don't think I can really get used to. The Masters team has become my extended family, and I miss helping them.

LM: You do a great deal of traveling, going to numerous meets throughout the year. What is the general feedback you get from the membership?

JG: Well, don't tell my wife about all this traveling. She jokes about putting my picture on the fridge, so she and the kids can remember how I look. One of the GREAT things about the traveling is getting to meet the lifters, and letting them know that the EC is here for them. At every USAPL meet I go to, the President or I have a Q&A session for the lifters and spectators. We try to keep the members informed on what is happening within the USAPL/IPF, and then they have the chance to grill us. This is where we really get to know what the members are thinking. This has been a real success, and I even do this at some of the local meets here in Texas.

LM: I would imagine you have seen some funny things over the years. Do you have any stories you'd like to share with us?

JG: I think most people will tell you that I am the funniest thing they have seen in meets. I always try to have a great time at meets, and try not to ever be short of jokes. I always get a kick out of watching a lifter look at the plates, and what's on the bar when they have missed a lift they asked for. Some of them have a look as if we misloaded the bar by a million

pounds. And, I have NEVER seen a lifter look pretty doing a squat. Sometimes I have to restrain myself from laughing while in the Head chair after seeing some of the looks on their faces. I guess that's why my wife covers her eyes whenever I squat in a meet. She says it looks as if I am hurting myself, but I think it's the ugly faces I make.

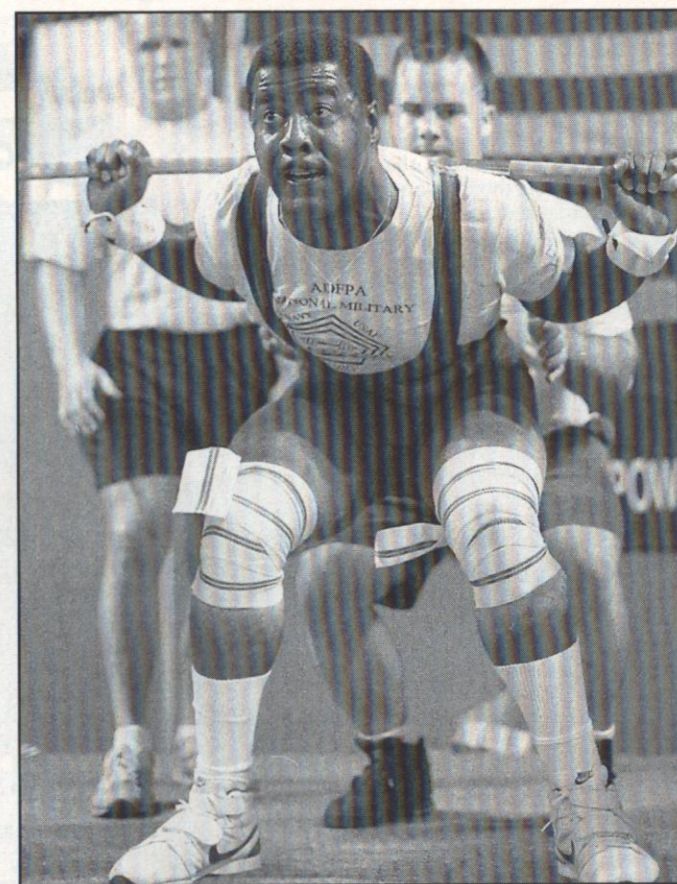
LM: You've met and coached a great number of lifters over the year. Who are some of your favorite lifters to watch?

JG: Shawn Cain, hands down. I have admired and been friends with him for many years, and no one I know really cares about this organization with more passion than Shawn. Also, his lifts are always done with the best form of any lifter I know. Mark Henry is, by far, the strongest lifter I have ever seen. Some of

the lifts he did without any supportive gear were just unreal. Brian Siders is just one STRONG dude, with unlimited potential. Wade Hooper is a guy I have known since his HS days, and a great person to be around. I have spoken to Wade for years, and not once has he ever asked me for anything for himself. Whenever he talks to me, it's about helping another lifter. He is truly a person who will go the extra mile to assist another lifter. Harriet Hall, what else can be said - the greatest female Master lifter I have ever been around, and one nice lady. Ellen Stein is another great female lifter, who really doesn't get her just due. Ellen was the FIRST USAPL lifter to win a Gold Medal in the IPF Worlds. Yes, she can get on your nerves sometimes, but this lady has a heart of Gold when it comes down to her family and friends. Priscilla Ribic, a lady who can compete 10 times a year and never miss a beat. She seems to get better with every contest, and is a great addition as a volunteer to USAPL. Brad Gillingham is just a nice STRONG lifter, who also loves this sport. Kevin Stewart is hard-headed, strong, but a loyal friend. Lanette Lopez is my coach and best friend for almost 10 years. This lady knows the in and outs of this sport like no other. She can see a problem in your training, and make a correction on the spot. Also, she's one damn good lifter herself. Gina Stepleton is the hardest working and most professional person I have been around. She will work her heart out for the USAPL and the Masters team. No one takes care of the things needed for the Masters travel better than Gina.



Talking to the Troops ... at the '05 Masters



Johnny making a squat face. He's done over 800 pounds in the lift.

LM: What type of training program do you use?

JG: Now, my training partners might laugh at this one. I try to change my training cycle each time I prepare for a contest. I have what I call the 'shock method', whereby I never do the same training cycle. I try to make my body adapt to changes, and not get stymied out. This has really cut down on injuries, because I let my body know who's in charge. Lanette has been very supportive in helping to improve my really bad squat form. I stay away from gear, except knee wraps, until 2 weeks out from a meet. I have squatted 680 lbs. in the gym in without a suit or belt. I start the training cycle for the first 2 weeks with a lot of reps, and then no one knows what I am going to do the rest of the cycle. I do try to make an increase in weight each week. One thing I do is NEVER max in the gym. I may have a training cycle where my best squat was 630 in the gym, but I open with a 660. So far, it has worked.

LM: Obviously, as a long time member of USAPL, you must have some strong feelings regarding drug testing. What do you think WADA will do to catch cheaters on an international level?

JG: Ask the Russians and Ukrainians. We have needed this for years, and now the story has been told. I am happy to say that USAPL has not had a lifter tested positive for any strength inducing drugs since we have been in the IPF. We are doing it right.

LM: What kind of experience has it been for you to coach and compete at an international level?

JG: I have had the best experience of my life coaching the Phantom Warriors Powerlifting Team here in Fort

that Sherman Ledford has sponsored me with from Quest Nutrition, but I always seem to give it away to my lifters. Thanks anyway, Sherman. I guess I have been blessed with good genes, so supplements are not on my lists of things to do. The funny part is, on my last 3 physicals, the creatine levels in my body have been higher than normal. When my doctor tells me to lay off the creatine, and I tell him I don't take any, he is amazed. A lot of Master lifters have told me about supplements they take for joints, but I can't seem to make myself do any of that.

LM: What kind of experience has it been for you to coach and compete at an international level?

JG: I have had the best experience of my life coaching the Phantom Warriors Powerlifting Team here in Fort

LM: Do you take any supplements or follow any special nutrition guidelines?

JG: NOTHING. I have tried to take some supplements

Hood. Second to that has been the Masters World Teams. These are the greatest lifters, and most successful team in USAPL at IPF meets. Why, "Because we are FAMILY". The lifters really have a love for the team like no other.

LM: What are your thoughts on the numerous organizations, including the large number of world champions we have in the US?

JG: To each their own. I don't get involved in what the other organizations are doing. When I see some of the bulletproof suits/shirts they are wearing, I get a frown. Is it them, or is it the gear doing the lift? That's why I admire Ed Coan. With all the "gear" people are using, he still sticks to the basics and has great numbers. As for the "MULTIPLE" World champions, I really think the IPF is the True World meet, and I think most lifters in the country feel the same.

LM: What do you see as the future of our sport?

JG: Realistically, we are not getting into the Olympics anytime soon. The success of this sport depends on the members and many others working together. The young lifters in the USAPL are growing by unbelievable numbers. Here in Texas, we have over 450 GIRLS in our HS State championships. Just to keep those numbers in the sport after HS will be a boost to all. We need to reach out more to the lifters, with clinics and great coaching, in order for us to succeed.

LM: What equipment do you use and what are your feelings about the double and triple ply shirts and suits out there?

JG: John Inzer and Peter Thorne have been really supportive of me for the past 10 years. I use to wear Marathon gear, and loved it, but Inzer Hardcore suits has been the closet gear to them, and it really gives me great support. Pete Alaniz of Titan has also been good to me, but I just can't get the right feel from his gear. As I look at equipment at meets, people are wearing a lot of Titan and Inzer gear. I just "upgraded" to the Inzer Phenom Shirt. I had still been wearing the Blast shirt for years. It was time to move to the 21st Century. I'm still experimenting with the Titan Shirt. It works great on some of my other lifters. As for the other "bulletproof" suits, and "straight jackets shirts", this is BS. How can a person who squats 700 in a single ply suit and then squats 900+ in a "bulletproof" suit say they are the ones lifting it. The same for the lifter who does a 500 bench, and then hits 700 in a velcro lined "straight jacket shirt".

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LM: You are considered to be one of the top meet directors around. What do you do that allows you to run such great meets?

JG: Lanette Lopez. PERIOD: she is the real person behind the setup, training of the staff, and the overall operations of my meets. Malinda Baum and her family: I have had her sons help me for over 5 years now, and they are the best. Casey is there, from setup to teardown. I do mostly the promotion and legwork to get it started. After the meet has started, she is the one who handles it. You will see me running around helping out with the spotting, warmup room, and just standing around.

LM: Do you have any advice for beginning lifters?

JG: I always tell any new lifter that comes to our team to listen, have fun, and keep your egos outside the gym. We will teach you everything needed to make you better. Also, find some magazines and read up on the sport. Above all, learn the rules, this will make you a better lifter. Here in Fort Hood, ALL our lifters MUST become a Referee during the year of training within the HS ranks.

LM: Any other comments you'd like to make?

JG: First, I want to thank all the wonderful people I have been around in the sport, and above all the members of this GREAT Organization. The lifters of USAPL are the best the Country has to offer, and I want them to know that I thank each and everyone of you for your efforts in making us the best. I want to thank Jim Hart for talking me back into Powerlifting over 20 years ago while we were stationed at Fort Knox. I want to thank the great sponsors I have had over the years, in supporting my events: Rick Brewer @ House of Pain, John Inzer, Pete Alaniz, Advocare, Pizza Hut, and above all the Fort Hood MWR, and the City of Killeen. Without all of their hard work and funding, we can't do the things we do. I want to thank you Larry, for giving me the opportunity to express my thoughts in this great publication. Thanks to Mike Lambert for his hard work in making this an honor for me to be in PL USA. To the members of the USAPL EC for working hard for the lifters, and to Mike Overdeer for putting us in the right direction with the IPF. To my great family, for putting up with all the phone calls and long stays away from home, and always letting me come back to a great home. To the Men and Women of our Armed Services, for the sacrifices you make everyday for our Country. Thanks to you, Larry



Circus Clowns R Us!

Q: I am 19 years old and I have been powerlifting for the last 3 years. I weigh 145 pounds and I am plain tired of being skinny. I want to start packing on some weight, but I seem to be lost in what I should do. I think that my eating is pretty good, but still I seem to go nowhere. I suffer from a lot of digestive problems as I get heartburn daily and usually have a bowel movement every couple days. The constipation sometimes gets real bad and it takes a week before I go. I have given you a 3-day journal of what I eat and wanted you to please take a look at it and see what I am doing wrong. Like I said, I think it is pretty good, but you might be able to pick out a couple mistakes here and there that I may have missed. Yours truly, **Billy K.**

Day 1: Breakfast - 2 Egg McMuffins, 16 ounce Mountain Dew. 6 Chocolate Chip Cookies. Lunch - Skipped. Dinner - 1 Medium Pizza, 2 Bowls of Ice Cream. Before Bedtime - 1 large bag of Chips, 1 Liter of Cola

Day 2: Breakfast - Skipped. Lunch - 2 Burgers, 1 Large Fries, 16 ounces of Root Beer, 2 apple pies. Dinner: 4 Links of Sausage, 1 cup of Sauerkraut, 2 Candy bars. Before Bedtime - 2 Pepperoni snacks, 1 Bag of Doritos, 16 ounces of Cola.

Day 3: Breakfast - 3 Bowls of Count Chocula Cereal, 1 cup of whole milk, 1 glass of Orange Juice, 6 Chocolate Chip cookies. Lunch - Steak and Cheese Sub, 16 ounces of Iced Tea, 2 Candy bars. Dinner - Chicken fingers, Macaroni and Cheese, 2 Bowls of Ice cream. Before Bed - 1 Mega Burrito, 1 pint of Ben and Jerry's Ice cream, 1 small bag of chips

A: Your nutrition plan it is not in need of a few fine tune-ups. To tell you the truth, it needs a whole new reconstruction. I don't know how you thought you were eating well for a strength athlete, but I will be the first to tell you that you eat like a pan handler at the local fair. With what you are eating you are truly destroying your powerlifting progress and when you get older you will likely see several health problems take over as well

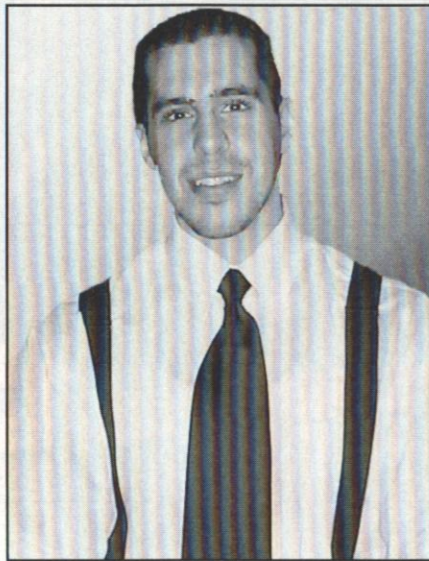
Where do I start?

I am going to be honest with you. Your diet is a mess. How do you expect to make any progress when you are eating this much garbage? I have to ask you, your diet is "Pretty Good" at what? Giving you a heart attack at 42 years old? Or it may be

NUTRITION

Power Nutrition Q & A

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



Anthony Ricciuto - at NutritionXP3.com

is high in calories, but in reality you are still not meeting your daily caloric requirements for gaining weight. Next is the fact that you are consuming very few quality calories. This refers to foods that are actually going to help you towards attaining a sport specific goal. Unless you are trying to have the body of a couch potato with a beer gut and 12 inch arms as your sport specific goal then I would say that you are not doing what is needed. The majority of your calories should be from high quality nutritious foods, even when trying to gain weight. Many powerlifters, when they want to go up a weight class, think it's a free for all to go out and start eating cakes, cookies, chocolate bars, and ice cream like they were entering the Di-

abetes Olympics. Unless you enjoy injecting your abdomen 6 times per day with insulin then I would back off real quick. Eating like this is the wrong way to go first off for your health. You might not notice the effects of eating like this when you are 19, but when you are in your 30s you will. I have personally seen people in that age group diagnosed with Type II Diabetes and they were powerlifters who ate garbage day in and day out because they thought it was the OK thing to do.

Mistake #2:

It's better to skip a workout than skip a meal

Another major mistake is that you are skipping meals. In three days you skipped at least one meal per day. Do you think that is actually going to help you gain muscle? This will dramatically hold back your progress. When you don't feed your body for several hours you go into a catabolic state, which means you are shrinking away. If you are not eating, you are not growing, or getting stronger.

Mistake #3:

What about eating some Protein?

You eat a ton of garbage food, but where are the calories? I know you are going to tell me that eating junk

The protein factor has been on the table since I started writing for *PL USA*. One of my first articles, called

"The Power of Protein", covered this complex topic. I have talked about its importance a million times in my column and yet so many powerlifters don't pay any attention. If you are not eating enough protein in your nutrition plan, you are wasting your time in the gym. You are not getting anywhere near the results that you could be.

Mistake #4:

Clogged Arteries or Bigger lifts ... your choice

What is up with your fat intake? I mean the good fats, primarily Omega 3 and 9. Being a nutritionist and strength athlete myself I value the many benefits that saturated fat can have on hormonal and strength levels. I don't want you to think that saturated fat doesn't have a role in a nutrition plan, but it has to be properly laid out in relation to your total daily fat intake and the ratio to your Omega fats. Fats can be anabolic if they are used correctly, but if you decide to load your bloodstream with the bad types then you are simply going to reap what you sow when you need a triple bypass to dislodge that ice cream bar from your left ventricle.

Mistake #5:

Are you part Camel?

I have explained over and over the benefits of keeping your body properly hydrated. Not only for your health (I know many of you don't care about that!), but also for your power performance. Even a 3% level of dehydration can cause a decrement in power output. If you are ever thirsty then you are most likely at least 3% or more dehydrated. When you are in the gym going for that PR on Max Effort Day and you fail, maybe it wasn't because you weren't wearing your lucky jockstrap. So, where is your water intake? I didn't see you record a single glass in three days. Are you part camel? Can store water for 8 days in one of your humps? Soda pop is not the answer to proper hydration, because the sugar in those drinks actually dehydrates the body. How in the world are you going to be able to hydrate your muscles with a fluid source that actually dehydrates them? That's like drinking salt water. You should be getting it at least 3 liters per day of fresh, clean water to help flush out toxins and keep your muscles properly hydrated. One of the reasons why you are constipated is that you are so dehydrated.

Mistake #6:

Micronutrient Deficiency is your Middle Name!

For those of you who don't know what a micronutrient is then double nutrition shame on you. Micronutri-

ents consist of your water and fat-soluble vitamins, minerals and electrolytes. With what you told me you eat, it would be a miracle if you got 5% of what you need when it comes to the full spectrum of micronutrients. Even without a blood test, I can tell that you are heavily depleted in several of them. Your B vitamins are probably non-existent as well as other water solubles like Vitamin C. I would guess that your fat soluble vitamins wouldn't be much better since I don't think that Pepperoni sticks top the charts in Vitamin A, D and E. I am sure your mineral and electrolyte balance is likely severely depleted because the only thing that you seem to take in is tons of sodium. Get used to a life of high blood pressure soon because you don't take in the water that your body needs, while you're eating salt like it was going out of style. Another problem is that you don't even take a multivitamin. The ideal situation for lifters is to get a very well balanced spectrum from their natural food sources and then supplement with a powerful multivitamin to make sure that you are maximizing your micronutrient intake to the fullest.

Mistake #7:

Macronutrient Balance ... Am I speaking Greek?

Now this may be a new concept. You see, Billy, macronutrients consist of the Big Three. Those are Protein, Carbohydrates and Fats. I know the Big Three for you probably consists of pepperoni sticks, ice cream and potato chips but if you want to make progress and stop being such a skinny punk you are going to have to change your base nutrients. Macronutrient balance refers to having a properly laid out ratio of the three in each meal according to each individual's specific dietary needs and goals. For someone normal (sorry, Billy, but your eating is nothing but abnormal) eating a properly balanced meal may consist of a chicken breast, a large sweet potato, a garden salad dressed with extra olive oil and balsamic vinegar. Now this type of meal may sound a little different than pepperoni snacks, a liter of cola and macaroni and cheese like the gourmet meals that you spend hours slaving over a hot stove preparing, but take my word for it - I may just be correct. This meal provides you with adequate source of protein, a nice source of complex low glycemic carbs, a good spectrum of antioxidants, fiber and healthy fats all in one simple package. This is a properly balanced meal that is nutritious and also will give you positive results in the gym, unlike the sugar loaded vile garbage that you scarf down your pie hole on a regular basis.

Mistake #8:

You're going to need Roto Rooter!

So, at the ripe young age of 19 you are already running into digestive disorders. With the way you eat, digestive disorders are not the only thing that you are going to run into. You are going to be able to look forward to a whole slew of different health ailments that will ultimately lower your quality of life and at the same time make you leave this planet a lot sooner that you should have.

Your eating habits are the main culprit behind the digestive problems you are having and unless you change your ways, get ready to drink Pepto Bismol with each meal. Your digestive track is bogged down with garbage and that's backing you up like a New York sewer. Last time I checked there wasn't a whole lot of fiber in

candy bars and potato chips. So Billy, it's time to step up to the fiber plate. I would also suggest that you take a fiber supplement at least twice daily. If you are not going to the porcelain throne at least three times a day, then you are not eating enough fiber. Shoot for at least 30-40 grams of fiber per day and you will feel like a new man.

Mistake #9:

Eat some Veggies ... they won't kill you!

Vegetable ... a word that is not in your vocabulary. When is the last time you ate something actually healthy? I have talked in the past about free radicals and how important it is to protect yourself from the cellular damage they can cause. At 19, I don't expect you to be thinking about free radical damage, but how about easing off the junk a little and start including stuff in your nutrition plan that resembles something from nature. If it isn't processed, doesn't contain preservatives, nitrates, food coloring or isn't loaded down with a pound of sugar, then you don't seem to eat it. I already reamed you out for not eating enough fiber, but consuming veggies will help increase your dietary fiber and actually help rid you of some of the gastrointestinal distress that you are currently suffering from. If I fed an animal your diet I would feel so guilty that I abused the poor thing. Start eating your veggies, otherwise you are going to regret it later on in life -- mark my words!

Mistake #10:

Eat like a Strength Athlete, not a Circus Clown

You are a strength athlete, not a circus clown, so don't eat like one! If you are truly going to maximize your performance then you have to get your nutrition plan dialed in otherwise you are wasting your time and that is the bottom line. You will not go far in this sport with your current eating agenda, so it will be in your best interest to get this matter fixed up as soon as possible. Once you start eating right, you will see and feel what a major difference it will make in your strength, recovery, muscle mass, body fat percentage, endurance and health. I have worked with close to 100 World and National champions in Powerlifting and other strength. I don't just talk the talk; I can also walk the walk!

Conclusion

Billy, it is time for you to get your priorities in order and if your health and your powerlifting success is on the top of that list, then it is time to change your ways. I am not trying to tell you that you have to live off chicken and rice for rest of your life and avoid some of the sweeter things life has to offer, but there is line between having a treat here and there, and eating like a gluttonous slob waiting for his next sugar hit. I hope you learned something. I try to help out everyone that takes the time to contact me. Now you have the information and it is up to you take action and apply it to your lifestyle.

If you have any questions
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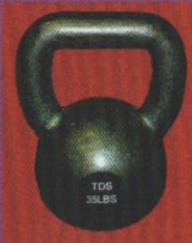
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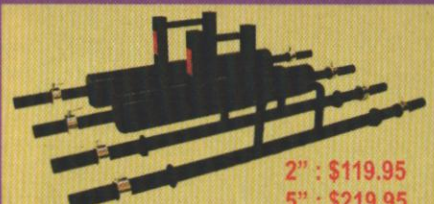
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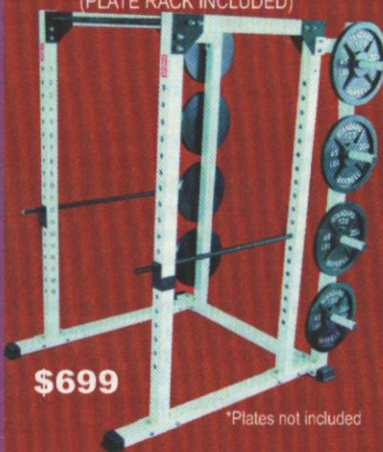
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STARTIN' OUT

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dedicated to the
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DEADLIFT BASICS, PART TWO

as told to Powerlifting USA by Doug Daniels

Last time I examined deadlift topics such as technique, assistance work, and I outlined an 8-week off-season routine. This month, I'll deal with competitive rules, plus give more tidbits on technique, assistance work, and an 8-week contest routine that will end in a higher max single.

I also described the two styles of deadlifting; conventional and sumo. To recap, the conventional style is performed with the legs about shoulder width apart and the arms on the outside of the legs holding on to the bar. The sumo style is named after the stance Japanese sumo wrestlers take; with the legs out wide. With sumo style, the lifter grips the bar with the arms between the legs. There is no clear-cut way to decide on which style to use. Some believe it's based on height or weight, shorter lifters should sumo, taller ones should use conventional, but there have been many examples of lifters who were successful with either style despite their size. Each lifter is unique so experimentation, experience and proper training are musts.

In general, the sumo style requires greater flexibility and relies more on the stronger hip and leg muscles than on back power as does the conventional style. Sumo's major advantage over conventional is that the bar travels less distance from the floor to lockout. Due to these advantages, I think most lifters should give sumo a fair try to see if it offers potential. At least one training cycle should be devoted to training sumo. The key is to remember when deadlifting sumo style is to maintain an erect torso with a flat back. Begin the lift with your legs, pulling the bar inwards as well as up, keeping the bar close to the body. The start of the sumo pull will be slow relative to the conventional style, but the lockout tends to be easier.

If you chose to compete using the sumo style, I suggest training by using the conventional style deadlift 6-8 weeks prior a contest. This will build back strength that is readily transferable to the sumo style. Include one sumo set with 50% of your conventional max weight at the end of your routine to develop and maintain proper form during this period. Six to eight weeks prior the meet, switch completely over to the sumo style and you will hopefully notice an increase in usable strength. If your experimentation with the sumo style was unsuccessful, go back to conventional form. If it showed promise, repeat this plan next cycle, making any necessary modifications.

I have indicated an 8-week contest routine for a lifter with a current max deadlift of 400 pounds. This routine can be adjusted to fit your own strength level by using a little math. The first 4 sets are always 135 x 8, 185 x 5, 225 x 3 and 275 x 2. Start with light stretching, especially in the lower back and hamstring areas. Use a lifting belt for all the sets after the 275 x 2. I suggest taking your last deadlift workout 10-14 days prior a meet to insure proper recuperation.

A 25 pound increase after 8 weeks is realistic and should be considered a worthy achievement. Rest 1-5 minutes between the first 4 sets, thereafter increase rest time 5-10 minutes between the heavy sets because you will need that extra time to recuperate. Be sure not to bounce any reps of any set. Place yourself in the proper pulling position for each rep for the maximum power and leverage as well as to minimize the chance of injury. Use lifting chalk for your hands for a better grip for the heavy sets. Deadlift in shorts or better yet, in a wrestling singlet. Deadlifting in sweat pants is not a good idea as the pants will hinder the ascent of the bar. Another trick is to put some baby powder on your thighs to reduce friction that occurs as the bar moves upwards. Apply it on your thighs while you are seated then use the bottom of the container to smooth and spread the powder evenly. Don't go wild with it; lightly cover your thigh from the knee upwards to just above where the bar would stop at lockout. Don't get any baby powder on your hands, as it will hamper your grip.

Assistance work is generally unchanged from my previous article. After your deadlifts, do 4-6 sets of either a pull-down exercise, a pull-back exercise like one-arm dumbbell rows or a trapezius exercise like barbell shrugs. It's optimal to alternate one of these 3 types of exercises each back workout. Concentrate on using proper lifting form, keeping the reps in the 6-12 range. While performing pull-back or pull-down exercises, mentally visualize pulling your elbows back or down using your arms solely as hooks. Full range barbell or dumbbell curls for bicep power should also be included.

Ab training is important in building torso stability and strength that is also critical in the squat. Your best choice is 3-5 sets of crunches, 3-5 times a week. Finish your workout with

stretching, concentrating on the hamstrings. Increased flexibility aids in attaining an upright pulling position for best leverage. Flexibility will also compliment the squat as well as reducing chance of injury. Two weeks prior the meet, drop assistance work, except abs and flexibility, to avoid overtraining.

Some lifters have trouble getting the bar off the floor. For others, their trouble area or sticking point is at the knee or mid-point, and for still others, it's the lockout at the top. Proper positioning and drive at the bottom will help at the start of the lift as well as carry the bar through all parts of the lift. Visualize yourself pulling the bar off the floor just before you start the attempt. Start the lift by pushing your feet through the floor, using your legs to initiate the pull. Look up or straight ahead as you pull. This helps keep your back and torso erect and upright. Increased lat strength and keeping the bar close to the body during the pull will help lifters who stall at the knee. Strong traps are a remedy for most lockout problems.

The bar cannot move downwards after the pull begins and cannot be supported on the thighs and heaved upward; which is called 'hitching'. The bar must travel up the thighs until you are fully erect with your shoulders slightly back. At the lift's completion, the referee will signal a 'down' command for you to return the bar to the floor. This must be done under control and without releasing the bar until it meets the floor. Dropping the bar at this point would mean red lights, wasting your efforts. It's not necessary to softly ease the bar down, just exhibit control of the bar and do not let go of it until it hits the floor.

After the meet, take one week completely off from weights. When you re-start training, adjust your workout weights so they reflect your new and hopefully higher max. If you did not get the improvement you expected, examine factors such as: training intensity, frequency, (remember quality, not quantity) and nutrition. Perhaps your goal was unrealistic. To some my predicted increase of 25 pounds may seem low, but if you can put together two or three 25-pound gains per training cycle in a year, you will be amazed at your progress.

I hope my deadlift basics series has provided some useful tips to both novice as well as experienced lifters. The deadlift is the ultimate barbell test of strength. It's you versus a dead weight and gravity. Til next time, keep pulling.

Week 1 - 315 x 5, 305 x 5, 295 x 5

Week 2 - 325 x 5, 315 x 5, 300 x 5

Week 3 - 305 x 1, 335 x 5, 315 x 5, 300 x 5

Week 4 - 305 x 2, 350 x 3, 325 x 5, 305 x 5

Week 5 - 315 x 2, 365 x 3, 335 x 5, 315 x 5

Week 6 - 315 x 1, 345 x 1, 380 x 3, 355 x 3, 325 x 5

Week 7 - 325 x 1, 365 x 1, 415 x 1, 405 x 1, 375 x 2, 325 x 3

Week 8 - 325 x 1, 355 x 1, 380 x 1, 425 x 1, 410 x 1, 335 x 3

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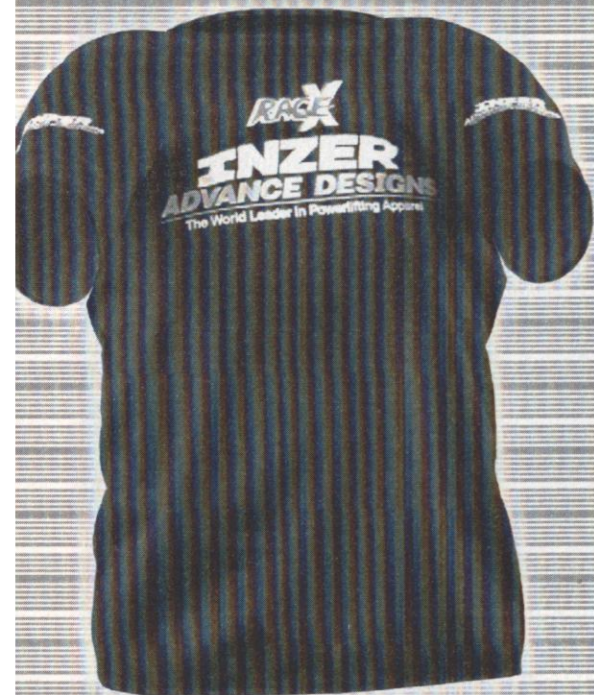


- The **Round-Sleeve™** design is very user-friendly because it accommodates many benching styles.
- **Reinforced thicker neck.** No cheap, flimsy "low profile neck" here. The thicker neck on The Rage creates more support for explosiveness off the chest.
- **Stretchy-Back™** makes The Rage more effective and easier to get into. It allows the lifter to custom-fit on the spot by allowing the neck to be lowered down the body and the sleeves to be lowered down the arms. The fitting adjustments allowed by the Stretchy-Back™ provide the effect of an Open-Back but with a back that is completely enclosed. The Stretchy-Back fabric also breathes easier, creating comfort.

- **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.

RAGE X

A step above the shirt that's all The Rage in powerlifting. The RageX is the sensational shirt that's helping powerlifters sweep the earth with massive bench presses. The RageX is a step above all round-sleeve bench shirts in clear Quality and Effectiveness. The RageX is the most amazing poly bench shirt in the history of the game.



- **Extra Reinforced** front shoulder seams add support and security for this radical design. Thicker, Extra Reinforced neck.
- The combination of several new contours built into the pattern complement the already super RageX system.
- **SOLID SEAM™** technology keeps the sleeves where they are supposed to be, working in unison with the body, not jittering or faulting with the bar. You will increase your bench press and keep it safe to boot. Proven in numerous world records.
- **RAGE X IS FOR EXPERIENCED BENCH PRESSERS ONLY PLEASE!** RageX goes into new territory where unbelievable results from a poly shirt happen. The RageX will continuously amaze you at how much you can bench press. Bench pressers report regularly how much fun the bench press has become for them because of this amazing bench press shirt. The increased weight you will bench press will take practice to become accustomed to. Strength gains will result from handling the increased weight. Confidence will rise from one training session to the next.

- The RageX is the bench shirt for those who want an immediate step up to stratospheres of bench press power because it is a **MORE AGGRESSIVE** design than any other company knows how to make. This is not only about sleeve angle and elementary things such as that. It is about numerous details creating a cumulative effect that is undeniably the best. The most Quality and Results are yours in the RageX.
- **RageX in DOUBLE LAYER.** Go Double Layer and increase the longevity and comfort of the RageX bench shirt. Or choose Single Layer for single-layer competition restrictions.
- **Guaranteed.** Absolutely guaranteed you will bench press more than in any other round-sleeve bench shirt.

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The World Leader in Powerlifting Apparel

PHENOM

The *Phenom* is an extreme top-end bench shirt that will provide you with phenomenal bench press performance, features and power. Guaranteed beyond any other. Made from the legendary *HardCore* material. The technology of this kind, the *Phenom* will provide you with incredible power at the chest through the mid and top range of motion and it will keep this power lift after lift, competition after competition.



- The design provides flexibility for your arm angle preference and bar placement, whether that's elbows in, out or in between; low, high, or mid chest range. Will enhance your bench press form, not limit your form.
- Spreads the stress over a wider area of the chest.
- Made from the exclusive *HardCore* material which will provide you with the most incredible rebound power available in the powerlifting world. *HardCore* material is also up to 40% heavier than the closest poly fabric on the market being used for powerlifting gear.

- Since the *Phenom* is made from the *HardCore* material, you will also experience many more performance benefits. The *Phenom* will keep its memory and will not stretch out. You will be able to use the *Phenom* countless workouts and competitions in the future. It's a true investment in powerlifting gear.
- The material of the *Phenom* has the perfect balance of non-stretch and rebound combination which will provide you with incredible power and momentum from start to lock out.

RADICAL DENIM

Extreme performance technology makes *Radical Denim* the choice of most all world record breakers who wear a denim shirt. The heaviest construction available in the maximum in benching prowess. *Radical Denim* will provide you with the top end denim experience.



- The *Radical Denim* is the most extreme bench pressing experience for top level benching.
- Made from heavy quality denim that will withstand the pressure from the heaviest poundages.
- Proven in countless world record breaking bench press performances.
- Choice of Partial Open Back, Closed Back, Complete Open Back. With or without Velcro.

ULTIMATE DENIM

- The most sturdy bench shirt of all. Used by some of the world's best benchers with great success!
- The *Ultimate Denim* has virtually no stretch to it and works best for lifters with a beefier upper body.

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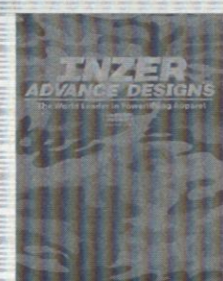
ADVANCE DESIGNS

The World Leader in Powerlifting Apparel!



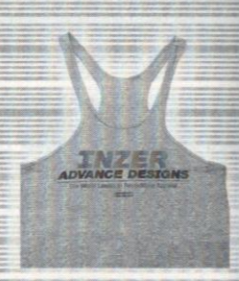
Inzer Advance Designs Logo T-Shirts
This quality T-shirt with two color logo is an excellent value. Choose from a variety of colors: purple, navy blue, royal blue, california blue, yellow haze, yellow, misty green, jade, kelly green, forest green, khaki, canvas heather, oxford, natural, white, stars and stripes, pink, orange, maroon, red, and black.

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Camo T-shirts
Inzer Camo T-shirts are available in: red camo, green camo, blue camo, and yellow camo.

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Tank Tops
Quality summer weight Tank Top with two color logo Comes in either 50/50 poly/cotton or 100% cotton fabric depending on inventory. Available in white, black, navy blue, royal blue, and red.

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Keep warm in Supersweats Crewneck with embroidered two-color Inzer logo.

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Warm Up Pants
This comfortable warm up pant with front pockets features leg-length, two-color Inzer logo on each pant leg.

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Supersweats Pullover Hoodie with embroidered two-color Inzer logo chases away the chills.

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50% polyester/50% cotton jersey knit, elastic waistband, six-inch inseam. Large two-color Inzer logos.

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Embroidered with two-color Inzer logo, available in black, grey, and red.

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Gym Bag
This large deluxe embroidered gym duffel is easy to look at Inzer logos and "Strongest Sport, Powerlifting" design. Large main compartment and roomy pockets on each end. Heavy nylon. Great value. 29" X 13" X 12"

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Suit Slippers will help you get your suit up quicker and easier. Pull Suit Slippers on your legs then slide the suit on. After you have the legs of the suit up, pull the Suit Slippers out from underneath the suit.

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Use this excellent tool for a variety of performance tweaks in training and competition.

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The high tech Elbow Sleeves XT have multiple applications to enhance the performance and pleasure of competing and training for any athlete.

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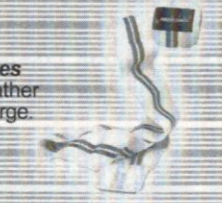
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The high tech knee support advantage for strongman competitors and other athletes.

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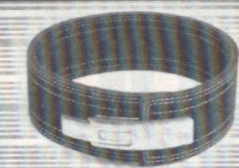
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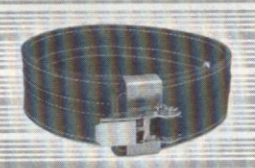
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Classic design lifting singlet sports several finishing touches that make this singlet a pleasure to wear as minimum required attire over your bench shirt or for workouts.

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Standard Blast Shirt
Based on the original, legendary design. Made of unique material found in no other shirt. Many experienced athletes still prefer this bench shirt. Unbeatable value and price.

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Steps above in Radical™ technology, the HPHD will enter you into the world of the more extreme designs. Made from quality, HD™ polyester material.

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Heavy Duty Erector Shirt
HD Erector provides firmness with the right amount of rebound to help you achieve explosive deadlifts and stable, upright squats. When used properly it's like lifting with an extra erector muscle.

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"Love is life in all its aspects. And if you miss love, you miss life. Please don't do that." *Leo Buscaglia*

I have never met a man as remarkable as my father. Of course, I may be a little biased, but let me tell you his story and you judge for yourself.

My father was a man who emphatically demonstrated the virtues of hard work. He worked when he was dead tired, when he was in pain, and when he was ill. Most days he worked from daylight to midnight. What drove him was the desire to make enough money to put his children through college.

That's ironic because I doubt if my father ever read a book in his life. He didn't have the luxury of educating himself; he had to spend all of his time working to make ends meet. When it came to his children, though, education was his prime focus. He felt that getting an education was an honor, and he was determined to do whatever it took to give his children that opportunity.

My dad started out by selling fruit door to door. For two years, he worked seven days a week, twelve hours a day. He had a fruit cart, and he would push it from one end of the town to the other. His hands were full of calluses, and his lower back constantly ached from moving that heavy cart. He would take an exorbitant amount of time picking the fruit out for his customers, and he stood by every piece of fruit he sold. If someone came back a week later and said his fruit wasn't the best, he would give him his money back or more fruit - whatever the person wanted. The customer always came first with my dad. He knew everybody by name, what they did for a living, the names of their children, the names of their dog, even the type of music they liked to listen to. He just loved people, plain and simple. He didn't make a whole lot of money, but he did make a lot of friends. Everyone in our hometown knew my dad, and admired him.

After that Dad got a job working as a laborer in the Lehigh Foundry. He shoveled sand eight to ten hours a day six days a week. Actually, he didn't have to work that hard. He could have coasted, like a lot of the other guys did, but he never would. If he had been a little less demanding of himself while he was at work, no one would have noticed. Pride drove him, pride and passion, a passion for doing the very best he could do... even if it was shoveling sand. He was never satisfied unless he gave his very best.

Every day my dad came home from the foundry he was bone tired. Some days he was so tired he couldn't even eat. Do you know

DR. JUDD

Passion, Pride, and Greatness

as told to PLUSA by Judd Biasiotto Ph.D.

something? I never heard my dad complain about working too hard. Instead, he would say, "I want you to study hard in school because I want you to be somebody. I want your life to matter. I don't want you shoveling sand like your father." That is love!

Generally, the people that work in the foundry are uneducated, hardened, and undignified. Some of them are down right mean. You would hear about guys getting beat up in there all the time. It was like being in the belly of evil. Guess what? When my dad left the foundry, he knew every guy in there, their wives' names, the names of their dogs, even the type of music they liked. Everyone there loved, and more importantly, respected my dad, because they all knew he was someone special.

After the foundry, my dad got a job working in the open-hearth at Bethlehem Steel. That was another backbreaking job. The difference was that you got paid in direct relation to your productivity. The more steel you got out, the more money you made. The first week he was there he broke the production record, and just about every week after that he broke his own record. No one even came close to putting out the steel my father put out. He was like a machine, again driven by pride and passion.

All of the workers there envied him, because he was so productive, but they also loved and respected him. Of course, he knew every guy in that hellhole, too. He knew their wives' names, the names of their kids, the names of dogs, even the type of music they liked. He knew everything about them, and he went out of his way to show every one of those guys love and respect. I know that he gave away a lot of his hard earned money to help some of his friends who worked with him at the steel mills. He was always willing to share the little bit that he had... that is love!

After three years in the open-hearth, he had saved enough money to buy a little luncheonette. He worked at that store 16 hours a day, seven days a week for ten straight years without a vacation.



Dr. Judd's record setting squats earned the respect of his peers, much like his father did.

In less than a year, my dad had built that store into a thriving business. People came from all over to eat there. Naturally, my dad got to know just about everyone of his customers on a personal basis. I am talking about thousands of people. He could tell you their names, where they worked, how many children they had, and what their dreams were. He also knew what they liked to eat.

It wasn't long before that little store became one of the most famous luncheonettes in Allentown, PA. It was called Fuzzy's Luncheonette. You would not believe the money he made in that little store. I am not sure the food was all that great, but I do know that my father took great pride in preparing every sandwich. At Fuzzy's, you just didn't eat, you were also nourished with love and care. That is what made the place like no other.

That was the beginning. With the money he made at the store, he bought a tire business, and with the money he made from the tire business and the luncheonette, he bought some real estate and invested in a few other enterprises. When my dad died at the age of 66,

he was one of the major stockholders in Micro Diagnostics, a multi-million dollar corporation that manufactures scientific instruments, a corporation that had 23 medical doctors in its employ - not bad for a guy who never read a book.

Every now and then, I would run into some of Father's former employers and co-workers. They all voiced the same sentiment: "No one worked harder than your dad."

He was like a machine. It was impossible to keep up with him. He took the concept of work to a new level." Then, as if they couldn't restrain themselves, they would blurt out, "I really loved your father." These are big, tough, macho men making such statements.

It makes me feel great when they tell me that stuff about my dad's character, and how he touched their lives and hearts. In all honesty, they didn't have to tell me because I already knew.

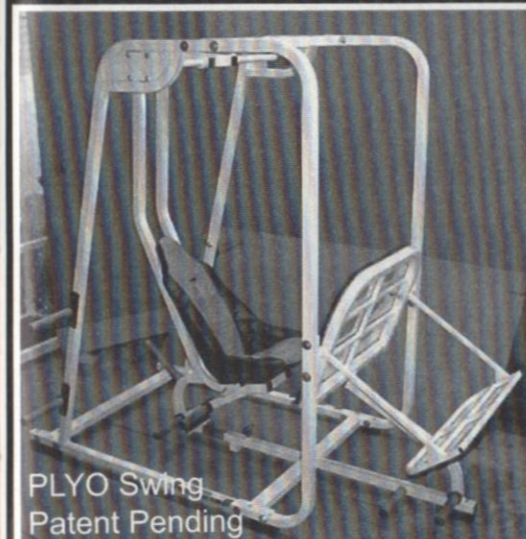
I would like to reiterate a few things here about my father because I think they are extremely significant. First of all, no matter what job my father had, he always gave his very best. It didn't matter if he was shoveling sand, fixing a tire, or tracking the history of a stock; he did it to the very best of his ability. He had incredible pride and passion for everything he did in life. He felt that if something was worth doing, it was worth doing at the highest

possible level. As Martin Luther King once said, "If a man is called to be a street sweeper, he should sweep streets even as Michelangelo painted, or Beethoven played music, or Shakespeare wrote poetry. He should sweep streets so well that all the hosts of heaven and earth will pause to say, here lived a great street sweeper who did his job well." That described my father. He shoveled sand like Michelangelo painted; he poured steel like Beethoven composed music, and he made sandwiches like Shakespeare created lyrics. More importantly, he loved people like Jesus loves us.

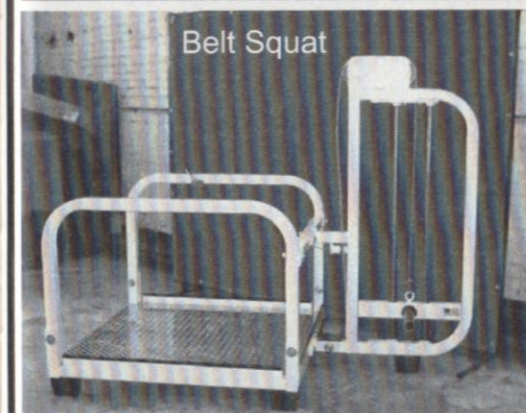
My father always put people first and business second. I know a lot of businessmen will tell you that it should be the other way around. Well, if it is a mistake, it is a mistake in the right direction. I am thoroughly convinced that my father's success and happiness in life were directly related to his constant concern, compassion, and love of his fellow man. When you reach out and touch others, you get so much more in return - you get love, the most magnificent gift that God has bestowed upon us. Whatever you do, don't miss love.

LOUIE SIMMONS' PRESENTS

"Often Imitated, But Never Duplicated"



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Belt Squat



Tread Sled



Safety Squat Bar



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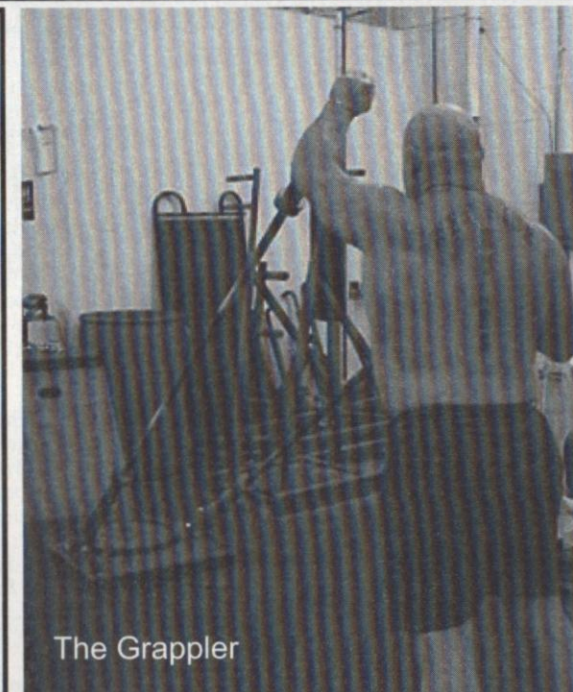
Freak Bar
\$385

Safety Squatbar
\$379

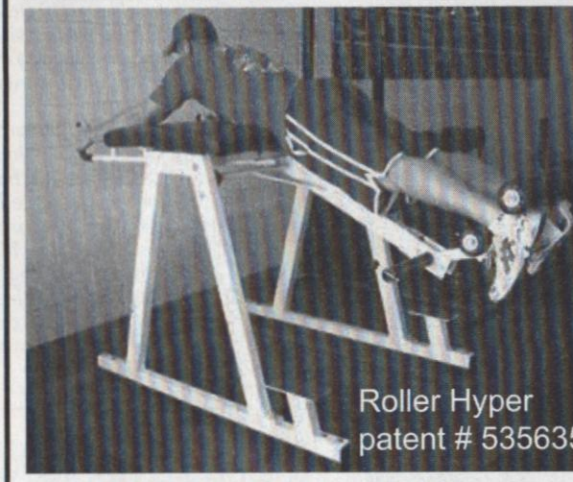
Tread Sled
\$1,495

Belt Squat Machine
\$2,800

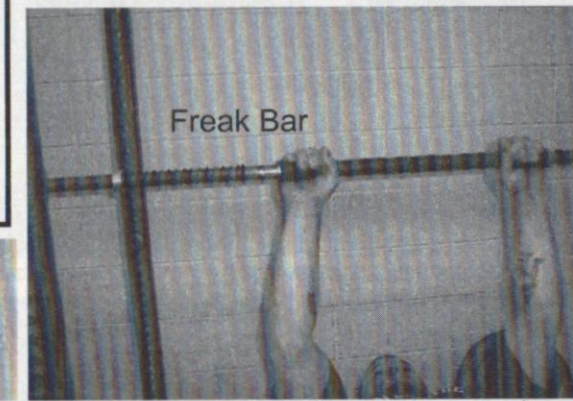
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ASK THE DOCTOR

This column will feature questions on nutritional, performance and medical issues. Send your questions to me at Mauro@MetabolicDiet.com. I'll try my best to personally answer all questions sent to me within a few days of receiving your email.

QUESTION: I've been using your Anabolic Solution for Powerlifters diet for the past six months and am seeing incredible results in my physique. I lost over 25 lbs mostly in body fat, and even with the weight loss my poundages are going up. However, a number of people have been telling me that the diet isn't a healthy one and that I'm going to run into cholesterol and other problems if I stay on it. They're also saying that going on a regular diet would have done the same. Can you respond to these questions? Also I'd like to know if it's healthy to go on this diet for a long period of time? A lifetime let's say?

ANSWER: Hi, It's a healthy diet, one that I and many others have been on for many years. And it's tremendously effective for maximizing body composition and lifting performance. FYI I've copied some info about the weight loss and health benefits of the low carb phase of my phase shift diets from the 3rd edition of the Radical Diet. I'll also have more detailed information about the theory behind my phase shift diets as far as body composition and performance in upcoming issues of PL USA. All the best, **Mauro Di Pasquale, M.D.**

Low Carbohydrate Controversy

There's been a lot of controversy about both the effectiveness and safety of lower carbohydrate diets. New studies from leading institutions including Duke and Harvard Universities have shown that low-carbohydrate diets are safe, healthy, lead to more permanent fat and weight loss, and have shown improvements in the dieters' blood lipid and cholesterol levels.

Several studies have shown that low carbohydrate diets are more effective for weight and fat loss than the high carbohydrate diets. The results of a study published in July 2002, showed that the long-term use of a low carbohydrate diet resulted in increased weight and fat loss, and a dramatic improvement in the lipid profile (decreased cholesterol, triglycerides and LDL, and increased HDL levels).[1]

Two studies published in 2003 in the New England Journal of Medicine, found that people on the high-protein, high-fat, low-carbohydrate diet lose twice as much weight over six months as those on the standard low-fat diet recommended by most major health organizations.[2],[3] In both studies, the low

carbohydrate dieters generally had better levels of "good" cholesterol and triglycerides, or fats in the blood. There was no difference in "bad" cholesterol or blood pressure.

The 132 men and women in the study conducted by the Veterans Affairs Department (Foster et al.) started out weighing an average of 286 pounds. After six months, those on the low carbohydrate diet had lost an average of 12.8 pounds (5.7 kg); those on the low fat diet 4.2 pounds (1.8 kg).

The other study involved 63 participants who weighed an average of 217 pounds (98.4 kg) at the start. After six months, the low carbohydrate group lost 15.4 pounds (7 kg), the group on the standard diet 7 pounds (3.2 kg). In a follow-up to this study, the authors found that after one year there were several favorable metabolic responses to the low-carbohydrate diet.[4]

Another scientific study published in the same year compared the effects of a low-carbohydrate diet with a low-fat control diet on weight loss and commonly studied cardiovascular risk factors.[5] In this study, healthy obese women on the low-carbohydrate diet lost 8.5 kg, more than twice the amount of weight lost by women on the control diet, over a six-month period. Loss of fat mass was also significantly greater in the low-carbohydrate group.

In a follow-up study the authors concluded that short-term weight loss is greater in obese women on a low-carbohydrate diet than in those on a low-fat diet even when reported food intake is similar.[6] The authors did not find an explanation for these results since there were no measurable changes between the dieters.

Another study published in 2004 found that not only was weight loss greater but serum triglyceride levels decreased more and high-density lipoprotein cholesterol level increased more with the low-carbohydrate diet than with the low-fat diet.[7]

In the latest study researchers from the Harvard School of Public Health, after analyzing data collected over 20 years from more than 82,000 women participating in the Nurses' Health Study, concluded that low carbohydrate diets do not seem to be linked to a higher risk of heart disease in women.[8]

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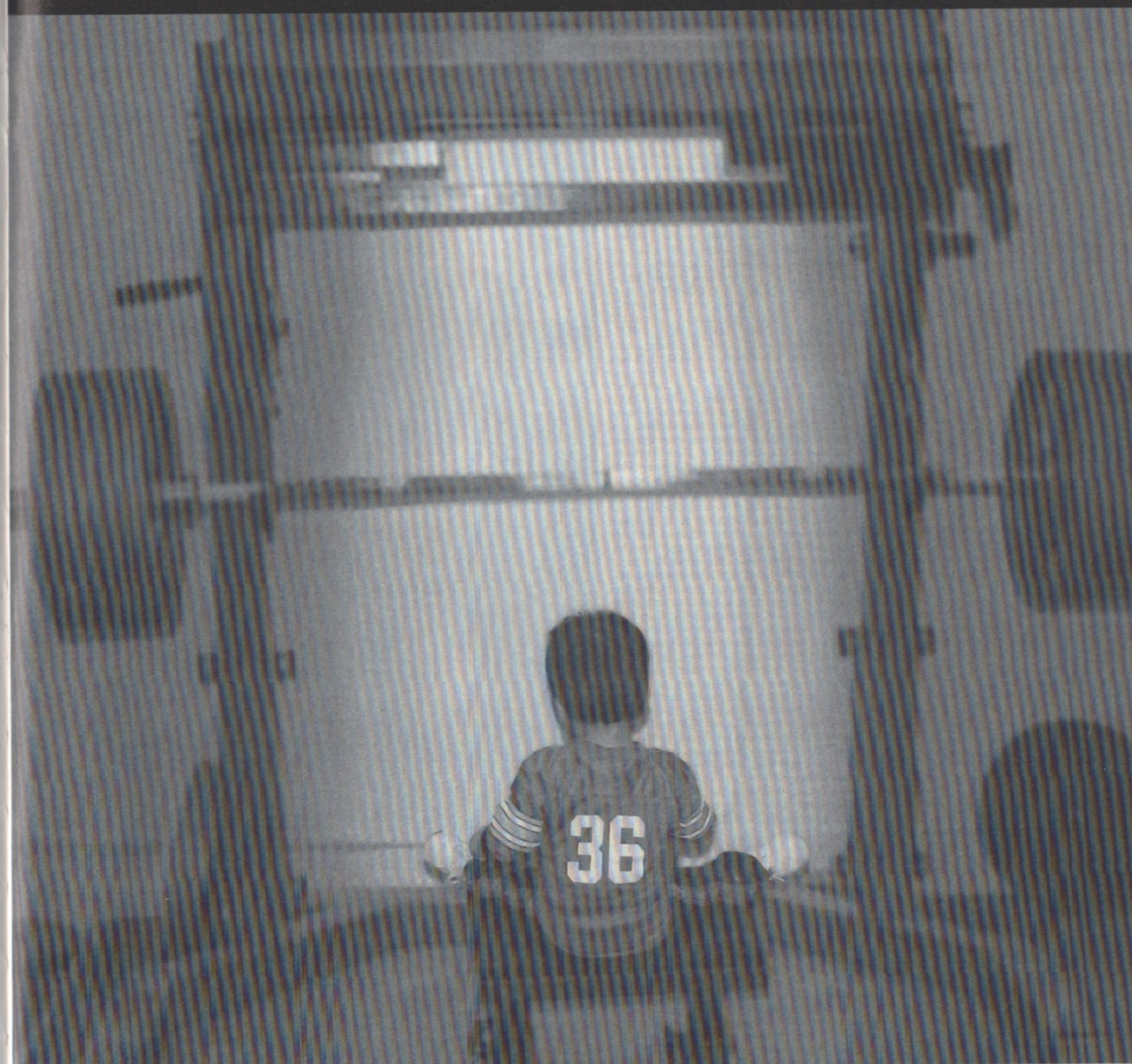
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Someday I will...



EQUIPMENT SEMINARS FORUMS Q&A ARTICLE

Someday I will prepare with everything I have.
Someday I will perform to my best ability.
Someday I will prevail.

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

Last Name		First Name		Initial	Residence	Current Club Affiliation	
						Y N	
Street Address						Club Name	
City		State	Zip	Area Code/Telephone			
Current WABDL Classification	Reserve Status	U.S. Citizen?	Date of Birth	Sex	Today's Date	Card Issued by	
Elite Member I II III IV	World National Strong	Y N		MF			

Registration Fee:
Adults \$30.00
Teens \$20.00

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If under 18, have parent initial _____ Signature _____

NOTE: All WABDL-sanctioned meets will be subject to drug testing.

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

**APF/AAPF Asylum Power
14 OCT 06 - Tribes Hill, NY**

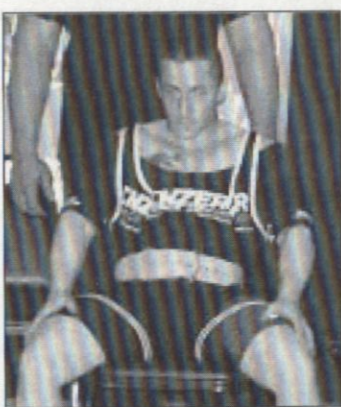
BENCH			Master 955-59)		
AAPF			300	255	340 895
148 lbs.	Open		F. Adler	308 lbs.	
Open	J. Drisco	525	Open		
T. Albano	M. Moore		A. Zion	600	505 550 1655
Master (40-44)	Open Raw		SHW		
T. Albano	J. Knobler	500	Open		
181 lbs.	Master (40-44)		T. Babaccio	825	705 605 2135
Master (40-44)	J. Killen		AAPF		
J. Caliguari	Master (55-59)		165 lbs.		
220 lbs.	F. Adler	255	Open		
Junior	308 lbs.		C. Rodgers	575	
J. Bonilla	Master (40-44)		Teen (18-19)		
275 lbs.	M. Montano	605	J. Nolan	660	380 560 1600
Open	Master (40-44)		181 lbs.		
K. Stephens	Raw		Junior		
605	B. Mimnaugh	465	J. Picone	430	340 485 1255
WOMEN	SHW		198 lbs.		
165 lbs.	Open		Open		
Open Raw	E. Fetzer	605	R. Spitzner	505	375 530 1410
J. Scanlon	Submaster		Junior		
275	P. Kurdziel	610	T. Parrella	550	425 565 1540
148 lbs.	Open Raw		M. Maloney	560	
Open	V. Dizenzo	535	220 lbs.		
J. Ceklovsky	M. Demrii	420	Open		
181 lbs.	DEADLIFT		C. Trusnovac	735	
Open	AAPF		275 lbs.		
M. Romeo	220 lbs.		Open		
198 lbs.	Open		R. Fishbein	700	500 475 1675
Open	C. Trusnovac	590	Master (45-49)		
S. Sceppe	APF		F. Garzarelli	500	325 360 1185
Open Raw	148 lbs.		SHW		
J. Patterson	Teen (16-17)		Open		
220 lbs.	E. Torres	350	M. Nickel	475	400 450 1325
Open	181 lbs.		2006 APF/AAPF Asylum Power (as told by Scott DePanfilis of Bodytech USA): On October 13, 2006, we loaded up the truck, and headed to Tribes Hill, New York to cover the APF/AAPF Asylum Power Full Lift and Single Lift meet. This is a terrific time of the year to drive across New England, the Berkshires, and the Taconic Mountains of New York. In fact, Herman Melville wrote most of "Moby-Dick" in western Massachusetts where nearby Monument mountain reminded him of a whale's profile. Amongst the beautiful fall foliage, green pastures and farms, we noticed a large convoy of electrical service trucks just moments before exiting the highway. We later discovered that the Buffalo, New York area was hit by two feet of snow Friday morning. In fact, several people died. Many lifters from this area had made plans to do this meet but had to cancel because of the freak storm. Nevertheless, the meet had sixty six competitors in two flights, and two additional bench flights, some lifting in gear, and some lifting raw. What keeps powerlifting alive and growing are these family run meets that attract both professional to novice competitors. You could say our origin and future begins right here and now. I just wish I had the resources to do more reports at this level, a task more suitable for a cable network. For me, a three to five hour journey is within my capabilities, especially when it centers on people like the McCaslin family. Whether they're running a full meet, judging, working the table, keeping scores, coaching, handling lifters or competing, Zane and Sandi McCaslin enthusiastically get the job done. Their entire family, including daughters Sarah and Kerri are also involved in the sport of powerlifting. Family, friends, and strength are their way of life, which has produced world class record holders, and a growing following of "Iron" minded enthusiasts to their meets each year. The McCaslin's own and operate Iron Asylum Gym in Tribes Hill, New York, and their website lists future and past competitions, meet records, and a long list of free video clips: www.ironasylumgym.com. Tribes Hill is a rural community located partially in the western section of the Town of Amsterdam, and partially in the Town of Mohawk in New York State. Its name came from the tradition of Native American tribes assembling at this prominent point overlooking the Mohawk River. A suspension bridge was built in 1853 spanning the Mohawk River and connecting Tribes Hill to Fort Hunter. By the late 1800s the community contained a post office, two churches, a store, a school house, shops, and a railroad station. Zane mentioned that their		
K. Masick	355	500	225	425	650
242 lbs.	Teen (18-19)		A. Nacco	350	405 755
Master (45-49)	D. Lynch	525	Open		
J. Anderson	198 lbs.		B. Henderson	320	415 735
	Open		Master (55-59)		
	H. Scholnick	565	F. Adler	255	340 595
	Junior		APF		
	M. Maloney	505	148 lbs.		
	BP		Teen (16-17)		
	DL		D. Vidyarthi	285	255 355 895
	TOT		181 lbs.		
			Teen (16-17)		
			A. McHale	250	180 370 800
Ironman			Junior Raw		
AAPF			M. Richards	365	225 425 1015
220 lbs.			Open		
Junior			H. Scholnick	625	
J. DiBenedetto	355	500	220 lbs.		
242 lbs.			Open		
Junior			L. Spero	765	485 630 1880
A. Martin	455	635	B. Chavez	800	435 600 1835
APF			A. Yerrakadel		
181 lbs.			Junior Raw		
Teen (16-17) Raw			L. Perna	440	300 550 1290
S. Brandis	225	425	Submaster		
Teen (18-19)			G. Hopkins	630	415 610 1655
A. Nacco	350	405	M. Ferlito	475	375 525 1375
242 lbs.			Master (55-59)		
Open			G. Hatten	630	305 585 1520
B. Henderson	320	415	242 lbs.		
275 lbs.			Submaster		
Master (55-59)			J. Ziobro	535	285 510 1330
F. Adler	255	340	Open		
APF			C. Taylor	830	625 650 2105
148 lbs.	SQ		M. Cole	440	365 520 1325
Teen (16-17)	BP		J. Drisco		
D. Vidyarthi	285	255	C. Ryder		
181 lbs.			275 lbs.		
Teen (16-17)			Junior		
A. McHale	250	180	T. Irving	670	460 550 1680
Junior Raw					
M. Richards	365	225			
198 lbs.					
Open					
H. Scholnick	625				
220 lbs.					
Open					
L. Spero	765	485			
B. Chavez	800	435			
A. Yerrakadel					
Junior Raw					
L. Perna	440	300			
Submaster					
G. Hopkins	630	415			
M. Ferlito	475	375			
Master (55-59)					
G. Hatten	630	305			
242 lbs.					
Submaster					
J. Ziobro	535	285			
275 lbs.					
Open					
C. Taylor	830	625			
M. Cole	440	365			
J. Drisco					
C. Ryder					
275 lbs.					
Junior					
T. Irving	670	460			



Broderick Chavez totaled 1835, and passed out after this 600 lb. deadlift. (photograph provided by Meet Directress, Sandi McCaslin)

each year, injuries that could have been avoided. Second, with advancements in equipment, physiological strength gains that take years to develop are no longer an issue. Equipment equals leverage, speed, and potential power to existing muscles, joints, and tendons. Some experts estimate 300 to 400 additional pounds may be achieved in the squat exercise alone, and that's where the inherent danger lies. Therefore, I give heavy duty chain two-thumbs up! But until then, crushing steel plates are a recurring nightmare, and spotters may want to consider steel toe safety boots, weight belts, and heavy duty gloves. There were so many friends, sponsors, and families helping to run this meet I asked Sandi McCaslin to please point these people out for my report. This is what Sandi had to say, "John Inzer and Inzer Advance Designs; he does so much for my family, and the things he sends up for our meets is incredible. When I told him about the cannon, he sent up 50 tees and a dozen beanies to shoot from it, and numerous wraps and suit slippers. I always set up a

table at check in. The first time lifters that come in get to help themselves to these things." I watched as Sandi's daughter Kerri, beaming with excitement launch tees from her cannon into the crowd. "Also, AtLarge Nutrition sent us so many great products, and \$100 gift certificates were so awesome! They really do send us a great deal of support. Chris Mason has been very generous with sponsorship. House of Pain as well, Rick Brewer of HOP was so impressed with the tee shirt cannon that he sent up a dozen tees as well as his usual sports bottles, key chains, hats.....he has been there for every single meet." "Mike Lambert sends me hundreds of issues of Powerlifting USA, that I set around the gym for everyone to enjoy. I couldn't do nearly as much as I do without the support of my sponsors and friends." "Mike Wolfley and Aaron "Weas" Oburn came up from PA along with Carl Seeker. These guys do anything and everything they can to make sure the meet goes off without a hitch. Jim Farina, our training partner has really come a long way. He just jumps right in to do what we need and even showed up the next morning to help clean up. How about Sarah and Kerri? Were they not awesome? Sarah works so hard with the pics and videos, and now her little side business of printing the lifter pics...she is an absolute asset to the meets now. I honestly couldn't do it without her. Kerri handled her cannon amazingly well, and much to my surprise, she didn't intentionally harm anyone. Ahhhh...just so many amazing people there this weekend." Two prominent powerlifters that brought a bunch of competitors to the meet were Chris Taylor, and Henri Skiba. From the Long Island, NY area, Chris Taylor, who also competed, mentioned that he suffered a heart attack six months earlier and trained only eight weeks for this, his first competition since the complication. We have not seen Chris compete since the WPO Semifinals in Chicago a year ago. Chris is a big brute, and I was shocked to hear the news. Chris looked and lifted exceptionally. He went 830, 625, and 650 for a 2,105 total! I can't tell you how exciting, and nerve racking it was to film Chris, especially during the deadlifts. However, everything went great for Chris. Henri Skiba from New Jersey, part of a bunch of young lifters. The goal of Jersey Iron is to bring powerlifting back to the New Jersey area the way it used to be. As I mentioned above, these are the people that keep powerlifting alive and growing. So the next time you read a negative comment about a show or event on some internet message board, just remember that with few exceptions, the majority of meet directors are truly determined to further the sport of powerlifting, and host meets with the highest integrity. I like what the McCaslin's did with this competition. We had open division APF, amateurs AAPF, but also raw and single lift competitors. There was an Ironman division consisting of two lifts, (push-pull) bench and deadlifters. The feeling was, "Just come out and lift" creates a great opportunity for a full spectrum of lifters that want to test their ability on the platform. I met and talked to several lifters that had retired, and were making this their comeback meet. Now on to the competition! The first flight consisted of the teens, juniors, and masters. Jersey Iron powerlifting team consisted of teens, juniors, and some seasoned athletes. Henri had his hands full coaching his teens and juniors. It was great watching the next generation of powerlifters competing in their first meet. Among some of the great lifting in the first flight, at 19, Jason Nolan, in the 165 Teen, Full Power AAPF won the division by formula. He squatted 660, benched 380, and pulled 560 for a 1,600 total. Jason has an online forum, at www.fortifiediron.com. Check it out! 165 Open, Chris Rodgers, looked strong on his first attempt 575 squat, but missed grooved his second, and didn't make depth on his third. Consequently, Chris bombed in the Bench event, another victim of a crafty bench shirt, and he was out of the meet.181



Joe Ceklovsky preparing to regain his all time world record in the bench press. (courtesy of Joe C.)

Junior, Joseph Picone totaled 1,255, 198 Open, Robert Spitzner squatted and pulled over 500 pounds, and totaled 1,410. And 198 Junior, Tony Parrella went 550, 425, and 565 for 1,540. In the 220 Full Power AAPF Open, Chase Trusnovac went 735 in the squat, missed his bench, but pulled a 590 deadlift. 275 AAPF Open, Rob Fishbein had solid lifts, a big future for this guy. His numbers were 700, 500, and 475 for a 1,675 total. 275 Master 45-49 Fred Garzarelli had a little difficulty with his equipment, but finally got his squat down with a 500 effort. He totaled 1,185. SHW Open, Martin Nickel went 475, 400, and 450 for a 1,325. I apologize if I left anyone out. The open APF division had many exciting moments. I recognized a few of the lifters from Connecticut, and New York. From Jersey Iron, in the 148 Teen 16-17, Deepesh Vidyarthi totaled 895, consistent technique, sumo style deadlifter. Another scrapper, 181 Teen 16-17 Adam McHale, this being his first meet, totaled 800 pounds. 181 Junior Raw. Matt Richards pulled 425, and totaled 1,015. Matt looked like a high school wrestler. 198 Open Hal Scholnick made a nice 625 squat, missed his bench, but came back to pull a nice 565. 220 Open Lenny Spero took the division, with 765, 485, and 630 for a 1,880 total. Lenny was full of energy, and coached his team mates. Second went to Broderick Chavez, Delaware's APF State chairman. Solid, and compact, Broderick went 800, 435, and pulled 600 for a 1,835 total. He passed out after pulling his final deadlift, but seemed to be ok afterwards. Third would have gone to Andrew Yerrakadel, but he bombed in the squats. However, this was an opportunity to be in a meet so Andrew pressed on. 220 Junior Raw, Larry Perna went 440, 300, and 550 for a 1,290 total. Larry bashed his forehead into the Monolift repeatedly during the deadlifts, I'm not sure if it helped any. 220 Submasters, first place went to Greg Hopkins, a big squat 630 and deadlift 610, totaled 1,655. Second, Mike Ferlito totaled 1,375. 220 Master 55-59 Gregg Hatten went 630, 415, and 585 for a 1,520 total. Gregg had trouble finishing his deadlift, but finally pulled it together on his 3rd attempt. 242 Submaster winner John Ziobro, an attorney out of Warwick, NY went 535, 285, and 510 for a 1,330 total. John enjoyed the competition. In the 275 Open the big boys hit the platform, for starters, Chris Taylor taking first with 2,105, nice comeback Chris. Second, Mark Cole went 1,325, a nice 520 pull. Jason Drisco bombed, but benched a super 525. From Maine, Charles Ryder opened with a big 900 plus squat, but couldn't make depth. We talked after the squats, and Charlie mentioned he had a new squat suite which he hadn't gotten broken in. Sound familiar? That's a tough brake, Charlie is an all around strong competitor, and will redeem himself during the Maine, Pine Tree State this December. 276 Junior, Terrence Irving went 670, 460, and 550 for a 1,680 total. He wasn't satisfied with his performance, but we thought he did great! 275 Master 55-59

Franz Adler totaled 895. Franz has helped a number of kids get into powerlifting, essentially providing them an opportunity to build confidence, and self esteem. 308 Open, Art Zion went 600, 505, and 550 for a 1,655 total. Art had been away from powerlifting for over two years I believe. This was his first meet back. His upper body was impressive. Art lifted smart, and seemed satisfied with his performance. I'm sure he has some big numbers planned in the near future. SHW Open Tony Babaccio went 825, 705, and 605 for a 2,135 total. Shawn Lattimer mentioned that Tony has only been powerlifting for about a year, and trains the bench press at Shawn's. Tony coached and handled many of the younger lifters. He certainly is a powerful looking athlete, standing 6'6". He could be an asset in many sports. By next year, Tony could be totaling 2,400 to 2,500 and more. There were a few other smaller divisions, but I want to focus on a few more lifters in the bench only division, Julie Scanlon, Joe Ceklovsky, Scott Sceppe, Jason Drisco, Sebastian Burns, Jason Knobler, Michael Montano, Billy Mimnaugh, Peter Kurdziel, and Vincent Dizenzo. We've watched 165, Julie Scanlon compete several times, usually accompanied by Kirk Kawasaki. Not today, but Julie proceeded to bench 275 Raw, which is quite an accomplishment. Earlier this year, Julie was the only woman competitor at the New England Record Breaker, a show which proved that theirs a growing number of athletes willing to compete without the technological advantages. Overall, a great show, great athletes, but lacked the publicity needed to fill the stadium this year. Equally impressive was 148, Joe Ceklovsky who benched 525, amazing, and 198 Scott Sceppe, benching 675. 275 Jason Drisco pressed 525, our friend 275 Sebastian Burns, looked in great conditioned, and was so strong with 720 opener, but didn't get two white lights. 275 Open RAW, Jason Knobler went 500 pounds awesome! In gear, 40-44 Master, 308 Michael Montano pressed 605, and was handled by Shawn Latimer. There were a few intense moments watching Shawn preparing Michael for the lift. Our friend 308 Billy Mimnaugh, competing RAW in the 40-44 Masters pressed 465. Billy looked in great shape. SHW Open, Eric Fetzer pressed 605, and SHW Submaster Peter Kurdziel pressed 610. SHW Open Raw, Vincent Dizenzo bench press of 535 on his opener. It's difficult to pause for the press signal without lost momentum. So much weight across the chest! Amazing to watch this practitioner in action. Vince is a super bencher with or without gear. I want to thank the McCaslin family for all their support, they went out of their way to run a great meet, and attend to everyone's needs, which is difficult to do when you have so many competitors. We had a great time! (Thanks to Sandi McCaslin and Scott DePanfilis for providing these meet results and report)

**Independence Fall Classic
4 NOV 06 - Independence, WI**

BENCH			Submaster		
MALE			308 lbs.		
Open			G. Woychik	308	
181 lbs.			Master III		
C. Neal	500		SHW		
4th-502			T. Nelson	385	
242 lbs.			DEADLIFT		
B. Pechmiller	630		Master I		
198 lbs.			Raw		
J. Kester	585		G. LaBelle	360	
Master I			Open		
G. LaBelle	215		242 lbs.		
Raw			R. Dingfelder	450	
Open			Master I		
D. Stickney	235		G. LaBelle	300	
Push Pull			BP		
FAEMALE			DL		
Open			TOT		
148 lbs.					
P. Meyer	135	285	420		
MALE					
Teen					
148 lbs.					

S. Winchel 300 415 715
N. Smieja 200 330 530
M. Sylla 205 365 570
M. Spaeth 265 450 715
Master I
G. LaBelle 215 360 575
Open
242 lbs.
B. Pechmiller 630 620 1250
275 lbs.
J. Kester 585 655 1240
308 lbs.
B. Oswald 490 655 1145
Raw
Teen
148 lbs.
J. Scarberry 265 350 615
A. Russett 145 290 435
165 lbs.
J. Woodman 185 305 490
181 lbs.
J. Walek 210 325 535
198 lbs.
T. Berg 195 450 645
S. Shekels 130 280 410
220 lbs.
D. Bautch 200 300 500
242 lbs.
D. Sylla 245 380 625
N. Brook 250 375 625
Open
275 lbs.
J. Jacobs 318 365 683
Submaster
SHW
J. Riggs 365 545 900
Master I
198 lbs.
L. Woodman 270 350 620
275 lbs.
J. Jacobs 318 365 683
Master III
198 lbs.
R. Magnuson 215 385 600
In the first ever Fall Classic, we had 33 entries. Peggy Sue Meyer-Miller was our lone female and went 135 in the bench, and 285 in the deadlift for a nice 420 total. In the teen division Josh Scarberry blasted Austin Russett by 180* to take first in the 148s. Josiah Woodman and Josh Walek were unopposed in the 165 and 181 lb. classes. The 198 class belonged to Travis Berg as he beat Shane Shekels. Drew Bautch was unopposed in the 220 class. In the 242s, Dillon Sylla and Nick Brook both totaled 625, but Sylla won on bodyweight. Joel Jacobs entered the open and Masters I in the 275 class finished with a PR bench of 317.5 and a nice 365 deadlift to total 682.5 and take first. Joel's huge biceps wowed the crowd. Strongman Jon Riggs was unopposed in submaster SHW, and put up 355 and deadlifted 545. Leonard Woodman in the 198 masters I totaled 620 unchallenged. Ray Magnuson in the Masters III 198 pound class totaled 600 to finish first. In the equipped category Seth Winchel got by Nick Smieja in the Teen 148 class, 715 to 530. Mike Sylla was alone in the 165s and totaled 570. Mark Spaeth in the 198 class lifted big with a 715 total. George LaBelle Masters III 198, Bill Pechmiller 242 Open, Jon Kester 275 Open, and Bret Oswald 308 Open were unopposed and put up some monster numbers. George going 575, Bill with 1250, Jon getting 1240, and Bret hitting 1145. In bench only raw, Derek Stickney put up a 235 at 148 lbs. Glen Woychik, coming back from injury, turned in a 420 in the 308s. Tom Nelson in the Masters III SHW went 385 to take 1st. In equipped, Chris Neal in the 181s nailed 500 and then went 502.5 on a 4lb. Bill Pechmiller put up an awesome 630 in the 242s. Jon Kester followed with a 585 in the 275s, with George LaBelle going 215 in the Masters III 198s. Att 67 he entered 4 divisions, and definitely qualifies as an iron man. In the deadlift only Robert Dingfelder went 450 as the lone entry in the 242 open class. Finally, George LaBelle went 300 raw and 360 equipped in the dead lift only to take first places as he was also all alone. Thank you to all the volunteers who staffed the meet, without you this meet would have never happened. (results by Glen Woychik)

APA S. Carolina Fall Classic
28 OCT 06 - Greenville, SC

BENCH	242 lbs.	(40-44) DT	
Open/Sub DT	M. Ferris		410
M. Pritchard	495	H. Wotring	515
220 lbs.	275 lbs.		
Open DT	Open DT		
A. Diettrick	360	J. Todd	440
		(60-64) DT	
		D. Ricafrente	430*
FEMALE	SQ	BP	DL
148 lbs.			TOT
(40-44) DT			
P. Sesler	230*	135	281
	4th-DL-286*		646
181 lbs.			
Sub NT			
R. Phillips	335	205*	370*
	4th-SQ-360*		910*
198 lbs.			
(13-15) DT			
A. Halvorson	185	145	325!
165 lbs.			655
(16-17) DT			
R. Ingram	270	150	380
	4th-DL-400		800
198 lbs.			
(50-54) DT			
B. Langenfeld	330	250	380
(65-69) DT			960
T. Walters	380*	175*	360*
Sub DT			915*
A. Smith	225	330	340
(20-23) DT			895
M. Malone	270	135	300
(20-23) DT			705
M. Landreth	470*	335	485*
220 lbs.			1290*
Sub DT			
C. Morse	350	260	350
242 lbs.			960
(40-44) DT			
H. Wotring	625	515	575
(60-64) DT			1715
J. Raines	540*!	380*	606*!
Open DT			1526!
G. Rollins	510	365	435
R. McGee	555	305	525
275 lbs.			1310
Sub DT			1385
W. Lewis	520	375	550
Open NT			1445
D. Lemmel	600	500	580
T. Nash	840*	475*	675*
UNL			1990*
(16-17)			
R. Wingo	250	190	365
Open NT			805
A. Painter	875*	475	725*
			2075*

! = World Records. * = SC State Records. Best Lifter Powerlifting: Troy Nash. Best Lifter Bench Press: Mark Pritchard. Best Lifter Female: Robin Phillips. Many State, American, and World Records were broken at this meet. In the 198 weight class, newcomer 15 year old Aslynn Halvorson, from North Carolina, started by claiming a world record with a 325 pound raw deadlift. We were lucky enough to have three very strong women competitors. Patty Sesler decided to make her comeback on the platform after a 2.5 year hiatus. Lifting in the women's 40-44/148 class, she certainly did it in style by claiming the SC state records with a 230 squat and 286 deadlift. I am sure we will be seeing lots more from Patty, her coach and fellow lifter Graham Sesler. Robin Phillips ended the women's lifting and claimed four SC state records with a squat of 360, 205 bench, 370 deadlift, and a 910 total. Her 370 deadlift was done raw! Rashaad Ingram and Randy Wingo, both age 17, came down from NC with Aslynn and lifted in raw style. Ingram was our lightest male weighing in at a slight 164. He took a fourth attempt of 400 in the deadlift and pulled it with ease. Randy Wingo, weighing in at 327 was definitely a crowd favorite, ending with an easy 805 total. There is so much more in these two teens. The 198's had quite a few competitors. Andrew Smith came all the way from Fort Bragg to lift in this meet. Lifting raw, this guy was burying his squats. He was so low, he actually had someone call his last squat up! He hit a very strong 330 bench and I hope to see more of this man at future meets. Bob Langenfeld came all the way



The APA Fall Classic Best Lifters: (left to right) Robin Phillips, Troy Nash, Mark Pritchard (photographs courtesy of Meet Director Kate Tallion)

from NC to lift and came away with 380 deadlift, setting a new NC state record. Matt Landreth and Matt Malone battled it out in the Men's 20-23/198 weight class. This was Malone's first meet and Landreth was his coach. Malone lifted raw and went 9 for 9 at his first meet! He just learned the wonders of knee wraps and I think he is hooked! Matt Landreth made mincemeat out of the old SC squat and deadlift records ending with a 470 squat and 485 deadlift. The deadlift is a 59 pound improvement over the old record which Landreth took in August, 2006. Tom Walters is in a class by himself. Lifting in the 198's at age 68, Tom managed to increase all three of his state records with lifts of 380-175-360 and a total of 915. Tom, you truly are an inspiration to the powerlifting community. Carl Morse was our sole entry in the 220's. Morse came all the way from GA to represent the 220's and did extremely well with an 8 for 9 day. We had two 242 men battling it out in the Open Class,



Andy Painter's: 725 deadlift at the Greenville, SC Fall Classic event.

George Rollins and Ray McGee. This was shaping up to be a close one. McGee took the squat with a 555 lift, Rollins was close behind with 510. Rollins took the bench with an extremely strong 365. McGee took the deads with a huge 525 lift. In the end McGee placed first with a 1385 total with Rollins not far behind with 1310. Harry Wotring of Chip's Power Plant scared us all by waiting until his third squat to get his 625 squat. Wotring took first place in his class and narrowly missed Best Lifter in the bench, with the only bench over 500 (515 to be exact). I'm sure he will be back for another try. Willis Lewis, also representing Chip's Power Plant (by the way, has anybody seen Chip or AD lately?) Lewis, lifting with back injuries, managed to suck it up and reach a 1445 total. Now you know Willis, if Chip and AD were here, you would have lifted more. Battling in the Open 275 class were Troy Nash and David Lemmel. Lemmel set a new state record with a 500 bench. Great way to set the bar!! Nash also had a good day setting state records with an 830 squat, 675 deadlift and 1990 total. Nash also took home the Best Lifter trophy. What's up with the 1990 total anyway? James Raines, 60 years of age, also lifted in the 275's. He came to up the World Record in the deadlift and ended up setting a World Record with a 540 squat, 606 deadlift and a 1526 total. He was the recipient of the "Heart of a Champion" award sponsored by Dr. Joe Carrano. Last but not least, our Men's superheavy class consisted of "Halfton" Andy Painter. Weighing in at a minuscule 360, Painter decided to stage his comeback. Setting state records with a 375 squat, 725 raw deadlift, and a 2075 total, Painter is ready for more. Mark Pritchard weighing in at 198 took Best Lifter in the bench with a lift of 195. Not exactly what he wanted today, but look to see him in December trying to break the current state record of 525 in the submasters. Adam Diettrick, lifting in the 220's came to set PR's. He did so with ease with a bench of 360 which is a 45 PR! Mark Ferris, hailing from NC came down for full power, but due to injury was only able to bench. Mr. Ferris, I do appreciate your support and look forward to seeing more of you. In the 242 class he benched a not too shabby 410. Jermaine Todd took the open 275 with a bench of 440 and Doug Ricafrente, age 60 took the SC State record with a 430 bench. There were a total of 25 lifters. Lifting started at 10:05 and ended at 3:00 p.m. Thanks to Inzer Advanced Designs. Inzer provided knee wraps, wrist

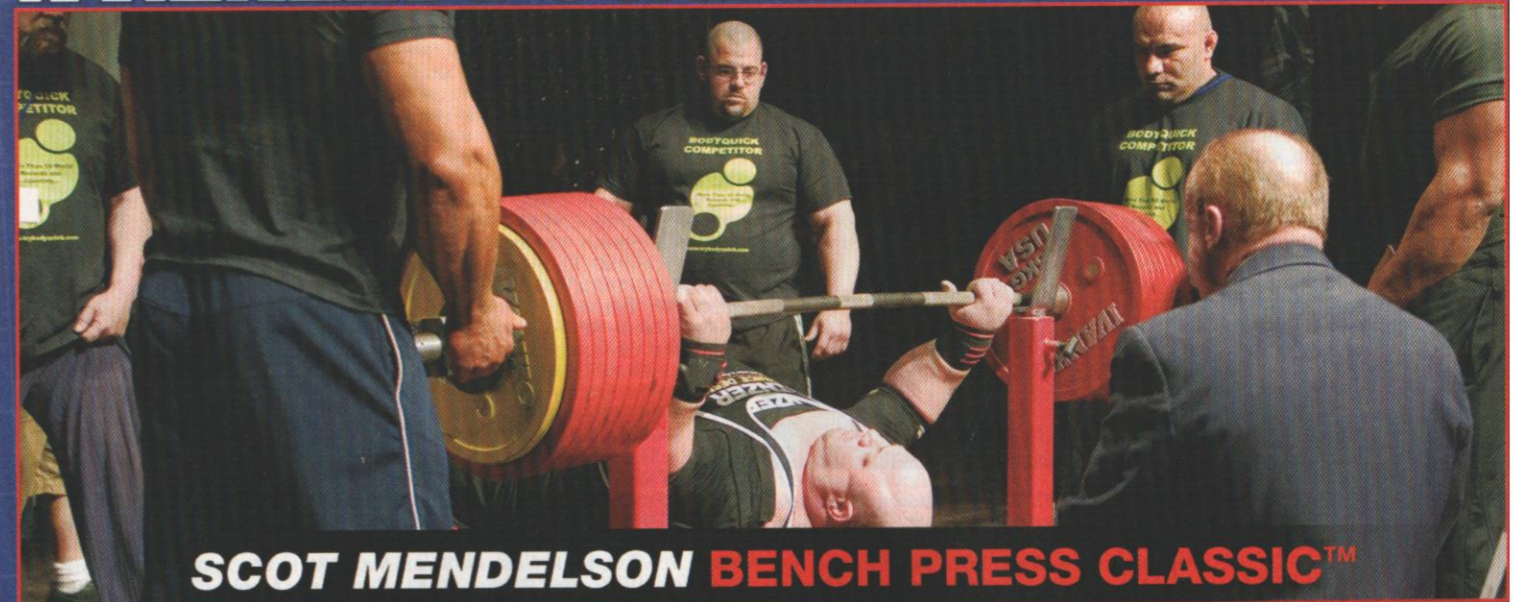
wraps and t-shirts, which were give to all the pre-entered this meet. Thanks to PLUSA for the supply of magazines. Thanks to Coop's Gym for allowing us to hold the Fall Classic. There were two monolifts and Coop's most graciously allowed us to set up early in order to save time. Thanks to all that helped me out. Bart Kelley-MC, Brad Kelley-Head Judge and Mark Pritchard mover, equipment fixer, and overall fantastic person. You three have always been there for me and I still love you! Thanks to Adam Dietterick and wife, Shannon Pole Summers, Patty and Graham Sesler, Steve Moore, Chris Liles, Dale 275 (all the way from Columbia), Troy Nash and family, and my daughter Allyson and friends for spotting, cleaning up, moving equipment and judging. (Thanks to Kate Tallion for providing the results)

SLP Arkansas Open
22 JUL 06 - Glenwood, AR

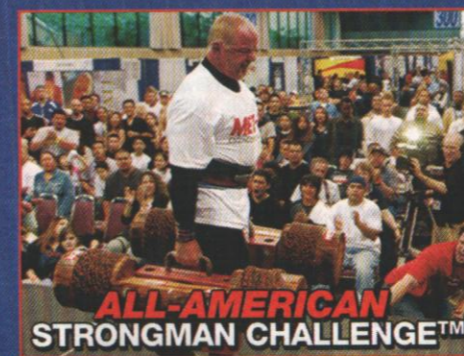
BENCH	181 lbs.	
FEMALE	T. Lewis	270
Master (50-54)		Master (80-84)
123 lbs.	165 lbs.	
M. Fryar	80*	G. Neel
		150*
MALE	Police/Fire	
Teen (18-19)	Submaster	
148 lbs.	181 lbs.	
B. Yelverton	255*	K. Treadway
	4th-265*	4th-355*
		335*
Junior	DEADLIFT	
220 lbs.	MALE	
F. Crape	345	Junior
Master (40-44)	220 lbs.	
275 lbs.	F. Crape	390
L. McRae	510*	4th-405
Master (70-74)	Police & Fire	
165 lbs.	(60-64)	
H. Hager	145	242 lbs.
	4th-150	A. Harris
		400*
		4th-415*
	Open	
	220 lbs.	
	S. Erwin	405

* = Son Light Power Arkansas state records. Best Lifter Bench: Lee McRae. The Son Light Power Arkansas Open Bench Press & Deadlift Championship was held at Glenwood Athletic Club in Glenwood, Arkansas, Thanks once again to owner Jason Fryar for hosting this annual event. In the bench press competition Marie Fryar moved up to the 50-54/123 class, setting the Arkansas state record there with 80. Brant Yelverton broke the state record at 18-19/148 with his third of 255, followed by a fourth with 265. Newcomer Fred Crape won at junior 220 with 345. In the master men's 40-44 division it was Lee McRae taking the win at 275, breaking the state record there with his 510 final attempt and taking the best lifter honors for the competition. Also lifting in the master division was the original "Bash Brothers", Harold Hager and T.C. Lewis. Nursing a shoulder problem, Harold finished with just 150 at 70-74/165, far below his state record of 240. He'll be back! But coming back from a few health problems of last year was brother T.C. Lewis. T.C. came from within five pounds of his state record as he finished with 270 at 70-74/181! Two great guys! Our final master lifter was eighty year old Garl Neel. Lifting in the 165 class, Garl established the Arkansas state record at 80-84/165, thus becoming our oldest competitor in that state! The final bench was police and fire submaster/181 winner Kris Treadway. Kris broke the state record there with his third (335) and fourth (355) attempts. In the deadlift competition Fred Crape took his second title at junior 220 with his 390 final attempt, followed with a solid 405 fourth. Breaking the state record at police and fire/60-64/242 class Al Harris. Al finished with 415. Taking the win at 220 open was Scott Erwin, who finished with 405. Thanks to my sons Joey and D.C. for running the meet while I am home recuperating from hip replacement surgery. See you all again here December 9 for the SLP Arkansas "Christmas for Kids" BP/DL Championships! (these competition results were provided to POWERLIFTING USA Magazine by the courtesy of the Meet Director and Son Light Power President Dr. Darrell Latch)

A REALLY POWERFUL WEEKEND!



SCOT MENDELSON BENCH PRESS CLASSIC™



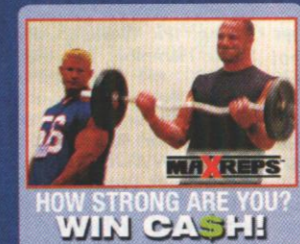
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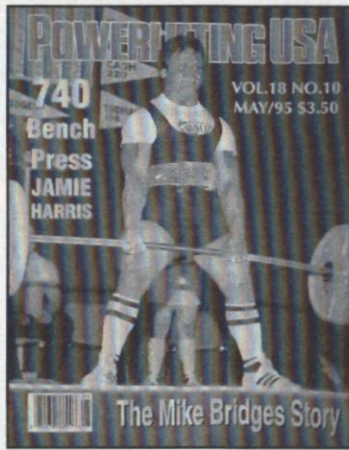


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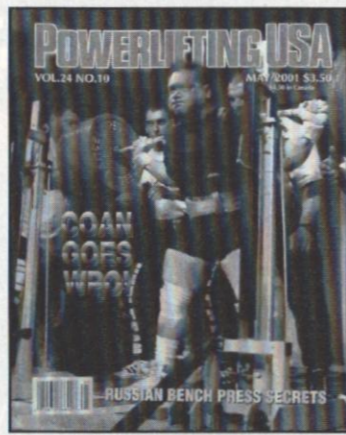
PL USA BACK ISSUES

Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s
Sep/93... ADFPA Men's Natls., NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s
Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s
Dec/93... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. 2, Nick Theodorou Interview, Louie on Reverse Hypers, TOP 100 148s.
Jan/94... IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.
Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s
Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Grimwood, TOP 100 198, ADFPA TOP 20 123s
Apr/94... Saliva Tests, Coan DL Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNP World, TOP 100 220, ADFPA TOP 20 132s
May/94... USPF/ADFPA Collegiates, USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s
Jun/94... NASA Natural Natls, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points, TOP 100 275s, ADFPA TOP 165s
Jul/94... USPF National Masters, Rickey Grain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s
Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s.
Sep/94... ADFPA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.
Nov/94... WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.
Dec/94... Jon Cole, Asian Championships, Conjugate Training, USPF BP Nationals, Euro Jrs/Womens, United We Stand, TOP 100 165s.
Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.

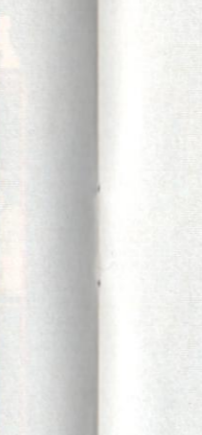


Feb/95... World's Strongest Man, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.
Mar/95... Women's TOP 20, Don Reinhoudt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood BP Routine, TOP 100 220s
Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm, L.M.W. Compounds, TOP 100 242s.
Jun/95... Antonio Krastev, USPF Collegiates/Bench Natls, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW
Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights
Sep/95... Triple SENIORS ISSUE ADFPA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s
Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.
Dec/95... Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s
Jan/96... IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s
Mar/96... TOP 20 Women/Masters/Teen Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.
Jul/96... AAU Men's, USPF Jrs., DHEA, '65 vs. '95 Top Ten, "Chain Reacts" by Louie S., Rob Wagner, TOP 100 114s
Aug/96... ADFPA Men's, APF Sr. Natls, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie S., FIBO Show, TOP 100 123s.
Oct/96... WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb G. "Responds to the Response", TOP 100 148s
Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Tribroxin, Wade Hooper Squat Workout, Paul Wrenn, TOP 100 165s
Feb/97... Power of Compelling Outcomes, WPC Worlds, IPA Natls, Formula for Success, Making Weight, USPF Biography, TOP 100 220s
Apr/97... Clark Benches 800 - Waterman 600 @ 181, Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.

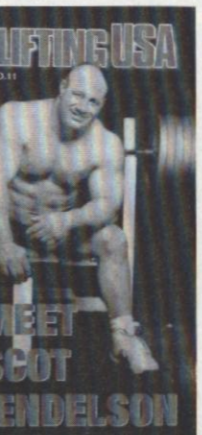
May/97... Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.
Jun/97... J.M. Blakley, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW
Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.
Aug/97... Power of Color, How to BP 500 Easy by Louie S., ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo, TOP 100 123s
Sep/97... USAPL/USPF/APF Triple Seniors, IPF Women's Worlds, World's Strongest Team, NEW Mineral Orotates, Progressive Overload, TOP 100 132s.
Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich, Power Biceps Training, Larry Miller Interview, Top 100 Ltws.
Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.
Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s
Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s
Mar/98... Mark Philipp interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage
Apr/98... Bull Stewart Speaks, USAPL Women's, APF All Time TOPWomen, Westside Invitational, Foundational Training by Louie, TOP 242s.
Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Louie on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs.
Jul/98... Kirk Karwoski, Angelo Berardinelli, World's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.
Aug/98... USAPL Men's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hamman, Top 100 Bantam.
Sep/98... APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s
Nov/98... A Worlds to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlewts., Isoflavones.
Dec/98... IPF Masters-Juniors - Mens/WPC/WDFPF/AAU/AAPF World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s



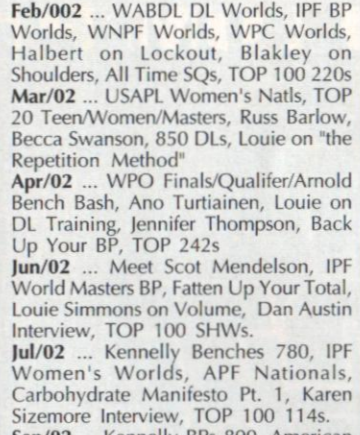
Feb/99... WPC Worlds Pt. 2, Coan goes 2463, USPF Worlds, IPF World Bench, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s
Apr/99... The ED COAN Book, Why Whey?, Gordon Santee, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.
May/99... LA Tech Program, "Sir Guggulot", Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP100 275s.
Jun/99... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL Collegiates, Louie S. on Pre-Meet Training, "Choking", TOP 100 SHWs
Aug/99... the Rubber Band Man, the "Muscleman USA" book, Beauty & the Beast, IGF-1, Overcoming Plateau Part 2 by Louie Simmons, TOP 100 123s
Sep/99... USAPL Men's, APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triac, York Spectacular, TOP 100 132s
Oct/99... USPF Seniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s
Nov/99... Muscle Beach Lives, East German Breakthrough, DL Details, Walk Away From Death, Dynamic Duo by Louie S., TOP 100 165s.
Dec/99... IPF World Masters/Juniors, USAPL/AAU BP Natls, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s
Jan/00... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Strongman II, TOP 100 198s
Feb/00... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Natls, Best Lifters of the Century, Big BPs by Louie S, TOP 100 220s
Mar/00... USAPL Women's, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons
Apr/00... Arnold Classic, WPF Worlds, Mike Danforth, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s
May/00... Dennis Cieri, J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.
Jun/00... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, BP by Larry Miller, Fred Peterson, TOP 100 SHWs.
Jul/00... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 114s
Aug/00... USAPL Men's, APF Srs. Pt. I, AAPF/APF Natls., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, TOP 100 123s



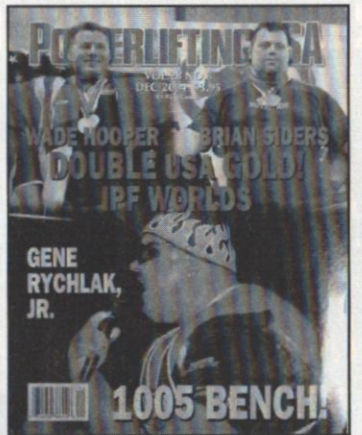
Sep/00... USPF Srs, IPA Worlds, WABDL BP/DL, Pre-Meet Checklist, Do the SQ- by Louie S., Preventive Maintenance, Mikesell Interview, TOP 100 132s
Oct/00... Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.
Nov/00... Best Bench of All Time, final More from Ken Leistner, Drug Free Bzl Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 165s
Dec/00... Tao of Competition Pt. I, IPF Jr.+Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 181s
Jan/01... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis S., TOP 100 198s
Feb/01... Garry Frank Goes 2500, WPC Worlds Pt. I, 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 Corsetto 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/02... WABDL DL Worlds, IPF BP Worlds, WNP World, 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/Qualifier/Arnold Bench Bash, Ano Turtiainen, Louie on DL Training, Jennifer Thompson, Back Up Your BP, TOP 242s
Jun/02... Meet Scot Mendelson, IPF World Masters BP, Fatten Up Your Total, Louie Simmons on Volume, Dan Austin Interview, TOP 100 SHWs.
Jul/02... Kennelly Benches 780, IPF Women's Worlds, APF Nationals, Carbohydrate Manifesto Pt. 1, Karen Sizemore Interview, TOP 100 114s.
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 Patera, 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.
Aug/03... Mendelson Benches 804, 821, 825, 832, 875 ... APF Seniors, Mikesell Squats 1107, Louie on The Bench Press Shirt, Vince Anello Deadlift Workout, Team Pl, TOP 100 SHWs
SEP/03... USAPL Men's 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.

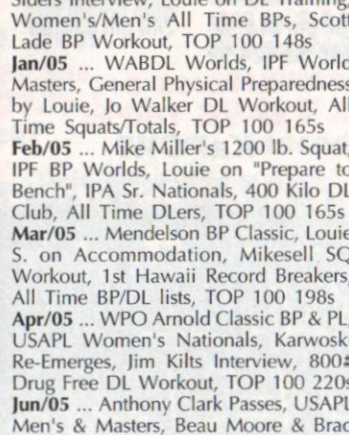
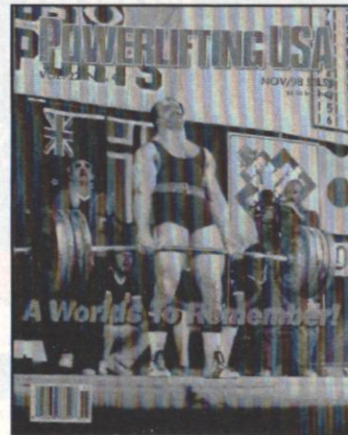
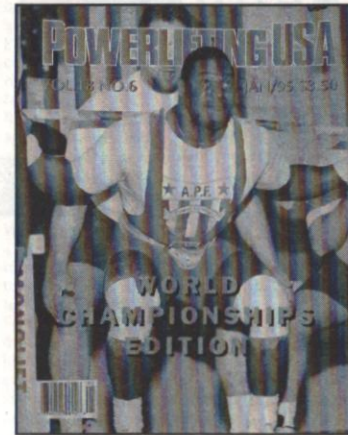


Techniques, 50 Best SQs/BPs, Louie S. on Training the Back, TOP 100 132s.
Dec/03... WPO Finals, Rycklak BPs 900, IPF World Masters, Ausby Alexander, "Story of Arthur Jones", Speed Day Pt. 1 by Louie S., TOP 100 165s
Jan/04... IPF Worlds, WPC Worlds, IPA Seniors, Acetylcholine, Wade Hooper SQ, Atlantis 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... Rycklak BPs 1005, IPF Worlds, Siders Interview, Louie on DL Training, Women's/Men's All Time BPs, Scott Lade BP Workout, TOP 100 148s
Jan/05... WABDL Worlds, IPF World Masters, General Physical Preparedness by Louie, Jo Walker DL Workout, All Time Squats/Totals, TOP 100 165s
Feb/05... Mike Miller's 1200 lb. Squat, IPF BP Worlds, Louie on "Prepare to Bench", IPA Sr. Nationals, 400 Kilo DL Club, All Time DLers, TOP 100 165s
Mar/05... Mendelson BP Classic, Louie S. on Accommodation, Mikesell SQ Workout, 1st Hawaii Record Breakers, All Time BP/DL lists, TOP 100 198s
Apr/05... WPO Arnold Classic BP & PL, USAPL Women's Nationals, Karwoski Re-Emerges, Jim Kilts Interview, 800# Drug Free DL Workout, TOP 100 220s
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 Bench Westside Style, Brian Schwab Squat Workout, World Top 20 lists, AWPC Worlds, TOP 123s
Nov/05... Kettlebells for PLers, Tony Conyers' 2033 total @ 165, Raw Squatting by Jim Wendler, Fan Fanaticism, Seguin Fitness, TOP 132s.
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 Natlonals, AAU World Push Pull, Louie S. on Isometrics, Ted Arcidi, Tiny Meeker Interview, Herb Stroke, TOP 100 165s
Feb/06... WABDL Worlds, WDFPF Worlds, IPF World BP, Good Mornings, Old School DL, Becca Swanson's Quest for the 2000 Total, TOP 100 181s.
Mar/06... Mendelson BPs 1008, Westside BP Routine, 'One Car Garage Training', IPF Men's Worlds, Jeff Lewis Interview, WNP World, TOP 100 198
Apr/06... WPO Finals/Bench Bash, USAPL Women's Natls, Louie Simmons Squat Workout of the Month, Pler at the Olympics, Gunda Von B., TOP 220s.
May/06... Ryan Kennelly, More with Bands, Tales from the Olympics, Nick Minneti Interview, 2005 TOP 20 Women, Teenage, and Masters Rankings.
Jun/06... Kennelly's Path to Power, Kara Bohigian BP program, Things Louie S. Thinks You Should Know, Running A Successful Meet, TOP 100 242s.
Jul/06... APF Seniors, Louie on 'the Lightened Method', Brad Gillingham interview, John Stafford Interview, Quest American, NERB, TOP 100 242s.
Aug/06... APC Natls., George Frenn, Westside's Top Bpers, Bill Gillespie, Priscilla Ribic, Brent Howard Interviews, Singles Training, TOP 100 Superheroes
Sep/06... Mike Wolfe - IPF's Detlev Albring - Wade Hooper Interviews, Shawn Frankl - Janet Faraone Profiles, Louie on Kettlebells, TOP 100 114s.
Oct/06... Scott Weech Interview, Training the Posterior Chain, USPF Srs., USAPL Men's, RAW Natls., ADAU Natls., AAU Jr. Olympics, TOP 123s.
Nov/06... WPC Europeans, IPA Worlds, Otis Brown, Iran at the Asian BP, Louie on Explosive Strength, Jennifer Thompson Interview, TOP 100 132s
Dec/06... 1003 lb. Deadlift, WPC Worlds, Phil Pfister wins World's Strongest Man, WNP World, Donnie Thompson Interview, TOP 100 148s

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**SLP Big Daddy's Iron Horse Gym
28 JUL 06 - Muncie, IN**

BENCH	275 lbs.
FEMALE	Fitzsimmons 365
Master (40-44)	DEADLIFT
198 lbs.	MALE
A. Hendrick 150*	Novice
Open	242 lbs.
114 lbs.	B. Berryman 495*
R. Brown 200*	Junior
MALE	165 lbs.
Submaster/Raw	A. Ridgway 475
220 lbs.	Submaster
K. Herron 375*	308 lbs.
4th-400*	A. Adkins 660*
242 lbs.	Open
J. Gray 450*	220 lbs.
Open	J. Pryor 550
220 lbs.	275 lbs.
J. Pryor 440	Fitzsimmons 500

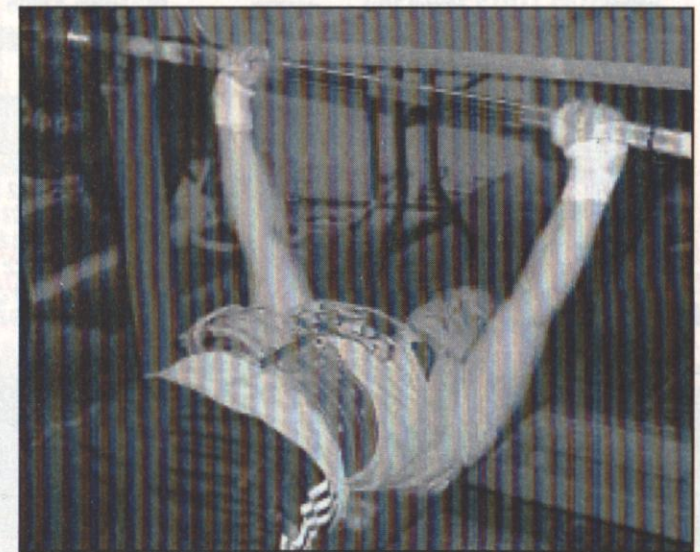
*=Son Light Power Indiana state records. Best Lifter Bench: Jesse Pryor. Best Lifter Deadlift: Andrew Adkins. The Son Light Power Big Daddy's Iron Horse Gym Open Bench Press & Deadlift Championship was held at the gym. Thanks to owner Jim Piner for hosting this event and to all who helped with the meet. In the bench press event first time competitor Angie Hendrick did good, finishing with a new Indiana record at 40-44/198 with 150. Another tough little competitor was 114 open winner Renee Brown. Renee, aka Miss Big, finished with a new state record 200 for her class. And she was lifting raw, that's almost double bodyweight, amazing! Also lifting raw as submaster 220 and 242 winners, Keith Herron and Jon Gray. Keith set the state record at 220 with his 375 third attempt, followed by a strong 400 fourth! Jon finished with 450 for the record at 242. Jon's 450 also surpassed the existing SLP Raw national mark for the class. In the opens, best lifter Jesse Pryor won at 220 with 440. A jump to 520 with a stronger shirt for his final attempt failed about half way up, but was much closer than it looked. At 275 it was John Fitzsimmons with just his opener of 365. But plenty of potential here, as soon as he gets used to his new shirt. In the deadlift event Brian Berryman broke the state record at novice 242 with 495. Aaron Ridgway got a new personal record at junior 165 with a great 475 pull. But the big pull of the day came from best lifter Andrew Adkins, who broke the existing state record at submaster 308 with a fantastic 660! Won't be long before Andy will join the elite group of 700 deadlifters! For the open lifters it was Jesse Pryor at 220 with 550, with a near miss at 600! John Fitzsimmons won his second title of the day at 275 with a solid 500 pull. Thanks to my son Joey for everything he does and to our little trophy girls, Lexi and Lindsey Moland for helping out. (Results courtesy Dr. Darrell Latch)



**ANPPC World Cup
15 JUL 06 - Tuscola, IL**

BENCH	J. Robinson 420*
MALE	Master (50-54)
Special Olympic	220 lbs.
198 lbs.	J. McDonald 400
S. Chapala 280*	275 lbs.
Teen (18-19)	B. Blackmon 455*
114 lbs.	Master (55-59)
C. Morgan 75*	181 lbs.
Teen (13-15)	D. Sparks 385*
97 lbs.	R. Carlson 305
L. Zielinski 125*	198 lbs.
148 lbs.	D. Williams 330
T. Borders 175	Master (60-64)
Teen (18-19)	181 lbs.
198 lbs.	Klinglesmith —
K. Minnaert 375*	275 lbs.
Master (40-44)	T. Chapala 360*
500 pull.	Police/Fire
M. Hinkston —	Submaster
Master (45-49)	198 lbs.
220 lbs.	C. Barth 340*

Open	148 lbs.	MALE	Special Olympic
C. Flowers 350*	198 lbs.	S. Chapala 300*	97 lbs.
M. Strom 580	Teen (13-15)	L. Zielinski 200*	275 lbs.
D. Walker —	Master (45-49)	M. Raya 545*	220 lbs.
E. Baumann 430	220 lbs.	J. Robinson 675*	BP DL TOT
DEADLIFT	J. Nelson 350*	260*	450*
FEMALE	260*	450*	1060*
(50-54)	Master (40-44)	181 lbs.	E. Bridges 650*
220 lbs.	181 lbs.	650*	370 630* 1650*
M. Vincent 190*	130*	310*	630*
MALE	Teen (13-15)	220 lbs.	T. Carnaghi 700
123 lbs.	C. Parkman 125	65	345 575 1620
C. Parkman 125	65	160	350
Submaster	165 lbs.	J. Nelson 350*	260*
198 lbs.	340*	260*	450*
C. Barth 340*	1060*	181 lbs.	E. Bridges 650*
		650*	370 630* 1650*
		220 lbs.	T. Carnaghi 700
		345	575 1620
		500	375 570* 1445
		Master (55-59)	181 lbs.
		181 lbs.	R. Carlson 385
		305	400 1090
		Master (65-69)	220 lbs.
		220 lbs.	T. Hall 400*
		210	510* 1120*
		Open	181 lbs.
		181 lbs.	E. Bridges 650*
		370	630* 1650*
		220 lbs.	T. Carnaghi 700
		345	575 1620
		242 lbs.	T. Wilke 560
		425	525 1510
		275 lbs.	H. Barnwell 750*
		440*	600* 1790*



Renee Brown with an SLP State Record 200 BP raw @ open 114 at Big Daddy's Iron Horse Open. (Photograph courtesy by Dr. Darrell Latch)

total! At teenage 13-15/123 Conlan Parkman won with a 125 squat, followed by a 65 bench and a 160 pull for a 350 total. Moving to the submaster division, John Nelson posted all new national and world marks with his 350 squat, 260 bench and 450 deadlift, for a 1060 total at 165. In the master men's 40-44 age group best lifter Ed Bridges had a great day, finishing with a 1650 total. Setting all new world records for each lift, except for the bench, Ed finished with 650-370-630-1650 at 181. Tom Carnaghi returned to competition, after about four years off, to finish with a very respectable 1620 total at 220. Tom nailed an easy 700 squat along with a 345 bench and a 575 deadlift for his win. Our other 40-44 competitor was 275 winner Steve Parkman. Steve finished with a 500 squat, followed by a 375 bench and a 570 national record pull for a fine 1445 total. Richard Carlson retained his world title at 55-59/181 with near record breaking lifting, finishing with a 385 squat, 305 bench, which tied the existing world record, and a 400 pull for a solid 1090 total. Another great master lifter, Tom Hall, broke all of legendary lifter Allen Glass' world and national records at 65-69/220, except for the bench press. Tom finished with a 210 bench, but added a 400 squat and a fantastic 510 deadlift to finish with a 1120 total. In the open division Ed Bridges won at 181, setting world records in the squat (650) and total (1650), while capturing the national record for the deadlift (630). Tom Carnaghi also became a double winner with his win at 220 open. Tim Wilke, another fine lifter, won at 242 with a 560 squat, 425 bench and a 525 deadlift for a 1510 total. A newcomer to the ANPPC, Harold Barnwell, won big at 275, posting the highest squat of the day with 750. Along with a 440 bench and a 600 pull gave Harold the highest total of the day at 1790. All of Harold's lifts exceeded the existing national records for the class. In the bench press event, national record-holder Sam Chapala captured his first world championship with his win at special Olympic 198. Sam finished with a new world record of 280! For the women's 18-19/114 class it was Courtney Morgan with a new record of 75. Logan Zielinski set the record at 13-15/97 with 125 while Taylor Borders won at 148 with 175. Kale Minnaert won his class at 18-19/198 with a new world

record opener of 375. From there 395 was just a bit too much. Turning to the master men's division we lost Mark Hinkston at 40-44/275 when his 460 opener failed three times. James Robinson won at 45-49/220, setting the record there with 420. Moving up into the 50-54 age group, Joe McDonald finished with 400 and the win at 220. Barry Blackmon broke his own world mark at 50-54/275 with a strong 455. Darris Sparks broke the existing world record at 55-59/181 with his 385 second attempt after a PR attempt with 405 failed to lock out. Second place at 181 went to Richard Carlson who finished with 305. Dave Williams, taking the title at 55-59/198, finished with a solid 330. Bob Klinglesmith had some problems at 60-64/181, failing with his openers of 285 and 305, bombing out of the competition. Tom Chapala, also lifting in the 60-64 age group, won at 275 with a new world record mark of 360. Taking the win at police & fire/submaster/198 was Chuck Barth, who also set a new world record with his 340 second attempt. For the open division it was Chris Flowers taking the 148 class with a new world record of 350. Mike Strom had his best day ever at 198 with a win and the best lifter award as he finished with a personal best 580. Training partner Dave Walker, a solid 700 bencher, had some major problems with his shirt, failing to get in an opener at 242. Then at 275 it was Andrew Gerhardstein with a new world record 525 bench over second place finisher Eric Baumann, who ended with 430. In the deadlift event Sam Chapala continued his winning ways with his second world mark of the day, locking out successfully with 300 to take the win at special olympic 198! Logan Zielinski set his second world record of the day with his 200 win at 13-15/97, finishing with his second world mark of 545. Buit taking the win again at 45-49/220 along with the best lifter award was Kentucky's own James Robinson, who finished with a strong 675.



Andrew Gerhardstein got a new World Record of 525 in the 275 lb. class at the ANPPC World Cup. (Photograph courtesy Earl Davis)

Looked like over 700 was there! Thanks to all who helped with the meet, since I was still in the hospital (having had total hip replacement surgery just two days before). My wife Susie served as meet director, Linda Middleton, who ran the table and served as head judge, Dr. Robert Middleton, who helped at the table and served as scorer, side judges Mary Tewell and John Magee, platform manager/loader/spotter Joey Latch, and loaders D.C. Latch and Kyle Stewart. Thanks also to all the lifters and to the spectators who support this great sport. See you all again this fall for the ANPPC Nationals. (Thanks to Dr. Darrell Latch for providing these results)

**USPF Central California
7 OCT 06 - Modesto, CA**

BENCH	220 lbs.	C. Sims 650	Master (50-59)
FEMALE	M. Murray 391	275 lbs.	308+ lbs.
P. Rhoades 501	L. Contreras 385		
Open	J. Hunter 391		
132 lbs.	242 lbs.		
M. Nunes 121	C. Sims 584	N. l'Anson 325	220 347 892
Master (40-49)	275 lbs.	Master (40-49)	
198+ lbs.	P. Rhoades 402	198+ lbs.	
N. l'Anson 220	308 lbs.	N. l'Anson 325	220 347 892
MALE	S. Denison 611	MALE	
Junior (13-15)	Master (50-59)	Junior (13-15)	
165 lbs.	165 lbs.	198 lbs.	
C. Lewis 253	C. Rogers 275	J. Campos 220	165 264 650
Junior (16-18)	242 lbs.	242 lbs.	
148 lbs.	K. Tawzer 325	Junior (16-18)	
T. Bloomer 226	275 lbs.	J. Paredes 463	418 600 1482
275 lbs.	J. Masten —	Junior (19-23)	
M. Varni 314	308+ lbs.	220 lbs.	
Junior (19-23)	L. Contreras 418	A. Aguilar Jr. 457	330 512 1300
165 lbs.	198 lbs.	J. Nguyen 374	286 402 1063
J. Mitchell 226	FEMALE	Open	
198 lbs.	Master (40-49)	148 lbs.	
B. Adley 369	198+ lbs.	S. Layman 584	391 507 1482
220 lbs.	N. l'Anson 347	220 lbs.	
A. Contreras 308	MALE	M. Laney 639	463 628 1730
308+ lbs.	Junior (13-15)	242 lbs.	
C. Tawzer 352	165 lbs.	R. Ciano 567	418 633 1620
Open	C. Lewis 369	H. Cuneo 501	380 589 1471
148 lbs.	Junior (16-18)	R. Higgins 479	380 600 1460
S. Layman 391	275 lbs.	275 lbs.	
S. Bloomer 270	M. Varni 424	P. Rhoades 529	402 501 1433
198 lbs.	Junior (19-23)	L. Allenger 435	402 523 1361
P. Gentry 325	220 lbs.	Master (40-49)	
C. Trembley —	A. Aguilar Jr. 512	242 lbs.	
220 lbs.	A. Contreras 374	R. Ciano 567	418 633 1620
J. Hunter 391	181 lbs.	P. Rhoades 529	402 501 1433
242 lbs.	L. Nelson —	Master (50-59)	
T. Harris 402	198 lbs.	220 lbs.	
M. Bell 584	P. Gentry 374	R. Arredondo 551	374 440 1366
P. Rhoades 402	220 lbs.	Meet Directors: Steve Denison and Dave	
308 lbs.	M. Frazee 429	Cumerrow. Best Lifters Women: Bench	
S. Denison 611	275 lbs.	Press-Mondae Nunes, Powerlifting Open-	
308+ lbs.	P. Rhoades 501	Nicki l'Anson. Best Lifters Men: Bench-	
L. Contreras 418	308+ lbs.	Steve Denison, Deadlift-Patrick Rhoades,	
C. Tawzer 352	L. Contreras 385	PL Junior-Joel Paredes, PL Open-Scott	
R. Lamont —	Master (40-49)	Layman, PL Master-Robert Ciano. (Thanks	
Master (40-49)	242 lbs.	to Steve Denison for providing results)	

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27 JAN, SPF/BBS Power Meet (PL, Push Pull - Hartford, AL) Scotty, Body By Scotty Gym 334-588-6633, www.southernpowerlifting.com

27 JAN, USAPL Wisconsin Open, Bruce Sullivan, 1545 4-1/2 Mile Rd., Racine, WI 53402, 262-639-3210

27 JAN, USAPL Wisconsin State, Bruce Sullivan, 1545 4-1/2 Mile Rd., Racine, WI 53402, 262-639-3210

27 JAN, APF Orlando Barbell BP & DL Classic (BP, DL, Ironman, Teen, Subs, Masters) Brian Schwab, Orlando Barbell, 2784 Wrights Rd., Ste. 1004, Oviedo, FL 32765, 407-678-2447, lightweightpower@aol.com

27 JAN, APF/AAPF Buckeye Open PL/BP, (Days Inn, Fremont, OH) Rob Twinning, 419-334-2982, rob_at_outlawbarbell.com

27 JAN (NEW DATE), APF Michigan State Bench Press Championship/Bench for Cash, Jim Harboume, 1018 Coolidge Ave., Clawson, MI 48017, 313-610-2019

27 JAN, USAPL Louisiana State PL/BP, (Baton Rouge, LA) Jon Magendie, 225-284-0298, jonmagendie@hotmail.com

27 JAN, 100% Raw Old Dominion Classic BP, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com, www.rawpowerlifting.com

27 JAN, Iron Boy Regional Push Pull (Mocksville, NC) Keith Payne 336-766-3347, keith@ironboypowerlifting.net

27 JAN, SLP Flex Fitness West Michigan Open BP/DL (Holland, MI) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

27,28 JAN, USAPL New Jersey State (Atlantic City - in/out of state divisions) Rob Wagner, 609-822-9309, raw@oceansidesj.com, www.oceansidesj.com

28 JAN, USPF Powerbowl BP/DL (Middletown Mall, Fairmont, WV) Matt McCasie, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, mccasie@yahoo.com

28 JAN, ISS Wisconsin Winter Cold Steel BP, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, 262-960-2155

28 JAN, WNPf Quad State PA/DE/MD/VA (Philadelphia, PA) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf

28 JAN, Winter BP/DL Classic, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683, JJRCsmoker@hotmail.com

3 FEB, APA Iron Warrior Open, Scott Taylor, 5833 First St. #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com

3 FEB, 3rd Industrial Strength BP Seminar, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, 262-960-2155

3 FEB, SLP Black Iron Gym Open BP/DL (Beech Grove, IN) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

3 FEB, Slaughterhouse Gym/Iron Age Gym BP/DL (Minerva, OH) Dave Bosler 330-833-2578 or Craig Hurst 330-868-7925

3 FEB, SPF Kentucky State (Open, Raw, PP/BP/DL/SC, BP Reps - Metro Fitness, Louisville, KY) Jesse Rodgers 423-255-3672, www.southernpowerlifting.com

3 FEB, USAPL Virginia Open (PL, BP, Ironman, Raw BP, Teen, Fem, Mast, Rep BP) John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, or Will 434-985-6858, valifting@aol.com

3 FEB, AAU Sooner State Games Winter Festival (BP/DL - Shawnee, OK) Rickey Dale Crain, 405-275-3689, 800-272-0051, rcrain@charter.net

COMING EVENTS

3 FEB, NASA Arizona State (Un/Equipped, PL/PS/PP/BP Only - Mesa, AZ) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

10 FEB, AAU New England PL/BP (Bridgewater, MA) Ray Croff 617-328-1346, Dave Mansfield 781-294-4201

10 FEB, APA Delaware Open (DE) Scott Taylor, 5833 First St. #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com

10 FEB, USAPL New York State Push Pull (Kingston, NY) Pat Carroll, Meet Director, 845-339-6381

10 FEB, New Castle's 16th annual BP (men, women, teen, masters) Chuck Ulrich, 214 E. Garfield Ave., New Castle, PA 16105, 724-658-7529

10 FEB, SPF West Tennessee Power (Open, Raw, PP/BP/DL/SC, BP Reps - National Guard Armory, Bolivar, TN) Jesse Rodgers 423-255-3672, www.southernpowerlifting.com

10 FEB, SLP Meador's Gym Open BP/DL Classic (Lawrenceburg, IN) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

10 FEB, WNPf South Georgia PL & BP/DL/SC (Warner Robins, GA) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf

11 FEB, 5th West Lafayette Classic (BP/DL - Blackstone's Gym, W. Lafayette, OH) John Blackstone 70-502-4964 or 740-502-3790

16-18 FEB, USAPL Women's Nationals, Paul Fletcher, 17735 Creek Hollow Rd., Baton Rouge, LA 70617, 225-753-8586

17 FEB, West Virginia High School (South Charleston, WV) John Messinger 304-766-0352, 304-744-2475

17 FEB, APA Indy Open (Indianapolis, IN)

APF/AAPF/WPO Schedule

- 27 JAN, APF Orlando Barbell BP & DL Classic
- 27 JAN, APF/AAPF Buckeye Open
- 27 JAN, APF Michigan State BP Championships
- 17 FEB, APF Indiana State PL/BP-Hawg Farm Open
- 17 FEB, APF/AAPF Candyazz Classic
- 17 FEB, APF Gulf Coast States
- 17 FEB, APF Northeastern Open
- 24 FEB, APF/AAPF Charleston Open
- FEB, APF/AAPF Illinois State
- 17-18 MAR, APF/AAPF Alabama Open PL/BP
- 18 MAR, AAPF/APF Snake River
- 24-25 MAR, APF/AAPF Illinois State
- 31 MAR, APF Hawg Farm
- 31 MAR, APF Texas State
- 31 MAR, APF/AAPF Maine State
- MAR, AAPF/APF Snake River
- 14 APR, APF Junior Open Nationals
- 21 APR, APF/AAPF Delaware State
- 5-6 MAY AAPF Nationals
- 5-7 MAY, APF Master, Submaster, Jr. Nationals
- 12 MAY APF Summer Bash
- 9 JUN, APF South Texas
- JUN, APF/AAPF Chicago Summer Bash
- 14 JUL, APF Texas Border Classic
- 28 JUL, APF Southeast Texas
- AUG 4, APF Florida State BP/Ironman
- 27 OCT, APF Texas Cup
- OCT, APF New England
- 1 DEC, APF Texas Gulf Coast
- 8 DEC, APF Rio Grande Valley

Dates subject to change Call 386-734-3128 for info. (worldpowerlifting.org) (worldpowerliftingcongress)

Scott Taylor, 5833 First St. #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com
17 FEB, APA Battle on the Bayou (NSU, Health & Human Performance Bldg., 170 Tarlton Dr. Room #125 - Natchitoches, LA) Ryan Cidzik 318-663-0077, rcidzik@yahoo.com, www.apa-wpa.com
17 FEB, APF Indiana State PL/BP - Hawg Farm Open (Plaza Hotel, Evansville, IN) Larry Hoover, 812-385-9932, quad4hoov@peoplepc.com
17 FEB, Lewiston Red Brick Bench Press (Assist. Raw, all weight and age divisions - Lewiston Red Brick School, Lewiston, NY) This is a benefit for our troops overseas and their families back here. Last year we had 75 competitors. Help us get to 100 this year. Dennis Brochey, 205 N. 5th St., Lewiston, NY 14092, 716-200-3533, dcbrochey@adelphia.net
17 FEB, WABDL Penn-Ohio-New York Regional BP/DL Championships (World Qualifier - Beaver Falls, PA) Charles Venturella 724-654-4117
17 FEB, APF Northeastern Open BP (Amoskeag Inn, Manchester, NH) Dave Follansbee or Maggie Blanchard, 865 Second St., Manchester, NH 03102, 603-626-5489, nhbodybuilding@yahoo.com, AmericanPowerlifting.com
17 FEB, APF/AAPF Candyazz Classic (PL, single lift - Iron Asylum Gym, Tribes Hill, NY) Sand or Zane McCaslin, 518-858-7002, www.ironasylumgym.com
17 FEB, Valentine Strongman & Wife Carrying Contest (Woodlands, TX) donpbaker@gmail.com, http://sports.groups.yahoo.com/group/LoneStarPowerlifters
17 FEB, APF Gulf Coast States (Houston, TX) tom_mccullough@txaspowerscene.com, 713-907-8129
17 FEB, Eastern Missouri & Southern Illinois High School Bench Press (Creve Coeur, MO) Harold Gaines 314-805-2044, www.usaplnationals.com
17 FEB, SLP Brickyard Open BP/DL (Milwaukee, WI) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429

sonlight@netcare-il.com, www.sonlightpower.com
17-18 FEB, NASA Ohio State High School & Teenage Nationals (PL/BP/PP - Springfield, OH) Greg Van Hoose, RR 1, Box 166, Ravenswood, WV 26164, www.vhepower.com
24 FEB, USAPL Glen Mills Invitational, Sean Cosgrove, 38 Threewood Dr., Glen Mills, PA 19342, 610-459-5213
24 FEB, APC Central California Open/Novice, Bob & Kim Packer 559-322-6805, 559-323-3892
24 FEB (tentative), ADFPF God, Guys & Guts Strongman Revival (Strongman, BP for Reps - St. Ann, MO) Pat Rankin, Meet Director, 314-323-6876, www.adfpf.org
24 FEB, APF/AAPF Open (BP, DL - Charleston, SC) Will Millman, www.worldpowerliftingcongress.com
24 FEB, SLP Hester's Kentucky Open BP/DL (Louisville, KY) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
24 FEB, WNPFF All Raw World Cup PL, Bench, Deadlift, Strict Curl (Bordentown, NJ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf
24 FEB, APF/AAPF US Naval Academy Open, Will Spears, USNA, Box 11878, Annapolis, MD 21412
24 FEB, USPF Works Open (Works Fitness World, New Martinsville, WV) Matt McCasa, 210 Gilboa St., Fairmont, WV 26554, 304-376-2432, mccasa@yahoo.com
24 FEB, USAPL SD PL & BP, Jeff Blindauer, 5912 W 56th St., Sioux Falls, SD 57106, 605-201-2411
24,25 FEB, USAPL Florida State Championship (FL) Jim Dundon, 717 Zebu Place, Ft. Myers, FL 33913, 239-303-9561
FEB, APF/AAPF Illinois State, Ernie Frantz/Amy Jackson, 630-896-7309, amyjackson@aol.com
FEB/MAR, USAPL Florida State Powerlifting Championships (Miami or Ft. Lauderdale, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl

APC Central California Championships (Fresno, CA) Powerlifting & Bench Press (open, masters, teenage, women, junior) A.P.C. National Qualifier 24 February 2007 Bob & Kim Packer 559-322-6805, 559-323-3892

2-4 MAR, Arnold Classic BP/WPO (Columbus, OH), 614-431-3600, www.arnoldclassi.com
3 MAR, World Famous Attilis Gym's "Hardcore Bench Press" (open, teen, women, submaster, master, team - Wildwood, NJ) Chris Lambert, Meet Director, 609-780-5693, Attilis Gym, 3015 Pacific Ave., Wildwood NJ, 609-729-2050
3 MAR, Bill Beckwith Memorial PL & Single Event (Wayland, MI) Dick VanEck, Meet Director, www.adfpf.org
3 MAR (tentative), ADFPF PL & Single Event (Macomb, IL) Tim Piper, Meet Director, www.adfpf.org
3 MAR, SPF Tennessee State (Open, Raw, PP/BP/DL/SC, BP Reps - Holiday Inn, Sun Spree, Gatlinburg, TN) Jesse Rodgers 423-255-3672, www.southernpowerlifting.com
3 MAR, SLP Memphis Open BP/DL (Memphis, TN) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
3 MAR, USA Raw BP Federation Spring Nationals (Tuscola, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
10 MAR, Missouri State & Ozark Open (PL/BP - Creve Coeur, MO) Harold Gaines 314-805-2044, www.usaplnationals.com
10 MAR, USA Raw BP Federation Spring Nationals (Tuscola, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
10 MAR, ISS March Money BP, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, 262-960-2155
24 MAR, USAPL MA High School Open, Eric Cordeiro, 35 Berkeley St., Watertown, MA 02472, 617-923-7062
24 MAR, SLP The Body Building Open BP/DL (Van Wert, OH) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
24 MAR (date assigned), AAU Oklahoma Open/BP/DL State PL, Rickey Dale Crain, 405-275-3689, 800-272-0051, rcrain@charter.net
24 MAR, NASA KY State (PL/BP/PP - Paintsville, KY) Greg Van Hoose, RR 1, Box 166, Ravenswood, WV 26164, www.vhepower.com
24 MAR, USAPL Battle on the Border (NC) Jon Mouzon, 101 Sycamore Dr., Clemson, SC 29631, 864-844-0083
24,25 MAR, USAPL Pennsylvania State & Delaware State BP & PL (Ashton (suburb of Philadelphia), PA)

UPCOMING COMPETITIONS

27 JAN, SLP Flex Fitness Michigan Open (Holland, MI)

3 FEB, SLP Black Iron Gym Open (Beech Grove, IN)

10 FEB, SLP Meador's Gym Open (Lawrenceburg, IN)

17 FEB, SLP Brickyard Open BP/DL (Milwaukee, WI)

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John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com, www.rawpowerlifting.com
17 MAR, SLP Lift for the Lord BP/DL (Scottsville, KY) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
17 MAR, WNPFF Ralph Peace, North Carolina PL (Asheville, NC) Troy Ford, Box 142347, Fayetteville, NC 30214, 678-817-4743, wnpf@aol.com, members.aol.com/wnpf
17 MAR (NEW DATE), NASA Police, Fire, Military Nationals (Kansas City, KS) Jim Duree, jduree7086@aol.com
17 MAR, NASA Tennessee State (PS/PL/unequipped, BP/PP - Pickwick St. Park, TN) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
17 MAR, USAPL Brother Bennett Memorial Invitational, Ted Longo, 799 Ewa St., Diamondhead, MS 39525, 228-324-1473
17-18 MAR, 3rd APF/AAPF Alabama Open PL/BP (Econolodge Conference Center, Attalla, AL) Buddy McKeel 256-442-4002 or 256-613-2753 or Stacie Beacham at Gold's Gym 256-413-0055 or mastermonster@comcast.net
18 MAR, ISS March Money BP, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, 262-960-2155
24 MAR, USAPL MA High School Open, Eric Cordeiro, 35 Berkeley St., Watertown, MA 02472, 617-923-7062
24 MAR, SLP The Body Building Open BP/DL (Van Wert, OH) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
24 MAR (date assigned), AAU Oklahoma Open/BP/DL State PL, Rickey Dale Crain, 405-275-3689, 800-272-0051, rcrain@charter.net
24 MAR, NASA KY State (PL/BP/PP - Paintsville, KY) Greg Van Hoose, RR 1, Box 166, Ravenswood, WV 26164, www.vhepower.com
24 MAR, USAPL Battle on the Border (NC) Jon Mouzon, 101 Sycamore Dr., Clemson, SC 29631, 864-844-0083
24,25 MAR, USAPL Pennsylvania State & Delaware State BP & PL (Ashton (suburb of Philadelphia), PA)

Robert Keller 954-790-2249, rhk@verizon.net
24, 25 MAR, AAU East Coast BP, Triple Crown Classic, Virginia State, Police/Fire, 804-559-4624, vapowerlifting@aol.com
24,25 MAR, APF/AAPF Illinois State (Bolingbrook H.S.) Amy Jackson & Ernie Frantz, 630-896-7309, amyjackson@aol.com
25 MAR, WNPFF Youth, Teen, Junior Nationals & American Cup PL & BP/DL/SC (Philadelphia, PA) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf
25 MAR, WNPFF Ohio PL & BP/DL/SC (Youngstown, OH) Ron 330-792-6670, power103@aol.com
25 MAR, USPF Rhode Island State PL/BP, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-5350, uspf-ri@cox.net, www.ripl.org
25 MAR, USPF Rhode Island High School PL/BP, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-5350, uspf-ri@cox.net, www.ripl.org
25 MAR, USPF Rhode Island Police & Fireman PL/BP, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-5350, uspf-ri@cox.net, www.ripl.org
25 MAR, 8th Pittsburgh Monster BP & DL (men, women, all divisions, all classes, cash prizes - Holiday Inn Airport, Pittsburgh, PA) Mike Baravacchio, 152 Dover Dr., Moon Township, PA 15108, 412-264-9996
30 MAR - 1 APR, USAPL High School Nationals (Alexandria, LA) Duane Urbina, 337-363-4663, www.usaplhightchoolnationals.com
31 MAR, APF Hawg Farm BP Executive Inn, Evansville, IN) Larry Hoover 812-385-9932, quad4hoov@peoplepc.com
31 MAR, APF Texas State Open (men, women, below I, masters, juniors, submasters - Houston, TX) Flexion Strength Systems, Seguin Fitness, 114 E. Mountain, Seguin, TX 78155, 800-378-6460, www.seguinfithness.com, seguinfitness@satx.rr.com
31 MAR, Coastal Bench Press Classic (Brunswick, GA) Rick Samples 912-571-8324, rick@silverbackstrength.com
31 MAR, New York State High School PL (Newfield High School, NY) James Howell, jh198@hotmail.com, 607-379-0200
31 MAR, USAPL Alabama State, Billy Keel, 636 Water Oak Ln., Talladega, AL 35160, 256-268-2198
31 MAR, USPF West Virginia State & Holley Open (South Charleston, WV) John Messinger 304-766-0352, 304-744-2475
31 MAR, IPA Barno Newman Classic (IPA Qualifier - Philadelphia, PA) Gene Rychlak Jr., 143 Second St., Royersford, PA 610-948-7823
31 MAR, 44th Great Lakes PL (ADAU National Qualifier) Joe Oreniga, 4319 W. 26th St., Erie, PA 16506, 814-833-3727
31 MAR, USAPL NJ State High School BP, Mark Salandra, www.strengthcondition.com
31 MAR, Battle of the Great Lakes X PL/BP (Cleveland, OH) Gary Kanaga, 440-717-9624, gary.kanaga@nordoniahschools.org
31 MAR, SLP Harvey's Gym Open BP/DL (Tullahoma, TN) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
31 MAR, APF/AAPF Maine State PL, Chris Wiers, 14 Fern St., Auburn, ME 04210, 207-777-3393(h), 713-1247(c)
31 MAR, 16th Weightlifting Unlimited Bench Meet (beautiful sculptured awards - Winchester, VA), Rand Brooks, 540-667-6288 or Randy 304-283-6059
31 MAR, USPF California State PL, BP, DL (Los Alamitos) Steve Denison, 661-333-9800, powlifts@msn.com, www.powerliftingCA.com
31 MAR-1 APR, Iron House Classic IPA PL & BP (Newark, OH) Mike Maxwell 740-704-4747, www.ironhousezanesville.com
31 MAR-1 APR, NASA High School Nationals (Un/equipped, PL/PS - Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
MAR, APF/AAPF Snake River PL/B/D (Idaho Falls, ID) Mike Higgins, 208-520-8773, 521-3434, snakeriverp@yahoo.com
MAR, WNPFF Ralph Peace Memorial North Carolina PL & BP/DL/SC (Charlotte, NC) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf
MAR, NASA Power Sports Nationals & Unequipped PL (PL/BP/PS/PP - Russellville, AR) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
1 APR, WNPFF Upstate NY PL & BP/DL/SC (Buffalo, NY) Ron 330-792-6670, power103@aol.com
7 APR, Super Bench IV & Rip the Grip Deadlift (Keene, NH) Loui LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590
7 APR, WABDL 4th Heart of America (BP, DL - Gateway Convention Center, Collinsville, IL) Erica Haislar 618-530-5402 or John Hudson 217-377-4640, jhudson@uiuc.edu
7 APR, ADAU PL & BP Meet (Hagerstown, MD) Dan Corridcean, 1223-B Scott's Manor Ct., Odenton, MD 21113, Bdan1745@aol.com

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7 APR, Iron Gladiator Classic BP, DL, PL (Mirabeau Park Hotel, Spokane, WA) Brent Mikesell, 509-475-7341 or brent@irongladiators.com
7 APR, SLP Primitime Fitness BP/DL (Crestwood, KY) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
7 APR, USAPL Richmond Open PL/BP (open to out of state lifters - sculptured awards - Mechanisville, VA) Phillip Battle, PO Box 9713, Richmond, VA 23228, 804-301-2196, P_Battle@hotmail.com
7 APR, APA Southeast USA BP/DL/PP/C, Scott Taylor, 5833 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com
13,14 APR, RAW Bench Press/Strict Curl Challenge & IBP Tar Heel State PL (Winston Salem, NC) Keith Payne 336-766-3347, keith@ironboypowerlifting.net
13-15 APR, USAPL Collegiate Nationals, Johnny Graham, 2203 Excel Dr., Killeen, TX 76542, 254-526-0779

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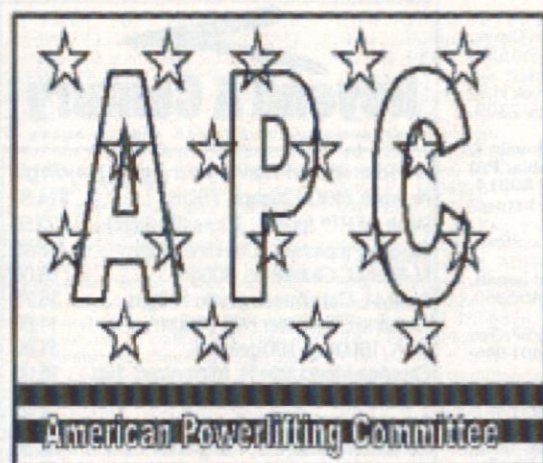


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24 Feb 2007 A.P.C. Central Cal. Open & Novice Powlift & Bench Press, Fresno, CA. Bob Packer Phone# (559) 322 6805.

April 2007 A.P. C. California State Powerlift & Bench Press Fresno, CA. Bob Packer Phone# (559) 322-6805

April 14, 2007 Georgia State Open Powerlifting and Bench Press, L.B. Baker, 770-713-3080

July 2007, America's Cup and APC National Powerlifting and Bench Press Championships, Meet Directors Curtis Leslie and Tom Bowman, L.B. Baker, 770-713-3080

For more information;
www.americanpowerliftingcommittee.com
[IronDawg Power, www.irondawg.com](http://IronDawgPower.com)

14 APR. AAU Spring Meet (BP, DL, PC, Ironman - Baltimore, MD) Brian Washington 410-265-8264, brian@usb.com
14 APR. SLP Ultimate Body Fitness Open BP/DL (Chicago, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
14 APR. WNPFF Georgia PL (Atlanta, GA) Troy Ford, Box 142347, Fayetteville, NC 30214, 678-817-4743, wnpf@aol.com, members.aol.com/wnpf
14 APR. Wisconsin's Best Bench Press (Independence, WI) Glen Woychik, N3414677 Moga Rd., Independence, WI 54747, 715-985-2608, www.wisconsinbestbench.com
14 APR (new date). APF Junior Open Nationals & Windy City Open - Velocity Sports, Willowbrook, IL, Eric Stone 630-794-4059, thestone@chicagopowerlifting.com
14 APR. Northern VA Raw PL/BP (Sterling, Virginia) John James, 703-475-9885, www.northernvarawpower.com
14 APR (new date). NAPA THE HUGE One (Milwaukee, WI) Job Hou-Sey, statechairman@wisconsinpowerlifting.com
14 APR. APC Georgia State PL/BP, L.B. Baker, 770-713-3080, www.irondawg.com
15 APR. The Jimmy Gladstone Memorial Deadlift Meet (W. Lafayette, OH) John Blackstone, 740-562-4964/3790
21 APR. APF/AAPF Delaware Power Classic (PL, PP, SQ, BP, DL, Raw, Equipped - New Castle, DE) Broderick Chavez 302-858-7465, isquat700@mcchi.com
21 APR. PPL Georgia Drug Free (PL, BP, BP reps, DL, P-P, Posedown), Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com
21 APR. WNPFF Bench, Deadlift, Squat, Curl Nationals (Atlantic City, NJ) Troy Ford, Box 142347, Fayetteville, NC 30214, 678-817-4743, wnpf@aol.com, members.aol.com/wnpf
21 APR. Dungeon Powerworks Drug Free Bench Slam & Deadlift, Mark Mellinger, 15681 Featherstone Rd., Constantine, MI 49042, 269-506-5386 or 269-435-7586
21 APR. SLP John Ware Memorial PL/BP/DL Classic (Kirkville, MO) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
21 or 28 APR. Kern County High School PL (Stockdale H.S., Bakersfield, CA) Steve Denison, 661-333-9800, powliftr@msn.com, www.powerliftingca.com
21-22 APR. Power Palooza IX (full power, BP, DL - Leesport, PA) Gene Rychnak Jr., 143 Second Ave., Royersford, PA 19468, 610-948-7823
21,22 APR. Quest American Invitational (over \$10,000 in prizes) 888-35QUEST.
22 APR. WNPFF Maryland PL (Coloma, MD) Troy Ford, Box 142347, Fayetteville, NC 30214, 678-817-4743, wnpf@aol.com, members.aol.com/wnpf
27-29 APR. WDFPF European Single Event Championships (Horgen, SWI)

www.wdppf.com
28 APR. NAPA WV State PL, BP, PS, PP, Greg Van Hoose, RR 1 Box 166, Ravenswood, WV 26164, www.vhepower.com
28 APR. APC California State, Bob & Kim Packer 559-322-6805, 559-323-3892
28 APR. USAPL Albany Strength PL (Albany, NY) John Payette, Meet Director, 518-433-1703
28 APR. ADAU Power Day Classic (BP, DL - Bigler, PA) Allan Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, Al@piklup.com
28 APR. 100% Raw Virginia State BP/Curl, John Shiflett, Box 941, Stanardsville, VA 22973, valifting@aol.com, www.rawpowerlifting.com
28 APR. NAPA New Mexico PL, PS, PP, BP (raw & equipped - Rio Rancho, NM) Mike and Teale Adelmann, 505-891-1237 or mike@liftinglarge.com
28 APR. SLP National BP/DL (Tuscola, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
28 APR. WNPFF Western Pennsylvania PL & BP/DL/SC (Beaver Falls, PA) Ron Baker, 770-713-3080, powerl103@aol.com
APR. WNPFF BP/DL/SQ/SC Nationals (Atlantic City, NJ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, <http://members.aol.com/wnpf>
APR. WNPFF West Virginia Push Pull (Bartlesville, OK) Jim Duree, jduree7086@aol.com
5 MAY. NAPA Northeastern States PL, BP, PS, PP (Ligonier, PA) Greg Van Hoose, RR 1 Box 166, Ravenswood, WV 26164, www.vhepower.com

5 MAY. USPF San Diego Open PL, BP, DL, Steve Denison, 661-333-9800, powliftr@msn.com, www.powerliftingca.com
5 MAY. Open BP/DL (Erie Community College - Buffalo, NY) Mark Becht, Dennis Green, 716-851-1748 or 851-1898
5 MAY. NAPA Western States (Equipped, Unequipped PL/PS/PP/BP Only - Mesa, AZ) NAPA, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
5 MAY. SLP Mason-Dixon Open BP/DL (Somerset, KY) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
5,6 MAY. AAPF Nationals (Baton Rouge, LA) Garry Frank, 225-241-8154
5-7 MAY. APF Master, Submaster, Junior Nationals (PL/BP) Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070 or 207-754-9927
6 MAY. WNPFF Furman Univ. Challenge & South Carolina PL & BP/DL/SC (Greenville, SC) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, <http://members.aol.com/wnpf>
12 MAY. AFA Fit For Life Day Power Palooza (PL, Push Pull, BP, DL, SC - Shreveport, LA) Ryan Cizdik 318-663-0077, rcizdik@yahoo.com, www.apa-wpa.com
12 MAY. APF Summer Bash (Houston, TX) tom_mccullough@txaspowerscene.com, 713-907-8129
13 MAY. Lifetime Natural PL Nationals (Tuscola, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
12 MAY. WNPFF Pan-American & Georgia vs Florida PL & BP/DL/SC (Lake City, FL) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, <http://members.aol.com/wnpf>

12 MAY. Northern Cup BP, Dave Follansbee or Maggie Blanchard, 865 Second St., Manchester, NH 03102, 603-626-5489, nhbodysbuilding@yahoo.com, AmericanPowerlifting.com
12 MAY. Illinois State & Great Rivers Open (PL/BP - Harrisburg, IL) Mark Molsinger, www.usaplnationals.com
19 MAY. Michigan State PL & Single Event (Lansing, MI) Jeff Buchin, Meet Director, www.adfpf.org
19 MAY. Chickahominy YMCA BP Classic (Raw, Assisted, Sculptured Awards, Open - Sandston, VA) Phillip Battle or Nancy Burnet, 5401 Whiteside Rd., Sandston, VA 23150, 804-737-9622
19 MAY. USPF San Jose PL, BP, DL, Paul Love, 408-238-7413, Paul.Love@sbcglobal.net, www.powerliftingca.com
19 MAY. SLP Platinum Fitness Open BP/DL (Tulsa, OK) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
19,20 MAY. WNPFF Youth, Teen, Junior World & WNPFF Elite National PL & BP/DL/SC (Ephrata, PA) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, <http://members.aol.com/wnpf>
23,24 JUN. WDFPF Europeans (Equipped & Raw - Grangemouth, SCT) Hamish Davidson, www.wdppf.com, www.wdppf.com
24 JUN. WNPFF New York PL & NYC Police/Fire/Military (NYC, NY) Troy Ford, Box 142347, Fayetteville, NC 30214, 678-817-4743, wnpf@aol.com, <http://members.aol.com/wnpf>
20 MAY. ISS Big Bench Challenge, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, 262-960-2155
26 MAY. Kumite Classic Bench Press Challenge (Monroeville, PA) Gene Rychnak Jr., 143 Second St., Royersford, PA 610-948-7823
MAY. ADAU New Jersey Meet (NJ) Joe McAuliffe 732-544-0100
MAY. USAPL Florida State High School Championships (BP, PL - Ft. Lauderdale, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridauapl
2 JUN. WNPFF North Americans & Western Ohio PL (Dayton, OH) Troy Ford, Box 142347, Fayetteville, NC 30214, 678-817-4743, wnpf@aol.com, members.aol.com/wnpf
2 JUN. Pete Lanzi Memorial V. (Cleveland, OH) Gary Kanaga, 440-717-9624, gary.kanaga@nordoniahschools.org
7 JUL (new date/title). WNPFF Subs, Masters & Police/Fire/Military Nationals & Virginia Championships Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, <http://members.aol.com/wnpf>
2,3 JUN. ADAU PL Nationals (Hagerstown, MD) Kevin Prosser, 11218 Greenmount Ave., Hagerstown, MD 21740, 310-573-7833, jkprosser@yahoo.com
9 JUN. Summer Push/Pull, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683, jrcsmoker@hotmail.com
9 JUN. USPF Muscle Beach BP & DL (Venice Beach, CA) Steve Denison, 661-333-9800, powliftr@msn.com, www.powerliftingca.com
9 JUN. APF South Texas (men, women,

below I, masters, juniors, submasters) Flexion Strength Systems, Seguin Fitness, 114 E. Mountain, Seguin, TX 78155, 800-378-6460, www.seguinfitness.com, seguinfitness@satx.rr.com
9 JUN. SLP Superman Classic BP/DL (Metropolis, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
9 JUN. USAPL NJ State High School, Mark Salandra, www.strengthcondition.com
9 JUN. WNPFF Open Powerlifting (single, strongman, unequipped - Washington Square Mall, Evansville, IN) Dick Conner, Meet Director, www.adfpf.org
9 JUN. NAPA Kansas City Push Pull (Kansas City, KS) Jim Duree, jduree7086@aol.com
9-10 JUN. USAPL Teen/Jr. Nationals, Tod Miller, 73 N. Pine Rd., Plainwell, MI 49080, 269-664-4814
16 JUN. APC Northern California Open (John Ford - Meet Director), Bob Packer 559-322-6805, 559-323-3892
16 JUN. SPF Nationals (Open, Raw, PP/BP/DL/SC, BP Reps - Holiday Inn, Sun Screw, Gatlinburg, TN) Jesse Rodgers 423-255-3672, www.southernpowerlifting.com
22-24 JUN. America's Cup & APC National Championships (PL, BP - Marietta, GA) Curtis Leslie & Tom Bowman, Meet Directors, 770-439-7907, 770-222-0363, www.americanpowerliftingcommittee.com
23 JUN (NEW DATE). ADFPF Single Event Nationals (Century Center, South Bend, IN) Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683, jrcsmoker@hotmail.com
23 JUN. USA Raw BP Federation Summer Nationals (Tuscola, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
14 JUL. WNPFF USA PL & BP/DL/SC & WNPFF Women's Nationals (Atlanta, GA) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, <http://members.aol.com/wnpf>
14 JUL. APF Texas Border Meet (men, women, below I, masters, juniors, submasters - McAllen, TX) Flexion Strength Systems, Seguin Fitness, 114 E. Mountain, Seguin, TX 78155, 800-378-6460, www.seguinfitness.com, seguinfitness@satx.rr.com
14-15 JUL (new date). AAU National Powerlifting Championships & Sooner State Summer Games (Oklahoma City, OK) Rickey Dale Crain, 405-275-3689, 800-272-0051, rcrain@charter.net
15 JUL. NAPA WV Open BP, PP, PS & WV Open Car Show, Greg Van Hoose, RR 1 Box 166, Ravenswood, WV 26164, www.vhepower.com
15 JUL. ISS Backyard BBQ and BP, Mike

Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, 262-960-2155
21 JUL. PPL Southeastern Drug Free (PL, BP, BP reps, DL, P-P, Posedown), Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com
21 JUL. NAPA Grand Nationals (Unequipped, PL/PS/PP/BP Only - Pickwick St. Park, TN)
21 JUL. Paul Barbee Classic (men, women, below I, masters, juniors, submasters - Houston, TX) Flexion Strength Systems, Seguin Fitness, 114 E. Mountain, Seguin, TX 78155, 800-378-6460, www.seguinfitness.com, seguinfitness@satx.rr.com
21 JUL. SLP Arkansas Open BP/DL (Glenwood, AR) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
22 JUL. AAU Larry Garro Memorial (BP, DL, Curl, Ironman - Baltimore, MD) Brian Washington 410-265-8264, brian@usb.net
22 JUL. SLP Oklahoma Summer Open BP/DL (Sallisaw, OK) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
28 JUL. APF Southeast Texas Championships (men, women, below I, masters, juniors, submasters - Beaumont, TX) Flexion Strength Systems, Seguin Fitness, 114 E. Mountain, Seguin, TX 78155, 800-378-6460, www.seguinfitness.com, seguinfitness@satx.rr.com
28 JUL. ADFPF Powerlifting Nationals (Grand Rapids, MI) www.adfpf.org
28 JUL. Vermont State Open Raw BP, Rick Poston, 1881 Williston Rd., Burlington, VT 05403, 802-865-3068/3167, allamericanfitnessvt@yahoo.com
29 JUL. WNPFF Drug Free Nationals (Youngstown, OH) Ron 330-792-6670, powerl103@aol.com
JUL. WNPFF Arizona PL & BP/DL/SC (Tucson, AZ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, <http://members.aol.com/wnpf>
JUL. APF Nationals & America's Cup PL/BP, L.B. Baker, 770-713-3080
www.irondawg.com
JUL. USAPL/USOC West Palm Beach Sports Commission Youth Fitness Festival (West Palm Beach, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridauapl
JUL. USAPL/USOC Tropical Games Championships (BP, DL - West Palm Beach, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridauapl
JUL. AAU Junior Olympics and BP (Knoxville, TN) www.ausports.org
JUL/AUG. AWPC Worlds (Chicago, IL) Amy Jackson and Ernie Frantz, www.sonlightpower.com

6 3 0 - 8 9 6 - 7 3 0 9 ,
amyjackson@aol.com
4 AUG. ADAU Single Lift Nationals (SQ, BP, DL - Men/Women - all age divisions, Joe Oreniga, 4319 W. 26th St., Erie, PA 16506, 814-833-3727
4 AUG. Northern VA Raw PL/BP (Sterling, Virginia) John James, 703-475-9885, www.northernvarawpower.com
4 AUG. APF Florida State BP/Ironman (Boca Raton, FL) Bob Youngs, Ed Rectenwald, Lance Mosley, 561-718-9877, southsidebarbell@hotmail.com
4 AUG. USPF Muscle Beach Push-Pull (combined total, Venice Beach, CA) Steve Denison, 661-333-9800, powliftr@msn.com, www.powerliftingca.com
4 AUG. WNPFF New Jersey PL & BP/DL/SC (Bordentown, NJ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, <http://members.aol.com/wnpf>
5 AUG. WNPFF Delaware BP/DL/SC & Delaware vs Maryland (Seaforth, DE) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, <http://members.aol.com/wnpf>
5 AUG. SLP Vince Soto Memorial Ohio State Fair BP/PL (Columbus, OH) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
11 AUG. SLP Wisconsin State Fair BP/DL (West Allis, WI) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
11 or 18 AUG. USPF National Powerlifting, Bench Press and Deadlift (open, jr., master for men and women - Las Vegas, NV)
12 AUG. SLP Indiana State Fair BP/DL (Indianapolis, IN) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
18 AUG. SLP Missouri State Fair BP/DL (Sedalia, MO) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
19 AUG. SLP Kentucky State Fair BP/DL (Louisville, KY) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

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

ADFPF Mission Statement: To provide all amateur athletes with legitimate drug-tested powerlifting, Strongman/Women, 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 consent 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, knowingly 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 so 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 _____

Before Banks & Organization: _____
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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.

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2 JUN. WNPFF North Americans & Western Ohio PL (Dayton, OH) Troy Ford, Box 142347, Fayetteville, NC 30214, 678-817-4743, wnpf@aol.com, members.aol.com/wnpf
2 JUN. Pete Lanzi Memorial V. (Cleveland, OH) Gary Kanaga, 440-717-9624, gary.kanaga@nordoniahschools.org
7 JUL (new date/title). WNPFF Subs, Masters & Police/Fire/Military Nationals & Virginia Championships Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, <http://members.aol.com/wnpf>
2,3 JUN. ADAU PL Nationals (Hagerstown, MD) Kevin Prosser, 11218 Greenmount Ave., Hagerstown, MD 21740, 310-573-7833, jkprosser@yahoo.com
9 JUN. Summer Push/Pull, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683, jrcsmoker@hotmail.com
9 JUN. USPF Muscle Beach BP & DL (Venice Beach, CA) Steve Denison, 661-333-9800, powliftr@msn.com, www.powerliftingca.com
9 JUN. APF South Texas (men, women,



Record Breaker Scott Lade, Geoff Plante, Dr. Pat Anderson, and Byron Nichols at the USAPL BP Nationals (photograph by Scott Lade)

USAPL Bench Press Nationals
2-3 SEP 06 - Charlotte, NC

BENCH		MALE		D. Thompson		
FEMALE	105 lbs.	H. Sauer	226	K. Collington	275	
M. Mathis	214	S. Petrencak	347	D. Thurman	523	
M. Conte	121	C. Mangra	181	L. Hanifen	—	
L. Pardue	71	R. Rope Jr.	15	181 lbs.	—	
A. Leverett	176	132 lbs.	L. Kirchner	540	—	
K. Poyner	126	148 lbs.	J. DeMatteo	474	—	
R. Hackney	154	A. Zehr	341	A. Furnas	479	
J. Smith	148	148 lbs.	J. Martinez	380	—	
J. Hollier	—	D. Doan	325	J. Pellegrino	314	
123 lbs.	—	M. Sora	187	N. Miceli	380	
G. Benton	176	B. Behm	181	J. Bardsley Jr.	369	
J. Harms	170	198 lbs.	I. Zwick	286	M. Smith	358
L. Haines	170	P. Calhoun	209	P. Yong	242	—
132 lbs.	—	UNL	—	R. Blaumuller	209	—
J. Thompson	319	D. Ferrell	385	B. Carroll	341	—
D. Siveny	203	S. Dzumak	308	B. Clayton	314	—
P. Burnett	159	F. Huston	259	M. Smith	358	—
148 lbs.	—	M. Hara	512	S. Deans	308	—
	—	A. Anderson	165	A. Reel Jr.	110	—
	—	J. Mouzon	446	A. Mamola	—	—

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M. Richmond	—	T. Isbell	—	J. Collart	463	Master III	—
B. Milner	—	242 lbs.	—	Master IV	—	J. Callemijn	347
D. Geistlinger	—	K. Mayer	622	J. Roge	308	4th-358	—
B. Hanselman	—	D. Doan	617	Teen III	—	Teen II	—
198 lbs.	—	P. Cannon	485	J. Deschamps	265	L. Lietaer	209
D. Cieri	567	J. Bogart	485	319 lbs.	—	Junior	—
T. Strohshie	512	J. Nicolosi	446	Master I	—	C. Kepenne	—
J. Townsend	501	C. Tallman	429	W. Backelant	523	181 lbs.	—
J. Pena	479	S. Duncan	424	SQUAT	—	Master III	—
Rosenzweig	429	K. Hall	413	Raw	—	R. Remy	374
T. Pardue	424	R. Falkowski	352	175 lbs.	—	Teen II	—
B. Phillips	407	G. Kanaga	336	Teen II	—	D. Vanewalle	231
A. Odenwald	402	J. Sheckler	336	V. Collart	126	198 lbs.	—
B. Lindsey	396	C. Doggett	314	148 lbs.	—	Master I	—
B. Haley	16	B. Cardza	—	Senior	—	Vandelannoit	440
T. White	—	J. Svalina	—	S. Tirht	352	Junior	—
P. Grohoski	—	K. McFadden	—	Teen II	—	A. Lambert	330
D. Cieri	—	J. Jones	—	L. vanDooren	231	Master VI	—
220 lbs.	—	L. Saviano	—	4th-242	—	M. Theysens	308
R. Anderson	589	275 lbs.	—	165 lbs.	—	220 lbs.	—
T. Marrama	584	S. Lade	711	Senior	—	G. Servotte	573
J. Guerra	567	G. Plante	611	P. Tirifahy	385	Senior	—
T. Lehner	534	B. Klingler	600	4th-396	—	G. Vermote	440
S. Spinelli	534	P. Anderson	584	Master III	—	J. Collart	639
M. Ferrantelli	523	B. Nichols	562	J. Callemijn	347	Teen III	—
W. Hall	512	C. Gillespie	45	4th-358	—	K. Samijn	231
C. Poore	512	R. Beuch	314	Teen II	—	275 lbs.	—
K. Farley	490	J. Yanovitch	286	L. Lietaer	209	Master II	—
B. Schmidt	463	M. Warren	—	Junior	—	J. Collart	639
M. Newton	440	C. Rhodes	—	C. Kepenne	—	Teen III	—
G. Haley	435	M. Belk	—	181 lbs.	—	J. Deschamps	440
W. Hall	429	UNL	—	Raw	—	SQ	BP
P. DarBouze	424	B. Gillespie	700	175 lbs.	—	DL	TOT
C. Poore	418	M. Neal	655	Teen II	—		
G. Edwards	402	M. Hodge	584	V. Collart	126	82	176
R. Price	385	F. Beeler	551	148 lbs.	—	385	—
J. Medeiros	363	M. Ricker	512	Teen II	—		
M. Branham	242	T. Reid	440	L. VanDooren	231	165	336
J. Waddill	187	M. Roberts	424	4th-SQ-242	—	DL-341	—
P. Bossi	—	J. Harris	—	Senior	—		
M. Mills	—	K. Wannebo	—	S. Tirht	352	297	512
S. Caldwell	—	—	—	165 lbs.	—	1162	—

Belgium Powerlifting Champs
3 JUN 06 - Aiseau, BEL

BENCH	148 lbs.	Senior	P. Holvoet	—
Senior	198 lbs.	—	—	—
V. Goffin	319	Junior	S. Borgers	374
4th-326	—	Master I	B. Verbeke	308
Junior	198	Teen II	D. Lette	308
P. DeSmet	198	Junior	P. Aelgoet	264
Teen II	176	Junior	A. Lambert	231
O. Deprez	176	Teen III	X. Deprez	226
Teen II	176	220 lbs.	—	—
L. VanDooren	176	Master I	L. Dutry	319
165 lbs.	—	Senior	G. Vermote	319
Junior	214	Teen III	K. Samijn	253
C. Kepenne	214	Master III	242 lbs.	—
Teen II	209	Master I	275 lbs.	—
L. Lietaer	209	Master I	J. Malotteau	463
181 lbs.	—	220 lbs.	—	—
Senior	297	Master II	J. Deschamps	440
R. Smet	297	220 lbs.	—	—
Master III	248	220 lbs.	—	—
R. Remy	248	220 lbs.	—	—
Master I	242	220 lbs.	—	—
E. Decock	242	220 lbs.	—	—
Teen II	209	220 lbs.	—	—
Vandewalle	209	220 lbs.	—	—

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Halloween Bench Press
28 OCT 06 - Westminster, MD

BENCH	165 lb.
FEMALE	S. Bogage 265
123 lb.	165 lb.
M. Rhine	95 N. Trainor 180
132 lb.	Open
M. Butler	135 Raw
148 lb.	148 lb.
D. Taymans	115 T. Fullton 225
MALE	165 lb.
Assisted	P. Richards 275
148 lb.	S. Bogage 265
S. Gregori	275 181 lb.
181 lb.	M. Branson 315
M. Hodge	275 C. Weiss 265
220 lb.	198 lb.
M. Levin	395 M. Hodge 425
275 lb.	220 lb.
D. Joy	320 R. Seeley 405
SHW	K. Spittler 325
B. Schnepf	365 275 lb.
220 lb.	S. Kuzma 500
M. Levin	395 S. Eastwood 300
275 lb.	SHW
D. Joy	320 M. Jenkins 475
Teen	B. Schnepf 365
132 lb.	T. Brooks 365
J. Trainor	180



Scott Kuzma at the Westminster Family Center's Halloween BP contest. (photo by Shelly Fulton)

Best Lifter Female: Meghann Butler. Best Lifter Open Raw Male: Scott Kuzma. Best Lifter Open Assisted Division Male: Mike Levin. Best Lifter Masters (Over 50) Raw Division Male: Bill Schnepf. Best Lifter Masters (Over 50) Assisted Division Male: Don Joy. Halloween bench press is a hit! The Westminster Family Center conducted its second annual Halloween Bench Press. We're not sure if any spirits attended, but 30 contestants and many more spectators gathered in a spirit that filled the air with excitement. GNC and Training Weiss partnered to provide each of the contestants with a commemorative t-shirt. GNC also provided each contestant with a supplement package and each division champion with a \$75 gift card and a \$100 gift card for the grand prize winner.

Special thanks go out to our sponsors: GNC, WFC, Training Weiss, Wal-mart, Weis & Safeway Markets. Special thanks go out to our director, Scott Bixler, our judges John Warehime, Gary Shanholtz & Chris Weiss, our loaders, Tim Fulton, Mike Staub & Joe Hanson, our administrators, Shelly Fulton, Eva Minton, Beth Lande, Jennifer Mellor & Mr. & Mrs. Norman Taubenfeld. Our staff volunteered their time in order to designate more funds to our charity, Access Carroll. And a heavythank you goes out to all the contestants who came out to support the cause. Brian Ricci & Matt Haines both made valiant efforts to lift more than their bodyweight, but could not quite complete their lifts. (Thanks to Shelly Fulton, Family Center Manager, for these meet results)

APA Louisiana Record Breakers
23 SEP 06 - Natchitoches, LA

BENCH		Submaster (33-39)	
MALE	148 lbs.	L. Holmes	535*
Open	220 lbs.	DEADLIFT	—
Bloodworth	300*	MALE	—
220 lbs.	—	Open	—
Open	—	J. Steen	600
J. Allen	550*	308 lbs.	—
J. Morson	525!	Open	—
S. Ishee	—	M. Wendel	565*
SHW	—	Tested	—
Open	—	M. Wendel	565*
L. Holmes	535*	BP	DL
Push Pull	—	TOT	—
MALE	—	—	—
181 lbs.	—	—	—
Open	—	—	—
J. Bozzelle	405	555*	405
220 lbs.	—	—	—
Open	—	—	—
J. Steen	525	600	1125
J. Clay	375	455	830
275 lbs.	—	—	—
Tested	—	—	—
B. Hill	420*	530*	950
Junior (20-23)	—	—	—
B. Hill	420*	530*	950
MALE	SQ	BP	DL
181 lbs.	—	—	—
Open	—	—	—
J. Bozzelle	640*	405	555*
220 lbs.	—	—	—
Open	—	—	—
J. Steen	750!	525	600
J. Clay	530	375	455
275 lbs.	—	—	—
Junior (20-23)	—	—	—
C. Cagle	500*	335	515
308 lbs.	—	—	—
Open	—	—	—
M. Wendel	550*	—	565*
Tested	—	—	—
M. Wendel	550*	—	565*

APA Louisiana Record Breakers Meet was a huge success. Lifters from Louisiana, Mississippi, and Texas came to put up bigger numbers than meets five times its size. In Full Power, Dr. Joe Bozzelle had an awesome day in the 181s. Joe destroyed state records with 640 SQ, 555 DL and 1600 total. Joe just missed his third pull, coming shy of Elite in the 181s. We expect to see Joe as an Elite our next meet. In the 220s, John Clay had a nice day coming in 2nd place behind powerhouse Jody Steen of MS. Jody smoked 750 in the SQ, 525 in the BP, and 600 in the DL. This was Jody's first meet as an Elite lifter with a huge 1875 total weighing only 213. Congratulations Jody! In the 275s Cass Cagle had an awesome day for his first meet. Cass set state SQ and TOT in the JR division. Despite having some equipment problems, NSU Sports Performance Assistant Michael Wendel had state records in both the Open and Tested 308s. In BP Only, Marcus Bloodworth, also lifting in his first meet, hit a nice raw record in the 148s with 300 lbs. As usual, the 220 class was very competitive in the bench. After a long drive, awesome 220 bencher Shannon Ishee came short of a 565 bench on his second and third attempts. Jason Morson who's also a stellar 220 full lifter set a MS BP record of 525 to come in 2nd place. The best lifter for the second meet in a row in the bench was Joel Allen. Joel upped the state record on his second attempt with an awesome lift of 550, coming shy of 570 on his third. In the SHW division, big Lamuel Holmes had a great day setting state records in both the Open and Submaster division with his 535 bench. Finally, NSU Sports Performance Assistant Brian Hill had a good day in the Push-Pull meet setting state records in both JR and Tested. Special thanks to all of our spotters who did an outstanding job all day, NSU athletics, all of our judges especially Rand McClure, and most importantly all of our lifters who had an outstanding day. (Thanks you to Ryan Cidzik for providing results)

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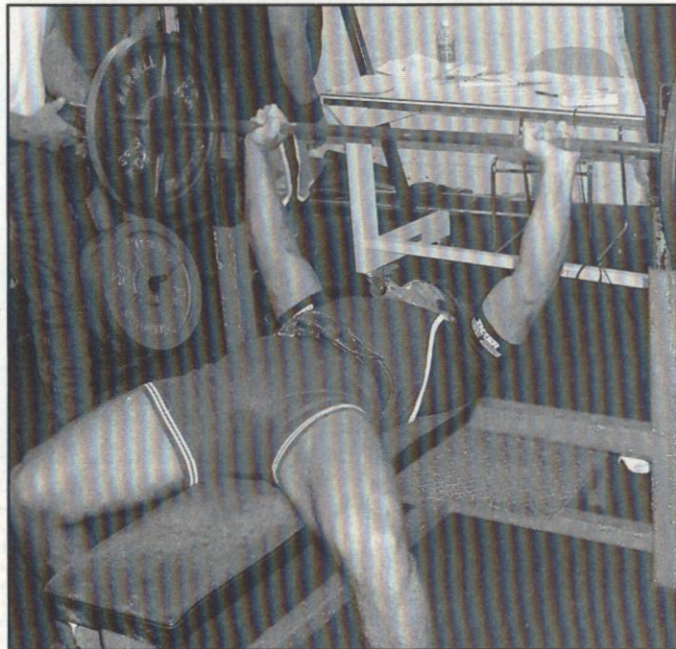
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Paul Radmilovich with 270 lbs. at 40-44/181 at the SLP Oklahoma Summer Open (Photograph courtesy from Dr. Darrell Latch)

SLP Oklahoma Summer Open 23 JUL 06 - Sallisaw, OK			
BENCH	P. Hatchett 405	B. Burt 215*	220 lbs.
MALE	4th-420	N. Gard 240*	Junior
Novice	Teen (13-15)	S. Sloan 290*	Christopher
198 lbs.	308 lbs.	Teen (18-19)	285
B. Rackers 365*	M. Shade 280*	Raw	C. Dana 315
220 lbs.	181 lbs.	165 lbs.	275 lbs.
J. Barker 275	Fitzsimmons 255*	N. Fulk 295*	C. Dunkel 425*
242 lbs.	Teen (16-17)	M. Duperroir 285	4th-455*
J. Carlin 440*	Raw	181 lbs.	B. Lewis 250
308 lbs.	123 lbs.	J. McCleod 285	SHW

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S. Chapman 365*	M. Dalpoas 460	the Master's division, Clint Walster won at 40-44/181 with 305. This was Clint's first competition. Paul Radmilovich was second at 181 with 270. Shawn Gard won over Sammy Smith at 198 lbs., 370 to 275. Sammy did come back with a successful fourth of 305, while Shawn's 370 set the state record there. At 220 there was another battle with Duane Chesmore taking the title over Mike Hatchett 410 to 350. Mike's fourth attempt was good as well with 360. Our final competitor at 40-44 was 275 winner Ken Miller. Weighing in at 260 lbs., Ken's final attempt of 465 earned him best lifter honors as well! In the 45-49/198 class it was "Repo-Man" Dave Smith for the win with 315. For the open division Daryl Legg set the state record for the 181 class with 365. Kevin Loudermilk won at 220 with 435 while Mike Dalpoas took the 275 class with 460, missing his last two attempts with 500 and 525! Deadlifting in the master women's Master (65-69)/148 lbs. class was Janey Musgrove, the only lady competitor of the meet. Finishing with 170, Janey, who also holds several state records with NASA, set the SLP Oklahoma state record here as well. At 18-19/220 it was Jeremy Newton for the win and a new state record of 515 lbs., which he pulled on his fourth attempt, after finishing with 500. Also setting new state records for the junior division, Blaine Christopher won at 165 with 375, then 395, while Curtis Dunkel finished with 575 at 275. This also gave Curtis the best lifter award for the competition. In the two-man division, Jeremy Newton and Jadon Turner won at 18-19/242 with 955, then jumped to, and made an amazing 1115 pounds on a fourth attempt! This shattered the record pull of any previous team by nearly three hundred pounds! A second team of Bobby Brown and Chris Short broke the state record at 220 Open with their 835 final attempt. Thanks again to Dr. Jim Turner and his staff who helped load and spot and to my sons D.C. and Joey for filling in for me at the meet. See you all again in December for the annual "Christmas for Kids" competition. (Thank you to Dr. Darrell Latch for these results)
Submaster SHW	S. Chapman 365	
242 lbs.	DEADLIFT	
D. Gragg 440*	FEMALE	
Master (40-44)	Master (65-69)	
181 lbs.	148 lbs.	
C. Walster 305	J. Musgrove 165*	
Radmilovich 270	4th-170*	
198 lbs.	MALE	
S. Gard 370*	Teen (18-19)	
S. Smith 275	220 lbs.	
4th-305	J. Newton 500*	
220 lbs.	4th-515*	
D. Chesmore 410	Junior	
M. Hatchett 350	165 lbs.	
4th-360	Christopher 375*	
275 lbs.	4th-395*	
K. Miller 465	275 lbs.	
Master (45-49)	C. Dunkel 575*	
198 lbs.	2-MAN	
D. Smith 305	(18-19)	
4th-315	242 lbs.	
Open	Newton/Turner	
Raw	955*	
181 lbs.	4th-1115*	
D.J Legg 365*	Open	
220 lbs.	220 lbs.	
K. Loudermilk 435	Brown/Short 835*	
275 lbs.		

Special Olympics West Virginia NOV 06 - Parkersburg, WV

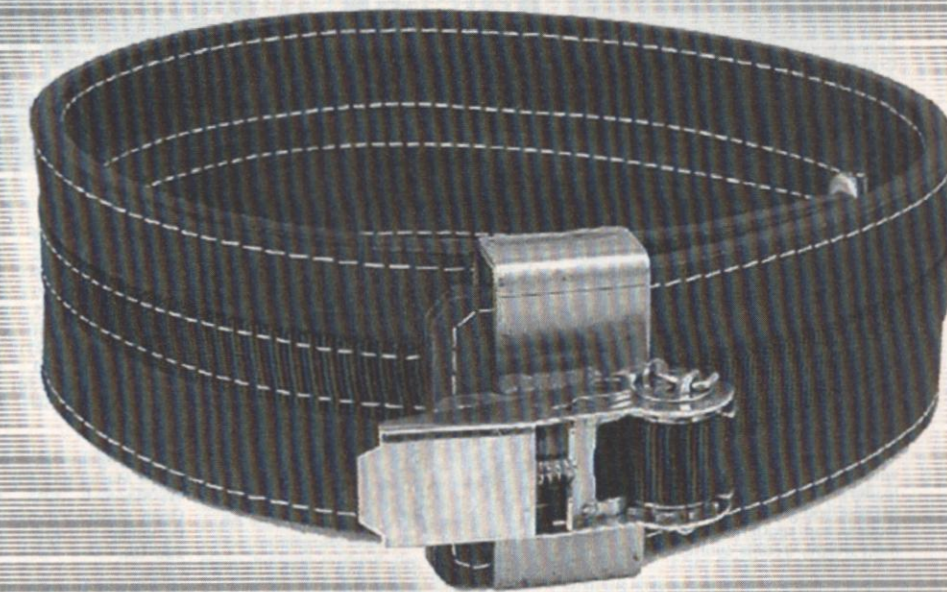
BENCH	T. May 310
J. Gregory 405	J. Forrester 405
T. May 105	SQUAT
J. Forrester 195	T. May 200
DEADLIFT	J. Forrester 275

James Gregory holds the bench press SOWV record of 405 lbs. in points. Terry May has won first place in the squat, deadlift, and combination SOWV championship. Terry May also got second place in the bench. Justin Forrester got second place in the squat, deadlift, and combination, but third place in the bench. Only three people competed in the Special Olympics West Virginia Championship. To see a video clip go to www.ukmegatron.com, which is the web site of James Gregory. Paul Mouser is the bench press coach for James Gregory, from Buckhannon, WV. James is sponsored by VyoTech Nutritionals. Frank Nestor is the coach for Justin Forrester and Terry May, of Ravenswood, WV. (Thanks to James Gregory for results)

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• Very secure. The belt automatically locks until you manually release it.

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4. Ratchet/tighten belt as desired.
5. To loosen, with your middle and index finger just pull up and hold open the spring loaded ratchet safety lever. Next open (180°) the ratchet all the way until it can't open any more. At this point the nylon strap will be loose and you can open the belt by pushing out with your tummy or using your hands.

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Riverside's BP/DL Classic
1 SEP 06 - Ionia, MI

BENCH	165 lbs.	365
MALE	Rydman	—
165 lbs.	Kaigler	—
Rydman	181 lbs.	—
Ssagataw	180	550
Kaigler	Bueno	500
181 lbs.	Johnson	455
McDuff	385	415
Williams	315	385
Johnson	285	—
Cunningham	—	—
Wilhelm	198 lbs.	—
Rivero	198 lbs.	545
198 lbs.	Hadley	500
Hadley	365	500
Brown	365	485
Cromer	275	465
Yasher	235	430
220 lbs.	220 lbs.	—
Clayborn	295	615
MacDonald	250	525
Seales	225	500
Brown	—	—
Barnes	—	—
242 lbs.	Clayborn	475
Montgomery	315	—
275 lbs.	242 lbs.	—
Willis-El	350	495
Lamb	—	—
315 lbs.	275 lbs.	—
Hamilton	440	495
Primer	365	—
DEADLIFT	Hamilton	565
MALE	Primer	—

On behalf of all the men here at Riverside, we would like to thank Mr. Lee for making this meet possible, and for believing in us. And, a very special thank you to all the volunteer workers, judges, scorekeepers, loaders, spotters, and platform manager, because you guys did the real work and the loaders and spotters especially, lifted the most weight. (results courtesy Travis Young)

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165 lbs.	R. Clarke	190	85	275	550
MALE	—	—	—	—	—
114 lbs.	—	—	—	—	—
Open Youth (5)	A. Ellis	50	30	70	150
4th-SQ-54	—	—	—	—	—
BP-36	—	—	—	—	—
Open Youth (8-9)	N. Amstone	95	45	115	255
Open Master (45-49)	A. Barrett	50	60	100	210
Open Youth (10-11)	C. Amstone	90	45	130	265
123 lbs.	—	—	—	—	—
Open Teen (14-15)	B. Cochran	170	125	225	520
Open Master (35-39)	M. Boston	241	85	350	775
Open Youth (16-17)	M. Kuhns	540	350	380	1270
4th-BP-360	—	—	—	—	—
165 lbs.	—	—	—	—	—
Open Teen (14-15)	S. Maines	280	200	330	810
Open Submaster (35-39)	B. Stoner	410	265	435	1110
Open Master (55-59)	N. Theodorou	405	190	570	1165
Open	D. Calimer	350	205	415	970
181 lbs.	—	—	—	—	—
Open	J. Braca	485	320	640	1445
Open Teen (18-19)	B. Ennis	415	300	500	1215
Open Master (50-54)	R. Revie	405	290	475	1170
275 lbs.	R. Spaniel	370	305	475	1150
Open	D. Swingle	315	220	465	1000
Open	G. Natale	330	205	440	975
Open Submaster (35-39)	D. Wayland	330	300	415	1045
Open Teen (18-19)	D. Raybuck	570	360	600	1530
Open	I. Shupp	405	255	460	1120
Open	B. Ogden	500	245	500	1245
Open (20-23)	P. Tompkins	530	370	570	1470
Open Submaster (35-39)	S. Green	500	375	520	1395
Open	R. Jeffery	430	200	525	1155
Outstanding Female: Marye Murphy, of Punxsutawney, PA. Outstanding Male: Mike Kuhns, of Whitehall, PA. Teams: Downtown Weightlifting Club 33, Twin City Powerlifting 25, The Machines of Seven Valleys 24, Sean Green, David West, Brian Ennis, and Donald Petrelli passed the Quest Diagnostic urine test. A lifter failed, was removed from the results, and will be suspended. (Thanks to Al Siegel for results)	D. Miller	480	335	525	1340
Open	E. Barnabas	445	330	520	1295
Open	A. Barrett	360	360	405	1125
Open	E. Krause	310	210	390	910
Open	B. Keener	550	360	630	1540
Open	D. Petrelli	500	400	600	1500
Open	R. Eckhart	435	410	580	1425
Open	J. Furnell	450	365	600	1415
Open	D. West	525	310	525	1360

ADAU Central PA Open
28 OCT 06 - Bigler, PA

FEMALE	SQ	BP	DL	TOT
Open	—	—	—	—
114 lbs.	—	—	—	—
S. Snyder	145	85	185	415
123 lbs.	—	—	—	—
M. Murphy	175	125	245	545

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Address				
City	State	Zip Code		
E-mail	Phone (With Area Code)			

Member's Signature _____

Parent/Guardian Signature _____

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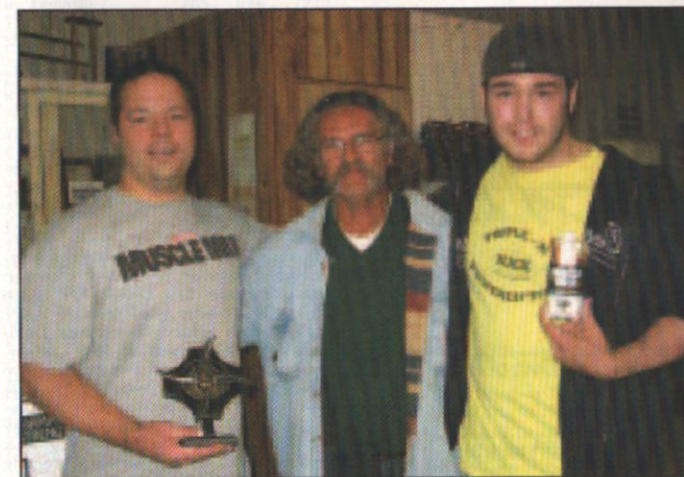
APA Battle on the Bay
4 NOV 06 Bay City, MI

BENCH	114 lbs.	—	—	—
FEMALE	123 lbs.	—	—	—
Master	M. Pohlmon	265	—	—
MALE	181 lbs.	—	—	—
Open/DT	T. Jakubezak	445	—	—
N. Dreisig	270	—	—	—
198 lbs.	Junior	—	—	—
Z. Geeting	—	198 lbs.	—	—
Open	Master I	—	—	—
Z. Geeting	—	Schoenebeck 610*	—	—
220 lbs.	—	—	—	—
(13-15)	Master II	—	—	—
Master	W. Denniston	400	—	—
242 lbs.	—	—	—	—
Open/DT	Open	—	—	—
J. Caporosso	605	K. Gavett	610	—
Open	Submaster	—	—	—
M. Garvin	360	S. Cavanaugh	585	—
275 lbs.	SHW	—	—	—
Open	Submaster	—	—	—
J. Conley	—	D. Forstner	705*	—
Push Pull	—	BP	DL	TOT
MALE	—	—	—	—
132 lbs.	—	—	—	—
(16-17)	—	—	—	—
D. Bodell	—	130	260	390
165 lbs.	—	—	—	—
(16-17)	—	—	—	—
O. Hoffman	—	195	350	545
J. McKay	—	155	335	490
C. Suehr	—	150	325	475
181 lbs.	—	—	—	—
(16-17)	—	—	—	—
D. Diggs	—	185	415	600
Junior	—	—	—	—
P. Kalinowsky	—	260	470	730
220 lbs.	—	—	—	—
(16-17)	—	—	—	—
A. Judd	—	190	325	515
Junior	—	—	—	—
B. Schweitzer	—	270	460	730
242 lbs.	—	—	—	—
Master I	—	—	—	—
K. Krzyzaniak	—	295	455	750
275 lbs.	—	—	—	—
(13-15)	—	—	—	—
F. Drinkwine	—	255	430	685
Open	—	—	—	—
J. McMillan	—	505	700	1205
308 lbs.	—	—	—	—
Open/DT	—	—	—	—
C. Ewald	—	615	720	1335
C. Cole	—	550	700	1250

put up an awesome 605. Best lifter in the push-pull event was Clint Ewald who benched 615 and pulled a whopping 720! (Thanks to Scott Taylor for these results)

APF/AAPF Georgia State
26 AUG 06 - Woodstock, GA

BENCH	198 lbs.	—	—	—
Teen	M. Gunter	501	—	—
308 lbs.	W. Reardon	440	—	—
S. Hodge	474	220 lbs.	—	—
Raw	D. Moore	501	—	—
148 lbs.	242 lbs.	—	—	—
E. Patton	270	C. Smith	705	—
Police/Fire	—	M. Green	622	—
275 lbs.	—	—	—	—
B. Kelley	633	C. Senese	722	—
Master	D. Bowman	672	—	—
220 lbs.	J. Moxley	639	—	—
D. Moore	501	B. Kelley	633	—
B. Coleman	363	R. Bagglely	501	—
242 lbs.	J. Daly	429	—	—
J. Grizzle	369	308 lbs.	—	—
Open	B. Faulkner	705	—	—
181 lbs.	C. Dennis Jr.	567	—	—
C. Smith	424	—	—	—
FEMALE	SQ	BP	DL	TOT
148 lbs.	—	—	—	—
D. Koval	132	99	248	479
Teen	—	—	—	—
148 lbs.	—	—	—	—
R. Johnson	303	226	330	859
J. Ward	253	187	352	793
275 lbs.	—	—	—	—
M. Hammock	688	551	617	1857
J. Strickland	622	424	507	1554
Raw	—	—	—	—
198 lbs.	—	—	—	—
J. Oxford	584	380	501	1466
275 lbs.	—	—	—	—
S. Caine	363	231	429	1025
Master	—	—	—	—
181 lbs.	—	—	—	—
R. Layman	567	259	474	1300
220 lbs.	J. Ray	562	474	700
A. Truslow	551	165	529	1245
275 lbs.	—	—	—	—
A. Hunter	617	424	617	1659
Open	—	—	—	—
148 lbs.	—	—	—	—
P. Duke Jr.	451	352	501	1306
165 lbs.	—	—	—	—
M. Huntanar	435	341	474	1251
J. Smith	275	264	358	898
181 lbs.	—	—	—	—
G. Fields	804	474	628	1907
G. Sesler	633	352	518	1504
R. Guevara	463	319	407	1190
198 lbs.	—	—	—	—
M. Christie	672	440	628	1741
B. Conner	611	341	578	1532
B. Sharp	374	402	429	1207
220 lbs.	—	—	—	—
J. Benson	749	540	589	1879
J. Ray	562	474	700	1736
K. Taylor	677	407	573	1659
K. McLeod	677	457	501	1636
M. Schupp	661	440	501	1603



At the APA Battle on the Bay ... (left to right) Jamie Caporosso (who had the biggest bench of the meet - 605 pounds!), APA President Scott Taylor, and up and coming Brad Arbic (courtesy Caporosso)

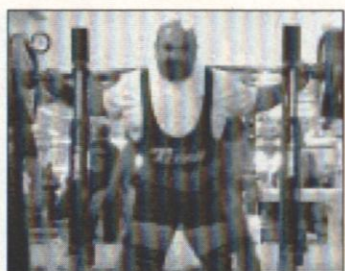
New Product



NITOR(tm) "When it comes to stimulant/fat loss supplements you have an incredible number of choices. Choosing can be a confusing conundrum as virtually every product claims to be better than the rest and the "next big thing". The days of difficult choices have come to an end! Nitor(tm) will: - promote fat loss like no other product on the market today!, - get you "jacked" for your workout!, - give you the energy you need to power through your day!, - help to suppress your appetite and avoid the "cravings" you normally experience when dieting. This is no idle boast, but rather a statement of fact: No other product can match Nitor's(tm) lab proven ingredients (lab proven in HUMAN'S not rats) on a dose for dose basis. For further information on this product, please Playground gym in Chattanooga, TN, become the lightest man in the history of organized powerlifting to squat 1000 pounds (1003 sq) and just miss locking out 1030. Sam is now also the heaviest lifter in history to execute a triple bodyweight squat in official competition! This meet was smoothly run and enjoyed by all who attended. Thanks to my sponsors Dr. Heather Goldberg, DC, Thomas Bowman Financial Services, Toucan Tan. Anderson Powerlifting, Outlaw Nutrition and NGBB. Special Thanks and much appreciation to Bobby and Carol Ann Myers for hours of hard work, coordination, fielding phone calls and for gathering a bunch of great free prizes to give out to all the lifters. We received great powerlifting related gifts from Rick Brewer of House of Pain, Chris Mason of At Large Nutrition, Hooters of Kennesaw, GA, Powerlifting USA magazine, South Carolina Barbell, Inzer Advanced Designs & Ken Anderson of Titan Support Systems. These guys donated some terrific items and the lifters seemed to really appreciate the above and beyond. Thank you. And, I look forward to an equally as successful 2007 meet! (Thanks to Jon Grove, APF Georgia State Chairman and owner of NGBB, LLC, for results)

APA Northern California Open
30 SEP 06 - Yuba City, CA

BENCH FEMALE	Junior			
181 lbs.	C. Tawzer	375		
Open/DT	SHW			
B. Pfau	Open			
205	A. Ramsey			
MALE	Master I			
165 lbs.	A. Ramsey			
Teen	Open			
G. Bajwa	CURL	205		
181 lbs.	FEMALE			
Junior	181 lbs.			
A. Singh	Open/DT	415		
198 lbs.	B. Pfau		85	
220 lbs.	220 lbs.			
I. Miller	Master III	380		
220 lbs.	D. Knapp			
Open/DT	DEADLIFT			
W. Beavers	FEMALE			
Teen	165 lbs.			
J. Singh	Submaster	305	365	320
Master I	220 lbs.		350	1035
D. Peterson	Open	365	630	425
Master II	MALE		650	1705
242 lbs.	114 lbs.		400	370
Master I	Sub Teen	345	400	450
R. Exum	S. Peterson	420	385	365
Master I	Master III		385	1155
K. Tawzer	D. Knapp	315	255	205
	Open/DT		310*	770
	275 lbs.			
	A. Rollins			
	Master I			
	C. Ferris			
	BP			
	DL			
	TOT			



Manny Burrueal at the APA Northern California meet. (Scott Taylor)

Submaster	365	320	350	1035
E. Diaz				
220 lbs.				
Open				
M. Laney	630	425	650	1705
Master I				
S. Jeffers	400	370	450	1220
D. Peterson	385	365	385	1155
Master III				
D. Knapp	255	205	310*	770
Open/DT				
275 lbs.				
A. Rollins				
Master I				
C. Ferris				
BP				
DL				
TOT				

APF/AAPF Chicago Summer Bash 3
10 JUN 06 - Willowbrook, IL

O. Martynyuk	374			
220 lbs.				
Open				
T. Robinson	380			
Master (40-49)				
T. Robinson	380			
242 lbs.				
Open				
S. O'Brien	110			
T. Risius	567			
B. Carpenter	727			
275 lbs.				
Open				
L. Miller	407			
Master (50-59)				
C. Truitt	485			
SHW				
Master (40-49)				
R. Netzband				
FEMALE				
198 lbs.				
Open				
T. Putchio	192			
Teen				
S. O'Brien	110			
UNL				
Open				
L. Miller	407			
Master (50-59)				
S. Thoms	341			
C. Truitt	485			
SHW				
Master (40-49)				
R. Netzband				
FEMALE				
165 lbs.				
APF				
165 lbs.				
Junior				

AAPF	114 lbs.			
Open				
T. Putchio	192			
Teen				
S. O'Brien	110			
148 lbs.				
Submaster				
P. Toth	121			
Master (50-59)				
S. Thoms	341			
MALE				
Ironman				
FEMALE				
APF				
165 lbs.				
Master (40-49)				
S. Byron	115	242	358	
MALE				
APF				
Master (50-59)				
M. Simon	336	501	837	
198 lbs.				
Junior				
T. Nelson	369	485	854	
242 lbs.				
Open				
B. Carpenter	727	611	1339	
P. Schultz	540	650	1190	
FEMALE				
AAPF				
148 lbs.				
Open				
L. Brault	110	226	336	
MALE				
AAPF				
198 lbs.				
Open				
S. Sass	341	567	909	
220 lbs.				
Open				
R. Brault	380	507	887	
FEMALE				
APF				
148 lbs.				
Open				
K. Martin	474	226	402	1102
Junior				
A. Bryant	275	165	281	722
Master (40-49)				
Vandeweghe	545	325	429	1300
MALE				
APF				
148 lbs.				
Teen				
J. Meyer	253	176	363	793
181 lbs.				
Open				
T. Runde	788			
198 lbs.				

Open	J. Oglesby	672	385	611	1670
Teen	Lilliebridge	451	314	551	1317
242 lbs.					
Teen	B. Dierzer	270			
Submaster					
Master (40-49)	E. Taber	446			
220 lbs.					
Master (60+)					
Anczerewicz	286				
H. South	600	319			
Master (50-59)					
D. Robinson	374	286	347	1008	
275 lbs.					
Open	T. Harrison	749			
BP					
DL					
TOT					
Open	C. Beck	501	385	562	1449
N. Levario	909	622	633	2166	
Junior					
N. Lipine	606	418	628	1653	
308 lbs.					
Open					
M. White	953	584	716	2254	
Lilliebridge	727	512	760	2000	
Submaster					
Lilliebridge	727	512	760	2000	
FEMALE					
AAPF					
165 lbs.					
Open					
M. Novak	253	154	286	694	
T. Brewton	341	192	347	881	
Master (40-49)					
T. Brewton	341	192	347	881	
MALE					
AAPF					
148 lbs.					
Open					
C. Morse	501	308	418	1229	
Junior					
M. Mongeon	336	248	440	1025	
Master (60+)					
K. Anderson	325	226	259	810	
165 lbs.					
Teen					
J. Babiarz	275	264	413	953	
181 lbs.					
Open					
J. Mumaw	501	286	540	1328	
E. Swastek	534	341	429	1306	
E. Domanski	540	325	529	1394	
Master (40-49)					
J. Mumaw	501	286	540	1328	
K. Bond	451	336	457	1245	
198 lbs.					
Open					
M. Abramson	573	385	485	1444	
Teen					
Lilliebridge Jr	457	292	551	1300	
Submaster					
M. Hibbing	496	275	396	1168	
220 lbs.					
Open					
T. McFarland	843	501	688	2033	
Junior					
D. Hogan	534	341	457	1333	
Master (50-59)					
M. Sawyer					
242 lbs.					
Open					
R. Makiejus	777	429	556	1763	
Teen					
J. Jursich	551	341	435	1328	
E. Reyes	369	374	501	1245	
Junior					
R. Mueller	573	512	617	1703	
Master (50-59)					
M. Stevens	518	281	573	1372	
308 lbs.					
Open					
D. Cotter	622	424	556	1603	
Submaster					
D. Cotter	622	424	556	1603	
Junior					
J. Paul	485	330	595	1410	

APPLICATION FOR REGISTRATION
American Powerlifting Association World Powerlifting Alliance



First Name	Last Name	Middle Initial	Today's Date
Street Address	City	State	Zip Code
Telephone Number	E-Mail address	Date of Birth	
Sex	Social Security Number	Signature (Parent if under 18 years old)	

Best Male APF Bench Presser: Tommy Harrison. Best Male AAPF Bench Presser: Tommy Harrison. Best Female APF Bench Presser: Lisa Miller. Best Female AAPF Bench Presser: Sidney Thoms. Best Light-weight APF Male Powerlifter: John Oglesby. Best Lightweight AAPF Powerlifter: Tim McFarland. Best Heavyweight APF Male Powerlifter: Mike White. Best Heavy-weight AAPF Male Powerlifter: Ray Makiejus. Best Female APF Powerlifter: Stephanie Van de Weghe. Best Female AAPF Powerlifter: Tywnia Brewton. Best IronMan: Bill Carpenter. Best IronWoman: Lynn Brault. Thanks to all the lifters and helpers, who make this meet possible. (Thanks to Eric Stone for providing results)

\$25 Adult Membership \$15 High School Student

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

100 Raw Jacksonville Open
9 SEP 06 - Jacksonville, NC

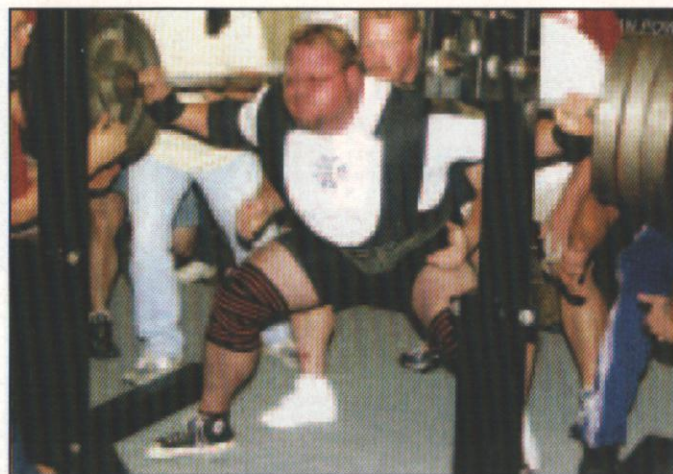
123 lbs.	Open/30-34			
Masters (45-49)	J. Leon	335		
C. Grant	100			
148 lbs.	220 lbs.			
Junior (20-24)/Open	Junior (20-24)			
D. Priddy	185			
Open	Masters (60-64)			
W. Thomas	280			
165 lbs.	R. Avery	230		
Junior (20-24)	Open			
M. Binkley	325			
Open	C. Powell	350		
J. Brown	325			
Open/Sub (35-39)	Open/Sub (35-39)			
B. Edwards	285			
Sub (35-39)	C. Pickett	415		
M. Mason	300			
4th-310!	242 lbs.			
181 lbs.	275 lbs.			
Open/Sub (35-39)	Open			
A. Bannerman	375			
Sub (35-39)	SHW			
W. Lynch	435			
Teen (18-19)	Open			
N. Branham	245			

100% Raw Southern Open
7 OCT 06 - Jarvisburg, NC

FEMALE	BP	DL	TOT
123 lbs.			
Teen (16-17)			
C. Buchan	198	617	815
165 lbs.			
Teen (16-17)			
R. Bonds	253	705	959
MALE			
114 lbs.			
Teen (18-19)			
D. Ddney	275	694	970
4th-BP-297			
123 lbs.			
Open			
Master (70-74)			
B. Swain	418		418
4th-BP-429			
132 lbs.			
Teen (16-17)			
Open			
J. Grier		771	771
Teen (14-15)			
C. Peters	242	584	826
148 lbs.			
Teen (16-17)			
J. Manuel	440	584	826
A. Salton	440	837	1278
J. Brown	209	551	760
Teen (18-19)			
D. Teague			
165 lbs.			
Masters (45-49)			
R. Young	606		606
Teen (14-15)			
J. Ross	496	837	1333
4th-DL-881			
E. Molesky	385	837	1223
B. Lesinski	385	826	1212
Teen (16-17)			
S. Kirkwood	374	914	1289
4th-DL-948			
J. O'Sullivan	374	694	1069
K. Messersmith	418		418
D. Wilson	396	782	1179
Teen (18-19)			
C. Gum	341	793	1135
181 lbs.			
Teen (14-15)			
T. Haubold	474	837	1311
D. Thomas	341	782	1124
Teen (16-17)			
D. Thomas	474	1102	1576
198 lbs.			
Teen			
Open			
L. Burge	760	1344	2105
220 lbs.			
Teen (16-17)			
D. Bright	418	782	1201
275 lbs.			
Open			
D. Owens	1014	771	1785
Teen (14-15)			

**APF/AAPF Summer Heat II
9 SEP 06 - Rockhill, SC**

BENCH		Junior		
FEMALE		D. Blackmon 330		
181 lbs.	Open			
Master (50-54)	M. Smith	—		
B. Roby 120	Master (45-49)	K. Williams 420		
198 lbs.	Open	E. Hubbs —		
S. Zingg 165	275 lbs.	Open		
MALE	C. Rabon 705	Master (40-44)		
BENCH	Open	C. Rabon 705		
165 lbs.	308 lbs.	Junior/Teen		
Open	D. Everhart 750	Open		
C. Tucker 425	A. Coleman 675	SHW		
M. Allah 345	Open	Open		
198 lbs.	J. Robinson —	BP DL TOT		
Open	BP DL TOT	S. Couick 175 125 180 480		
G. Crook 505	Open	148 lbs.		
242 lbs.	SQ	Open		
FEMALE		H. Johnson 350 245 365 960		
114 lbs.		S. Zingg 290 165 260 715		
Open		181 lbs.		
S. Couick 175		Master (50-54)		
148 lbs.		B. Roby 135 120 180 435		
Open		MALE		
H. Johnson 350		Guest Lifter		
S. Zingg 290		M. Hubbs 140 70 170 380		
181 lbs.		Open		
Master (50-54)		R. Stafford 525 300 455 1280		
B. Roby 135		Police/Fire		
MALE		R. Bagley 475 325 475 1275		
Guest Lifter		Master (40-44)		
M. Hubbs 140		Scarborough 525 335 500 1360		
181 lbs.		Master (45-49)		
Open		M. Stecker 530 335 450 1315		
R. Stafford 525		Master (65-69)		
Police/Fire		T. Walters 365 165 350 880		
R. Bagley 475		Master (70-74)		
325 475 1275		G. Camacho 260 225 350 835		
Master (40-44)		Open		
Scarborough 525		W. Boothe 640 385 630 1655		
Master (45-49)		R. Rapp 780 135 660 1575		
M. Stecker 530		220 lbs.		
335 450 1315		Open		
Master (65-69)		G. Polk 755 500 665 1920		
T. Walters 365		J. Couick 755 520 640 1915		
165 350 880		W. Kuenzel 495 400 525 1420		
Master (70-74)		B. Pittman 235 295 275 805		
G. Camacho 260		Master (40-44)		
225 350 835		J. Landon 560 350 550 1460		
Open		M. Shealy 500 — — 500		
W. Boothe 640		Open		
385 630 1655		M. Hawkins 905 505 660 2070		
R. Rapp 780		J. Elkins 335 250 385 970		
135 660 1575		G. Austin — 605 — 605		
220 lbs.		Open		
Open		W. Hancock 600 475 605 1680		
G. Polk 755		SHW		
500 665 1920		Open		
J. Couick 755		C. Clark 935 675 675 2285		
520 640 1915		It was a beautiful, sunny, almost fall-like		
495 400 525 1420		day in the Piedmont of South Carolina,		
B. Pittman 235		when the marauding horde of powerlifters		
295 275 805		invaded from the North. Leading the pack		
Master (40-44)		was big Chris Clark from Granite City		
J. Landon 560		Barbell and Jonathan Couick with "Team		
350 550 1460		Torture." Rounding out their ranks were		
M. Shealy 500 — — 500		warriors from Clayton Fitness and Execu-		
Open		tioners Gym of NC. SC had lifters from SC		
M. Hawkins 905		Barbell, G-7 and Primal Iron. We had 35		
505 660 2070		lifters with 11 in Bench Only. Six SC lifters		
J. Elkins 335		set new State records and one American		
250 385 970		record in Bench Only and nine North		
G. Austin — 605 — 605		Carolina lifters set State records and one		
Open		American record in Bench Only and four		
W. Hancock 600		new APF Elite lifters. The venue at the		
475 605 1680		Holiday Inn in Rock Hill was just great and		
SHW		the people there couldn't have been nicer		
Open		or more accommodating. Coach J. Robinson		
C. Clark 935		of Special Olympics SC brought along two		
675 675 2285		of his best lifters who really made the meet		
It was a beautiful, sunny, almost fall-like		"Special." Joe Deverville from SCIFIT of		
day in the Piedmont of South Carolina,		GA was our head referee. Todd Shook from		
when the marauding horde of powerlifters		Columbia, SC was on the side while I and		
invaded from the North. Leading the pack		two other refs alternated in the third seat.		
was big Chris Clark from Granite City		Jason was on the platform with a team of		
Barbell and Jonathan Couick with "Team		spotters and loaders from Primal Iron in		
Torture." Rounding out their ranks were		Rock Hill. Jeff and Jessie cranked up the		



Chris Clark was Best Male Powerlifter at the APF South Carolina Summer Heat II event. (Photographs via Meet Director Will Millman)

music as the "Hooter's Girls", under Darrell's watchful eye, announced the opening of Summer Heat II. Our favorite Guest Lifter, 10 yr. old "Moose" Hubbs opened with a good 100 lb. squat, moved up to 125 for his 2nd and a big 140 lbs. for his final squat, in perfect form. He bench pressed 70 lbs. and had a big, big, 170 lb. DL, setting two PR's, to the roar of the crowd. Barbara Roby, who has competed in six of our meets, lifted in WM181. She also opened with 100 lbs. and easily moved up to 135 with no problem. She benched up to 120 lbs. and pulled 180 for a perfect 9x9 day and a trophy in her category. Barbara is the current SC State record holder in WM165 and WM181. Having taken a long time off from training she is now on the road back. Sonja Couick from Monroe, NC, was the first lifter from Team Torture. She currently holds four NC State records in W0114. This is her first time lifting with us in SC. A little unsteady with her first attempt. She came back with squats of 165 and then 175 lbs. Her extreme arch bench kept the referees looking low but no problem. She had 3 nice benches up to 125 lbs. She pulled 180 lbs. on her second DL but was stopped after a great attempt at 200 lbs. She'll get it next time. Sonja earned a well deserved trophy in WO 114. Brian Pittman, the first of our Special Olympians from here in Rock Hill lifted in M0220. He was next. He opened with squats of 185, then 215 and up to 235 lbs., breaking his own PR by 30 lbs. He's strong in the bench press and showed us with a 295 lb 2nd attempt and barely missing 315 on his third try. He deadlifted 275 and with a big smile, looked at each ref for confirmation, good lift, three white lights! He totaled 805 for a good day of lifting. Up next was George Camacho, our 74 yr. young MM181 Champion. He has lifted in most of our meets. The father of 10 children and 32 grand and great grandchildren, his family alone could fill the Holiday Inn. We're always glad to see him on the platform. Having taken a break from Powerlifting training to train with his son in bodybuilding, he was a little rusty but still looked really good. His opening squat attempt with 175 was just a warm-up, easy. A second attempt with 225 was also good. His third with 260 lbs. was enough to set a new SC record and PR. He benched 175 and then 225 but couldn't quite get a 245 lb. attempt for a new record. He had three good DL's up to 350 lbs. to total 835 lbs. and earn a 1st place trophy in MM181 (70-74). Our next lifter was Jason Elkins, another Special Olympian on today's card. Jason lifts in M0242 and his big smile electrified the crowd. He had 3 great squats of 265, 305, and 335 lbs. smashing his PR of 285 by 50 lbs. He then easily benched 215, 235 and 250 lbs. for another perfect round and another new PR. Three big deadlifts up to again a new PR at 385 lbs. ending a 9x9 perfect day of lifting for Jason and second place in M0242. We all want to see more of him at our meets, and

I'm sure we will. Sharon Zingg, also from "Team Torture" in NC, was up next. This was her first full power meet and she attacked it like a pro. Lifting in W0148. She opened with a 275 lb. squat, struggled with it but made it up to 290 on her second attempt, good lift. A third attempt with 315 was a little too much and needed the help of the spotters. A first attempt on the bench of 145 was good. Her 2nd attempt with 165 lbs. was no good but she came back to make it on her third. She worked hard at her deadlifts but made them all: 225, 240 and then 260 lbs., awesome! She totaled 715 lbs. and was second place. Welcome to Powerlifting. And here comes Hannah Johnson, from Granite City Barbell, looking a lot more muscular than the last time we saw her at Sorinex. She weighed in at exactly 148 and was ready to lift. Blasting her way through three squats of 300, 325, and 350 lbs. she looked strong and solid. Benching 205, 230 and then a big 245, she jumped up off the bench, to the roar of the crowd. They love "The Minx". Her first DL attempt was red-lighted, but she came back with 330 on her second and a big 365 lbs. for her final lift. Totaling 960 lbs. she now has all new PR's, all new NC State records, first place in W0148, Best Female Lifter of the meet and a new APF Elite lifter. Wow! Training with Ox Mason and sponsored by Torch Nutrition, we may have a champion in the making. The next lifter was "Old Tom" Walters. Oldish in years only, this man is a Master Olympic and Pan Am 2004 weightlifting champion, a member of the Pan Am Hall of Fame and SC State Powerlifting record holder in MM181 and 198 (60-69). He opened with a nice deep 300 lb. squat. Up to 340 and then good with 365 lbs., the crowd acknowledged his performance with their loud applause. Still recovering from shoulder surgery he cautiously pressed 135, 155, and 165 lbs. Three solid deadlifts of 300, 340 and 350 lbs. made it a perfect 9x9 day for "Old Tom". He totaled 880 lbs., set the SC State records in MM181 (65-69) and earned the first place trophy for his collection. Robert Bagley from Monroe NC, lifting in Police and Fire at 181 was up next. He has been lifting for only three years with "Team Torture". His opening squat of 405 was smooth and easy.

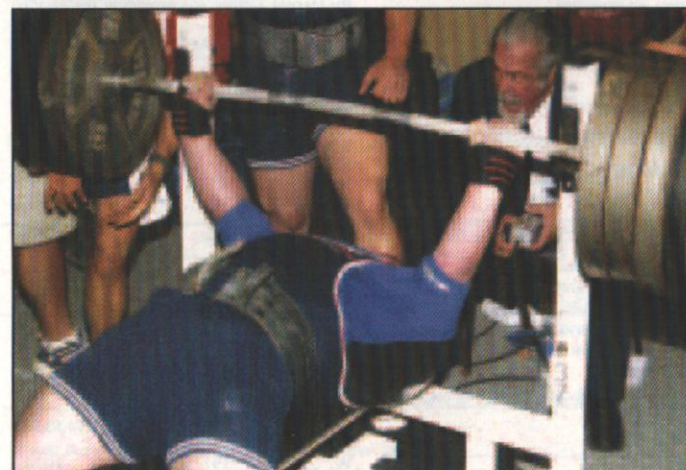
Moving up to 440 and then 475 lbs. he looked real confident. He slowly pushed up 305 lbs. for his first bench attempt: again with 325 for his second, but 350 needed the spotters, a little too much today. Deadlifting first 405 and then 455, and up to 475 lbs. for his final lift. Holding on and looking satisfied with his performance in this his first Powerlifting meet. He totaled 1275 lbs. and earned a first place trophy. APF Master National lifter and WPC qualifier Michael Shealy was our next lifter. He has lifted in four of our meets and Darrell always has fun with this serious competitor. He easily made his opening squat attempt of 425 lbs., up to 475 and then another good lift at 500 lbs. He was looking good but it was a day that his bench press failed him. He just couldn't get on track, three attempts with 350 lbs. just would not go. He disappointedly bowed out of the meet. Michael is one of our biggest supporters and we know that he'll be back. Richard Stafford, again from Team Torture, was lifting for the first time with us in SC. He opened with an easy 475 lb. squat; moved up to 505 and then to a new PR of 525 lbs.! Good job, Rick! Two bench attempts of 275 and 300 lbs. were both slow, steady, and good. His first try with 315 was 5000 close, but no good. He pulled 405 and 455 but got stuck with 475 lbs. Totaling 1280 lbs. he earned first place in M0181. A short break gave us the opportunity to thank all of our sponsors who were solicited by Eric, Killer and Burton. (Thanks to you too.) All of our proceeds are for the benefit of Special Olympics SC. The second flight started with Doug Scarborough from G-7 in Anderson, SC. He squatted 480, 510, and 525 lbs. for a new PR. He had two good benches of 320 and 335 lbs., but a shot at 345 lbs. needed the spotters. Really hard pulls of 480 and 500 got white lights, but a third attempt with 530 was stuck to the platform. He totaled 1360 lbs. for a first place in MM181 (40-44) and established the SC State records in his division. Will Kuenzel, all the way from Charleston, SC was lifting in his first powerlifting competition. His first squat attempt with 495 lbs. was good. The next two attempts of 585 and 610 lbs. were too much of a jump up and he was not able to handle them. We're glad that Jason was behind him to prevent an injury. He had three, what appeared to be, easy bench presses up to a solid 400 lbs. He deadlifted 525 to total 1420 lbs. and third place in a tough M0220 division. A special thanks to his wife Amy for her help with this writeup. Up next was "Big" Will Hancock from Charlotte, NC and the Executioner Gym. Opening with his first attempt of 525 lbs., he had a perfect squat for three white lights. Next, pushing up 575 and then 600 lbs. he was looking good! Struggling with getting his first two bench attempts to go, he finally



Jason Elkins was a star of the Special Olympian division at the Rockhill, South Carolina competition

nailed his third attempt with 475. His three deadlifts were all strong and solid up to a big 605 lbs. Totaling 1680 lbs. earned him a first place trophy in M0275. Michael Steck, one of our biggest supporters from SC Barbell in Columbia, was our next lifter. With Karl Tillman in his corner he was ready to lift! He is the APF SC State record holder in MM181 (45-49) and has qualified for the 2006 WPC Worlds. He was fantastic! Two screaming, solid squats up to a new record high of 530 lbs. was just the beginning. Bench presses of 315 and then 335 lbs. was also a new record. Three solid deadlifts of 405, 430 and 450 lbs. were awesome! He totaled 1315 lbs. for all new state records and first place in his division. Many thanks for his and Amanda's (as our new expediter) help with the meet. Our next lifter was Jon Landon also from SC Barbell. He is a strong lifter with a few SC State records to his credit. He opened with a perfect 525 lb. squat, moved up to 560 for a tough but good second attempt, a new PR and state record by 60 lbs.! His last attempt with 600 was a little too much. Good job spotters. Opening with a perfect 315 lb. bench he moved up to 350 for his second, also good! A third attempt with 375 lbs. just would not go even after a great attempt - take it! Today was Jon's day to deadlift, first 500, (breaking his old state record), then 530, and last, a big, big pull of 550 lbs., beating his own previous record by 65 lbs. Totaling 1460 lbs. in MM220 (40-44) he earned a first place trophy and all new state records. Wade Boothe came a long way from Clayton Fitness in NC to lift big! He had three solid, great squats of 585, 625 and 640 lbs. His first bench attempt was smooth and good. His 2nd attempt with 385 looked good to us and got 3 white lights, but he didn't look happy with it. He was not able to control his third attempt with 405, and he needed the help of the spotters. Maybe he felt something on his second attempt that we didn't see. His first attempt at the DL had the refs a bit confused. It appeared that he thought he was finished, but he was not fully upright. We gave him three red lights. For his 2nd attempt he moved up to 600 lbs., made it, strong and solid, he held it and looked at each of us as we gave him three white lights for a perfect lift. Up again to a big 630 lbs. for another good lift. This 189 lb. man can deadlift! He totaled 1655 lbs. for first place in M0198. Another Granite City lifter was Brett Rapp, also lifting in M0198. He is the current NC State record holder at 181. He opened with a 720 lb. first attempt at the squat. Looking good, he moved up to a big 780 lbs. which he made, and made it look easy. Recovering from an injury he bench pressed just 135 lbs. to stay in the meet. He had two big deadlifts up to 660 lbs., but just could not lockout 700 lbs. In spite of the light bench press he still totaled a respectable 1575 lbs. and second place in M0198. Thanks for your help in the ref chair, and for making the long trip down. Grady Polk

with "Team Torture" was up next. Going head to head against his team-mate Jonathan Couick in M0220 we expected a battle. Feeling the pressure, Grady was a bit off with his squat, but he finally nailed a big one of 755 lbs. on his 3rd attempt. He benched an easy 450 lbs. and then up to 500, again good! Moving up to 520 proved to be a little too much. His deadlift was awesome! 600, 645 and then a big, big 665 lbs. He totaled 1920 lbs., earned a first place trophy in his class and he became a new APF Elite Lifter. Congratulations! Jonathan Couick, the Team Torture go-to-guy, was up next. He and the team really helped make this meet run smoothly. He is a strong lifter and is currently the NC Record holder in M0220. Opening with a 735 lb. squat attempt he makes it, good and strong. Up to 755 for his second, but oops, no good. He needs the help of the spotters. But that miss didn't slow him down one bit. Again at 755 for his 3rd attempt. Wow! Fast and solid for three white lights. Great lift! Tied with Grady in the squat, he moved on to the bench press where he opened with a big 500 lbs. and making it look easy. His second attempt with 520 kept getting stuck, but he didn't quit and made it! Good lift. His last attempt with 535 was so close that when the crowd saw the three red lights they sighed in disappointment and then broke into applause showing their recognition of his great effort. Jonathan was 20 lbs. ahead in his sub-total going into the deadlift. Pulling 575 lbs. for his first attempt, up to 605 for his second and a picture perfect DL, he finished with a good 640 lb. lift on his third. Totaling 1915 lbs. for a super day of lifting and just 5 lbs. behind Grady. He earned a second place trophy and was also a new APF Elite lifter. Thanks for all your help and a great day of lifting. Here comes "Wild Thing" Matt Hawkins looking a lot bigger than his 240.5 lbs. He is a big lifter from the Executioner Gym in NC. Opening with 835 for his first squat attempt, he gets red-lighted for depth. Not to be deterred, he moves up to 905 for his second but this time he is not quite in his groove and needs the spotters to steady him. Again with 905 lbs. for his third. Bam! Awesome squat! Big lift! Solid as a rock. He easily benched 505 lbs. and dead lifted 605 and 660 lbs. which looked like he could just walk around with it. He totaled a big 2070 lbs. to win first place in M0242 and became a new 242 lb. APF Elite Lifter. And now the big man, 343 lb. Chris Clark from Granite City Barbell. He is the current SHW APF Men's submaster champion. Getting on the platform with what seemed to be at least half of the big guys here as spotters, Chris got under his first squat attempt of 935 lbs. As he shoulders that tremendous weight he just kind of slowly leans too far back into the arms of the spotters. Good job guys! On his second attempt he successfully took it down but just couldn't push it up. Again, good job spotters, with no problems. He wasn't going to let that happen again. On



Daniel Everhart had the best bench press of the meet with a spectacular 750 lbs. at J/T 308, with Joe Deverville as head referee

his third attempt he solidly blasted up that 935 like he was really mad at it! Good lift. Wow! The crowd loves this guy. His three solid bench presses of 600, 650 and 675 lbs. had the audience on their feet with admiration and applause. He opened his dead lifting with a scant 675 lb. attempt and made it, strong and solid, no question. Passing on his second attempt, he called for a monster 795 lbs. for his third. Pulling it up but not quite able to lock it out, he was done for the day. And what a day it was. A total of 2285 lbs. for this already Elite Lifter with a first place trophy and the biggest squat, biggest bench (for a powerlifter), and the biggest deadlift of the meet as well as Best Male Lifter. Thanks Chris for your help and an exciting Powerlifting exhibition. As we cleared the platform to get ready for the bench, I took a little time to recognize the great team that helped us put on this meet. Even though we wove the bench only lifters in with the powerlifters bench pressing, I'll list them separately, so get ready for this! Before the lifters hit the platform we were treated to a bench exhibition by six year old Hagan "Big Boy" Smith. Getting good advice and the hand-off from his dad Michael, he easily pushed up 50 lbs. for his first attempt and finished with a body weight bench of 80 lbs. We're looking forward to seeing him in the future. Our first lifter was Dillon Blackmon from Rock Hill, SC, competing in his first meet. At 221 lbs., this 15 year old is a big kid. He opened with a raw bench press of 250 lbs., good lift! Putting on his shirt for his second attempt he makes 330 lbs. look easy. A shot at 350 was a little too much, but his 330 lb. lift was enough for a first place trophy, a new SC State record and a new American Record. Congratulations! Up next was Master Allah from Charlotte, NC. At 164 lbs., he is a good lifter and has won APF and Iron Boy trophies in the past. He makes a good solid 345 lbs. but can't quite get 375. He earned second place in M0165. Chad Tucker, also in M0165, our next bench trains with Team Torture in Monroe, NC. He also has won APF and Iron Boy trophies for his lifting. He opened with a big 415 lb. lift, and made it! Up to 425 for another super lift. A try at 435 was so close, but no good. He won first place in his division and the crowds approval. Killer Williams, one of our meet coordinators from here in Rock Hill, got the crowds attention as he gets psyched up for his first attempt. Whoa, Whoa! Up it goes with 420 lbs., good lift! Two attempts with 440 just would not go, but he still earned a first place trophy in MM242 (45-49). Up next was Elite Lifter Greg Crook, another Team Torture lifter from Monroe, NC. He is the 2006 APF Senior National Champion in M0181 and the NC State Powerlifting record holder in M0198. Today it was bench only for Greg. He opened with a strong 475 lbs. Good lift! Next at 505 lbs., also good, and a new PR for him. His last attempt with 515 was a hard lift, but no good. He got a first place trophy in MO 198. John Robinson, the Special Olympic coach from Rock Hill, was our next lifter. This was his 1st competition and he lifted in MO SHW. But, for as much success as he had with the special Olympians, he just couldn't get himself on track today. Three great attempts with 545 lbs. just would not go. Smiling to thank the crowd for their applause acknowledging his great work with Special Olympics, he was just happy to be here today, and we were happy to have him! And now, "Big Daddy" Eric Hubbs, one of our biggest supporters and meet coordinators in Rock Hill, on the bench. He is the 2006 APF National Bench Champion and the current SC State record holder of 551 lbs. in MM275 (40-49). Opening with a big 550 lbs., he just could not get in to his groove. Two more attempts also proved futile. He was really mad, but we know he'll be back. He's a great lifter. The Head Executioner, Grant Austin from Charlotte, NC, was our next lifter. He has lifted with us before and proved to be a good lifter. At 240.5 lbs. in M0242 he opened with his first attempt of 575 lbs. Not looking real solid, he appeared to have trouble with his shirt, and



Hannah Johnson was the Best Female Powerlifter of the contest

no lift. His 2nd attempt with 575 again was tough, but good! For his third attempt he called for 605 lbs., which he struggled with but does not give up. It was a good lift! We look forward to seeing him again. A.J. Coleman from Charlotte, NC, was up next. He has lifted with us before and we know that this big guy can bench. A first attempt with 625 lbs. was solid and steady for a good lift. Up to 675 for his second, up it goes, a little slower this time, but no hesitation with three white lights, good! A shot at 700 lbs. proved to be too much and got stuck half way up. Good job spotters! A.J. earned a first place trophy in M0308. Next up from Pulaski, VA, was Michael Smith. Nobody gets more pumping up than Michael, courtesy of his wife, who we are sure just loves to smack this big guy around. He came to break his 635 lb. bench record, but could not do it today. Three hard fought super efforts would not get 650 to go. Thanks for making the long trip. We know you'll get it next time. At about this time we started to hear rumblings about a really big bench. Curtis Rabon, from Salisbury, NC, lifting in MO/MM 275 looked like he was ready to lift! Blowing up his opener of 650 lbs. he looked very strong and solid. Moving up to 680, again good. Wow, it looks like he's done this before. His call for a 705 lb. attempt had the crowd buzzing. Bam! Up and good three white lights. Not bad for this 42 year old lifter. That may be a new NC Bench record. Good job! Who is that young man who handed off to Curtis? It's 19 year old 291.5 lb. Daniel Everhart lifting in J/T 308. Passing on his first he opened with a 700 lb. attempt on his second. Taking the hand-off, this big guy just took a deep breath and pressed it with no hesitation. Good lift, Wow! 700 lbs. at 19 years old? But wait, it's not over, he comes back for his last attempt with 750 lbs. that's 750 lbs.! The crowd was on its feet and moved in closer for a better look. He slams it up strong and solid, and a good lift! We had just witnessed a new NC State record, a new APF American record and Daniel is the Best Bench Presser of the meet. We all knew that we were looking at a future world champion. Thanks Daniel for an exciting end to a great meet. Special thanks to all of those who helped Marge and I with this meet. Leon Mayes and son Andrew (photographers) deserve special mention for their new digital camera and printing system which allowed them to print out the lifters pictures on the spot. Everyone loved it. Thanks to Scott for helping set up and break down our platform. Jason Alderman of Fortress Martial Arts and the guys from Primal Iron kept the meet going smoothly and injury free. Darryl, the Hooters girls, the scoring table crew led by Lauren and Chris Kerley (helped by Minna, Sarah, and Jon Landon's lovely wife) and of course the Pernick's, all warrant our thanks. Thanks to Shana Smith who helped put the numbers on the bench so we could identify the lifters in photos, and to the crew from the Holiday Inn! (Thanks to Will Millman, APF/MPF SC State Chairman, for providing the results)

AAU 9th Fred Rogers/Paul Smart 28 OCT 06 - Clyde, NY

BENCH 148 lbs.	J. Behari, Jr.	425 (40-44)		
C. Byrnes	330*	DEADLIFT 181 lbs. (18-19) Raw		
E. Lascell	170*	G. Roberts (20-23) Raw	510*	
J. Hopf	250*	B. Ozog (35-39)	435*	
D. Herbst	360	B. Clark	600	
L. Cichelli	430*	B. Clark	600	
L. Cichelli	430*	(40-44) Raw	580*	
M. Arcarisi	300	M. Brown	550	
Ironman		K. Bowns	615**	
V. Becker	120*		225*	345*
C. Gleason	310*		385	695
V. Peterson	275		450	725
J. Burgey	405*		580*	985*
M. Mineo	350		530	880
M. Harrison	440		570*	1010
A. Glover	380		500	880
P. Miller	410		455	865



Lifting Legend Don Reinhoudt with a plaque presented to him by Steve Rogers, meet director of the AAU Fred Rogers/Paul Smart BP-DL Classic, in recognition of his powerlifting achievements. (photo courtesy of Steve Rogers)

weighing 226, the lowest weight he has ever lifted at, nailed 580 in the 242/40-44 Raw class for a state and American record. He just missed 600. It is great to see you back buddy, you are a world champion lifter and world class referee. Finally, Ken "The Truth" Bowns in the 45-49/242 Raw class with a state and American record of 615 with ease. Ken is just an awesome deadlifter. In the bench, Vince Becker 12-13/148 Raw with a State record of 120. Carlton Gleason 40-44/181 Equip. for a state record, beating his father-in-law's Coach Ralph Diliberto's record. Welcome back Chris Byrnes in the 35-39/148 Lifetime Equip class with a state record of 330. Jesse Burgey 20-23/220 Equip with a state record of 405. Beefy you need to break this kid down, he is getting too strong. The track star, recording star and lifting star John Hopf in the 55-59/165 Lifetime Equip with a 250 state and American record, it is good to see you back. The Stallion Leo Cichelli 45-49/220 Raw and Raw Lifetime 430 state and American record. It was a thrill to see you back after 18 months of elbow rehab. The Big Dawg Steve Rogers with a 500 lbs. bench. It didn't break my record but it was the fifth straight meet that I have done 500 lbs. It is always an honor to do it in front of the legendary Don

Reinhoudt. It was great to have Don there again. He was humbled by all of the attention he gets. He posed for pictures and signed autographs all day. Just outstanding to have the best ever in our presence at these AAU meets. I had a plaque recognizing his accomplished lifting career, and Don was so humbled about being remembered 25 years later. There were two major announcements made: my Spring meet will now be called the Don Reinhoudt Big Dawg Classic, after all he is the original Big Dawg. The second one is that Michelle and I have been chosen to run the 2008 AAU Bench Nationals in March 2008. I would like to thank my wife Michelle, you are one of the main reasons these meets go so smoothly and all of the lifters love you, you are the best and part of the heart and soul of AAU New York. I love you. I have to thank Scott Molisani and Rich Donselaar and his mom Barb for a great facility, great food and a great time. My spotters and set up crew Brett Wells, Pete Hurd, Mark Howell, Terry Stafford, Jason Stafford, and Rich Molisani. You guys are the best and you're the reason why we can have these meets. I love each and every one of you like my brother. The National referees, Rich Molisani, Tom Kristoff, Jason and Terry Stafford. You guys do a great and fair job. Every lifter leaves knowing they earned those white lights. Special thanks to Dr. Dave Kingwater for announcing and color commentary, also for all the help that you give to the lifters. Until February 10, 2007, for the AAU NYS Bench Press-Deadlift, take care, train drug free and stay healthy. (Steve Rogers)

Powerbody Bench Press 9 SEP 06 - O'Fallon, MO

BENCH FEMALE Raw 114 lbs.	P. Ostrander	355	275 lbs.
D. Keen	405		
P. Buss	475		
Raw 114 lbs.	A. Ostrander	70	123 lbs.
V. Schaefer	65		
M. Loveless	110		
MALE Raw 148 lbs.	Schoonover	200	198 lbs.
D. Quevreaux	200		
D. Monteith	225		
G. Pitts	390		
M. Wolf	350		
R. Jordan	380		
R. Bagley	—		
L. Bauman	365		
M. Porter	380		
C. Dreyer	225		

September 9th saw the first bench press contest at Powerbody Fitness in O'Fallon, Missouri. Powerbody is owned by former powerlifting champion Carla Trooper and her husband Chuck. The facility had plenty of warm-up equipment but the notable feature was where in the facility the meet was held. Powerbody Fitness features a pit, actually it is a swimming pool that has been partially filled in. The competition bench was placed in this pit and the rim was surrounded by dozens of spectators with flash cameras. It gave the meet a sort of zoo-like feel with the athletes being the caged animals (think of a lion pit). The meet was well attended and marked the first competition for many competitors. In a meet where over 70% were new lifters, only one athlete bombed out of the meet. First time competitor Mary Loveless, 37, took the female raw Best Lifter Award with a bench of 110 lbs. edging out 11 year old Alyssa Ostrander for the honor. Newcomer Derrick Monteith went 3 for 3 with a best of 225. Josh Fix, at 192 lbs., pushed an easy double body weight of 400 just missing his third attempt of 430. Glenn Pitts, who has the tanned physique of a bodybuilder, would get 390 which was good enough for male raw Best Lifter. Paul Ostrander, father of Alyssa, had a 3 for 3 day making an easy 355 on his last attempt and appeared to still have some left in the tank. 14 year old Chris Dreyer, son of Master's Champion, Curt Dreyer, had a 2 for 3 day in his first meet with a best bench of 225. Big boy Mike Porter's bench partner, champion Greg Chron, had an injured shoulder and could not help Mike with his bench shirt so Mike opted to bench raw and finished with 380 at a body weight of 263. 74 year old Dave Quevreaux posted a best of 200 at a body weight of only 195 lbs., a truly remarkable feat. The meet's big story was 275 lber Perry Buss. Buss was so sick with the flu the night before he could hardly stand. He came to the meet looking pale and weak but when the day was done Buss posted a 485 lb. lift and was good enough to win the male equipped Best Lifter award. This was the first meet for Don Gaines as Meet Director and was well run. His wife Kim served as one side judge with Angi Campbell officiating from the other side. Officiating was clean and fair and was conducted according to USAPL Rules. 14 year old meet veteran Leslie Gaines made her emcee debut by taking the microphone for the first flight. Usually a big bencher, entertainment was provided by Brad Manion. Manion bent huge nails and iron bars in half and gave them away as souvenirs to the audience. He tore telephone books and decks of cards in half as well. The Powerbody staff bar-b-q'd tasty chicken and brats in the parking lot so lifters and spectators walked away fully satisfied. All in all it was a well run meet. Gym co-owner Chuck Trooper said Powerbody is planning to hold this meet every year and will add a push pull meet to their schedule in January. Wonder if they will BBQ for that one too? (Thanks to By Harold Gaines for providing the results)

USAPL Autumn Open 30 SEP 06 - Columbia, MD

BENCH WOMEN Master I	J. Bardsley III	330		
M. Stein	D. Maoury	—		
MEN Junior	M. Hodge	424		
MEN Master I	A. Cohn	275		
Guest				
M. Daniel	187	104	214	507
Open Master I				
C. Daniel	281	159	297	738
Master V				
M. Serre	143	66	248	457
MEN Teen				
A. Cohn	—	275	424	—
Open/Master I				
M. Daniel	479	380	463	1322
Master I				
W. Slade	391	281	402	1074
Master II				
J. Bardsley	314	363	413	1091

(Thanks to Mar Daniel for these results)

USAPL Ohio Championships 18 NOV 06 - Bedford Hts., OH

BENCH FEMALE Teen	J. Shaffer	250		
Open 114 lbs.	Open	123 lbs.		
P. Beno	95	J. Helms	250	
N. Procter	135	J. Smith	445	
198+ lbs.		165 lbs.		
S. Dzurmak	290	N. Royer	405	
J. Koenig	135	198 lbs.		
Raw 114 lbs.		T. Stroschine	505	
T. Distaulo	120*	R. Falkowski	370	
K. Kovacic	115	SHW		
P. Beno	95	W. Likens	625*	
(age 70)		Raw		
B. Morris	90*	132 lbs.		
MALE Master (40-49)		S. Mickey	300	
P. Aracke	505	181 lbs.	335	
J. Helms	250	M. Fiese	198 lbs.	
Master (60+)		D. Hart	415*	
D. Uyanoscik	260	220 lbs.		
		A. Barrett	370	
FEMALE SQ		BP	DL	TOT
Open 148 lbs.				
Montagnese	150	120	240	510
198+ lbs.				
J. Koenig	225	135	310	670
Raw 114 lbs.				
A. Harrell	145	70	235	450
S. Keister	235	110*	265	610
198+ lbs.				
E. Flinger	325	160	305	790
MALE Open 132 lbs.				
J. Butcher	390	290	460	1140
C. Cooke	430	250	445	1125
N. Royer	460	405	465	1330
S. Steele	400	350	470	1220
181 lbs.				
J. Mumaw	465	275	530	1270
198 lbs.				
T. Garvey	500	350	525	1375
T. Swartz	445	345	460	1250
220 lbs.				
A. Harrod	575	425	525	1525
242 lbs.				
C. Trionfante	600	425*	600	1595
275 lbs.				
L. Newman	705	520	630	1855
T. Harbison	575	5350	600	1525
C. Rice	450	400	555	1405
Master (40-49)				
L. Newman	705	520	630	1855
L. Newman	590	480	620	1690
P. Aracki	630	505	540	1675



Best Lifters at the USAPL Ohio Championships: (l-r) Palmo Aracki, Joe Smith, Wade Likens, Stephenie Dzurmak, Lonnie Newman, Sarah Keister, and Joey Butcher. (photo provided by King's Gym)

D. Pagonis	500	370	510	1380
S. Steele	400	350	470	1220
J. Mumaw	465	275	530	1270
D. Noebe	415	360	450	1225
Master (50-59)				
G. Saxon	355	235	455	1045
Master (60+)				
D. Yanoscik	365	260	400	1025
Teen				
J. Auerbach	440	500*	555	1495
T. Bolanz	375	225	440	1070
Z. Miller	435	305	550	1290
E. Miller	315*	300*	455*	1070*
N. Schneider	370	245	480	1095
Raw Open				
165 lbs.				
E. Miller	315	300	455	1070
198 lbs.				
J. Lupia	450	330	520	1300
220 lbs.				
T. Fox	530	330	540	1400
E. Auerbach	275	250	350	875
Master (40-49)				
T. Fox	530	330	540	1400
Master (50-59)				
R. Davis	405	290	450	1145
L. Newman	590	480	620	1690
P. Aracki	630	505	540	1675

lb. class. The overall master's award went to Lonnie Newman with a total of 1855. Lonnie also won the best lifter in the men's open 198 to SHW competing in the 275 lb. weight class. The best lifter in the men's open 114 to 181 lb. classes went to Joey Butcher with a state record total of 1140 in the 132 lb. weight class. 19 year old Jeremy Auerbach set a bench state and American record in the Teenage division with a press of 500 lbs. in the 220 lb. weight class. The powerlifting team trophy went to Team Ashland College. Many other lifters set numerous state records in the open and raw divisions. The judging was very consistent and strict as it is with all Kings Gym promoted powerlifting events. On behalf of my brother Frank and myself, we would like to thank all the volunteers who sacrificed their day to help make this state championships run so smoothly. Without your help and dedication, drug free powerlifting would not be what it is today. In good health! (Thanks to Edwin A. King, President of King's Gym, for results)

Army Powerlifting Championships 27 JUL 06 - West Moors, UK

Raw 132 lbs.				
Senior E. Wolfe	231	170	297	700
148 lbs.				
Junior J. Hargreaves	220	143	308	672
165 lbs.				
Junior K. Haywood	242	231	374	848
181 lbs.				
Senior G. Shepherd	253	242	330	826
R. Woodward	286	—	330	—
181 lbs. Junior				
M. Anderson	253	170	264	688
198 lbs. Senior				
J. Davidson	330	314	485	1129
J. Whiting	363	275	440	1080
E. Anderson	242	242	352	837
L. Taylor	308	—	385	—
198 lbs. Junior				
C. Passant	253	237	363	854
220 lbs. Senior				
J. Vowles	518	297	617	1433
A. Porter	330	242	440	1014
242 lbs. Senior				
D. Love	308	308	485	1102
C. Newlands	319	286	407	1014
275 lbs. Master II				
T. Edwards	374	286	485	1146

(Thanks to Sharon Clegg for the results)

ASSOCIATION OFFICE COPY

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ADULT ATHLETES IN THE FOLLOWING SPORTS: Basketball, Baseball, Bowling, Boxing, Canoeing, Cycling, Karate, Kickboxing, Modern Pentathlon, Multi-Sports (Swimming, Rowing, Shooting, Soccer), Surfing, Triathlon, Volleyball, Wrestling, Taekwondo, Triathlon, Tennis, and Weightlifting.

ADULT ATHLETES IN THE FOLLOWING SPORTS: Field Hockey, Rug Football, Hockey, Ice and Roller, Rugby, Soccer, Water Polo, and Wrestling.

ADULT ATHLETES IN THE FOLLOWING SPORTS: Judo, Karate, Kung Fu, and Kickboxing.

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CHECK ONE: Youth Program, Adult Program, Added Benefits, Yes/No.

SPORT CODE: _____ **ASSOCIATION CODE:** _____

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Date of Birth: _____ Age: _____ Sex: _____ U.S. Citizen? _____

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

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

Member's Signature: _____ Parent/Guardian Signature: _____

City: _____ State: _____ Zip Code: _____ Phone (with Area Code): _____

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Qualifications of Membership: As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, and drug testing procedures of USAPL. I further agree that the rules, regulations, and drug testing procedures are subject to change at any time and that I agree to 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 forfeited for my failure to obey USAPL rules, regulations, and drug testing procedures. I will voluntarily submit to any drug testing procedures that USAPL may request in its own, regulatory, and drug testing procedures. If I do test positive for a banned substance, I agree that the results of the test are conclusive and I further agree to accept the consequences of the positive test regarding my membership.

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Name: _____ **Phone:** (____) _____ **E-Mail:** _____

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4th Thomas J. Foley
21 OCT 06 - Nanuet, NY

BENCH		SHW	
Junior (Formula)		E. Peotevien	450
R. Davidson	360	A. Gonzalez	—
H. Vieluf	285	DEADLIFT	
Teen (Formula)		Junior (Formula)	
M. DeSimone	260	J. Michel	500
M. Mora	315	H. Vieluf	425
R. Cala	365	F. Riccardi	520
Submaster (33-39)		Teen (Formula)	
C. Russo	450	M. Mora	525
Master I (40-44)		J. Napoli	485
G. Serra	470	R. Cala	530
C. Kuzian	375	Master (40-44)	
A. Costa	—	(Formula)	
Master II (45-49)		G. Kuzian	440
J. Peters	390	A. Costa	400
Open		Open	
165 lbs.		165 lbs.	
J. Manenkoff	335	H. Roca	550
181 lbs.		J. Manenkoff	430
C. Rusie	375	S. Glick	365
K. Hardin	—	181 lbs.	
220 lbs.		Fehrenfeld	575
P. Darbouze	450	K. Hardin	415
F. Massa	320	220 lbs.	
M. Ansolone	—	B. Fahrenfeld	640
242 lbs.		242 lbs.	
L. Saviano	525	R. Reichin	550
275 lbs.		M. Sayegh	535
R. Scott	530	SHW	
		A. Costa	400

Best Bench: Lou Saviano. Best Deadlift: Warren Fahrenfeld. Bench Your Bodyweight for Reps Lightweight Winner: Mike Desimone, 145 lbs. 30 Times. Bench Your Bodyweight for Reps Heavyweight Winner: Bob Hill, 200 lbs. 24 Times. Guest Lifters: Cliff Tallman opened at 435 lbs., and narrowly missed an unofficial masters national record of 455 lbs. John Perrotta, training for the 2007 IPA Nationals, completed his 585 lb. opener. The 4th Annual Tom Foley Bench/Deadlift Classic was held at Premier Fitness. Thirty-three lifters showed up to compete with all classes having great numbers. The Teen Division was done by formula, first place went to Mike DeSimone benching 260 lbs., weighing only 145 lbs. Second was Marlon Mora benching 315 lbs., and Reinier Cala placed third benching 365 lbs. In the Junior Division, also by formula, Rob Davidson took first, benching 360 lbs. Heinz Vieluf, in his first competition ever, took second, benching 285 lbs. with perfect form. In the submaster's class Chris Russo, a Montclair, New Jersey Lieutenant Firefighter, benched an all time personal best of 450 lbs. Not bad for coming off of a long six month lay-off from drag racing. In the Master's Class, 40-44 years old, Carmine Serra had his best day ever, benching 470 lbs. New York



Chris Russo, Brian Fahrenfeld and Warren Fahrenfeld at the 4th annual Thomas J. Foley Classic, which is annually dedicated to the FDNY firefighter of Rescue 3, who was killed in the 9/11 terrorist attack. (photograph was provided by courtesy of Premier Fitness)

State Trooper Gerard Kuzian benched 375 lbs. In the Master's 45-49 years old, Jeff Peters was the only competitor, benching his best of 390 lbs. and made a valiant effort of 400 lbs. on his third attempt. With better form, Jeff will easily achieve his 400 lb. goal. The Open Class started off with Jason Manenkoff alone in the 165 lb. class, benching an impressive 335 lbs. Chris Ruskie won the 181 lb. class benching 375 lbs. The Open 220's was won by Phil Darbouze benching an extraordinary 450 lbs. What is more impressive is that Phil is a young 49 years old! Lou Saviano just made the 242's opening at 525 lbs., just missing the lockout for 565 lbs. Richie "Koko-B-Ware" Scott was the only 275 lb. competitor, finishing up with 530 lbs. The Super Heavyweight Class had three competitors with only one making any of his attempts at all. Eric Poitevien had his best day ever, benching 450 lbs. He is recovering from back surgery and hopes to be able to deadlift over 700 lbs. again. Armando Gonzalez is recovering from elbow surgery and was unable to lockout 515 lbs. In the Bench Your Bodyweight for Reps category there were two classes, the first was up to 199 lbs., and the second was 200 lbs. and up. Mike DeSimone benched 145 lbs. 30 times to take the lightweight class. Bob Hill won the heavyweight class benching

deadlifting 550 lbs., edging out Mike Sayegh, who deadlifted 535 lbs. Super Heavyweight Alex Costa pulled 400 lbs. Best Bench went to Lou Saviano, Best Deadlift went to Warren Fahrenfeld. Thanks to Head Judge Tony Harlin, and side Judges Charlie Slaybaugh and Bob Trois for judging a fair and successful meet. Thanks to Scott Jaffer for his comical commenting. A special thanks to Michelle Forese Glick for running the score table and to Nina Zambardino for helping. Thanks to loaders/spotters Mike Zambardino, Zack Ennis, and Billy Conway for never misloading the bar. This meet was dedicated to FDNY Firefighter Tom Foley of Rescue 3, who was tragically killed in the WTC 9/11 Terror Attacks. Tom was an avid powerlifter, teammate, and friend to many of the lifters who participated in this event. Proceeds raised from t-shirt sales were donated to the Thomas J. Foley Memorial Scholarship Fund at Clarkstown South High School in New City, NY. (Thanks to Premier Fitness for providing the results)

European Powerlifting
24-25 JUN 06 - Maromme, FRA

FEEMALE	SQ	BP	DL	TOT
129 lbs.				
Senior				
O. Smith-IRE	242	137	242	622
Raw				
97 lbs.				
Master V				
Reeves-ENG	82	71	209	363
123 lbs.				
Master II				
Lozano-FRA	203	137	308	650
Senior				
Wagner-SWI	214	143	253	611
138 lbs.				
Master II				
Bourdon-FRA	203	176	325	705
198 lbs.				
Senior				
Saussois-FRA	292	203	424	920
MALE				
132 lbs.				
Master I				
S. Brown-ENG	407	220	463	1091
148 lbs.				
Senior				
V. Goffin-BEL	490	331	501	1322
Teen II				
VanDoor-BEL	286	176	358	821
165 lbs.				
Senior				
Brown-SCO	529	308	551	1388
Senior				
Mikosz-ENG	573	341	451	1366
Master IV				
Delaport-FRA	396	275	451	1124
4th-BP-281				
Master III				
L. Hamon-FRA	308	286	529	1124
181 lbs.				
Master I				
Verbeke-BEL	595	308	661	1565
Master II				
Lalouche-FRA	518	347	540	1405
4th-BP-352				
Senior				
S. Cook-WAL	507	319	507	1333
198 lbs.				
Master I				
Mader-ENG	507	352	518	1377
220 lbs.				
Senior				
Saunders-ENG	688	490	711	1890
Senior				
Vermote-BEL	578	358	507	1444
Master III				
S. Kirilov-RUS	440	308	463	1212
242 lbs.				
Master I				
Norton-ENG	750	523	578	1851
Master III				
Pilling-ENG	661	396	628	1686
Senior				
Natalizi-ITA	463	198	463	1124
275 lbs.				
Senior				
Pilling-ENG	727	463	705	1896
Master III				
Davidso-SCO	—	—	—	—
Raw				
148 lbs.				
Senior				

Cucciniel-ITA	374	237	474	1085
Junior				
Claverie-FRA	363	270	396	1030
Sholtes-FRA	341	237	363	942
Teen III				
Rennie-SCO	297	187	429	914
Cheema-ENG	303	214	385	903
Master VI				
Camut-FRA	325	170	374	870
Master I				
Wilson-ENG	286	242	341	870
165 lbs.				
Senior				
G. Herit-FRA	418	275	496	1190
Master I				
Constant-ENG	341	253	429	1069
Teen III				
Bernadin-FRA	336	209	407	953
J. Hayes-SCO	308	187	396	892
J. Gefen-FRA	341	—	—	—
181 lbs.				
Master II				
Mauhour-FRA	440	286	600	1328
Master I				
Valfrey-FRA	396	314	474	1185
T. Coyle-IRE	330	209	485	1025
Junior				
J. Stoffel-FRA	330	237	540	1107
Teen II				
J. Biggin-SCO	341	253	474	1069
Teen I				
Bradsha-ENG	308	242	446	997
4th-SQ-319				
198 lbs.				
Senior				
Servotte-BEL	574	391	556	1521
Master I				
Wissler-SWI	440	314	573	1328
Senior				
Constanso-ITA	474	297	551	1322
Rondeau-FRA	440	330	485	1256
Teen III				
L'Exact-FRA	402	275	496	1173
Master II				
Dumont-FRA	374	286	507	1168
220 lbs.				
Senior				
Vowles-ENG	518	303	628	1449
S. Fisher-ENG	507	363	540	1410
R. Studer-SWI	429	325	551	1306
Master I				
Reiner-SWI	424	347	540	1311
D. Corre-FRA	396	308	551	1256
Master II				
P. Foire-FRA	451	336	440	1218
Master IV				
Christie-SCO	418	264	529	1212
S. Kirilov-RUS	374	314	418	1107
242 lbs.				
Master III				
Pilling-ENG	551	330	617	1499
Master II				
J. Godon-FRA	457	363	606	1427
Master IV				
Simpson-SCO	429	242	474	1146
Master VI				
J. Gosteli-SWI	314	237	374	925
275 lbs.				
Senior				
Broutin-FRA	584	385	589	1559
J. Jehle-SWI	463	319	474	1256
Teen III				
Descham-BEL	440	231	507	1179
319 lbs.				
Senior				
Haydock-ENG	661	385	672	1719

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kgs. class, Laurence Bradshaw at Teen 1 (14 years old) put together a solid 452 kgs. total, which included a few records. Jonathan Biggin in the Teen II age group put in an excellent 485 kgs. including a 215 kgs. deadlift to take the title. Unfortunately there were no 90 kgs. lifters but 3 in the 100's, Jules Vowles and Stephen Fisher locked horns again after their British encounter and Jules took the honour by virtue of a better deadlift this time narrowly missing a big 300 kgs. deadlift. Alastair Christie at M4 totaled 550 kgs. which included a 240 kgs. deadlift and another Scottish win. It was also good to see the Swiss at an International event, I spoke to Markus Reiner afterwards and he was delighted with his 9 for 9 PB performance and 3rd place in the open. At 110 Les Pilling M3 totaled 680 kgs. to win the open and M3 title and gained team points. In the 75 kgs. class, another young Scot, John Paul Hayes, managed a 405 kgs. total for second place behind a useful French Teen III lifter. Laurie Constantin put up a 465 kgs. total together for the Master I title In the 82

big. Day 2 and the equipped section: Stephen Brown started the proceedings in the 60 kgs. weight category, pulling an impressive 210 kgs. deadlift to end up with 495 kgs. In the 75's William Brown, Scotland and Dean Mikosz, England had another close fought contest with Dean squatting 260 kgs. and benching 155 kgs., giving him a 35 kgs. subtotal over Willie. So it came down to the deadlift. Dean started with 205 and Willie succeeded with 240 kgs. Dean went for the win with 217 kgs. but missed it and Willie pulled 245 kgs. for a second attempt. Dean then went for 220 kgs. only to see Willie pull 250 kgs. and first place by only 10 kgs. It was a great contest. Steve Cook, from Wales and at a bodyweight of 82 kgs., lifted well for his first international contest. He was in the company of some well seasoned lifters with Beny Verbeke of Belgium and Elie Lalouche of France. Steve totaled 605 kgs. in the open event. Steve Maden lifted solo in the 90 kgs. class, totaling 625 kgs., getting an Euro title and maximum team points. Matt Bennett the whole day before 780 kgs. is

and who needs no introduction, went on to total 857 kgs., which was a British and European record. He also claimed the bench press record with 222 kgs. in the process. Matt will be going for a record tenth World title in November at the World Competition in Ireland. In the 110 kgs. class, Les Pilling totaled 765 kgs. at Master III for his umpteenth European title. I managed to break a long standing record at Master I in the squat with 340 kgs. and I got a Personal Best total of 840 kgs., which I was satisfied with considering the fact that I had a poorly knee and hip. Gerald Pilling did the business at 125 kgs. with a 860 kgs. lift, including a British squat record of 330 kgs. And, I don't think it will be too long before he hits the 900 kgs. mark. Hamish Davidson from Scotland unfortunately went out on the squats probably due to being a little ill. Anyway, the next stop for most of us will be the World Competition in Kinsale, Ireland, in November. I wish everyone the best of luck. I'm sure the IDFFPA will put on a great championship. (Thank you to Sharron Clegg for providing results)

Sports

Photos

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APF SD Metal Massacre
28 OCT 06 - Yankton, SD

FEMALE	275 lbs.	A. Carlquist	600
Open	DEADLIFT		
165 lbs.	FEMALE		
M. Becker	Open		
181 lbs.	165 lbs.		
N. Thomas	M. Becker	235	
MALE	MALE		
Junior (20-23)	Submaster (33-39)		
181 lbs.	275 lbs.		
R. Tellberg	S. Barnes	600	
Submaster (33-39)	Master (40-44)		
275 lbs.	220 lbs.		
S. Barnes	J. Boukal	475	
Master (40-44)	Open		
220 lbs.	198 lbs.		
J. Boukal	T. Judd	610	
Open	220 lbs.		
198 lbs.	S. Judd	580	
T. Judd	275 lbs.		
535	A. Carquist	700	
242 lbs.			
J. Law			

19th RAF Powerlifting
5 AUG 06 -

BENCH	P. Tempest	320	
181 lbs.	E. Narramore	265	
P. Tempest	198 lbs.		
336	P. Denner	198	
Raw	220 lbs.		
165 lbs.	J. Gordon	320	
R. Denner	M. Haines	314	
182			
Powerlifting	SQ	DL	TOT
123 lbs.			
A. Thomas	110	93	242
154 lbs.			
C. Grey	159	126	281
148 lbs.			
C. Hill	297	187	363
165 lbs.			
S. Wilkinson	396	259	512
198 lbs.			
T. Bright	220	209	314
198 lbs.			
D. Hall	347	214	446



From the APF South Dakota Metal Massacre: front row, l-r, Shane Judd, Tory Judd, Naquia Thomas, Maria Becker, back row - Anthony Carlquist, Scott Barnes, Jerry Boukal, Josh Law, Ryan Tellberg. (photograph provided by the courtesy of Josh Law, APF State Chair)

mas on hand to provide coaching advice and explanation of referees decisions. Squat: As per 2005, we had a battle in the ladies category with Ann Thomas, and first timer Caz Gray, who traveled down from Kinloss in Scotland, and Ann Fresh from the European's. Both went on to set records for the RAF women's category in both weight classes, with Caz pushing out a series of super low squats, which were done with ease. In the men's event there was a straightforward battle between Chris Hill and Dave Hall, both from Kinloss, with Dave taking the best novice squat. However, in this class was Stephen Wilkinson lifting unequipped at 75 kgs. with a final 180 kgs. squat, an improvement of 20 kgs. over the previous year and despite his best efforts, narrowly missing a 200 kgs. squat. Bench Press: The bench press continues to be the most popular single event, and powerlifters mixing in one flight of lifters. Highlights amongst the bench presses were Ed Narramore who traveled from Northern Ireland and took the best novice bench press with 120 kgs., and Phil Tempest taking the honors in the open bench with a creditable 145 kgs., who had also recently lifted in the Europeans. Phil was pushed hard with Mark Haines and John Gordon hitting 142.5 and 145 kgs. respectively. But, Phil took it on lighter bodyweight. Deadlift: Back to the powerlifters and a cracking series of lifts from Caz Gray saw a fourth attempt clear 132 kgs. (twice bodyweight) for a personal best and a new RAF ladies record, with Ann Thomas also hitting the twice bodyweight mark with a final 110 kgs. lift. Amongst the men all lifters put in creditable lifts with Dave Hall and Tom Bright fighting it out amongst the novices with Dave edging it with a final 202.5 kgs. lift. However, it was the aggressive Stephen Wilkinson who took the honors with a 2nd lift of 232.5 kgs. at 75 kgs. bodyweight and who narrowly missed out on a 240 kgs. final lift, which I'm sure will come. Summary: Ladies overall Powerlifting went to Caroline Gray who in her first ever comp achieved a 257.5 kgs. total with Ann Thomas taking the 55 kgs. title. Men's Open bench was taken by Phil Tempest (who also took time to try out his new bench shirt and do a series of equipped benches), with Ed Narramore taking the novice honors. Dave Hall took

the honors with the novice Powerlifting while Stephen Wilkinson standing apart with a fine 530 kgs. total. It was again good to see such a diverse set of lifters many of whom traveled a fair distance and whom it is hoped will continue to lift with the BDFPA. A big thanks to the referees and loaders for the day who were; Matt Saunders, Neil Thomas, Andy Smallwood, Selby Spicer and James Beeby. Thanks to Phil Denner who took on the duties as MC and scorer and even found time to lift. (Thanks to Sharron Clegg for results)

APF Maine State
24 SEP 06 - Lewiston, ME

BENCH	Open		
MALE	G. Curatola	573	
Master (50+)	T. Varnum	584	
R. Austin	P. O'Reilly	518	
358	G. Levasseur	463	
L. Davis	K. Johnson	407	
231		407	
MALE	BP	DL	TOT
AAPF			
E. Baker	529	573	1102
P. O'Reilly	518	600	1119
C. Burgess	347	578	926
K. Johnson	407	578	887
C. Chudzik	275	435	711
Junior			
D. Puckett	429	600	1030
J. Gagne	424	529	953
C. Grenon	385	429	815
A. Smith	203	402	606
Master (40-49)			
C. Brgess	347	578	926
Master (50+)			
R. Austin	358	259	617
Open			
T. Petrino	711	562	1273
M. Kalter	429	727	1157
C. Ryder	534	650	1185
G. Curatola	573	551	1124
P. O'Reilly	518	600	1119
G. Levasseur	463	606	1069
K. Johnson	407	479	887
C. Grenon	385	429	815
Teen			
K. Saunders	154	303	457

USPF Rhode Island Police/Fire
26 MAR 06 - Cranston, RI

BENCH	165 lbs.			
Masters	J. Onderdonk	240		
275 lbs.	Open			
B. Tucker	470	275 lbs.	470	
		B. Tucker	470	
Submaster	SQ	BP	DL	TOT
R. Cameron	450	350	440	1240
Master				
R. Churchill	380			

As always, I would first like to thank all my sponsors, Spine Tech, a.k.a Dr. Robert A L'Europa, Ocean State Gym, TJI Construction, Coventry Physical Therapy & Sports Medical, Inc., Elmwood Countertop, Allendale Auto body & Sales, and Remember When Vintage Candies. With my sponsors continued support each year, it has allowed me to continually put on this contest each year. I would like to also thank all my judges, spotters, loaders, scorekeepers and my announcers who are always a huge help each year. As always, I would like to thank my co-meet director, Bob Connell Jr. for all his help and for maintaining our website, www.ripl.org. This was my second year trying to run the Police & Fireman meet in conjunction with the RI State Championships. I was still not happy with the turnout this year. As I said last year, I have been asked numerous times, through the years, to run this show, but I still can not seem to get the turnout. I am still disappointed, but hopeful that this meet will still grow. Hopefully with this year competitors, we can get the word out and next year get the number of competitors up next year. Hopefully we will see you all again next year, bigger and better. Have a great year. (Thanks to Ted J. Isabella, USPF RI State Chairman, USPF Executive Committee, for these results)

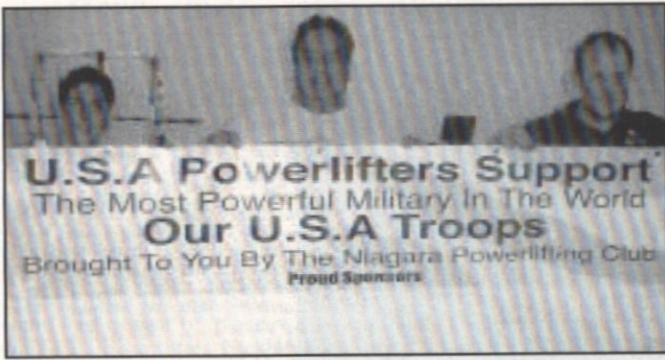
Support Our Troops

We're at war! Harsh and sickening words, but never the less true. Since 9-11 a large number of young men and women showed their patriotism by signing up into the military to put an end to terrorism.

The war to many of us is what we read in our local newspapers or what we watch on television. To our brave men & women fighting overseas it's a 24/7 job. Most of us go about our daily lives working, cutting our lawn, working out at our gyms etc., unlike life for our soldiers, which is dangerous and at times heart-breaking. To their families back here in the states it's an agonizing life of wondering when or if their husband, wife, brother, sister, son or daughter will come home. There are support groups for these families of service man & woman. One group that our Powerlifting Club has adopted is the 107th Family Support Group in Niagara Falls, NY. A letter from Carole Adamczyk, head of The Family Support Group reads:

The 107th Family Support Office, part of the Air National Guard at the Niagara Falls Air Force Base in Niagara Falls, NY, assistants and supports the families of the guardsmen and others. Our Family Support Volunteer Organization, accepts donations from many organizations, including the Niagara Powerlifting Club, our biggest donor.

The 107th Family Support Office keeps in constant contact with the families of those who are deployed, or away at school. Sometimes issues arise with families left at home and we are always able to take care of them. Our volunteers mail packages to those deployed, National Guard and also other local military members. Packages that are mailed are really mean a great deal to someone who is away from home. No matter what is mailed, it is still a piece of home to them and makes them feel like we really care about them.



Show your support for our troops in Iraq by having your club name, organization, or business with its town name printed in one of the boxes shown above. You can also have your name and town printed on the sides of the banner with a comment in support of our troops. Holding the banner, which will be sent to the troops in Iraq. (l-r) Joseph "Shabs" Bruneu, Thomas "Squat" Delormeire, and Russ "The Bus" Blaser. (Photo courtesy Meet Director Dennis Brochey).

To help the families understand the Guard and to make them feel more comfortable with the military we offer many programs and gatherings especially during all holidays. We also have started a Youth program, offering many programs throughout the year, dealing with the military. Galaxy, Operation Bug Out, Bring Your child to work day are some of the programs we have sponsored. We have also partnered with the Army to include anti drug programs.

Yearly we sponsor a Family Picnic at the base for all families, a chance for everyone to relax and meet and enjoy each other. Because of the Powerlifting donation, we are able to pay for the entire picnic, to cut down the cost for the military member.

With the help of the donations from the Niagara Powerlifting Club over the past two years, we have been able to have

bigger and better gatherings, mail more packages, and have helped those in need especially during the holidays. Last year many families were given a better holiday because of the money that was given to our volunteer organization.

Our Youth Program has been created because of their donations, and we hope that it will continue to grow. Carol Adamczyk/107 Family Support Group.

To help our troops and their families, our club The Niagara Powerlifting Club, puts on a bench press competition every third Saturday of February. This coming competition will be held February 17, 2007 at The Lewiston Red Brick School in Lewiston, NY. We have grown from 22 competitors our first year to 75 last year. We are hoping to reach the 100 competitor mark this coming competition. The patriotic support from local powerlifters

and teams is astounding. The support from local businesses and organizations keeps growing every year.

Our first competition we raised \$1,300.00 and last year we raised over \$5,000.00. Our biggest promotion idea is our "Support Our Troops" banner. All competitors sign this banner and a list of sponsors is printed in large boxes. This banner is then sent to a Joint Armed Service Base near Baghdad Iraq for our soldiers to see and read. It is important to them to know that we care and support them. We are able to go about our daily lives because of them and each and everyone of us should show our support and let them know how we feel.

This years banner reads "USA Powerlifters Support The Most Powerful Military In The World Our USA Troops" and you can be part of it. For \$5.00 we will print your name and hometown on it. For \$100.00 donation we will print your name, your powerlifting team name or business (organization, etc.) in one of the large boxes with your hometown and state along the top of the box. Can you imagine the look on a servicemen- or woman's face to see support from their hometown or state? This gives them a little taste of home if only for a moment before they go back to battle.

We would love to have at least one powerlifting team, fitness center, organization from each state contribute. Don't wait for someone else to contribute because it may not happen. Like "Uncle Sam" says "We need you" to make this work!

For applications, contact Meet Director Dennis Brachey at 716 200-3533, cdbrochey@adelphia.net, or mail to 205 N. 5th St., Lewiston, NY 14092. Please send your name (team, business) contribution to Lewiston Red Brick School Recreation Dept, C/O/ Marianne Gitterman, 145 N 4th St., Lewiston, NY 14092.



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

Last Name	First Name	Initial	Renewal	Current Card # (if Renewal)
			Y N	
Street Address			Club Name	
City			State	Zip
			Area Code/ Telephone	
Current USPF Classification	Referee Status	Current High School	Special Olympian	Invited
Elite Master I II III IV	SPF Cat 1 Cat 2 Nat State	Y N	Y N	Y N
Current Collegiate	U.S. Citizen	Clear of Both	Sex	Today's Date
Y N	Y N	/ /	M F	/ /

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

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

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

If Under 18 have Parent Initial _____

Signature _____

APF/AAPF Membership Application
Check the box that applies below
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PLEASE PRINT CLEARLY • COMPLETE ALL ENTRIES

LAST NAME	FIRST NAME	INITIAL
STREET ADDRESS		
DATE OF APPLICATION		
CITY		STATE
ZIP CODE		
AREA CODE	TELEPHONE NUMBER	DATE OF BIRTH
MO	DATE	YEAR
AGE	SEX	U.S. CITIZEN
		YES NO
REGISTRATION FEE	REGISTRATION NUMBER	E-MAIL ADDRESS
APF \$30 AAPF \$30 APF & AAPF \$40		

ATHLETES, fill out card completely, make check payable to and mail with fee to: APF/AAPF
ARE YOU A PREVIOUS APF OR AAPF MEMBER? YES NO
505 Westgate Drive
Aurora, IL 60506
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I HEREBY CERTIFY THAT THE ABOVE INFORMATION IS CORRECT AND THAT I AM CLEARLY IN AGREEMENT WITH THE RULES OF THE SP/CPA/ARY.

SIGNATURE X _____

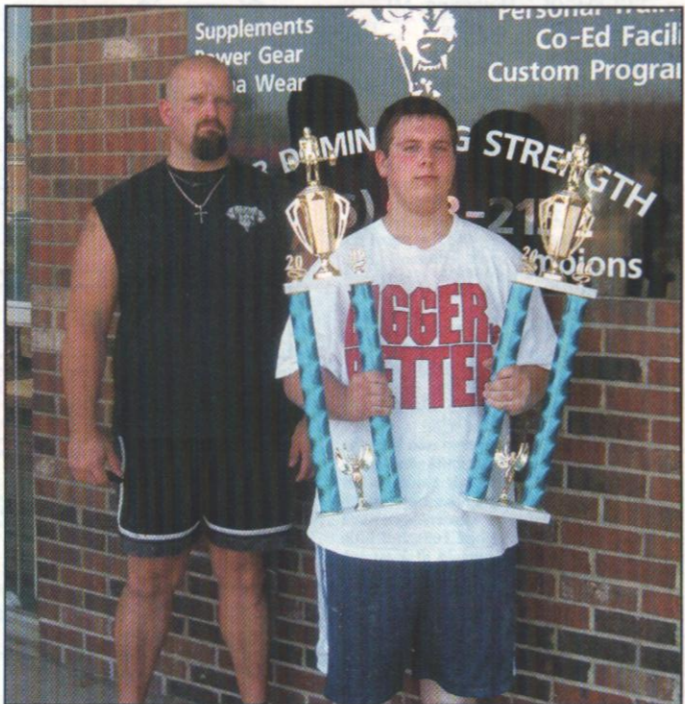


Alexei Nekljudov was the big lifter at the WPC Estonian Open Bench Press Championships, where he made 690 pound press as a 242 lb. master lifter. (photograph was forwarded courtesy of Mike Sweeney)

WPC Estonian Championship 25 NOV 06 - Kohtla-Jarve, EST. Table with columns for BENCH, WOMAN, MEN, and various weight classes and lifters.

Coastal Georgia Powerlifting 23 SEP 06 - Savannah, GA. Table with columns for BENCH, WOMEN, MALE, Special Olympians, and FEMALE.

SLP Missouri Open 3 JUN 06 - Festus, MO. Table with columns for BENCH, FEMALE, MALE, and various weight classes and lifters.



Teenager Austin Lee with trainer/gym owner Tilden Watson at the SLP Missouri Open Bench Press/Deadlift Championships (this photograph was provided by courtesy of Meet Director Dr. Darrell Latch)

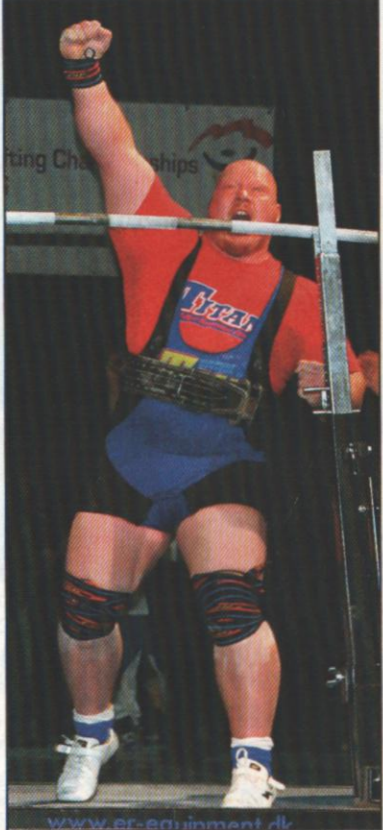


Randall Harris finished w/bronze

Michal had a chance for the gold, but failed on his third deadlift attempt of 710.7 LB. Greg Jones (USA) was unable to get a squat passed due to dropping over 8 lbs of bodyweight in less than 24 hours.

110KG Weight Class - Ivailo Hristov of Bulgaria won the gold with an 8 for 9 effort. He did an 837.7 LB squat, 573 LB bench, and a 727.5 LB deadlift, for a 2,138.7 LB total.

125KG Weight Class - With the big boys there were plenty of exciting efforts. Audunn Jonsson of Iceland took the gold with 870.7 LB squat, 617.2 LB bench, and an 804.2 LB deadlift, for a 2,293 LB total.



Ove Lehto won SHW gold for Finland

was a gold medal for Tony. This was Tony's first top 3 finish at the

Worlds and he is hungry to improve. 125+KG Weight Class - Finland took the gold and the silver for this class. Ove Lehto won the gold with a 914.9 LB squat, 688.7 LB bench, and a 755 LB deadlift for a 2358.9 LB total.

Summary: The Women's and Men's team would like to thank the equipment sponsors - Inzer Advance Designs and Titan Support Systems for all of their support. The coaches who did a marvelous job were Dr. Larry Maile, Ivan Ribic, Matt Gary, Mike O'Donnell, Robert Keller, James Townsend, Sherman Ledford, Tony Harris, Johnny Graham, Gary "G-MAN" Grahm, and Eliot Feldman.

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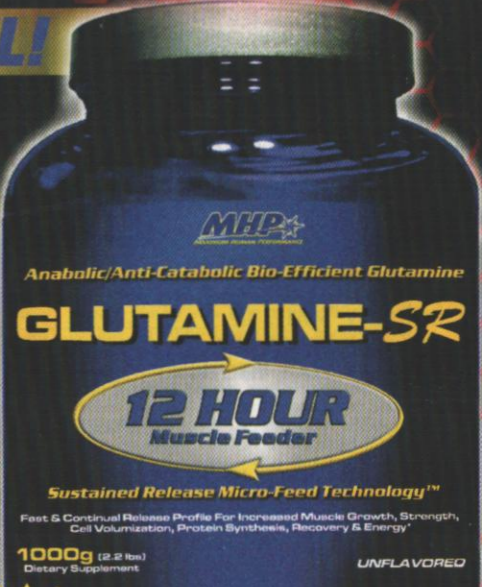
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WNPF Lifetime Nationals
9 SEP 06 - Bordentown, NJ

BENCH	Dupont	460*
WOMEN	(60-64) Raw	
148 lbs.	Plummer	290*
Open Raw	BENCH REPS	
Davish	165 lbs.	
100	(17-19)	
MEN	Eskridge	12
114 lbs.	181 lbs.	
(11-12) Raw	(55-59)	
Dantzler	Crawford	24
70	198 lbs.	
123 lbs.	(17-19)	
Open Raw	Gaglione	10
Melton	Open	
100	Hashemiyo	22
(20-23) Raw	220 lbs.	
McDowell	(40-44)	
148 lbs.	Howard	27
Open Raw	242 lbs.	
Powell	(55-59)	
180	Wylie	15
165 lbs.	POWERCURL	
Open Raw	MEN	
Lara	370*	
Burns	365	
Petkevis	285	
Subs Raw	114 lbs.	
Lara	370	
Police/Fire	Raw	
Burns	(11-12)	
365*	Dantzler	45*
181 lbs.	123 lbs.	
Open-Single	Ply	
Ross	Open	
450*	McDowell	95*
Subs-Single	Ply	
Livolsi	335*	
Police/Fire	Open	
Livolsi	Lara!	165*
335*	181 lbs.	
198 lbs.	(70-79)	
(20-23) Raw	Levesque	90
McDowell	275	
(60-64) Raw	198 lbs.	
Hansberry	(17-19)	
30*	Gaglione	135*
220 lbs.	Open	
(55-59) Raw	Hashemiyo	180
Glennay	325	
Open-Single	Ply	
Lehrer!	220 lbs.	
515*	(40-49)	
Loomis	300	
(40-44)-Single	Ply	
Haley	460	
Loomis	300	
242 lbs.	Open	
Open Raw	Ellenger	200
Ellenger	(40-49)	
(40-44) Raw	335	
Erb	330	
(55-59) Raw	Cage	155
Wylie	340	
275 lbs.	(50-59)	
(40-44) Raw	Open	
Wanner	325	
Special Olympic	Adzima	140
Crawford	290*	
300 lbs.	Wanner	130
Open	DEADLIFT	
Dupont	WOMEN	
(45-49)	165 lbs.	
	(11-12) Raw	



Lonnie Anderson attempting 460 lbs. in the bench press, with spotters Ryan Sardella, Mike Vernon Sr., Steve Sardella, and Head Judge Ray Manes looking on, at the Ashtabula YMCA Bench Press Championships. (photo provided courtesy of Lonnie Anderson)

Slagus	280*	Erb	530	(11-12)-Single	Ply	110	225*	335
MEN	114 lbs.	(45-49) Raw	Slagus	135	Litowsky	181 lbs.	(55-59)	
(11-12) Raw	Dantzler	165	(40-44) Raw	Wanner	450	132 lbs.	WOMEN	SQ
165 lbs.	(40-44) Raw	Rooney	430	Spahr	540*	Open-Single	Ply	BP
(40-44) Raw	181 lbs.	Special Olympic	450	Crawford	450	165 lbs.	SLAGUS	DL
181 lbs.	(70-74) Raw	410*	198 lbs.	Open	165 lbs.	MEN	114 lbs.	TOT
Levesque	410*	198 lbs.	Open	165 lbs.	(11-12) Raw	Slagus	185	85
275	Hashemiyo!	500	220 lbs.	Slagus	185	Open-Single	Ply	280*
(60-64) Raw	220 lbs.	(40-44) Raw	Matthews	500	220 lbs.	(11-12)-Single	Ply	300*
Hansberry	30*	242 lbs.	(40-44) Raw	Matthews	350*	Litowsky	220*	110
220 lbs.	Cage	155	198 lbs.	114 lbs.	165 lbs.	Litowsky	220*	110
(55-59) Raw	(40-49)	180-	Open	114 lbs.	165 lbs.	Open Raw	Johnson	360
Glennay	325	220 lbs.	Hashemiyo!	500	220 lbs.	Rooney	350	250
Open-Single	Ply	155	220 lbs.	(40-44) Raw	220 lbs.	(55-59) Raw	Hoxworth	325
Lehrer!	515*	180*	242 lbs.	(40-44) Raw	Matthews	350*	Wolff	135*
Loomis	300	180*	275 lbs.	114 lbs.	165 lbs.	Open Raw	220*	110
(40-44)-Single	Ply	180*	Open	114 lbs.	165 lbs.	BP	DL	TOT
Haley	460	140	Ironman	140	WOMEN	165	325*	490
Loomis	300	130	SHW	130	Open Raw	198 lbs.		
242 lbs.	Ellenger	200	198 lbs.	114 lbs.	MEN	114 lbs.		
Open Raw	Ellenger	200	198 lbs.	114 lbs.	MEN	114 lbs.		
Ellenger	(40-44) Raw	335	220 lbs.	114 lbs.	MEN	114 lbs.		
Erb	330	155	220 lbs.	114 lbs.	MEN	114 lbs.		
(55-59) Raw	Wanner	130	242 lbs.	114 lbs.	MEN	114 lbs.		
Wylie	340	180*	275 lbs.	114 lbs.	MEN	114 lbs.		
275 lbs.	(40-44) Raw	140	Open	114 lbs.	MEN	114 lbs.		
(40-44) Raw	Wanner	130	DEADLIFT	114 lbs.	MEN	114 lbs.		
Wanner	325	140	WOMEN	114 lbs.	MEN	114 lbs.		
Special Olympic	Adzima	140	165 lbs.	114 lbs.	MEN	114 lbs.		
Crawford	290*	130	(11-12) Raw	114 lbs.	MEN	114 lbs.		
300 lbs.	DEADLIFT	130	114 lbs.	114 lbs.	MEN	114 lbs.		
Open	WOMEN	130	114 lbs.	114 lbs.	MEN	114 lbs.		
Dupont	165 lbs.	130	114 lbs.	114 lbs.	MEN	114 lbs.		
(45-49)	(11-12) Raw	130	114 lbs.	114 lbs.	MEN	114 lbs.		

181 lbs.			
Subs Raw			
Jones	320	260	450
(70-74) Raw			
Levesque	260	160	410*
198 lbs.			
(20-23)-Single	Ply		
Rocek	450*	335*	540*
1325*			
Open-Single	Ply		
Palentino	485*	385*	495*
1365*			
(45-49) Raw			
Kliefoth!	535	315	500
1350			
Police/Fire-Single	Ply		
Perez	480*	360*	500*
1340*			
220 lbs.			
(45-49) Raw			
Schemel	410	285	460
1155			
242 lbs.			
Open-Single	Ply		
Adzima	415*	315*	490*
1220*			
Police/Fire-Single	Ply		
Adzima	415*	315*	490*
1220*			
*=WNPF National Records. !=Best Lifters.			
(Thanks to Troy Ford, WNPF, for results)			

Ashtabula YMCA
7 OCT 06 - Ashtabula, OH

BENCH	198 lbs.		
Teen	R. Vanek	510	
R. Davis	255	A. Halko	375
J. Kelly	235	J. Cross	325
L. Dufour	165	220 lbs.	
M. Reed	225	C. Maki	660
M. Vernon Jr.	160	M. Keyser	525
D. Maki	160	R. McEndree	315
J. Anderson	140	242 lbs.	
Master	C. Manes	555	
L. Anderson	460	R. Humphrey	450
R. Manes	325	R. Galford	405
S. Gregori	295	275 lbs.	
R. Galford	405	S. Sardella	460
165 lbs.	D. Ray	350	
C. Venturella	390	308 lbs.	
A. Eales	360	M. Miller	500
S. Gregori	295	D. Willaman	475
181 lbs.	L. Anderson	460	
F. White	340	SHW	
	R. Twining	315	

Most Improved Lifter: Jacob Kelly, 155 (2005) and 235 (2006). Most Weight Benched: Chad Maki, 660 lbs. Outstanding Lifter: Chad Maki. Team Awards: 1st-Headhunter Barbell, 26 pts., 2nd-Ashtabula YMCA, 24 pts. At this year's event we had a total of 31 lifters, compared to 38 a year ago. As in the past, we had a lot of good lifts with most of the lifters making all three attempts. One of the highlights in the contest was a 660 lb. bench by Chad Maki. Chad made all three attempts, just missing a fourth attempt at 700 lbs. Chad also took home the Most Weight Benched and Outstanding Lifter award with that 660 lbs. effort. The Most Improved award went to fourteen year old Jacob Kelly. Jacob benched 80 lbs. more than the year before to win the award. In 2005 Jacob lifted 155 lbs., and this year he benched 235 lbs. in the Teen Division (13-15). Great job Jacob! This year's furthest Distance award went to Steve Gregori, coming all the way from Ocean City, MD. This year we also had seven teenagers in the Teen Division (13-15) competing for five awards determined by the Schwartz formula. All seven lifters did a great job, with most of them getting all three lifts in their very first contest. Most all of the classes were filled except for the 181 lb. and SHW classes. Once again the lifters and the audience were treated to free pizza, donated by Domino's, and free Gatorade, bottled water and Red Bull, donated by P&J Vending. Also, we had the pleasure of listening to Rock-n-Roll tunes played by John Kelly and Mike Miller. Thanks again John and Mike for a job well done. We also had several giveaway items for the lifters at the end of the contest donated by Inzer Advance Designs, Titan Support Systems, House of Pain and Powerlifting USA. I would also like to thank the local sponsors for their donations especially Wychock Physical Therapy and Dr. William Seeds, of Seeds Orthopedics, for their generous donations and making everything possible. I would like to thank all the people who helped out again this year with the set up and tear down of the contest. Also a special thanks to my wife Sherri, for keeping score (18

years and counting), and Carol Molnar, YMCA Executive Director, for announcing the contest. And we cannot forget Reverend Bruehl for the inspiring words and prayer at the beginning of the contest. (Thanks to Lonnie Anderson, Meet Director, for providing the competition results)


Norfolk Powerlifting Novice
24 SEP 06 - Norfolk, VA

132 lbs.	SQ	BP	DL	TOT
H. Padilla	340	246	460	1046
J. Rogers	135	135	315	585
148 lbs.				
D. Constanzo	450	315	425	1190
A. Rodriguez	325	185	405	915
165 lbs.				
J. Rudolf	385	300	420	1105
181 lbs.				
J. Bou	460	280	485	1225
198 lbs.				
Antonmarchi	405	275	445	1125
L. Rivera	365	275	465	1105
220 lbs.				
J. Keegan	516	341	505	1362
S. Holloman	335	315	565	1215
J. Bowie	335	205	405	945
242 lbs.				
S. Benoit	675	420	600	1695
A. Delacruz	500	196	546	1242
275 lbs.				
M. Lund	705	355	580	1640
W. Simon	605	360	550	1515
308 lbs.				
K. Junier	465	425	450	1340

Head Judge: Guest, Dennis Montebault. Side Judges: Carey Williams, Brian Peixoto, and Ronald Allard. The Novice Meet at Massachusetts's Norfolk State Prison went off without a hitch once again. This was due to our terrific volunteers at the table, spotters, and weight changers. Thanks to our only advocate, Recreation Officer, Michael Sardina. We were very fortunate once again to have Dennis Montebault, former WPC/AP 220 lb. Master's world's champion to be our head judge. Our side judges were Carey Williams and Brian Peixoto for the squat. They were strict, handing out red lights where they were deserving. Ronald Allard, the meet coordinator, stepped in to replace Williams for the bench and deadlift. Allard also did a tremendous job running his first meet. I want to thank all of our volunteers and the 200 people who filled the stands cheering and "hating" the lifters on. Before I discuss the events of the day, I would like to inform all of you that the only equipment used in these lifts were knee wraps. Regardless, we put up some great weight, and we can challenge any comers. We have two types of records: All Time records, accomplished when assistance gear was used; and no Assistance Gear records, accomplished without gear. In fact, if you wish to challenge us on paper or want to compete at our prison meet, contact me John P. Keegan, P.O. Box 43, Norfolk, MA 02056, and I will make the arrangements. The 132 Class was taken by storm by a first-time competitor: Padilla. After the day had ended, he walked away with four records: a No Assistance Gear squat record of 340, an All Time bench press of 246, breaking the record by one-pound (he had to forego his third attempt when he got called to a visit), and an All Time record deadlift of 460; which enabled him to break the All Time total with 1046 lbs. Rogers, nicknamed "Little bit" competed for the first time, also. He entered for the hell of it, and he had a great time. If he trains and drops a few pounds, I can see him breaking records in the 123 class. Rodriguez, who had been training for the Runner's Club Marathon, entered so we could have a full field of lifters. His 915 total is far from his best, totaling 900 with just his squat and deadlift in April's meet. It was another first time competitor, Constanzo, who won the 148 Class, breaking the "All Time" bench record with 315 in the process. Constanzo just made the transition from bodybuilder, as we've claimed another one, and I know he will be winning his weight class and breaking records for the next few years. The 165 class had only one competitor, Rudolf, competing for his first time in a full meet. He'll be breaking the

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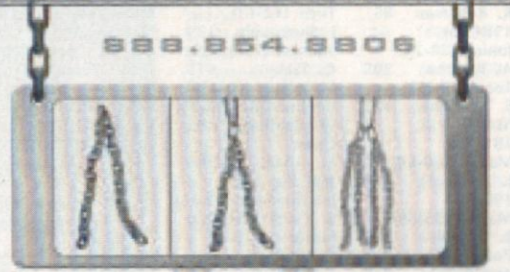


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(678) 817-4743

SIGNATURE / PARENTS SIGNATURE IF UNDER 18 _____
DATE _____ (memberships are valid for one year)

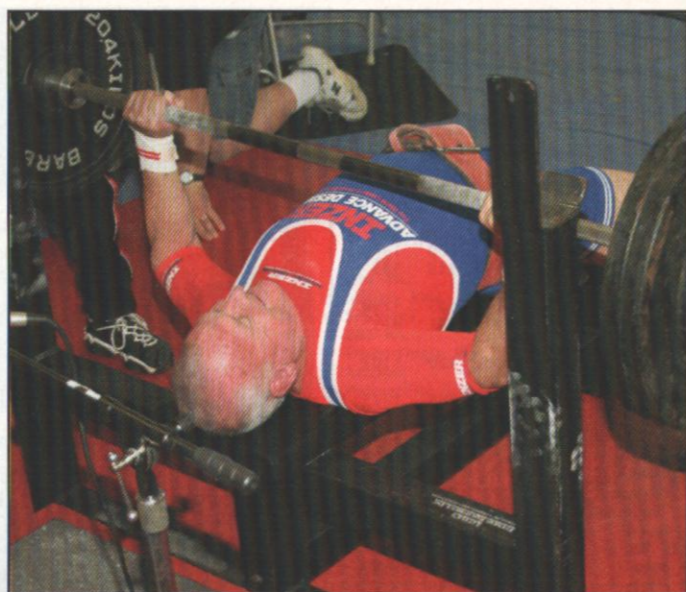
I agree to submit to any testing procedures in or out of contest by WNPF officials and shall accept the results and will not challenge them in any way. I also agree not to sue the WNPF for injuries that may occur during competition, traveling to or away from competition. I realize that powerlifting is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

IBP NC State BP Championships
11 NOV 06 - Henderson, NC

FEMALE	Open	114	210	275 lbs.	285
Raw	B. Etringer	114	J. Woelk	308 lbs.	
132 lbs.	Raw Open	365	Master (50-54)		
Novice	Teen (14-15)	4th-390	W. Ferguson	355	
V. Marrow	B. Etringer	114	308+ lbs.		
148 lbs.	Raw Teen (14-15)	148 lbs.	Intermediate (24-34)		
Master (50-54)	148 lbs.		R. Cameron	405	L. Williams
R. Roberson	Teen (12-13)	135	Male Teen Outstanding Lifter: Jonathan		
198+ lbs.	J. Burroughs	135	Marrow. Master Outstanding Lifter: Duane		
Junior (20-23)	Submaster (35-39)	415	Barker. Open Outstanding Lifter: George		
A. Marrow	G. Dale	415	Dale. Female Teen Outstanding Lifter:		
Teen (16-17)	M. Allen	290	Sencerac' Williams. Master Outstanding		
S. Williams	Intermediate (24-34)	300	Lifter: Richie Roberson. Open Outstand-		
181 lbs.	W. Brothers	300	ing Lifter: America Marrow. Team NSP		
Master (60-64)	Open	290	Henderson. (results courtesy Keith Payne)		
J. Shoaf	M. Allen	198 lbs.			
198 lbs.	Intermediate (24-34)	320			
Master (55-59)	S. Carringer	320			
L. Brodie	Master (45-49)	250			
Police/Fire/Military	T. Whitted	250			
A. Smith	4th-255	310			
242 lbs.	Master (50-54)	300			
Master (40-44)	B. Gabbert	300			
D. Barker	M. Putney	295			
308+ lbs.	Open	320			
Open	S. Carringer	320			
M. Neal	Teen (16-17)	315			
Raw	J. Marrow	315			
88 lbs.	4th-325	—			
Teen (12-13)	Teen (18-19)	285			
M. Evans	G. Marrow II	285			
114 lbs.	Westbrooks	245			
Novice	220 lbs.	275 lbs.			
B. Etringer	Master (50-54)	325			
Raw Novice	S. Whitted	325			

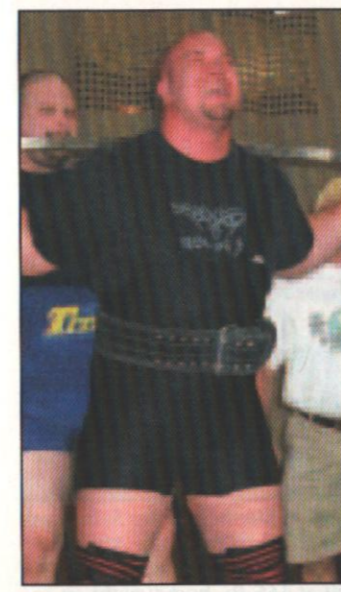
NASA Ohio Regional
7 OCT 06 - Springfield, OH

BENCH	J. Kennedy	490
FEMALE	Teen	413
Raw	McWhorter	308 lbs.
114 lbs.	Submaster I	—
Master I	D. Raines Jr.	—
Open	SHW	402
L. Lowery	Master II	181 lbs.
MALE	A. Wooten	402
148 lbs.	Raw	181 lbs.
Master II	S. Stewart	—
S. Stewart	198 lbs.	Submaster
198 lbs.	Junior	391
Junior	J. Gonzales	391
J. Gonzales	275 lbs.	275 lbs.
275 lbs.	Submaster	341
Submaster	E. Wright	242 lbs.
Pure	242 lbs.	341
Pure	Master I	



Jim Shoaf benching at the IBP North Carolina State Meet. (K. Payne)

R. Summers	314	PS CURL	M. Long	154	275	501	931
PS BENCH	220 lbs.	MALE	Powerlifting	SQ	BP	DL	TOT
MALE	220 lbs.	Master I	FEMALE				
High School	R. Summers	148	Raw	132 lbs.			
M. Brown	237	275 lbs.	Junior	High School			
275 lbs.	Master I	176	A. Pence	159	115	181	457
Master III	K. Robbison	176	Junior	A. Pence	159	115	181
B. Engleman	308	PS SQUAT	MALE	165 lbs.			
Master	446	275 lbs.	High School	181 lbs.			
Pure	424	Master I	T. Russell	402	192	385	981
K. Robbison	424	BP	181 lbs.	Junior			
Push Pull		DL	T. Garvey	562	325	540	1427
FEMALE		TOT	Master II	314	237	341	892
114 lbs.		82	L. Donahue	198 lbs.			
Teen		165	198 lbs.	Police/Fire			
L. McGonagle		248	T. Sansbury	242 lbs.			
132 lbs.		115	242 lbs.	Intermediate			
High School		181	D. Brown	501	341	589	1433
A. Pence		297	Master I	M. Wall	529	363	529
Junior		115	Master I	275 lbs.			
A. Pence		181	M. Wall	275 lbs.			
MALE		264	High School	Z. Jeffrey	226	226	374
165 lbs.		336	Z. Jeffrey	226	226	374	826
Junior		600	226 lbs.				
B. Wallace		237	Pure	M. Long	474	275	501
181 lbs.		341	220 lbs.	Raw	165 lbs.		
Master II		578	Master	165 lbs.	Junior		
L. Donahue		341	181 lbs.	B. Wallace	341	264	336
220 lbs.		589	181 lbs.	Master II	341	192	319
Novice		931	220 lbs.	McGonagle	341	192	319
T. Wooten Jr.		490	Novice	181 lbs.			
Pure		507	S. Pomeroy	336	203	418	959
SHW		997	198 lbs.	Junior			
Master II		402	Cummerlande	529	374	573	1477
A. Wooten		429	Pure	M. Kolb	451	297	457
Power Sports		832	220 lbs.	220 lbs.			
MALE		363	Junior	R. Walls	363	248	474
181 lbs.		821	Novice	363	248	474	1085
Junior		132	T. Wooten Jr.	253	248	319	821
J. Ferre		297	Open	253	248	319	821
198 lbs.		264	T. Wooten Jr.	253	248	319	821
Junior		485	Pure	253	248	319	821
T. Boles		892	T. Wooten Jr.	253	248	319	821
Pure		248	Intermediate	501	435	650	1587
A. Norman		534	D. Sledge	501	435	650	1587
220 lbs.		892	275 lbs.				
Novice		248	Master				
T. Wooten Jr.		666	Pure				
242 lbs.		352	K. Robbison	424	446	402	1273
Master III		380	SHW				
M. Brown		876	Master II				
275 lbs.		429	A. Wooten	446	402	429	1278
Master		1278	Pure				
Pure							



Jason Weite with National Record 705 @ Open 308 at the SLP John Ware Meet (Darrell Latch photos)

SLP John Ware Memorial
22 APR 06 - Kirksville, MO

BENCH PRESS	B. Stevens	520*
FEMALE	Master (45-49)	275 lbs.
132 lbs.	C. Cozine	450
Junior	4th-470	
M. Doosing	110	Open
MALE	220 lbs.	220 lbs.
Teen (16-17)	T. Luke	515*
242 lbs.	242 lbs.	
B. Paul	315*	K. Flick
4th-320*	425	DEADLIFT
Junior	181 lbs.	MALE
181 lbs.	S. Gann	350
Master (40-44)	220 lbs.	Junior
220 lbs.	S. Gann	465*
FEMALE	SQ	BP
Master (65-69)	181 lbs.	DL
B. Bishop	135*	115*
190*	440*	475*
4th-DL-225*		
MALE		
Novice		
165 lbs.	J. Wilson	450*
198 lbs.	280*	525*
P. Scifres	460*	335*
181 lbs.	460*	1255*
K. Sweeney	235	145
Submaster	330	710
220 lbs.	M. Miller	525
SHW	335	525
R. Saylor	635*	545*
Master (40-44)	600*	1780*
242 lbs.	N. Johnson	650
N. Johnson	425	585
4th-BP-440	1675	
Master (65-69)	132 lbs.	
T. Bishop	220*	155*
Open	320*	695*
165 lbs.	R. Snelling	560
181 lbs.	340	—
S. Cleveland	245	215
4th-DL-335	325	785
795		
198 lbs.	D. Chamberlain	450
D. Chamberlain	305	450
308 lbs.		
J. Weite	705	500
4th-BP-515*	630	1835
1850		

*=Son Light Power national records. Best Lifter Powerlifting: Jason Weite. Best Lifter Bench: Bruce Stevens. The Son Light Power John Ware Memorial Powerlifting Championship was held at Truman State University. Sponsored by the Truman State University Iron Dogs, this is an annual event that honors John Ware, who served as

head football coach at Truman and at one time held the highest powerlifting total in the history of the sport. We remember John as one of the greatest powerlifters in history. The full meet marked the return of Buellah Bishop to competition, one of the greatest women master lifters. Setting all new national SLP records at 65-69/181, Buellah finished with a 135 squat, 115 bench and a 190 deadlift for a 440 total. A successful fourth pull of 225 upped that record total to 475. In the novice men's division Josh Wilson had a great day of lifting in his first competition. Josh got a 450 squat, 280 bench and a great 525 pull for a 1255 total. All were also new national marks for the 165 class! At 198 Phil Scifres totaled the same 1255 with his 460 squat, 335 bench and 460 deadlift. Lifting raw, Phil established all new national records for his class. Junior men's lifter, Kevin Sweeney, won at 181 with 235-145-330-710. Lifting for the Iron Dogs team, this was Kevin's first competition. Mike Miller had a good day at submaster 220, finishing with a great 1385 total. Mike finished with a 525 squat and deadlift along with a 335 bench to make his total. Big Robbie Saylor broke all of the SLP national records at submaster shw with a perfect 9 for 9 performance! Robbie finished with an easy 635 squat, a huge 545 bench and a solid 600 pull to total 1780! And there's plenty more where that came from! Another great lifter, who left more on the platform was 40-44/242 winner Norm Johnson. Norm finished with a 650 pr squat, just missing 675, a 440 pr bench and a 560 pull for a 1675 total. Norm can easily total closer to 1750 on a good day! Our final master lifter was the legend himself, Tom Bishop. Another great master lifter who has continually overcome serious health problems to continue competing, while most younger lifters would have given up, Tom is a great inspiration to us all. Breaking all the records for the 65-69/132 class, Tom settled with a 220 squat, 155 bench and a 320 deadlift for a great 695 total. In the open division Ryan Snelling started with a good day at 165, making a 560 squat and his opening 340 bench. A jump in the bench to 390, then 410 seemed to take everything out of him, so when it came to the deadlift, of which he is one of the best in the world, Ryan was just "out of gas" and dropped out of the competition. Evidently Ryan had not been feeling good the past few days but wanted to lift in this meet, since he has with its inception. At 181 it was another Iron Dog, Shea Cleveland with a 795 total via 245-215-335. Shea's final pull was a new personal best for him. David Chamberlain won at 198 with a 450 squat and deadlift along with a 305 bench for a 1205 total. This was David's first competition. Taking the open 308 class as well as the best lifter award was Jason Weite. Starting with a personal record 705 squat, Jason got a 500 bench on his final attempt. A fourth with 515 was also good, along with a big 630 pull for a 1850 total. All this at a slim, trim 287 lb! In the bench press event final Iron Dog competitor, Melissa Doosing, won at junior 132 with 110. Brennen Paul broke the existing national mark at 16-17/242 with his 315 third and 320 fourth attempts. Spencer Gann won at junior 181 with 350 while Bruce Stevens took the 40-44/220 class with a new personal best 520. This also surpassed the current national record there and gave Bruce the best lifter award for the competition. Cozy Cozine won at 45-49/275 with an easy 450 then upped that to 470 for his fourth. Taking the title at 220 open was Tiral Luke, who broke the national record there with his pr 515 second attempt. Also getting a new pr was 242 winner Kevin Flick, who finished with 425. For the deadlift division we had one lifter, Spencer Gann, who broke the existing national record at junior 181 with 465. Thanks first of all to my son Joey, who does so much in each of these competitions. To the Iron Dogs Powerlifting team; judges Wes Glenn and Whitney Jensen, platform helpers Sarah Beor, Candace Graham and Kate Parker and to Sammy Finney for taking pictures. See you all again next year! (results courtesy Dr. Darrell Latch)



Mike Miller's 535 at Submaster 220 at the John Ware Memorial

Australian Powerlifting
23 JUL 06 - Victoria, AUS

SQUAT	Master II	B. Cramer	253
Raw	220 lbs.	Senior	
220 lbs.	D. Roberts	407	
Senior	Senior	341	
P. Anderson	529	D. Thomas	
BENCH	Raw	242 lbs.	
220 lbs.	181 lbs.	Senior	
181 lbs.	Z. Jones	275	
Junior	Master VI	4th-363	
Z. Jones	275	DEADLIFT	
MALE	B. Withers	187	
198 lbs.	Raw	198 lbs.	
220 lbs.	D. Dando	352	
Senior	N. Shepherd	573	
C. Rogers	319	C. Rogers	
319	319	TOT	
Powerlifting	SQ	BP	
165 lbs.	DL	TOT	
MALE			
165 lbs.	D. Bevins	385	
Senior	292	496	
D. Bevins	1173	123 lbs.	

Master III	J. McGrath	176	104	253	556
Master II	J. Loomes	154	99	253	507
Master IV	J. Phillips	176	88	187	457
128 lbs.	Master IV	M. Rodra	115	66	154
138 lbs.	138 lbs.	Gianacopoula	132	110	308
132 lbs.	110	308	551		
Master V	H. Kostadinos	220	143	286	650
154 lbs.	154 lbs.	Master IV	D. Castenelli	209	99
176 lbs.	176 lbs.	Master II	D. Macer	220	126
Master II	220	126	308	655	
165 lbs.	Senior	A. Roedel	451	297	440
Senior	451	297	440	1190	
A. Roedel	Teen I	C. Dehaan	286	170	440
Teen I	286	170	440	898	
C. Dehaan	181 lbs.	Master II	N. Lindsay	308	303
181 lbs.	308	303	463	1074	
Master II	P. Mong	402	253	485	925
N. Lindsay	Master IV	J. Clow	330	198	330
P. Mong	402	253	485	925	
Master IV	W. Towers	187	170	264	622
J. Clow	187	170	264	622	
W. Towers	198 lbs.	Senior	J. Colston	463	297
198 lbs.	Senior	463	297	529	
Senior	463	297	529	1289	
J. Colston	Master III	R. Ancilleri	363	270	468
463	Master II	Timmermans	319	231	457
297	319	231	457	1008	
529	B. Wilkes	165	264	165	
1008	165	264	165		

USAPL Colorado Mile High
24 SEP 06 - Aurora, CO

BENCH	DEADLIFT	BENCH	Pure	209	303	622
198+ lbs.	165 lbs.	J. Seaver 540	220 lbs.	110	209	303
Open	Teen III	Submaster	Pure			
L. Schaefer 209	J. Keele 209	D. Porivic 110	J. Seaver 540	165	325	440
MALE	198+ lbs.	Master II	Raw	165	325	440
148 lbs.	Open	132 lbs.	165 lbs.	165	325	440
L. Schaefer 457	L. Schaefer 457	Master II	Master IV	198	137	286
D. Glenn 336	E. Jarman 440	T. Ishimatsu 115	M. Stainbrook 198	198	137	286
Open	198 lbs.	198 lbs.	198 lbs.	198	137	286
D. Glenn 336	J. Deer 187	Master Pure	Submaster	198	137	286
Teen II	DEADLIFT	A. Lignoski 137	Pure	198	137	286
J. Herstein 237	148 lbs.	148 lbs.	MALE	198	137	286
165 lbs.	Teen II	148 lbs.	T. Ishimatsu 143	115	220	479
Master II	J. Herstein 474	MALE	MALE	198	137	286
M. Sigata 336	165 lbs.	L. Janhunen 192	198 lbs.	198	137	286
Teen II	Master II	165 lbs.	Master I	198	137	286
C. Tyson 209	M. Sigala 562	Master IV	Schmuecker 341	198	137	286
181 lbs.	Open	M. Stainbrook 198	PS CURL	198	137	286
Master II	D. Flagg 606	181 lbs.	MALE	198	137	286
T. Cenich 303	Teen II	Master IV	165 lbs.	429	203	440
Open	C. Tyson 402	J. Lopez 281	Master IV	451	286	413
Wischkowski 226	181 lbs.	Master	M. Stainbrook 88	308	248	429
J. Herstein 281	Open	Pure	220 lbs.	308	248	429
198 lbs.	Wischkowski 424	J. Lopez 281	Master II	308	248	429
Master I	J. Herstein 407	198 lbs.	C. Jones 121	600	385	501
R. Roberto 369	198 lbs.	Intermediate	PS DEADLIFT	600	385	501
Master II	Master II	L. Olson 374	MALE	600	385	501
R. Martinez 363	R. Martinez 485	220 lbs.	220 lbs.	600	385	501
Master III	Master III	Master II	Submaster II	600	385	501
R. Keele 259	J. Handley 407	J. Olson 330	R. Phillips 485	600	385	501
J. Handley 209	R. Keele 485	Police/Fire	E. Midkiff 600	600	385	501
Master V	Master V	J. Olson 330	220 lbs.	600	385	501
Wischkowski 292	Wischkowski 380	242 lbs.	Open	600	385	501
Open	Open	Push Pull	D. Diehl 573	347	600	1521
R. Robson 297	R. Robson 440	FEMALE	Raw	165	325	440
220 lbs.	220 lbs.	198 lbs.	165 lbs.	132	110	220
Master II	Master II	Master	Master III	132	110	220
B. Steinbach 363	B. Steinbach 501	Pure	G. Clawson 132	110	220	463
242 lbs.	242 lbs.	A. Lignoski 137	220 lbs.	567	336	534
Master I	Master I	137	286	121	198	220
T. Knight 424	T. Knight 584	MALE	220 lbs.	121	198	220
Master VII	Master VII	220 lbs.	Master II	121	198	220
D. Smith 187	D. Smith 303	Master II	C. Jones 303	308	611	
Open	Open	Submaster	303	308	611	
S. Carradine 518	T. Howell 451	Pure	303	308	611	
T. Howell 308	275 lbs.	B. Koski 325	440	766		
275 lbs.	Master II	308 lbs.	325	440	766	
Master II	R. Geller 474	Intermediate	325	440	766	
R. Geller 501	Master III	M. Hietala 297	485	782		
Open	F. Baja 562	Pure	297	485	782	
Silbernagel 496	Open	M. Hietala 297	485	782		
275+ lbs.	Silbernagel 600	Power Sports CR	BP	DL	TOT	
Master II	275+ lbs.	114 lbs.	60	137	237	
T. Able 402	Open	Youth				
Master V	E. Jarmon 523	K. Ishimatsu 38				
G. Duggan 418	165 lbs.	165 lbs.				
(Thanks to USAPL for providing results)	Master III	Master III				

NASA Arizona Regionals
4 NOV 06 - Mesa, AZ

B. Exham Jr. 110	209	303	622
220 lbs.			
Pure			
J. Seaver 540			
Submaster			
B. Koski 165	325	440	931
Submaster			
Pure			
B. Koski 165	325	440	931
Raw			
Powerlifting	SQ	BP	DL
1998 lbs.			
FEMALE			
1998 lbs.			
Master Pure			
A. Lignoski 198	137	286	622
Raw			
132 lbs.			
Master II			
198 lbs.			
T. Ishimatsu 143	115	220	479
MALE			
198 lbs.			
Master Pure			
A. Lignoski 198	137	286	622
MALE			
148 lbs.			
Master I			
J. Bissen 429	203	440	1074
Pure			
S. Westwood 451	286	413	1151
Teen			
A. Adame 308	248	429	986
198 lbs.			
Junior			
E. Midkiff 600	385	501	1488
Open			
E. Midkiff 600	385	501	1488
Police/Fire			
E. Midkiff 600	385	501	1488
220 lbs.			
Open			
D. Diehl 573	347	600	1521
Raw			
165 lbs.			
Master III			
G. Clawson 132	110	220	463
220 lbs.			
Master I			
J. Wiseman 567	336	534	1438
Master III			
P. Kelly 121	198	220	540
Pure			
B. Koski 424	325	440	1190
Submaster Pure			
B. Koski 424	325	440	1190
M. Eagle 380	275	440	1096
242 lbs.			
Junior			
J. Charfile 573	314	584	1471
308 lbs.			
Intermediate			
M. Hietala 507	297	485	1289
Pure			
M. Hietala 507	297	485	1289
W. Cadavona 165			
AAPF			
97 lbs.			
J. Hernandez 347			
198 lbs.			
Teen (13-14)			
Cunningham 99			
181 lbs.			
Master (45-49)			
Cunningham 99			
APF			
97 lbs.			
Teen (13-14)			
Cunningham 99			
181 lbs.			
Master (45-49)			
Cunningham 99			
198 lbs.			
Master			
W. Cadavona 165			
MALE			
Snake River			
Youth (6)			
A. Paynter 5			
N. Howe 5			
Youth (7)			
Luke 35			
114 lbs.			
Novice			
J. Hernandez 121			
Open			
J. Hernandez 121			
132 lbs.			
Teen (18-19)			
C. Shackett 209			
Novice			
D. Durante 159			
D. Durante 159			
148 lbs.			
Teen (18-19)			
Emanuelson 203			
Novice			
Emanuelson 203			



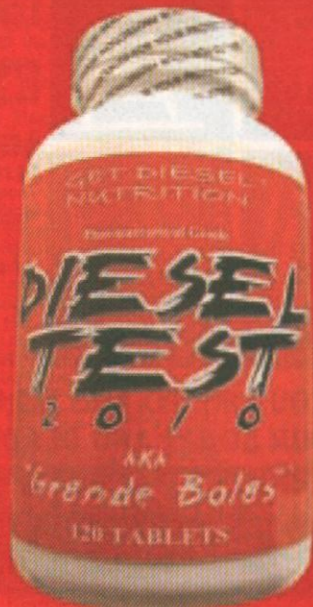
Ammon Stephens takes Saturday's Best Lifter award at the APF Snake River competition with this 507 lb. pull at 165 lb. bodyweight

APF Snake River Championships
24-25 JUN 06 - Idaho Falls, ID

BENCH	A. Lutkins 198
FEMALE	Open
Snake River	Emanuelson 203
Youth (5)	165 lbs.
C. Gray 5	Teen (18-19)
M. Allen 5	A. Kippen 203
Youth (8)	A. Lutkins 198
Cheyenne 20	D. Wyant 198
Youth (9)	Novice
Aspen 20	R. Sparks 281
97 lbs.	A. Lutkins 198
Teen (13-14)	D. Wyant 198
Cunningham 99	Open
Open	A. Lutkins 198
Cunningham 99	Submaster
181 lbs.	M. Sly 314
Novice	181 lbs.
Cunningham 99	Novice
Master (45-49)	J. Marchant 303
Cunningham 99	Open
Open	J. Cunningham 413
Cunningham 99	198 lbs.
198 lbs.	J. Hernandez 347
Master (50-54)	Master (40-44)
W. Cadavona 165	J. Cunningham 413
AAPF	198 lbs.
97 lbs.	J. Hernandez 347
Teen (13-14)	198 lbs.
Cunningham 99	Junior
181 lbs.	S. Larson 369
Master (45-49)	Novice
Cunningham 99	E. Evans 259
APF	D. Laub 275
97 lbs.	Submaster
Teen (13-14)	D. Peterson 446
Cunningham 99	Master (45-49)
181 lbs.	D. Clayton —
Master (45-49)	220 lbs.
Cunningham 99	Open
198 lbs.	N. Felsted 468
Master	Master (40-44)
W. Cadavona 165	S. Prucnal 314
MALE	242 lbs.
Snake River	Open
Youth (6)	K. Coombs 545
A. Paynter 5	D. Fortner 424
N. Howe 5	308 lbs.
Youth (7)	Open
Luke 35	B. Tripp 551
114 lbs.	308+ lbs.
Novice	Novice
J. Hernandez 121	P. Cook 391
Open	AAPF
J. Hernandez 121	165 lbs.
132 lbs.	Teen (16-17)
Teen (18-19)	B. Darrington 237
C. Shackett 209	Teen (18-19)
Novice	D. Wyant 198
D. Durante 159	181 lbs.
D. Durante 159	Open
148 lbs.	J. Hernandez 347
Teen (18-19)	Master (40-42)
Emanuelson 203	J. Hernandez 347
Novice	Master (45-49)
Emanuelson 203	M. Mari 314

198 lbs.	Cunningham 159	Youth (9)	J. Hernandez 170	121	176	468
Master (45-49)	MALE	132 lbs.	D. Clayton —			
220 lbs.	Snake River	114 lbs.	J. Hernandez 176	110	104	132
Master (50-55)	J. Hernandez 176	220 lbs.	AAPF			
R. Marchant 424	165 lbs.	Novice	A. Taylor 391	374	402	1168
275 lbs.	Teen (16-17)	A. Taylor 391	374	402	1168	
Open	B. Darrington 242	242 lbs.	Submaster			
C. Johnson 507	Teen (18-19)	A. Lucoff 413	275	435	1124	
Master (45-49)	D. Wyant 292	181 lbs.	AAPF			
R. Branning 507	181 lbs.	165 lbs.	Open			
Open	Master (40-44)	Open	A. Stephens 540	330	507	1377
B. Tripp 551	J. Hernandez 374	181 lbs.	181 lbs.			
APF	Master (50-55)	C. Lovell 496	220 lbs.			
181 lbs.	220 lbs.	220 lbs.	Teen (18-19)			
Open	D. Winslow —	D. Winslow —	198 lbs.			
Cunningham 413	Master (42-44)	Master (42-44)	573	319	578	1471
Master (40-44)	S. Prucnal 407	S. Prucnal 407	220 lbs.			
198 lbs.	APF	APF	Open			
Submaster	181 lbs.	181 lbs.	S. Mecham 700	518	578	1796
D. Peterson 446	Master (40-44)	Cunningham 413	J. Barrett 374	248	451	1074
275 lbs.	Cunningham 413	220 lbs.	275 lbs.			
Master (45-49)	Open	K. Coombs 600	Open			
R. Branning 507	K. Coombs 600	AAPF	APF			
DEADLIFT	165 lbs.	165 lbs.	165 lbs.			
FEMALE	Teen (16-17)	Teen (16-17)	Open			
Snake River	B. Darrington 242	B. Darrington 242	A. Stephens 540	330	507	1377
Youth	198 lbs.	198 lbs.	242 lbs.			
C. Tripp 85	Teen (18-19)	Teen (18-19)	Master (50-54)			
181 lbs.	M. Fujimoto 578	M. Fujimoto 578	K. Wheeler 733	380	589	1703
Novice	220 lbs.	220 lbs.	308 lbs.			
Cunningham 159	Teen (18-19)	Teen (18-19)	Open			

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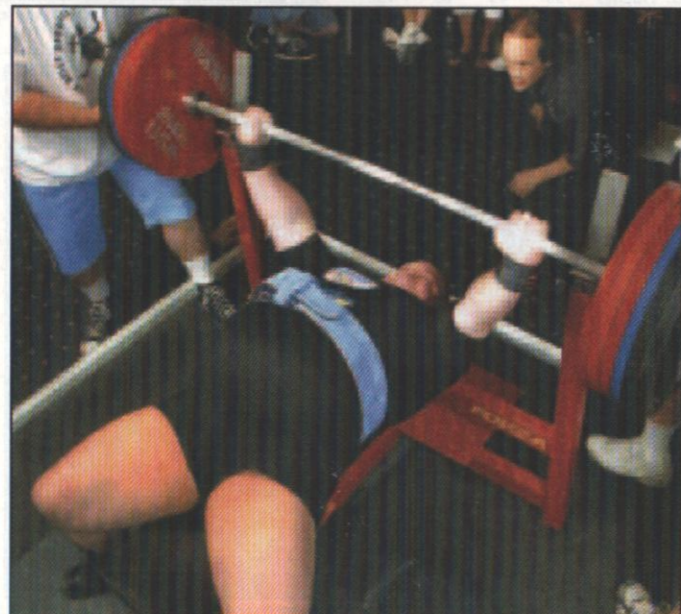
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NPA Nationals 16 SEP 06 - Freeport, IL			WABDL Rocky Mountain 13 MAY 06 - Salt Lake City, UT		
BENCH FEMALE 132 lbs. Master D. Moriarty 115	DEADLIFT FEMALE 132 lbs. Master D. Moriarty 225		BENCH FEMALE 114 lbs. Master (47-53) H. Miller 177	T. Prince 440 Master (40-46) 181 lbs. Cunningham 452*	
MALE 198 lbs. Master G. Koch 235	MALE 165 lbs. Teen B. Folgate 415		4th-181* 198 lbs. Cunningham 93	K. Utz 275 A. Woods 435 J. Alvani 418	
242 lbs. Open C. Simmons 350	Master R. Lee 250		4th-99* Master (54-60) 165 lbs. B. Heriford 242	M. Tripp 573 K. Moosmann 551 SHW Master (47-53) 198 lbs.	
Submaster P. Mercado 450	Master C. Blain 415		H. Miller 181*	E. Reyes 424*	
Master F. Michaels 525	Master S. Coogan 545		148 lbs. E. Stickler 126	C. Drecksel 408*	
308 lbs. Submaster J. Miller 480	Submaster J. Miller 505		165 lbs. S. Dutton 214*	M. Bennett 429*	
SHW A. Miller 390			B. Heriford 242	B. Bennett 429*	

A big thank you goes out to our sponsors! Powerlifting U.S.A. magazine, Titan Support Systems, and the Myo Store! I would also like to thank our loaders, our spotters, and our judges. Barry Folgate Sr., Tim Farrar, James Barthel, Cody Schad, Paul Mercado, and myself. Our meet started with first time lifter Denine Moriarty lifting in the women's Master 132 pound class. Denine put up a solid press of 115 lbs. to take the win. Gary Koch took the win in the 198 lbs. Masters with a bench press of 235 lbs. Chuck Blain won the 181 lbs. Masters with a press of 355 lbs. Corey Simmons got a personal record 350 lb. bench press to win the 242 lbs. Open. Fred Michaels had an off day but took best lifter with his opener of 525 lbs. winning the Master 242 lbs. class. Paul Mercado had a great lift hitting a pr press of 450 lbs. to win the submaster 242 class. I asked Paul how he got so fired up, he told me his secret is to watch the Disney movie Brother Bear prior to competing. Team Miller had both Adam and Joel benching today. Adam took the SHW with an easy 390 lb. lift while Joel nailed 480 lbs. winning the 308 submaster. In the deadlift, Denine started us off and pulled a pr of 225 lbs. to win the class. Richard Lee said this was his last meet, Richard is an awesome pioneer of the sport at 69 years young pulling 250 lbs. to take the win in the master 165 class. Barry Spike Folgate took the teen 165 class with his opener of 415 lbs. Chuck Blain pulled a PR of 415 lbs. to win his class. Stuart Coogan took the nod in 220 masters with a pull of 545 lbs. Jon Miller won the submaster 275 class with a pr of 505 lbs. Till next time. Train hard and try to do something for the children of the world. (Thank you to Duane Burlingame for providing these results)



Dave Marchant with his WABDL World Record 710 bench press.



WABDL Rocky Mountain Team Champs: (l-r) Laura, Jon, and Geri Cunningham (WR). Far right - Nick Dunn (WR). Rear - WABDL State Chair David Edgell



Rocky Mountain Best Lifters: (l-r) Jason Gibson, State Chair David Edgell, Betty Heriford, Robert Heriford (photographs courtesy of David Edgell)

B. Heriford 365*	259 lbs.	Master (40-46)	Open	242 lbs.
Open	148 lbs.	Blankenship 606*	198 lbs.	242 lbs.
E. Stickler 242	275 lbs.	198 lbs.	K. Utz 440	J. Gibson 648
165 lbs.	Shepperson 451	308 lbs.	K. Moosmann 600*	B. Davis 633
B. Heriford 365*	Junior (20-25)	Master (47-53)	220 lbs.	C. Johnson 242
J. Struck 253	148 lbs.	220 lbs.	C. Drecksel 523*	Teen (12-13)
4th-264*	N. Dunn 541	4th-551*	242 lbs.	165 lbs.
181 lbs.	181 lbs.	Master (61-67)	M. Bennett 512	275
K. Bates 231	J. Peterson 391	198 lbs.	G. Anderson 600	Teen (14-15)
4th-237	4th-425*	242 lbs.	D. Wolf 529*	123 lbs.
Cunningham 159*	T. Nelson 578*	A. Placy 600	Master (61-67)	S. Wilson 353*
MALE	4th-617*	259 lbs.	132 lbs.	N. Lenhart 367
Class 1	Law/Fire	Master (40-47)	4th-402*	4th-402*
N. Lenhart 367	SHW	4th-402*	D. Marchant —	
220 lbs.	D. Marchant —		Law/Fire	
T. Gray 600	Open		242 lbs.	
M. Cordova 529	259 lbs.		648*	
J. Gibson 648*	T. Prince 617			

*=State Records. !=World Records. "Saturday, May 13, 2006, was witness to the fifth annual WABDL Rocky Mountain Regional Bench Press and Deadlift Championship. This contest has gained a reputation as being one of the Mountain West's premier powerlifting events, and this year was no exception. Lifters from Utah, Nevada, Montana, and Wyoming made the event this year and were treated to a great show. The event was hosted by Freightliner of Utah at its Salt Lake facility. The generosity of Freightliner knew no limits as they opened their entire facility (including a top notch in house weight training facility that was used for the athletes staging and warm up area). A special thanks is owed to Brad Tripp of Freightliner (an outstanding 600 lb. master bench presser) for arranging the sound system, judging lights, and the Freightliner facility. The competition kicked off at about 9:30am and the records immediately started to fall. By the end of the day, over five dozen records had been smashed including seven world records. This is the type of lifting that one might expect at a national event. The clean judging was from Dave Edmonson (head judge) Dennis Shock, Jeremy Martin, Dave Marchant, and Carl Wimmer. No gifts were given and every record and PR was well earned. The most notable of the records set were the seven world records: Geri Cunningham (bench), Nick Dunn (deadlift), Jordan Gibson (deadlift), Betty Beriford (bench and deadlift), Dave Marchant (bench), and Steve Wilson (deadlift). In one spectacular moment the entire audience rose in a deafening standing ovation to help 44 year old Dave Marchant set an amazing 710 law/fire master bench world record. Dave must have felt at home on the bench since he had generously loaned the Forza Bench and the Ivanko weights for the contest. Dave owns The Edge Gym in Salt Lake City. During the lifting Pure Muscle Power and The Body Evolution provided a supply of top notch meal replacement drinks to the athletes and spectators. They also gave out hundreds of dollars of free Body Evolution supplements and t-shirts to athletes and spectators. Our thanks go out to these companies for supporting our sport. When the baby powder and chalk settled and the close fought battles ended several athletes earned special accolades. Betty Heriford and Jason Gibson won best athlete letterman jackets. These jackets were given for the best combined bench and deadlift. Also of note Team Chunky (Jon Cunningham, Laura Cunningham, Geri Cunningham, and Nick Dunn) won the first ever small team competition. Their names are now engraved on the special revolving team championship cup. A special thanks to Cutting Edge Training and Upper Limit for providing new WABDL deadlift bars, Texas Power bars, the lifting platform, and other various equipment. Thanks also to the Comfort Inn at SLC Airport for being the host hotel. And, thanks to the hardest lifters of the day the spotter loaders William Mott, Steve Palano, and Daniel Britton." (Thanks to Gus Rethwisch for the meet results and David Edgell for report.)



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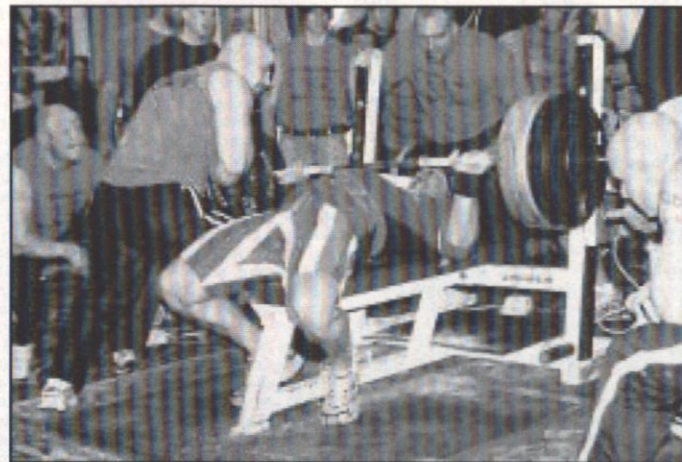


7th Pittsburgh Monster BP/DL
2 APR 06 - Pittsburgh, PA

BENCH	Junior	
FEMALE	B. Rosyak	455
132 lbs.	Police	
Teen (14-16)	N. Berkley	550
Antonionette	M. Plaso	405
Open	Open	
D. Celli	R. Bigrigg	600
A. Selai	M. Plaso	405
148 lbs.	308 lbs.	
Grandmaster	Raw	
L. Willumsen	J. Felton	440
181 lbs.	D. Kulbacki	360
Open	Open	
E. Holder	J. Medvan	425
Master	Barravecchio	—
E. Holder	SHW	—
MALE	Submaster	
148 lbs.	K. Patterson	460
Teen (17-19)	Raw	
E. Manfredi	J. Stello	500
235	A. Tamules	500
Taw	Police	
T. Scaldaferr	J. Yoder	520
250	DEADLIFT	
J. Frazee	FEMALE	
240	165 lbs.	
C. Colndrillo	280	
Novice	Teen (14-16)	
J. Liggett	A. Antoinette	250
265	Master	
181 lbs.	N. Defarrari	260
Teen (17-19)	132 lbs.	
A. Papak	Open	
350	A. Selai	235
Raw	MALE	
J. Williams	132 lbs.	
415	Grandmaster	
M. Kinnick	360	
Open	T. Hamer	305
J. Williams	375	
415	F. Principati	305
T. Hamer	375	
S. Deems	305	
198 lbs.	Open	
Teen (17-19)	J. Frazee	375
C. Deep	165 lbs.	
350	Teen (14-16)	
Grandmaster	J. Siwiak	290
S. Bixler	340	
Master	Police	
C. Wargo	500	
S. Lucas	290	
Submaster	C. Colndrillo	500
A. Russo	420	
Police	S. Antoinette	520
S. Cook	365	
Raw	181 lbs.	
J. Patterson	430	
J. Farelli	355	
Open	Teen (14-16)	
A. Russo	420	
C. Dugan	400	
C. Deep	350	
220 lbs.	Master	
Teen (17-19)	S. Siwiak	600
B. Begonia	300	
Grandmaster	Submaster	
G. Langham	445	
M. Levin	390	
J. Herbein	255	
Master	Open	
E. Durci	330	
Police	R. Celli	650
J. Woods	400	
Raw	C. Dugan	570
A. Gavlak	400	
Novice	D. Alvarez	555
C. Pampus	455	
Open	220 lbs.	
J. Sheeler	425	
242 lbs.	Teen (14-16)	
Teen (14-16)	M. Yancich	540
J. Sheffler	405	
Teen (17-19)	S. Reed	605
S. Hiber	375	
Submaster	A. Gavlak	630
A. Spirnak	330	
Raw	D. Fuchs	610
A. Parrillo	315	
Open	J. Zajak	555
S. Pyle	475	
C. Stokes	405	
Guest	242 lbs.	
R. Cooper	450	
27 lbs.	Grandmaster	
Grandmaster	F. Gallagher	315
F. Gallagher	315	
Master	J. Felton	725
J. Casciato	400	
Submaster	J. Medvan	515
R. Bigrigg	600	
M. Waler	490	
Best Lifter Bench: R. Bigrigg. Best Lifter	D. Kulbacki	500
Deadlift: R. Celli. (Thanks to Mike	SHW	
Barravecchio for providing these results)	Police	
	J. Yoder	575

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Tony Baravecchio came close with a 640 BP at the 7th Pittsburgh Monster meet. (Photograph provided by Mike Barravecchio)

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SPF Ironoberfest

28 OCT 06 - Hartford, AL

BENCH	Master (45-49)	
MEN	220 lbs.	
2591 lbs.	M. Hornsby	335
J. Parrish	475	
308 lbs.	Master (50-54)	
S. Revels	435	
SHW	G. Pollard	340
C. Coaker	565	
Submaster	181 lbs.	
220 lbs.	Z. Daniels	250
T. Wells	460	
Raw	DEADLIFT	
148 lbs.	MEN	
T. Wells	242 lbs.	
123 lbs.	A. Guice	615
J. Ward	100	
Master (40-44)	259 lbs.	
242 lbs.	C. Senise	675
M. Smith	350	
P. Fondren	245	

BENCH for Reps.			
Teen			
181 lbs.			
J. Campbell	170	15	
Junior			
165 lbs.			
C. Bouyer	155	31	
MEN			
181 lbs.			
A. Bowen	180	23	
308 lbs.			
S. Revels	290	17	
SHW			
C. Coaker	315	14	
Submaster			
220 lbs.			
T. Wells	220	24	
Master (45-49)			
242 lbs.			
J. Rodgers	230	20	
Master (50-54)			
220 lbs.			
G. Pollard	210	14	
Push Pull	BP	DL	TOT
WOMEN			
Master (40-44)			
132 lbs.			
A. Olive	145	225	370
MEN			
Teen			
181 lbs.			
J. Campbell	330	465	795
Open			
181 lbs.			
A. Bowen	350	575	925
220 lbs.			
K. Snell	425	575	1000
Raw			
Teen			
114 lbs.			
S. Smith	110	250	335
148 lbs.			
R. Brunson	245	360	605
181 lbs.			
R. May Jr.	215	475	690
Junior			
165 lbs.			
C. Bouyer	340	440	780
Master (45-49)			
275 lbs.			
T. Helms	425	406	830

This meet was held at the Body By Scotty Gym. We want to give special thanks to Mike "Gunny" Green for guest lifting. Gunny benched 530 lbs. raw in the 220 class. Now that is a huge bench press! Job well done. Gunny went on to try 550 raw and barely missed it. Thanks also goes to Bobby Myers also guest lifted in the 242 lb. class, Master 40-44, and pulled a 700 lb. deadlift. Bobby made it look easy. These two guys put on a great show of strength. We hope to see more of them in the future. We also thank Carol Ann Myers, two time Senior National Champion, for helping us judge. She was the left hand judge on the bench press, and did a great job. It was an honor to meet and watch these people do what they do best. Thanks also to James Watkins for helping judge and doing everything that he does. As always James did a great job. We want to thank each and every person that helped make this the great meet that it was. Also, we want to thank each and every person that came out to compete and support the lifters. (Thank you to SPF Pres., Jesse Rodgers, for these results)



Roland Cote benched 430 at 242/60-69 at the Berkshire Nautilus Memorial Push/Pull (Thanks to Berkshire Nautilus for the photo)

13th Berkshire Memorial

11 NOV 06 - Pittsfield, MA

BENCH	(50-59)	
FEMALE	J. Riotte	315
165 lbs.	B. Cseh Jr.	260
(40-49)	242 lbs.	
J. Riotte	155	
(50-59)	Open	
S. Cseh	90	
181 lbs.	G. Ting	525
(40-49)	(60-69)	
D. Hadley	150	
MALE	R. Cote	430
165 lbs.	275 lbs.	
Open	Open/Submaster	
C. Parody	405	
D. Hilton	275	
(70+)	G. Jackson	475
J. Kuhn	365	
B. Cseh Sr.	215	
181 lbs.	DEADLIFT	
J. Campbell	330	
Open	FEMALE	
181 lbs.	123 lbs.	
A. Bowen	350	
220 lbs.	(70+)	
K. Snell	425	
Raw	198 lbs.	
Teen	M. Cseh	160
114 lbs.	220 lbs.	
S. Smith	110	
148 lbs.	A. Brown	340
R. Brunson	245	
181 lbs.	175	
R. May Jr.	215	
Junior	320	
165 lbs.	495	
C. Bouyer	340	
Master (45-49)	4th-DL-330	
275 lbs.	180	
T. Helms	275	
425	406	
830		
P. McCann	180	
198 lbs.	275	
(40-49)	455	
M. Carlson	210	
MALE	320	
148 lbs.	530	
Open		
D. Williams	170	
165 lbs.	320	
Open	490	
B. Massacani	320	
J. Pinonnault	285	
Golembieski	315	
181 lbs.	415	
Open	730	
M. Bostwick	405	
198 lbs.	505	
Open	910	
J. Wood	475	
S. Curtin	345	
(50-59)	675	
S. Sidway	240	
220 lbs.	250	
Open	490	
A. James	480	
275+ lbs.	580	
	1060	

Berkshire Nautilus held its thirteenth annual push/pull contest. The fact that it was the thirteenth contest did not deter most of the lifters from having a lucky day. The last few years have shown an increase in participation from Berkshire Nautilus members wanting to give competitive lifting a try. This contest has also brought out families interested in lifting. The Cseh family: Bob Senior, Bob's wife Sandy, Bob Junior, and the third generation, young Marty Cseh, have become a significant part of this event. The Cseh's and their fellow members from Cardia Club, bring a keen interest in power lifting, and just as important, they bring a spirit of friendship that helps make the contest a pleasant success. Speaking of families, Jim Riotte came from Connecticut with his son Eric, and Jim's sister Joanne came up from South Carolina to enter this competition. It should be noted that there were three contestants over 70 years old. Besides Bob Cseh Senior, We had Nautilus member Norm Bessette, a retired police officer, and Bernice Roy, a retired nurse as competitors. The three have as much enthusiasm as any of their younger counterparts. Donna McBurney was the best women's lifter. Donna won the women's open and master's 114 lb. divisions. She benched 175 and dead lifted 320. McBurney, weighing in at 110 lbs. had the satisfaction of making a successful fourth attempt with 330 lbs. (triple bodyweight). Congratulations to Donna McBurney.. Best bench press was won by Gabe Ting, who benched 525 lbs. while weighing 224. Close behind was Chris Parody with 405, at a bodyweight

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of 164. Roland Cote won the award for best bench press for a master lifter. Cote, a veteran lifter, has won this award numerous times. Last year he called the day of the meet to explain that he was unable to compete because he had suffered a stroke. He said that he hoped to compete again. Well, Roland was able to compete and the 61 year old made a fine lift of 430 lbs. This determination probably explains why he has won various world titles. The best lifter in the deadlift went to Zach Bonneville who pulled 600 lbs. at a bodyweight of 208. The best lifter for Ironman was won by Josh Wood with a 475 bench and a 675 deadlift. Team trophies went to Berkshire Nautilus in first place, Cardia Club, AKA the Cseh family, in second, and Albany Strength took the third place trophy. Head judge was Keith Lang, side judges were Jim VanAllen, and Ben Phillips. The loaders were Jerry Helms and Erik Ungewitter. Jim Ramondetta, owner of Berkshire Nautilus, did his usual super job of announcing. Glenn McBurney was meet director. A special thanks to Bob Conway. Without Bob's experience and know how, this meet would not be run as smoothly and successfully as it always is. (Thanks to Berkshire Nautilus for providing these meet results)	181 lbs.	308 lbs.	
Master IV	Master I		
B. Hudson	J. Jeter	407	
198 lbs.	Master Pure		
Pure	J. Jeter	407	
T. Kennedy	Novice/Open		
352	J. Jeter	407	
242 lbs.	Pure		
Master III	J. Jeter	407	
J. Whitlow	BP	DL	TOT
330			
FEMALE			
132 lbs.			
Pure			
G. Pietrzyk	115	176	292
148 lbs.			
Master II			
B. Groves	66	176	242
Novice			
O. Mitchell	137	253	391
181 lbs.			
MALE			
165 lbs.			
Teen			
D. Garcia	143	402	545
181 lbs.			
Intermediate			
D. Torrez	396	474	870
198 lbs.			
Pure			
T. Kennedy	352	523	876
220 lbs.			
Intermediate			
G. Gonzales	275	440	716
Master I			
G. Schuster	314	463	777
Master II			
B. Richardson	176	363	540
Master Pure			
G. Schuster	314	463	777
Novice			
R. Jennings	275	496	771
242 lbs.			
Pure			
J. Jeter	479		
Raw			
J. Mitchell	352		
132 lbs.	FEMALE		
Master V	132 lbs.		
G. Whitlow	347		
308 lbs.	Master IV		
M. Hudson	71		
MALE			
165 lbs.	Intermediate		
J. Jeter	479		
Master Pure			
J. Jeter	479		
A. Montes	297		

NASA Push-It Pull-It Lift-It

2 DEC 06 - Albuquerque, NM

BENCH	Novice	
MALE	J. Jeter	479
181 lbs.	Open	
Intermediate	J. Jeter	479
D. Torrez	396	
220 lbs.	J. Jeter	479
High School	Raw	
J. Mitchell	352	
132 lbs.	FEMALE	
Master V	132 lbs.	
G. Whitlow	347	
308 lbs.	Master IV	
M. Hudson	71	
MALE		
165 lbs.	Intermediate	
J. Jeter	479	
Master Pure		
J. Jeter	479	
A. Montes	297	

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Novice				
C. Edgin	418	639	1058	
FEMALE				
198 lbs.	CR	BP	DL	TOT
Master II				
C. Kahle	66	121	259	446
MALE				
132 lbs.				
Junior				
C. Holmes	121	203	352	677
4th-BP214				DL-363
198 lbs.				
Master II				
W. Santana	126	242	435	804
Master IV				
M. Bishop	77	143	308	529
Open				
B. Long	159	407	424	992
Pure				
T. Kennedy	143	352	523	1019

(continued from pg. 19)

bench was Jean Marie Kubick winning the 60-64 group with 132.5 kgs. over Peter Hermann of Switzerland who finished with 120 kgs. Risto Leskenmaa of Finland won the 55-59 group with 200 kgs. over Igor Barski of Israel who had 150 kgs. and Idris Ismailov of Belgium with 129 kgs. Another impressive female lifter from Latvia was Angelina Romanovitcha in the 40-44 group who, lifting raw, had a very strong 110 kgs. bench. Back to the men we have Michal Kasair of Slovakia in the 18-19 group winning with 110 kgs. A battle developed in the 16-17 group with Maksim Kopilov of Latvia winning with 155 kgs. over Saba Saleman of Israel who managed a strong 150 kgs.. In the open class Jusasz Istvan won with 225 kgs. over Stephane Henzien of France with 155 kgs. and Helmut Pignitter of Austria who failed with all three attempts. In the 50-54 class Gerd Mueller of Germany won with 135 kgs. and in the 40-44 class Aleksandr Miglans of Latvia finished with a very impressive 200 kgs. bench. Finally, in the junior class Andreas Donath of Germany won with 175 kgs. over Frk Vojtrch of the Czech Republic who had 165 and Kevin Banz of Germany who finished the day with 152.5 kgs. LB Baker of the USA leads off the 90 kgs. weight class 65-69 group with 120 kgs. for the win over Ian Morris of South Africa who finished with 100 kgs. In the 60-64 group was Roland Gotz of Germany with 145 kgs. for first place over Klaus-Werner Pascke of Germany who had 135 kgs. The lone competitor in the 55-59 group was Viacheslav Porozky of Israel who finished with 155 kgs. In the 45-49 group was Peter Rathke of Germany with 205 kgs. for the win over teammate Lothar Pritzl of Germany with 160 kgs. Lukacs Bela of Hungary won the 40-44 group with 160 kgs. The teenage 18-19 group was dominated by Timo Buhnert of Germany with 175 kgs. for the win over teammate Waldemer Becker also of Germany who had 125 kgs. In the open class Kupcsik Laszlo of Hungary won with 260 kgs. over Namig Jafarov of Azerbaijan who had 210 for runner up and David Velicka of the Czech Republic with 180 kgs. In the junior division Herold Piotr of Poland won the gold with 202.5 kgs. over Mathias Wenot of Germany with 195 kgs. and Alexander Podarewki also of Germany who finished with 180 kgs. In the 100 kgs. weight class Julien Girardin of Switzerland leads off with a win in the 18-19 group with 175 kgs. In the 16-17 group Sdenek Bakus of the Czech Republic won the gold with 142.5 kgs. followed by Glen Abbeel of Belgium in the 13-15 group who had 82.5 kgs. for the win. In the open division Ayal Hasson of Israel won with 277.5 kgs. over Vusal Mardanov of Azerbaijan who had 262.5 kgs. and Kenneth Millraney of the USA who finished with a strong 260 kgs. In the 65-69 group Marc Le Bolay of France won with 175 kgs. and in the 60-64 Billy Coleman of the



Jeremy Zimmerman from Canada.

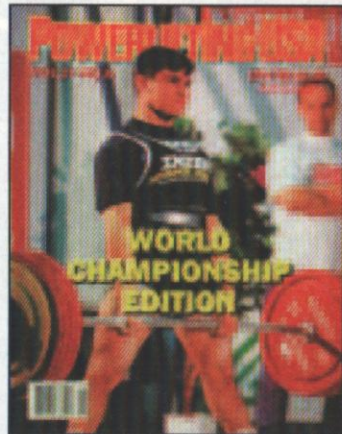
USA finished with a strong 160 kgs. for the win. The 55-59 group was dominated by Axel Gersdorf of Germany with 200 kgs. over Aleksandr Smelovs of Latvia who had 185 kgs. beating Hans-Juergen Borkowski of Germany who had the same 185 kgs. but was heavier in body weight. In the 50-54 group Michael Gunther of Germany had 205 kgs. and edged out Laurent Durocher of France by 2.5 kgs. who had 202.5 kgs. and Karel Leibl of the Czech Republic with 160 kgs. Kenneth Millraney of the USA dominated the 40-44 group winning the gold with 260 kgs. followed by Juha Pukkils of Finland who had 212.5 kgs. and Reene Kuhnelt of Germany who had 190 kgs. Rounding out the 100 kgs. class was junior Vili Rinkinen of Finland who finished with 185 kgs. for the win. Andis Volkovs of Latvia leads off the 110 kgs. class in the 18-19 group with the win of 190 kgs. In a strong open field Gerd Tiefenbacher of Austria won the gold with 302.5 kgs. over Ivar Ozols of Latvia who had a strong 282.5 kgs. and Zeltan Csepregl of Hungary who finished with 275 kgs. In the 75-59 group Gerard Zappa of Belgium won with a strong 130 kgs. Followed by Johan Feniuk of Germany in the 65-69 group with 150 kgs. Joachin Eulenstein of Germany won the 60-64 group with 160 kgs. In the 55-59 group Michael King of Great Britain won with 235.5 kgs. over Herve Pincemin of France who had 185 kgs. In the 50-54 group Ulrich Vetter of Germany won with 200 kgs. over teammate Klaus Grosser of Germany with 190 kgs. In the 45-49 group Viktor Pevko of Latvia had a strong 245 kgs. to win the gold over Marc Savoca of France who finished with 192.5 kgs. Dusan Brenkus of Slovakia won the 40-44 group with 165 kgs. The juniors rounded out the 110 kgs. class with Martins Apskalns of Latvia winning with 247.5 kgs. over Tony Hager of Germany who finished with 225 kgs. In the 125 kgs. open class Laszlo Meszaros of Hungary wins the gold with a very strong 320 kgs. over Kal-Uwe Gollnitz of Germany with 287.5 kgs. and Jani Halainen of Finland who finished with 275 kgs. Karl Weber of Germany won the 55-59 group with 180 kgs. In the 50-54 group Andreas Richter of Germany finished with 235 kgs. ahead of Andrei Fried also of Germany with 170 kgs. Juris Judko of Latvia was first in the 45-49 group with a strong 280 kgs. My friend Dominique Seminatore of France finished with a strong 280 kgs. to win the 40-44 group. Rounding out the 125 kgs. class was junior competitor Matti Lehto of Finland with the gold winning bench of 240 kgs. In the open 140 kgs. class Tomi Rantanen of Finland won the gold with 360kg, the heaviest bench press of the meet. The runner up, Jari Rosendahl, also of Finland had 275 kgs. followed by David Marr of the USA with 275 kgs. losing on body weight. In the 65-69 group my friend Valdis Alksnitis of Latvia won with 210 kgs. My friend Brian Meek of the USA won the 60-64 group with a strong 235 kgs. In the 45-49 group Mario Boettcher of Germany won the gold with 210 kgs. and the 40-44 group winner was David Marr



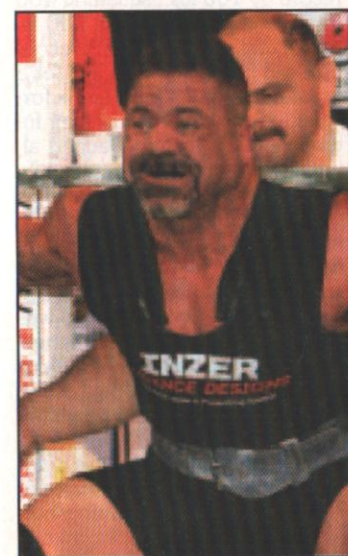
Marcus Brandon ... a great year.

of the USA with a very strong 275 kgs. And finally Juhani Savioja of Finland won the junior division with 275 kgs. In the super heavyweights Jakob Havelka won the 16-17 group with 215 kgs. In the open class Kari Kalliola of Finland won the open class with 320 over Sherman Dozier of the USA who had 220 kgs. and David Coleman also of the USA who finished with 210 kgs. Bialac Wojciech of Poland won the gold in the 45-49 class with 225 kgs. and finally Volker Stamm of Germany won the 40-44 class with a strong 250 kgs. We begin the powerlifting with the ladies in the 48 kgs. open class with Leslie Watson of Great Britain opening with a good squat of 95 kgs. and benching a European Record 65 kgs. followed by 102.5 kgs. deadlift for a winning total of 262.5 kgs. Next my good friend from Latvia, the lovely Svetlana Neifodova, who started with a personal record squat of 95 kgs. and a 55 kgs. bench press and a European Record deadlift of 122.5 kgs. for another European Record of 272.5 kgs. total winning the 50-54 group. Much improved over her last year's total in Dessau. In the 56 kgs. class Natacha Herbeppin of France won the open division with a total of 400 kgs. Lifting in the 40-44 group but looking like the open was Leslie Thomas of Great Britain who finished with 432.5 kgs. for the win. Sabra Callahan of the USA won the 50-54 group with a squat of 110 kgs. and benching 95 kgs. with a deadlift of 115 kgs. for a total of 320 kgs. Lora Greco of Canada had a bad day failing to get a squat passed. The teenage dynamo from Belgium, Kimberly Elwyn, continues to dominate the teenagers with a good squat of 120 kgs. and a bench of 72.5 kgs. followed by a 120 kgs. deadlift for a great total of 315 kgs. for the win in the 16-17 group. Wendy Antoon of Belgium won the 60 kgs. class 16-17 group with a total of 335 kgs. Wendi Michiels of Belgium continues to win with a good squat of 200 kgs. and a bench of 102.5 kgs. followed by a deadlift of 175 kgs. for a great total of 477.5 kgs. The great Evangeline Kersey of the USA had a great day winning best lifter of the master women in the 65-69 group with a great squat of 152.5 kgs. and bench 75 kgs. followed by a deadlift of 175 kgs. with a total of 402.5 kgs. All World Records A respectable total for any open female lifter, and she is 65 years old. Now to the men's open class. Giovanni Robbens of Belgium won the gold with a total of 327.5 kgs. in the men open 56 kgs. class. Back to the men 60 kgs. class Barrie Brown of Great Britain won the 55-59 group with a total of 360 kgs. Reno Karkuschke of Germany won the men open 60 kgs. class with a total of 442.5 kgs. and finally David Mahieu won the men 18-19 group with a total of 295 kgs. Leading off the 67.5 kgs. class is female junior Kelly Sohler of Belgium with a total of 347.5 kgs. In the 40-44 group the Latvian women continue to dominate with Olga Miglans winning with squat 140 kg., bench 70 kgs. and deadlift 142.5 kgs. for a total of 362.5 kgs. Marie Burrick of Belgium won the 50-54 group with a total of 297.5 kgs. In the 55-59 group Hildegard Utecht of Germany won honors with a total of 345 kgs. Next is the amazing Sonji Baldwin of the USA winning the open 67.5 kgs. with World Records and best lifter over the open women with squat 205 kg., bench 145 kg., and deadlift 195 kgs. for a good solid total of 545 kgs. Marie Marshall of Great Britain was runner up with squat 120 kg., bench 67.5 kg., and deadlift 140 kgs. for a total of 317.5 kgs. Back to the men, in the junior division Tommy Wendt of Germany won with a total of 582.5 kgs. over Brieuc De Rudder of Belgium with a total of 400 kgs. Rudy Triangle of Belgium won the 40-44 group with a total of 267.5 kgs. and Helmut Novotny of Austria won the 55-59 group with a total of 435 kgs. Budgie Mullan of Great Britain won the 60-64 group with a total of 410 kgs. In the open class it was Toni Haaparant of Finland with a total of 665 kgs. over Andrew Adams of Great Britain with a total of 615 kgs. Teenager Joachin De Rudder rounds out the class with a win in the 16-17 group with a total of 527.5 kgs. In the 75 kgs. weight

Back Issue of the Month



the January 1998 issue was the IPF World Championship edition with Alexi Sivokon on the cover, deadlifting in the Czech Republic. There was also coverage of the WDFPF World Senior Championships in England. Among the top lifters was Mike Mastrean, who won the 198 lb. class and Best Lifter with a 1774 total. We also memorialized Bob Dempsey, who passed away from a heart attack, at age 39. In our IPF World Master Championships coverage, we showed bronze medalist Odd Haugen, well known strength strongman competitor and promoter. We also had coverage of the WDFPF Teen Junior and Master's World Championships in Alberta, Canada, where Charr Gahagan was seen pulling a world record 738 deadlift. In this issue, Herb Glossbrenner came up with the 25 All Time Best Women Champions in the IPF. We had photos of almost all of them, to accompany their biographies. John Binkowski described his squat routine in our Workout of the Month. Louie Simmons told how Bob Youngs came into his gym in August 1996, with a bench of 363, and after eight weeks of training it went up to 365, but after a year of the Westside style training it went up to 500 lbs. At the IPF Congress, it was decided that the USPF would no longer be a member of the IPF and USAPL would become the new representative for the United States, and we describe the procedure that made that vote possible. We also had an interesting picture of the young Greg Jurkowski, of Gearman Nutrition, pulling a 645 deadlift at 242, at the AAUPC Single Lift Nationals. In our Top 100 for the 198 lb. class, Tony Kamand had the best squat with 840; Jesse Kellum had the top bench at 611, and the top total with 2094. Mr. Brookins had the best deadlift with 750. Craig Safran was 97th in the squat with 610, and Matt Zweng was 88th in the bench press with 450. Joe Dougherty was 77th in the deadlift with 630, and Gary Ferstler was 96th in the total with 1587. To order this back issue, or others, see our list on pages 46-47.

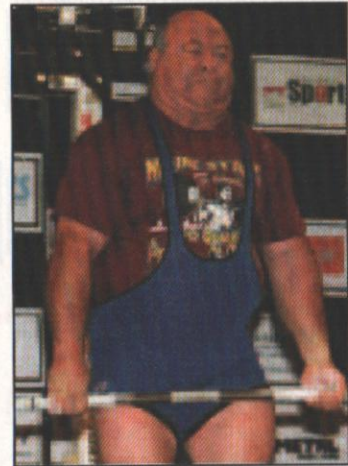


Mark Swank representing the US

class there were 2 female lifters. Lee Steggle of Great Britain lifting in the open and master 40-44 age groups led off with a 200 kgs. squat, 110 kgs. bench and 170 kgs. deadlift finishing with 480 kgs. in the total. The runner up in the open class was teammate Kim Rushe also of Great Britain with a total of 310 kgs. In the men 75 kgs. class leading off was David Norman Lewis of Canada with a total of 605 kgs. to win the junior division over Kevin Smith of Great Britain and Jan Dryvers of Belgium who both joined the bomb squad. In the 40-44 class we have the little giant Gerry McNamara of Ireland with a squat of 325 kg., bench 185 kg., and deadlift 245 kgs. for the winning total of 755 kgs. In the distance was Michael Molgedey of Germany with a total of 622.5 kgs. and Patrick Van Oosterwijk of Belgium with a total of 525 kgs. Marcel Ingold of Switzerland was the lone competitor in the 55-59 group finishing with a total of 450 kgs. In the 60-64 group my friend Janis Pauljuks of Latvia won the gold with a squat of 200 kg., bench 140 kgs. and deadlift 220 kgs. for a total of 560 kgs. Konrad Hogg of Austria had a good day finishing with 457.5 kgs. total for a win over Alois Fasolin of Germany who had a total of 340 kgs. in the 65-69 group. Gerry McNamara of Ireland comes back to the open class after shattering the 40-44 group to take top honors with the total of 755 kgs. over Maxim Kutuzov of Germany who had a total of 625 kgs. and Frederic Parmentier of France with his total of 577.5 kgs. In the teenage division Jon Bamsey of Great Britain won with 260 kgs. total in the 16-17 group and Hick Zagers of Belgium had a good day winning the 18-19 group with the total of 470 kgs. In the 82.5 kgs. class, 40-44 age group, the lone female lifter Angelina Romanovitcha of Latvia demonstrated the fine art of raw powerlifting. Or, do it yourself powerlifting. Squat 160 kg., bench 115 kg., deadlift 170 kgs. for a total of 445 kgs. In the junior division Frk Vojtech of the Czech Republic won with the total of 620 kgs. In the 40-44 group JJ Dune of Ireland won with a total of 650 kgs. over Vaclav Vich of the Czech Republic who had a total of 627.5 kgs. Bernard Morgan of Ireland won the 45-49 group with 690 kgs. My friend Robert Lovelace of the USA won the 55-59 group by way of a 217.5 kgs. squat, 150 kgs. bench and 212.5 kgs. deadlift to total 572.5 kgs. My friend Dan Martin of the USA won 6569 group with a squat of 212.5 kg., bench 125 kg., and deadlift 200 kgs. for the total of 537.5 kgs. In the open division Ian Humphries of Great Britain won the gold with a total of 720 kgs. over team mate Adam Brooks of Great Britain with 682.5 kgs. and Matt Phillips of Canada with 680kg. In the teenage 18-19 Gregor Muller of Austria won the gold with a total of 567.5 kgs. over Michael Kasair of Slovakia who had a total of 427.5 kgs. and

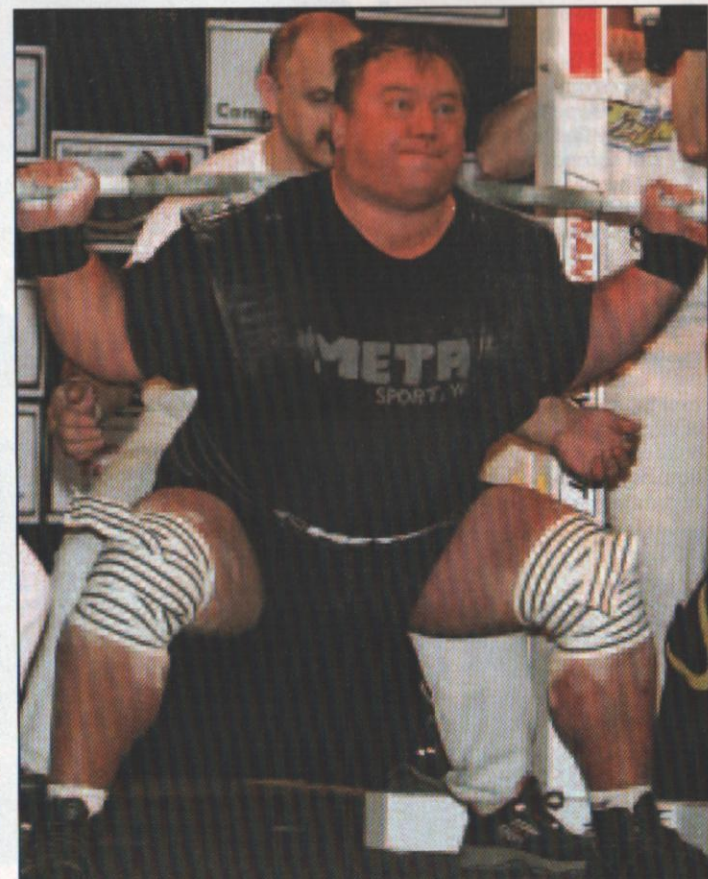
Joachin Probst of Germany who finished with 400 kgs. Benny Verbeke of Belgium leads off the 90 kgs. class in the 40-44 age group with a 270 kgs. squat, 145 kgs. bench, and 310 kgs. deadlift for a 725 kgs. total followed by my friend Aleksandr Miglans of Latvia who had, squat 250kg, bench 200 kgs. and deadlift 250 kgs. for a total of 700 kgs. and Liam Beville of Ireland who finished with a 575 kgs. total. Henry Trost of Germany won the 45-49 group with a 550 kgs. total and teammate Frank Kutzsch of Germany won the 50-54 group with a 595 kgs. total. It was Ernst Utecht from Germany winning the 55-59 with a total of 535 kgs. and teammate Lothar Bohrich of Germany winning the 60-64 group with 467.5 kgs. In the 65-69 group L B Baker of the USA won with 490 kgs. over Ian Morris of South Africa who failed to get a squat passed. In the open division Chris Jenkins of Great Britain had a good day with a 330 kgs. squat, 200 kgs. bench, and 310 kgs. deadlift to win the class over Markus Horanex of Austria who finished with 722.5 kgs. and Helmut Kraus of Germany with 722.5 kgs. losing on bodyweight. Jens Vandenberg of Belgium won the 16-17 group with 602.5 kgs. and finally Nando Stoll of Germany won the 18-19 group with 795 kg., a very nice total for a teenager. The teenagers lead off the 100 kgs. class with Janos Deli of Hungary winning the 16-17 group with a total of 750 kgs. and Glen Abbeel of Belgium winning the 13-15 group with a 270 kgs. total. In the open class Tatu Avola of Finland won with a 350 kgs. squat, 240 kgs. bench, and 330 kgs. deadlift for a fine total of 920 kgs. Not far behind was Jamie Burke of Ireland who had a 340 kgs. squat and 230 kgs. bench with a 310 kgs. deadlift for a total of 890 kgs. and Marcus Brandon of the USA who had a squat of 310 kg., bench 265 kgs. missing his last deadlift attempt on a very controversial judges decision and had to settle for 280 kgs. and third place. In the 60-64 group Friederick Hachenberger of Germany won with a total of 590 kgs. Over Heinz-Joachin Probst of Germany who finished with 425 kgs. Alan Luker of

Great Britain won the 55-59 group with 790 kgs. Arto Rajala of Finland won the 50-54 group with 865 kgs. over Alfred Neumaier of Austria who finished with 675 kgs. Sergio Bianchi of Italy had a good day winning the 45-49 group with 632.5 kgs. In the 40-44 group Sami Kaipio of Finland, who looked more like an open lifter, won easily with a squat of 390 kg., bench 200 kg., and deadlift 310 kgs. for a great total of 900 kgs. For the silver medal Patrick Verbljdt of Belgium had a total of 680 kgs. followed by my friend Brian Johnston of Canada who failed to get a squat passed. Finally in the junior division it was Adam Kitchener of Great Britain winning with a total of 730 kgs. Again the teenagers lead off with Dries Willaert of Belgium in the 110 kgs. 19-19 age group with a total of 780 kgs. In the open class Steven Middleton of Great Britain won the gold with a squat of 370 kg., bench 240 kgs. and deadlift 280 kgs. to total 890 kgs. Followed by Daniel Dvorak of the Czech Republic who finished with 847.5 kgs. and Jeremy Zimmerman of Canada with a fine total of 845 kgs. and Daniel Dvorak. My friend Mark Swank of the USA also had 845 kgs. but lost on body weight. Josef Pollendorfer of Austria took the 55-59 group with 700 kgs. over teammate Heinz Stroj of Austria who finished with 685 kgs. My friend Thomas Bowman of the USA won the gold with a squat of 300 kg., bench 185 kg., and 250 kgs. deadlift for a total of 735 kgs. In the 45-49 group Ralf Dohne of Germany won the gold with a fine total of 840 kgs. over Krystian Slosarek of Germany with 747.5 kgs. and Alan Gilbert of Great Britain who had 660 kgs. My friend Sam Graham of Ireland won the gold in the 40-44 group with squat 310 kg., bench 170 kgs. and deadlift 250 kgs. for a total of 730 kgs. followed by Viktor Kudi of the Czech Republic with 610 kg. and Clay Felton of the USA who, lifting raw, had a good total of 547.5 kgs. In the junior division Oleg Orehovs of Latvia had a great day with a squat of 300 kg., bench 215 kg., and 300 kgs. deadlift for the winning total of 815 kgs. In the 125 kgs.



Brian Meek ... setting new records.

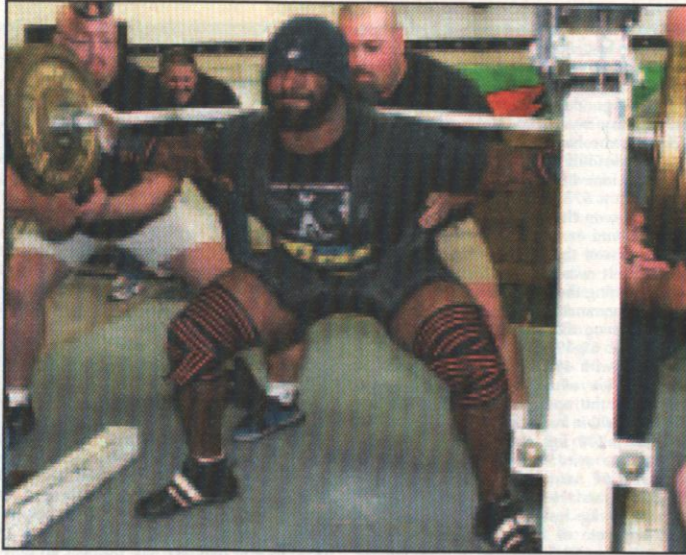
weight class Tomas Podlipny of the Czech Republic won the gold with a squat of 330 kg., bench 250 kg., and deadlift 350 kgs. for a total of 930 kgs. for a 10 kgs. win over Reiko Kruse of Germany who had a squat of 400 kg., bench 230 kg., and deadlift 290 kgs. for 920 kgs. The bronze medal went to Richard Revyn of Belgium with a total of 760 kgs. In the 45-49 group my friend Lee Marshall of Great Britain had a good day winning easily with a squat of 370 kg., bench 200 kg., and deadlift 330 kgs. for a total of 900 kgs. over Mark Gooaerts of Belgium who finished with a total of 752.5 kgs. Gary Boulton of Great Britain won the 40-44 group with a total of 812.5 kgs. just barely over teammate Gary Bamsey of Great Britain with 805 kgs. Michael Adams, also of Great Britain won the bronze with a total of 780 kgs. My friend Rocky Tilson of the USA had a good day with a squat of 292.5 kg., bench 185 kg., and a deadlift of 252.5 kgs. for a total of 762.5 kgs. Rounding out the 40-44 group was my friend Andy Fogerty of Ireland with a total of 765 kgs. Jordan Sturm of the USA won the junior division with a squat of 247.5 kg., bench 160 kg., and deadlift 230 kgs. for a total of 637.5 kgs. Jari Rosendahl of Finland won the 140 kgs. weight class open division with a 395 kgs. squat, 277.5 kgs. bench, and 327.5 kgs. deadlift to total 1000 kgs. My friend Mario Piatelli of Canada won the silver medal with a squat of 367.5 kg., bench 285 kg., and deadlift 295 kgs. for a good total of 947.5 kgs. Philippe Crets of Belgium took the bronze with a total of 872.5 kgs. My friend Brian Meek of the USA, a 60 year old, still competing as an open lifter with a squat of 330 kg., bench 255 kg., and deadlift of 250 kgs. in the open class but also winning the 60-64 group with new World Records and best lifter for the master men with a total of 835 kgs. Frank Hurrass of Germany won the 45-49 group with a fine 740 kgs. total. Gunnar De Vadder of Belgium was the lone junior lifter and won with a total of 660 kgs. Kari Kalliola of Finland had a good GPC squat of 475 kgs. for a world Record and gave 500 kgs. a good ride. A strong bench of 355 kgs. and deadlift of 297.5 kgs. for the highest total of the day at 1127.5 kgs. Finishing the day was Jakob Havelka of the Czech Republic with a good total of 747.5 kgs. to win the teenage 16-17 group. After the awards ceremony the GPC flag was passed to Brian Johnston, the President of the Independent Powerlifting Association, by President of GPC Belgium Josef Mattens. The Independent Powerlifting Association of Canada is the host country for the 2007 Global Powerlifting and Bench Press Championships to be held in Calgary, Canada in October 2007. The Canadians are going all out to present the best Worlds Championships ever with the best equipment and facilities. They promise squat bars and deadlift bars and monolifts in the warm up room as well as the platform. I hope to see all of you there. (Thanks to LB Baker for results)



Kari Kalliola of Finland gave 1102 a ride in the squat.. (Laure photos)

(article continued from page 12)

own IPA record at 148 lbs. with a 340 lbs. bench as an amateur. In the men's teen bench only, honors went to Mark Holdren. At 17 years old and 198 lbs. Mark benched 400 lbs. Not too shabby for a high school athlete. In the 165 Elite Amateur Division, Brian Crowe smashed all his own records squatting 725 lbs., benching 500 lbs., and pulling 545 lbs. for a total of 1765 lbs. Les Cramer at 65 years of age in the Men's 181 Pro Master Division set a new IPA record in the squat muscling through the 445 lbs. Friday's lightweight Amateur Best Lifter Award went to Denny Buyan. Denny weighing in at 198 lbs. came out strong and posted a huge squat of 740 lbs. He finished the day benching 550 lbs., pulling 525 lbs. for a total of 1770 lbs. In the Men's Pro Division, Dean Moore at 198 lbs. took the Best Lifter Award. Dean crushed his 800 lb. squat and benched 540 lbs. He missed his second attempt on deads, but finished with a 460 lb. pull, totaling 1800 lbs. for the day. I have to digress here and acknowledge a very important part of the success of the IPA meets. The men who volunteer their time to load the weights and spot the lifters are the real heroes of the day. They all know their job is to keep the lifters safe and they all can be praised for being nothing but exceptional. The training Mark provided is truly evident on each failed lift. These men work together as a team to do whatever it takes. I could go on and on about equipment that doesn't really fit or is just too much for the lifter to handle, but when weight is pushing you down or heading for your face, you can be confident Mark and Ellen's team will be there. As we moved to Saturday's competition, although the number of lifters was not as many as we usually see, they were clearly the best of the best. Records were broken and so were some dreams. There were some new faces including 242 Men's Pro Master, Chris Haudenschild. Chris and his coach were the only west coast representation this year. Hailing from La Jolla, CA, Chris set new IPA records in all three of his lifts; 525 lb. squat, 470 lb. bench, and



Jason Cox with his 1010 lb. squat in the 242 pound competition.

530 lb. dead lift. In the 220 lb. Amateur Master Division, Bernie Arrington came to win. With a 730 squat, a new IPA record and adding to that a bench of 470 lbs. and deadlifted 590 lbs. for a total 1790 lbs. Eddie Melodini a 220 lb. Pro Junior set a new IPA record squat at 705 lbs. and finished the day with a total of 1835 lbs. At 242, in addition to Chris Haudenschild, Tim Quinn took the Amateur Master in the Raw Division with a 455 lb. squat, 370 lb. bench and 575 lb. deadlift. In the Pro Open Division at body weight of 242 lbs. Jason Cox blew away the crowd with a huge squat of 1010 lbs. Unbelievable at 242 lbs. Also in the 242s, Brian Weston was looking for the money. He opened with 1005 lbs., missed the first and came back to get the second. For his third attempt he went for a whopping 1100 lbs., unfortunately it was not his day. Knee instability cost him his third attempt, nearly crashing to the floor. Great spotting spared Brian worse injury than he sustained. Local lifter Vinny Cook posted the best bench of the day with 640 lbs. Sunday is always exciting at IPA Nationals. There is always someone vying for the cash awards. This year was no exception. Big men came out performing enormous feats of strength, but the



Michael Lindsay with his IPA record setting 500 pound bench press.



Donnie Thompson finished with an 800 deadlift @ SHW and a 2770 total, after hitting the biggest squat and bench press of the contest.

record by 100 lbs., squatting 460 lbs. She continued with a 200 lb. bench and set another IPA record on dead lift pulling 390 lbs. for a great total of 1050 lbs. I look forward to following both of their futures. At 275 lbs. Ed Daubert always comes to post some big raw numbers. He did that again this year setting new IPA Pro Raw records for bench, 465 lbs. and deadlift, 615 lbs. Ronald Yard had cash on his mind this year. Although is was not his pay day, he was impressive as always setting a new IPA record as an Elite Amateur squatting 1000 lbs. Ronald added a bench of 750 lbs. and dead lift of 600 lbs. to total 2350 lbs. In the end all the money went to the big man, SHW Donnie Thompson. A gentle giant, Donnie was anything but, when he came to the platform and squatted 1150 lbs. Donnie also took the prize for bench press with 820 lbs. and after all of that came back and pulled the biggest dead lift of 800 lbs. In the bench only SHW Josh Guthrie made a good showing pressing 725 lbs. In the open AM division 308 lb. Aaron Utermahlen put up 675. Gene Rychlak came to try and best the bench record going for one attempt at 1025 lbs. Unfortunately, it was not his day. All in all, a great showing and to Mark and Ellen a job well done. Consistent judging and tremendous spotters provided an exciting and safe meet.

true highlight of the day was the teenage brother and sister who could not make it on Friday to lift with the teen division. Anthony and Anna McCloskey at 15 and 13 respectively are going to be a force to be reckoned with. Anthony opened the meet with a 700 lb. squat weighing in at 198 lbs. He benched 370 lbs. and finished with a 585 lbs. pull setting a new IPA total record of 1655 lbs. Little sister Anna had a stellar day. She blew away the old IPA 181 female teen

BDFPA Northern Strongman
25 AUG 06 - Cobble Hey, Lancs

DEADLIFT				
M. Haydock	705	G. Pilling	40	
G. Pilling	705	M. Norton	36	
A. Varley	661	G. Beevers	32	
C. Baker	617	S. Baker	31	
S. Baker	573	S. Mansell	8	
G. Beevers	529	VAN PULL		
S. Mansell	529	(Secs)		
M. Norton	529	A. Varley	16.4	
M. Starling	529	M. Haydock	17.4	
BARREL PRESS				
(Reps)		G. Pilling	18.2	
M. Haydock	22	C. Baker	18.8	
C. Baker	18	S. Mansell	19.7	
G. Pilling	18	S. Baker	19.9	
A. Varley	18	M. Starling	20.9	
S. Mansell	16	G. Beevers	21.2	
S. Baker	14	M. Norton	23.3	
G. Beevers	14	ANVIL CARRY		
M. Starling	14	(Yards)		
M. Norton	12	M. Haydock	167	
FARMERS WALK				
(Yards)		S. Baker	164	
M. Haydock	63	A. Varley	159	
C. Baker	62	G. Beevers	150	
M. Starling	48	C. Baker	125	
A. Varley	44	G. Pilling	124	
MEDLEY STAGE SECS.				
A. Varley	Stone	36.6		
C. Baker	Stone	49.8		
M. Haydock	Stone	63.8		
G. Beevers	2nd barrel	17.9		
G. Pilling	2nd barrel	23.0		
M. Starling	2nd barrel	25.5		
M. Norton	2nd barrel	27.4		
S. Baker	2nd barrel	31.1		
S. Mansell	2nd barrel	38.6		
FINAL DIV. BWT. AGE PTS.				
M. Haydock	NW	126	31	51.5
A. Varley	NW	138	38	46
C. Baker	NE	130	31	41
G. Pilling	NE	127	32	37.5
S. Baker	NW	80	28	25
G. Beevers	NE	98	24	23.5
M. Starling	SC	118	31	23.5
S. Mansell	SW	104	46	16.5
M. Norton	NE	104	42	14.5

(Thanks to Sharron Clegg for the results)

WANNA BIGGER BENCH? GET THE BIG BENCH BELT! WWW.OXSPORTZ.COM

USAPL Commonwealth Games
22 JUL 06 - Lynchburg, VA

BENCH		P. Gardner	420	Junior				
181 lbs.		Teen (18-19)		N. Crabtree	275	465	740	
Open		Trowbridge	440*	Open				
Open		Open		J. Lafferty	330	425	755	
G. Colombo	390	Open		Master				
Master II		Trowbridge	440*	B. Mears	345	450	795	
B. Brindle	230*	Teen (18-19)		220 lbs.				
198 lbs.		C. Gillespie	445*	Master				
Junior		Master		D. Morris	—	415	415	
D. Reagan	315*	E. Bolling	—	SHW				
N. Crabtree	275	SHW		R. Maggai	350	420	770	
Master		Junior		Master				
B. Mears	345	M. Godsill	445*	B. Brindle	230	410	630	
220 lbs.		J. Bear	280	198 lbs.				
Open		M. Roberts	275					
B. McCorkle	430*	Ope						
R. Cash	420	Raw						
S. Horton	225	181 lbs.						
Police/Fire		Master						
Nimmerrichte	225	198 lbs.						
242 lbs.		230*						
J. Chumley	320	Junior						
Open		N. Crabtree	275					
F. Schuetz	525*							

Some call it **CRAP!!**

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Street Address: _____ Zip Code: _____ Date of Birth: _____ Age: _____ Sex: _____

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Sign if above answers are correct. Parents sign if under 18 years. _____ Date: _____

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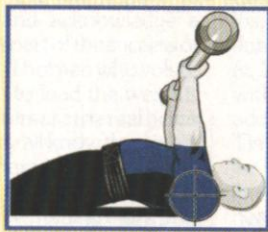
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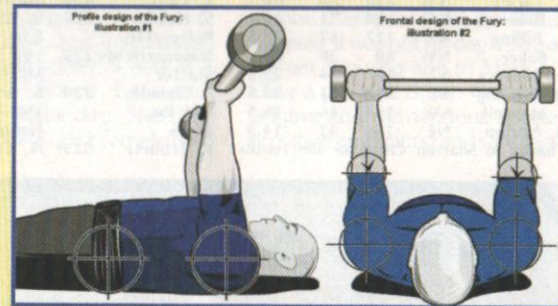


This design accomplishes:

- ◆ **A lower groove** - the new sleeve allows the bar to drop straight to the "sweet spot" with less wandering.
- ◆ **Maximum stroke efficiency** - A more efficient stroke is created since less energy is expended.
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- ◆ **Increased power** - this all adds up to the ability to redirect previously expended power to press the bar UP!

the **FURY**

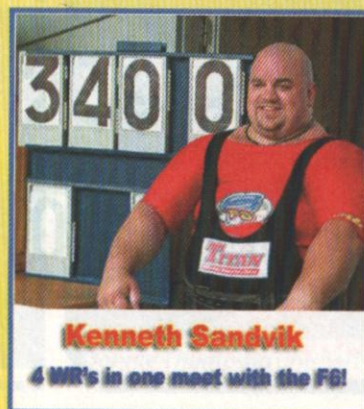
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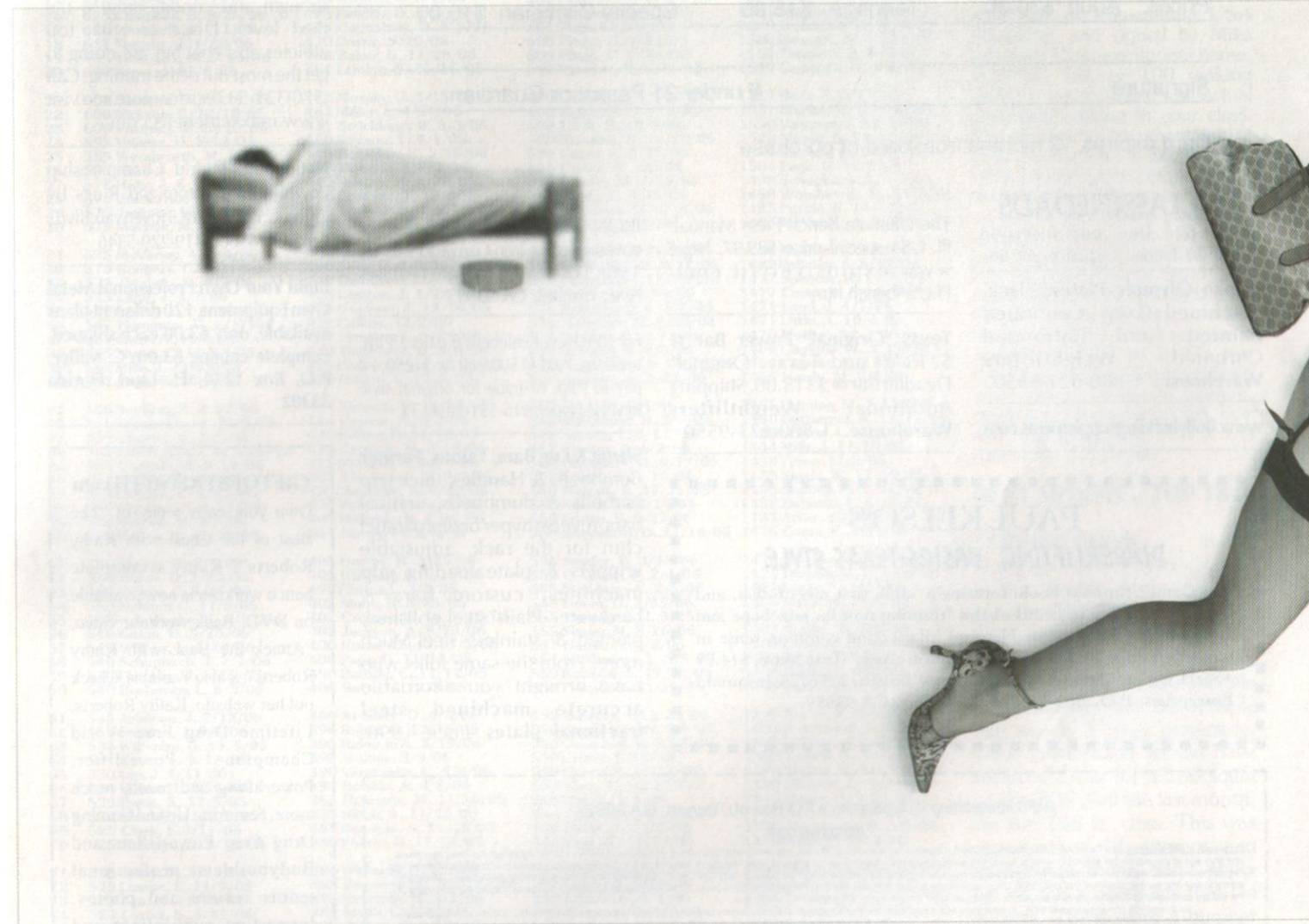
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As a condition of membership to UAPC, I understand and accept that I am prohibited from using any substance or doping method that is banned by UAPC. It is my sole responsibility to stay current with any UAPC/AWPC banned substance or doping method, 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: _____

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TOP 100

For standard 165 lb./75 Kg. USA lifters in results received from NOV/2005 through OCT/06

SQUAT	BENCH	DEADLIFT	TOTAL
1 837 Hatch, N..6/2/06	625 Mazza, J..10/21/06	673 Conyers, T..4/29/06	1929 Hatch, N..6/2/06
2 755 Hooper, W..7/7/06	678 Heck, B..11/19/05	672 Zielinski, T..6/10/06	1890 Hooper, W..7/7/06
3 749 Tincher, B..6/2/06	573 Schwab, B..8/26/06	644 Talmant, E..6/2/06	1868 Tincher, B..6/2/06
4 710 Crowe, B..7/8/06	556 Hara, M..7/8/06	644 Rohr, J..6/17/06	1800 Crowe, B..7/8/06
5 710 Conyers, T..9/2/06	540 Hatch, N..6/2/06	640 Adams, T..12/10/05	1760 Crowe, B..7/8/06
6 705 Phelps, L..3/3/06	535 Hickman, R..11/16/05	639 Nickson, E..12/10/05	1758 Petrillo, D..3/3/06
7 683 Cagnolatti, D..4/9/06	534 Hooper, W..7/7/06	633 Little, A..10/6/06	1703 Cagnolatti, D..4/9/06
8 677 Calmant, E..12/3/05	518 Valleza, D..8/12/06	630 Wilson, I..3/25/06	1675 Strickland, B..3/3/06
9 670 Petrillo, D..11/11/05	500 Trapani, F..5/11/06	622 Petrillo, D..3/3/06	1664 Talmant, E..12/3/05
10 661 Strickland, B..3/3/06	496 Tincher, B..6/2/06	622 Tincher, B..6/2/06	1664 Nickson, E..12/10/05
11 661 Caslow, A..6/2/06	490 Davila, A..3/18/06	617 Acosta, E..8/5/06	1647 Caslow, A..6/2/06
12 660 Nolan, J..10/14/06	480 Crowe, B..11/11/05	617 Franks, A..8/26/06	1600 Nolan, J..10/14/06
13 650 Gordon, J..12/17/05	480 Luther, J..3/25/06	615 Gordon, J..12/17/05	1598 Josaitis, L..6/2/06
14 628 Pelletier, J..5/13/06	479 Alves, J..11/16/05	611 Snelling, R..11/16/05	1592 Valleza, D..8/12/06
15 625 Josaitis, L..4/1/06	479 Josaitis, L..6/2/06	606 Hooper, W..11/10/05	1581 Phelps, L..3/3/06
16 625 Campbell, B..8/26/06	473 Petrillo, D..3/3/06	606 Fleming, M..4/8/06	1581 Murphy, J..4/15/06
17 620 Mazza, A..11/11/05	473 Cagnolatti, D..4/9/06	606 Page, G..5/6/06	1565 Hokoana, M..9/23/06
18 611 Murphy, J..1/28/06	470 Crowe, J..9/24/06	606 Flagg, D..9/24/06	1560 Beupre, S..11/19/05
19 605 Hokoana, M..9/23/06	468 Baker, G..11/28/06	606 Flagg, D..9/24/06	1554 Tinajero, D..4/7/06
20 600 Tyree, J..11/2/05	464 Leming, B..11/16/05	600 Spencer, R..11/5/05	1540 Campbell, B..8/26/06
21 600 Beupre, S..11/19/05	462 Murphy, J..4/15/06	600 Cressey, E..11/5/05	1537 Rohr, J..6/17/06
22 600 Nickson, E..12/10/05	462 Miller, L..4/21/06	600 Sigala, M..11/12/05	1537 Hammers, D..9/8/06
23 600 Vasquez, J..12/10/05	451 Strickland, B..3/3/06	600 Croft, B..12/3/05	1530 Vasquez, J..12/10/05
24 595 Valleza, D..8/12/06	450 Stinson, T..4/1/06	589 Nicastro, N..12/10/05	1520 Mazza, A..11/11/05
25 589 Woodworth, M..1/28/06	446 Bohigian, K..3/18/06	589 Cayer, A..5/13/06	1520 Marcus, R..11/11/05
26 585 Marcus, B..11/11/05	446 Mouzou, J..9/2/06	585 Crowe, B..7/8/06	1504 Page, G..10/6/06
27 578 Rohr, J..6/17/06	445 Ruellan, M..4/29/06	585 Stanley, M..7/22/06	1493 Schupbach, J..7/7/06
28 575 Gutierrez, N..11/12/05	440 Conyers, T..12/3/05	584 Coats, P..2/25/06	1488 Woodworth, M..1/28/06
29 575 Jackson, W..3/25/06	440 Trumbetta, J..2/18/06	584 Parelskin, D..3/18/06	1485 Puccio, B..11/19/05
30 575 Muchek, M..4/1/06	440 Tinajero, D..4/7/06	584 Artur, J..10/28/06	1485 McVane, A..2/5/06
31 575 McVane, A..6/4/06	440 Land, J..4/7/06	580 Jones, K..3/25/06	1482 Mehmel, C..11/5/05
32 575 Rodgers, C..10/14/06	440 Silva, P..4/8/06	580 Bermudez, O..8/12/06	1482 Pelletier, J..5/13/06
33 573 Tinajero, D..4/7/06	440 Davidson, E..5/20/06	575 Beupre, S..11/19/05	1477 Spencer, R..11/5/05
34 573 Land, J..4/7/06	435 Gupton, J..1/28/06	578 Deleon, E..5/13/06	1477 Cayer, A..5/13/06
35 573 Lewis, C..5/6/06	430 Vasquez, J..12/10/05	578 Schupbach, J..7/7/06	1471 Land, J..4/7/06
36 567 Hammers, D..6/17/06	429 Collins, J..2/2/05	575 Hokoana, M..9/23/06	1471 Little, A..10/6/06
37 567 Little, A..10/6/06	429 Hanifen, L..5/25/06	573 Godard, R..3/11/06	1470 Muchek, M..4/1/06
38 565 Myers, C..12/17/05	429 Hammers, D..9/8/06	573 Schwab, B..8/5/06	1466 Cagliola, M..3/18/06
39 562 Mills, J..11/19/05	425 Blattenberger, R..8/26/06	570 Theodorou, N..10/28/06	1460 Cressey, E..11/5/05
40 562 Page, G..10/6/06	424 Helton, C..11/5/05	567 Jackson, A..9/23/06	1455 Hardy, M..2/4/06
41 560 Snelling, R..4/22/06	424 Nickson, E..12/10/05	565 Hart, M..6/4/06	1455 Fleming, M..7/15/06
42 556 Dirigolano, J..11/5/05	424 Caslow, A..6/2/06	562 Strickland, B..3/3/06	1450 Gutierrez, N..11/12/05
43 555 Chaney, C..4/1/06	420 Pelkey, B..11/12/05	562 Acosta, T..3/11/06	1450 Wilson, I..3/25/06
44 555 Monteagudo, M..9/30/06	418 Cagliola, M..3/18/06	562 Caslow, A..6/2/06	1444 Mills, J..11/19/05
45 551 Cagliola, M..3/18/06	413 Mehmel, C..11/5/05	562 Hammers, D..6/17/06	1438 Tyree, J..11/2/05
46 551 Flores, R..4/8/06	407 Thompson, D..9/2/06	562 Knight, E..7/15/06	1438 Sigala, M..11/12/05
47 551 Grenon, C..5/13/06	407 Hazelton, S..9/30/06	560 Marcus, B..11/11/05	1435 Stanley, M..7/22/06
48 551 Caceres, A..6/17/06	405 Preskar, J..12/3/05	560 Nolan, J..10/14/06	1432 Zielinski, T..6/10/06
49 551 Keenan, P..7/7/06	405 McBride, K..1/21/06	558 Artur, J..10/28/06	1432 Artur, J..10/28/06
50 550 Puccio, B..11/19/05	405 Hardy, M..2/4/06	556 Kaneshiro, D..11/16/05	1426 Coats, P..2/25/06
51 550 Hardy, M..2/4/06	405 Donley, R..3/25/06	556 Snyder, B..3/18/06	1425 Monteagudo, M..9/30/06
52 550 Hume, D..3/25/06	405 Hillyard, R..9/16/06	555 O'Grady, P..2/4/06	1421 Dirigolano, J..11/5/05
53 550 Vallejo, E..3/25/06	402 Phelps, L..3/3/06	555 McVane, A..2/5/06	1421 Lewis, C..5/6/06
54 545 Mehmel, C..11/5/05	402 Sione, B..3/25/06	555 Hume, D..3/25/06	1420 Davis, K..11/5/05
55 545 v.d. Weghe, S..6/10/06	402 Crossen III, W..7/15/06	555 Thompson, J..3/25/06	1405 Keenan, P..7/7/06
56 540 Guinn, D..3/25/06	402 Jackson, A..9/23/06	555 Simon, M..8/26/06	1405 Acosta, E..8/5/06
57 540 Walker, L..4/29/06	400 Kowarsch, K..11/5/05	551 Hatch, N..6/2/06	1400 Jones, K..3/25/06
58 540 Schupbach, J..7/7/06	400 Page, G..11/12/05	551 McMaster, L..8/5/06	1400 Bermudez, O..8/12/06
59 540 Fleming, M..7/15/06	400 Parody, C..11/12/05	550 Konecni, S..11/12/05	1400 Keith, W..9/2/06
60 540 Boshoven, L..8/5/06	400 Roca, H..12/3/05	550 Puccio, B..11/19/05	1399 Tan, H..11/19/05
61 535 Johnson, J..2/18/06	400 Anneser, D..4/8/06	550 Barrera, G..3/25/06	1399 Breen, M..8/5/06
62 535 Smoker, J..8/5/06	396 Rubin, G..12/18/05	550 Sambianet, N..4/1/06	1395 Sambianet, N..4/1/06
63 534 Wilshire, G..11/5/05	395 Reino, M..3/19/06	550 Campbell, B..8/26/06	1390 Jenkins, S..9/06
64 534 Cayer, A..5/13/06	390 Jenkins, S..9/06	550 Crowe, J..9/10/06	1388 Franks, A..11/5/05
65 530 Lee, J..1/21/06	390 Venturilla, C..4/8/06	550 Green, R..10/14/06	1380 Kildow, K..4/1/06
66 530 Wilson, L..3/25/06	390 Bonola, A..4/8/06	550 Roca, H..10/21/06	1380 Binford, D..4/8/06
67 529 Davis, K..11/5/05	385 Hokoana, M..11/16/05	545 Hill, B..2/4/06	1375 Hume, D..3/25/06
68 529 Stanley, M..12/3/05	385 Singh, A..11/16/05	545 Cagnolatti, D..4/9/06	1375 Barrera, G..3/25/06
69 525 Clark, L..3/11/06	385 Beupre, S..11/19/05	540 Davis, K..11/5/05	1372 Thompson, D..5/6/06
70 525 Philippe, D..3/18/06	385 Puccio, B..11/19/05	540 Veal, W..11/12/05	1370 Wells, P..3/18/06
71 525 Jones, K..3/25/06	385 Williams, D..1/7/06	540 Armstrong, C..3/11/06	1366 Steinmetz, M..1/28/06
72 523 Lumpe, S..11/2/05	385 Bannerman, A..2/11/06	540 Davis, R..3/25/06	1366 Deleon, E..5/13/06
73 523 Tan, H..11/19/05	385 Muchek, M..4/1/06	540 Kildow, K..4/1/06	1365 Thompson, J..3/25/06
74 523 Carter, S..3/11/06	385 Smith, C..5/27/06	540 Tinajero, D..4/7/06	1365 Simon, M..8/26/06
75 523 Hollenbeck, A..5/13/06	385 O'Neal, R..6/17/06	535 Mazza, A..11/11/05	1365 Crowe, J..9/10/06
76 520 Kildow, K..4/1/06	385 Keith, W..9/2/06	534 Meuharth, C..3/4/06	1362 Clark, L..3/11/06
77 520 Fines-Curry, B..4/1/06	380 Craig, S..11/2/05	534 Kim, A..4/1/06	1361 Snyder, B..3/18/06
78 518 Spencer, R..11/5/05	380 Solomon, T..11/13/05	534 Pelletier, J..5/13/06	1355 Rosato, J..10/28/06
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80 518 Boyington, D..11/5/05	380 Viars, D..9/9/06	534 Rosato, J..10/28/06	1350 Armstrong, C..3/11/06
81 518 Steinmetz, M..1/28/06	380 Smith, A..9/24/06	530 Flores, R..11/2/05	1350 Davis, R..3/25/06
82 515 Keith, W..9/2/06	380 Nolan, J..10/14/06	530 Vallejo, E..3/25/06	1350 Hollenbeck, A..6/17/06
83 512 Acosta, E..8/5/06	375 Pharr, J..4/1/06	530 McCure, R..6/24/06	1344 Caceres, A..6/17/06
84 510 Hulme, M..2/25/06	374 Boyington, D..11/5/05	530 Monteagudo, J..9/30/06	1340 Kowarsch, K..2/25/06
85 510 Winchel, S..3/10/06	374 Mills, J..11/19/05	529 Hara, M..11/16/05	1340 Vallejo, E..3/25/06
86 510 Wells, P..3/18/06	374 Evans, M..11/20/05	529 Wells, P..12/3/05	1340 Guinn, D..3/25/06
87 510 Barrera, G..3/25/06	374 Davis, K..12/05	529 Woodworth, M..1/28/06	1339 Wilshire, G..11/5/05
88 510 Thompson, J..3/25/06	374 Dowling, M..3/4/06	529 Steinmetz, M..1/28/06	1339 Grenon, C..5/13/06
89 510 Zemer, B..3/25/06	374 Cressey, E..6/2/06	529 Lewis, C..5/6/06	1335 Walker, E..4/29/06
90 507 Armstrong, C..3/11/06	374 Martynuk, O..6/10/06	529 Remiticado, G..6/17/06	1335 Harris, J..8/26/06
91 507 Breen, M..8/5/06	374 Schupbach, J..7/7/06	529 Keenan, P..7/7/06	1330 Cleland, T..4/1/06
92 507 Vaughn, E..10/21/06	371 Duncan, M..8/5/06	529 Cunningham, K..7/15/06	1328 Neuharth, C..3/4/06
93 507 Artur, J..10/28/06	370 Weisberger, A..11/11/05	525 Gutierrez, N..11/12/05	1328 Flores, R..4/8/06
94 505 Baldwin, S..12/17/05	370 Hayes, A..2/12/06	525 Devers, G..2/25/06	1325 Jackson, W..3/25/06
95 505 Dawson, J..2/18/06	370 Gelnet, J..4/29/06	525 Jenkins, S..9/06	1322 Lumpe, S..4/8/06
96 505 Williams, V..2/18/06	370 Bouyer, C..6/17/06	525 Goodwin, J..3/9/06	1322 Nicastro, D..5/6/06
97 505 Sambianet, N..4/1/06	370 Lara, J..9/09/06	525 Guinn, D..3/25/06	1320 Philippe, D..3/18/06
98 505 Calmant, E..9/23/06	369 Tyree, J..11/2/05	525 Binford, D..4/8/06	1320 Zemer, B..3/25/06
99 501 Riffe, T..11/19/05	369 Somera, A..11/16/05	525 Wilson, J..4/22/06	1317 Herl, W..12/10/05
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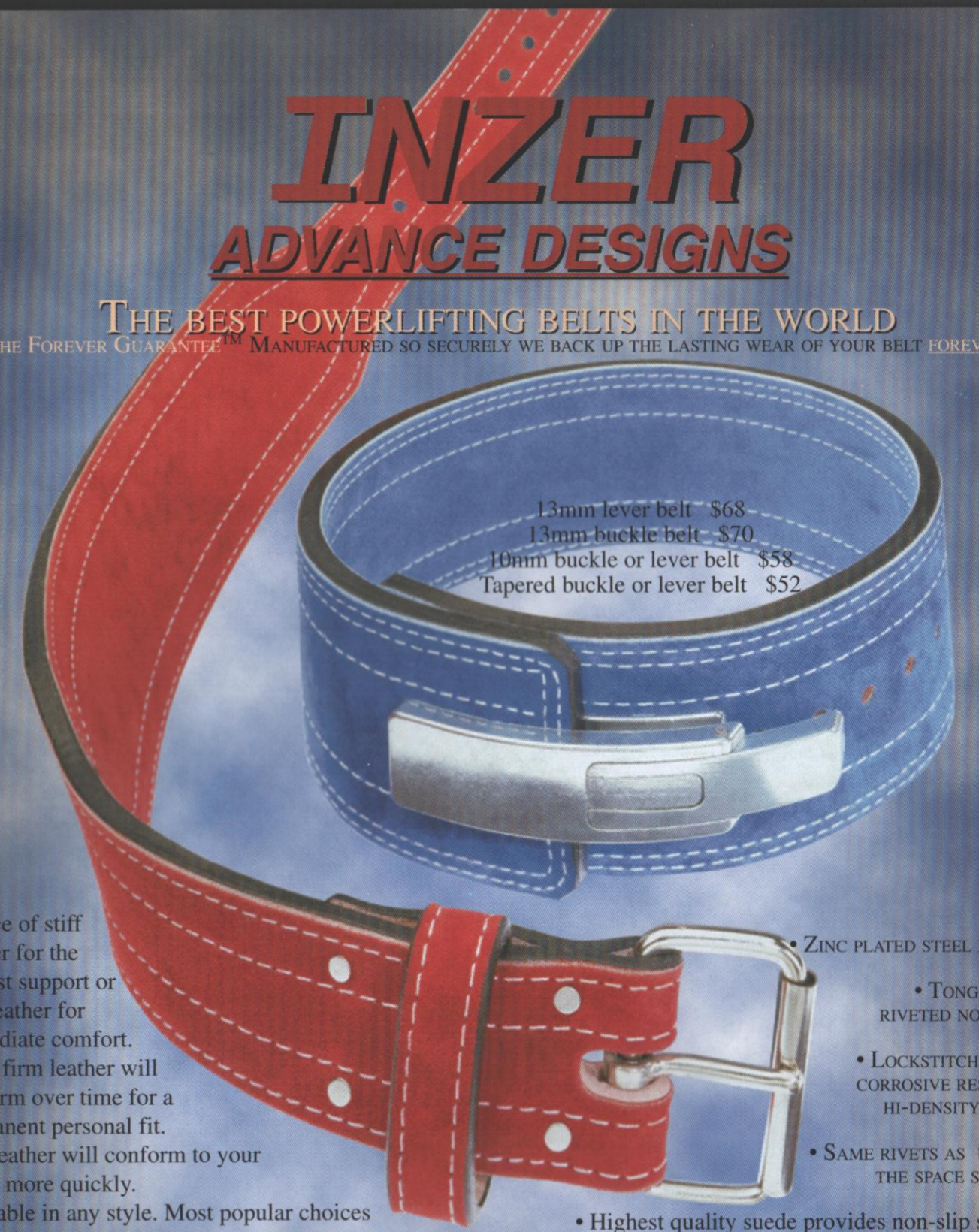
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