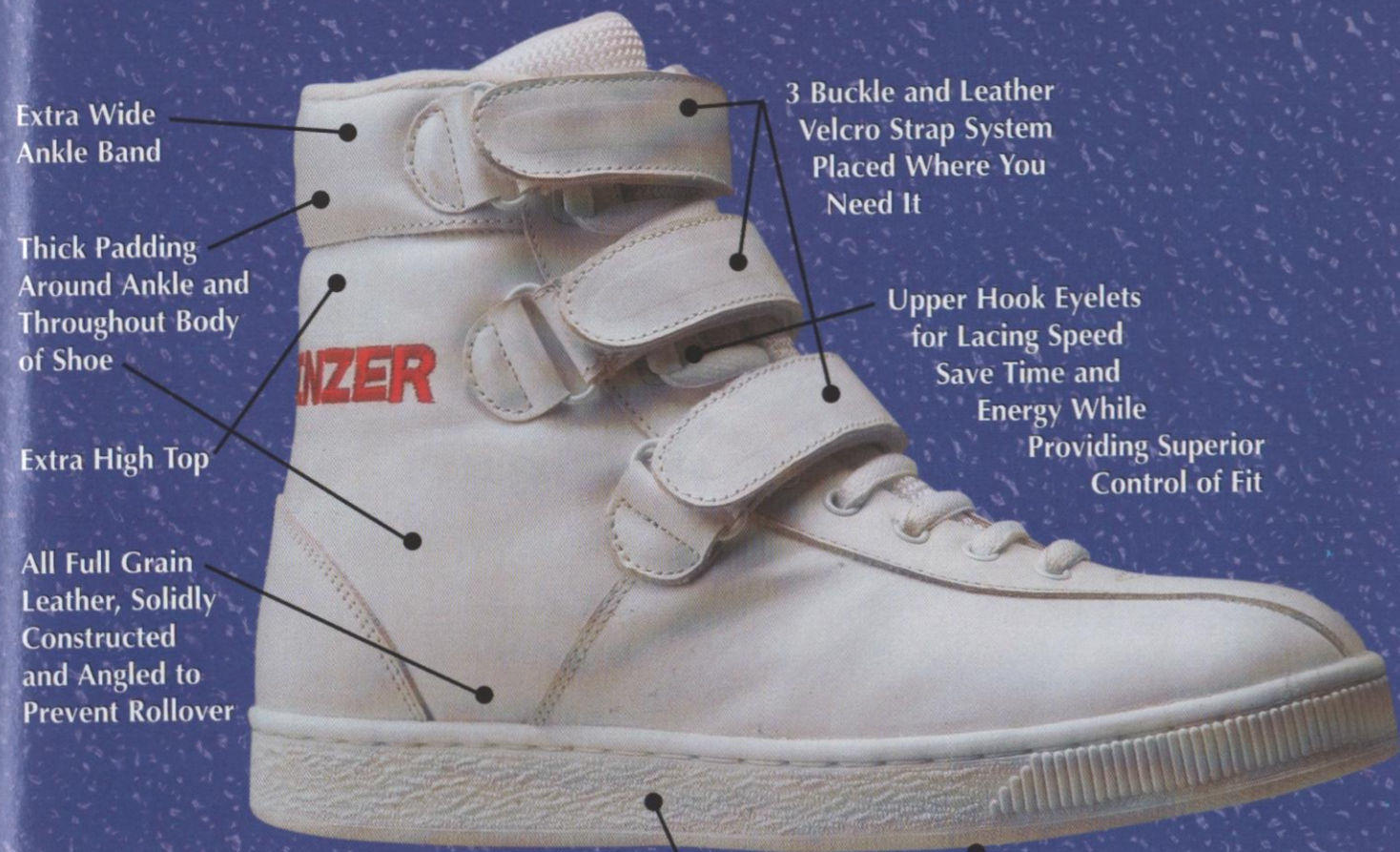


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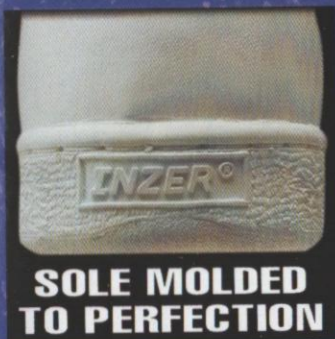
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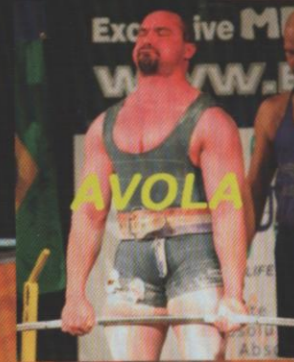


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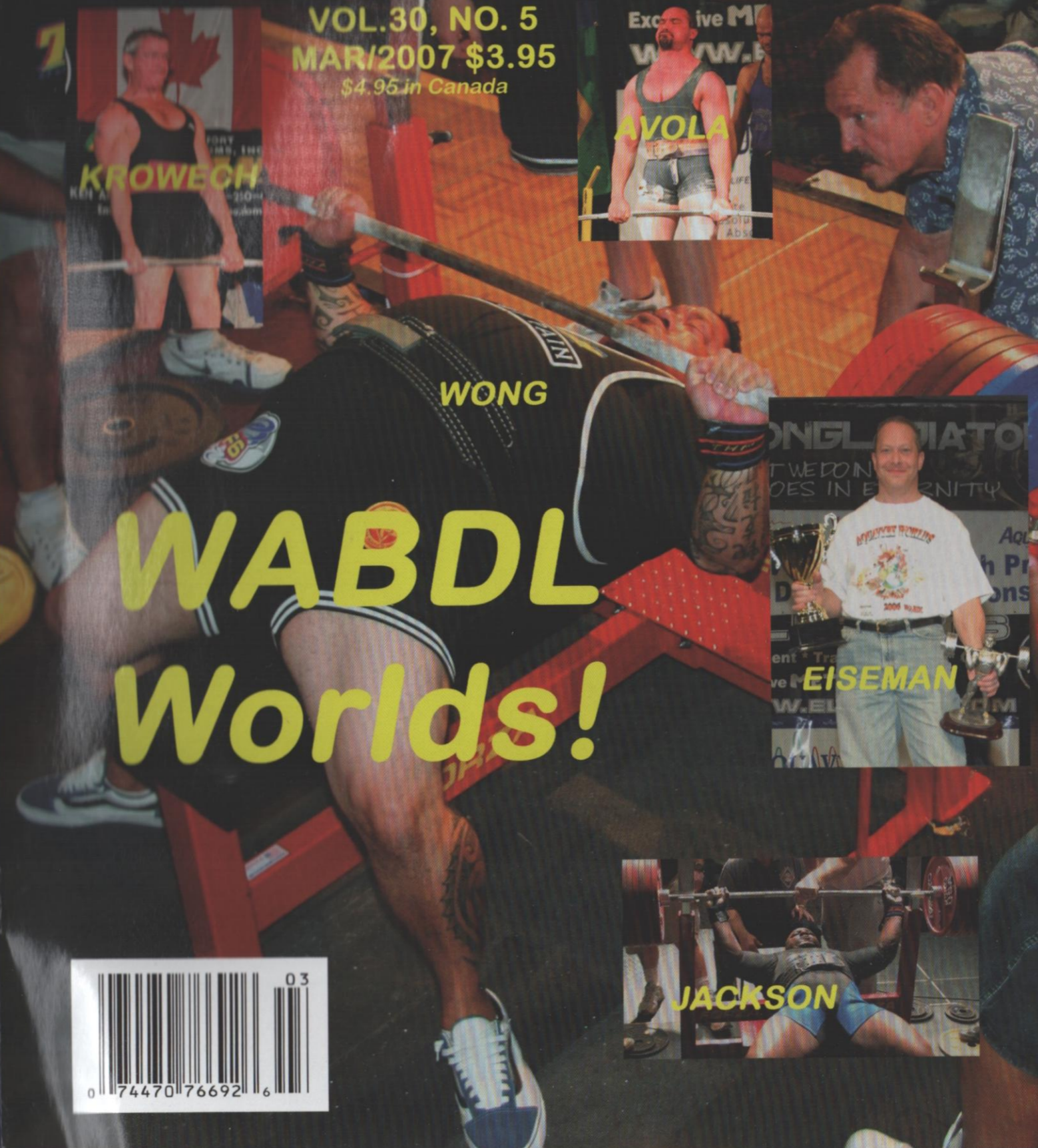
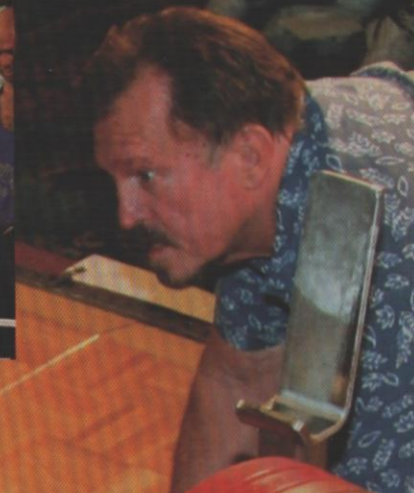
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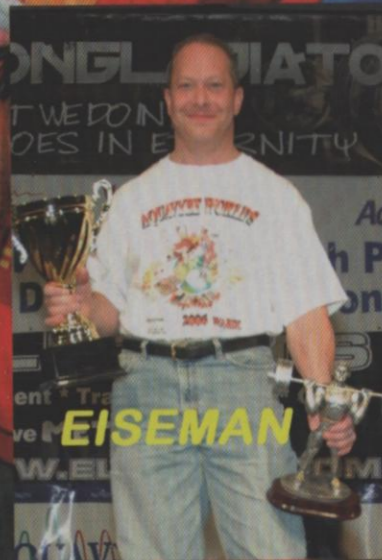
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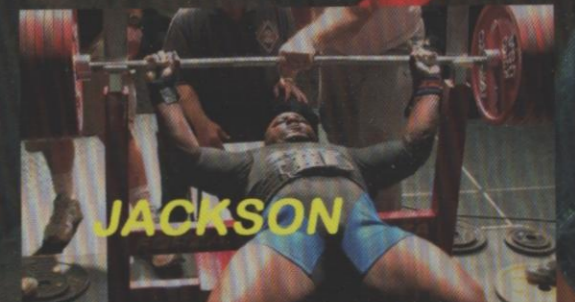
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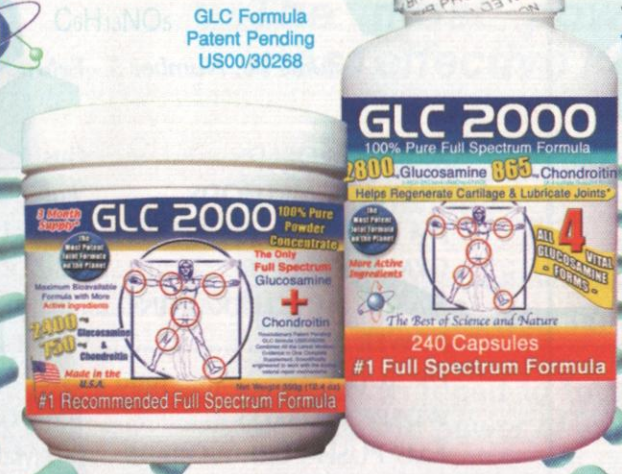
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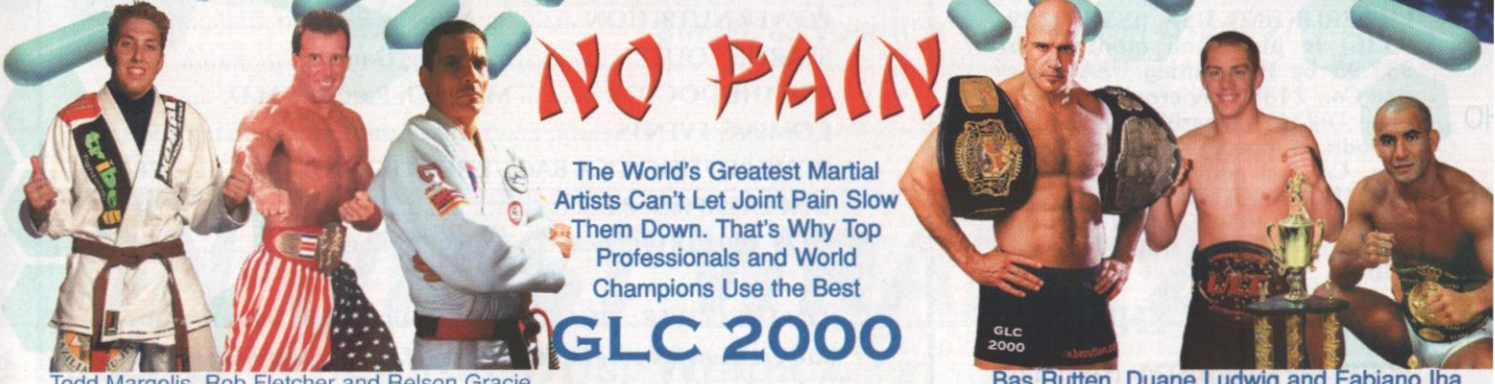
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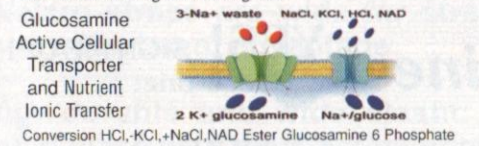
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MUSCLE MENU

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ON THE COVER ... WABDL Worlds Superstars: Tom Eiseman, Robert Krowech, Steve Wong, Jason Jackson, and Tatu Avola. (photographs by CSS PhotoDesign and POWERLIFTING USA)

NOTE ... although this is a combined Feb/March issue, to make up for the delays noted on pg. 11 of the January edition, all subscribers will receive the number of issues they originally ordered. Your expiration month will be increased one issue.

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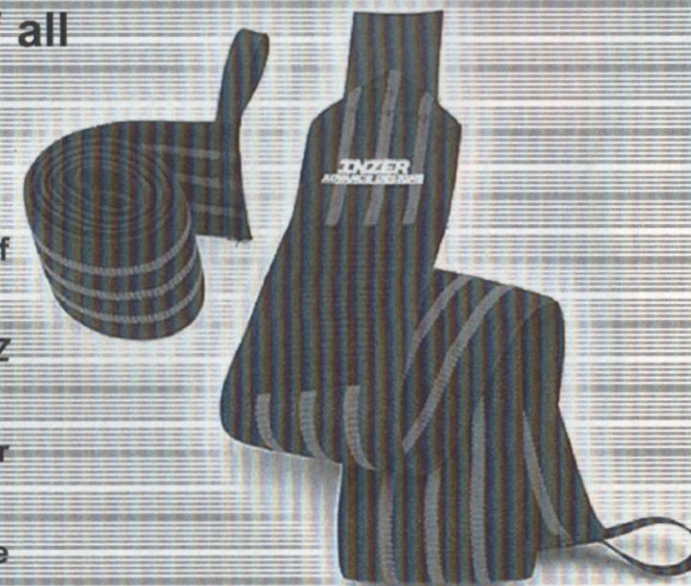
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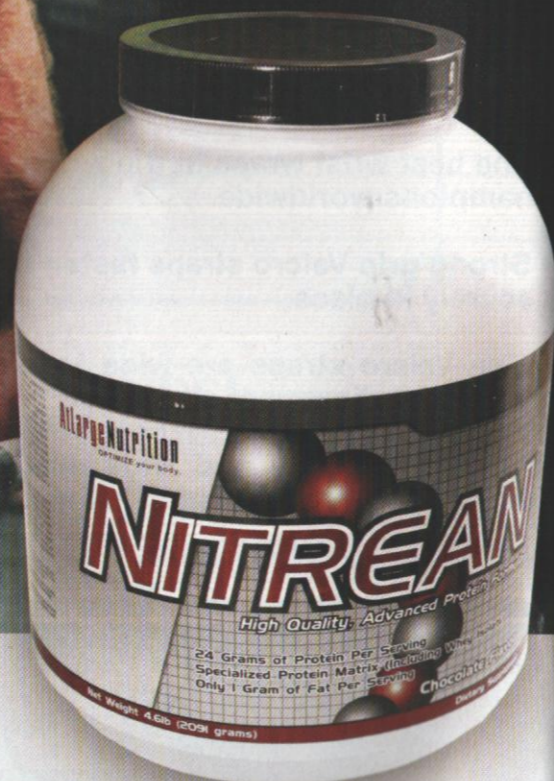
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Nick Dunn hauled up a WABDL World Record 578 lbs. at 148#.

the WABDL World's. She set a world record at 114 lbs. in both the bench with 161.9 and the deadlift with 209.2. At 165 there was a great battle between Dana Backiel and Judith Petray. Dana won 314 to 305, but Judith pulled her heart out on a 315.1, which she locked out but was called for thigh support. It was the gutsiest pull of the whole meet. She gave 200%. She's a lawyer and travels to a lot of WABDL meets. She's one of the best female master deadlifters in the world and her and Dana will have some great battles in the future. Both Dana's 314 and Judith's 305 were world Records. In OPEN MEN DEADLIFT at 148 lbs., Todd Eggers set a Kansas state record 534.5 to beat out five contestants, four of whom pulled 501.5 or better. Michael Salemi of California set a state record with 512.5 and Garrett Longmead set an Oregon record 501.5. Ryan Snelling, who has lifted at 165 and won eight straight WABDL world Championships set a Missouri state record 617.2 to edge out Marchand Fleming of Oklahoma, who set a state record 611.7. Jeremy Benezra was third with 600.7. At 181, Tom Eiseman was larger than life. He's 48 years old at 180.8 bwt., lifted a 760 world record. Leamon Woodley, who is a great deadlifter, was in second, 61 lbs. behind at 699.7. Steve Lemarie, who is 45, was third with 672. Leamon is 42. Jody Woods was fourth and he's 42. Jody did 656.8. The other three lifters at 198 were below 30. Old guys rule! At 220, Tatu Avola of Finland was the world champion with 749.5. Brandon Cass was 2nd on bodyweight with 749.5. Nicklas Friberg of Sweden was third with 733 and Chad Herrick of Michigan was fourth with 716. At 242, George Herring beat Al Bianchi of Massachusetts 705 to 661. At 259, Ryan Klein of Nevada edged Cameron Field-Eaton 716.2 to 710.7. Cameron has pulled 749. Ryan has a lot of potential and they both should be over 750 next year, if they don't lay off. At 275, Patrick Holloway was short of his Arizona state record 778.1, but his 766 was enough to beat fellow Arizona lifter Jerry Pritchett, who yanked on a 710. At 308, Jari Rosendahl of Finland won with 760.5 with Dave Forstner of Michigan ripping 727.5 for second. The Finnish team and the Swedes have always been great deadlifters. Tatu Avola was drug tested and passed. At superheavy, Brian Oldham beat strongman competitor Chris Grantano 716 to 672. Brian weighs 408 lbs. In OPEN WOMEN at 97 lbs., Alexandra Vallejo elevated 281 with ease and MaryAnn Hobbs of Washington easily won at 132 with 341.5. At 148, Liisa Penttinen of Finland edged Marie Rochat 369.2 to 363.7. Terry

Campbell of Elko, Nevada, edged out her roommate Elise Brachtl 282.1 to 281, for fourth place and a Nevada state record. At 165, Kristy Scott set a national record 424.2 to beat Teresa Jacobs, who reeled in 403. At 181, Christine Neff pulled a world record 457.2 to beat Cindy Weber of Tennessee who pulled a state record 424.2. They were both drug tested and passed. At 198, Susan Jackson pulled 385.7 to beat Brooke Bourg of Louisiana, who set a state record 374.7. In SPECIAL OLYMPIAN, Bobby Lord of Texas pulled a large 584 and locked out 600.7 and was extremely upset when he didn't get three whites. One of the most impressive Special Olympians I have ever seen. In SUBMASTERMEN 148, Garrett Langmead pulled an Oregon record 501.5 for first. At 165, Marchand Fleming of Oklahoma pulled 611.7 for a world record. Marchand has gone slowly over a three year period, from 551 to his goal of a world record. At 242, Jim Casemier of Michigan set a state record with 677.7. Brian Graupmann of Minnesota was second with a state record 567.5. At 259, Roger Neff pulled an Idaho record 650 for a world title. Patrick Holloway took 275 with 766, and at 308 Dave Forstner won with a Michigan



Thanks from Cindy Weber to the judges, after her World Record.

record 727.5. Officially for the meet, 17 lifters pulled over 700 and nobody pulled 800 lbs. There aren't too many lifters who can pull 800 drug free. In SUBMASTER WOMEN, Christine Kim of Canada set a Canadian national record at 114 with 231.2. At 148, Teri Campbell took a world title back to Elko, Nevada, with 282.1 and at 165, Disarie Spencer won a Worlds with 352.5 with Natalie Harmon coming in second with 330.5. At 198, Brooke Bourg set a Louisiana record 374.7 for the gold. In TEEN (12-13) boys, 12 year old Chace Akina of Hawaii weighing 93 lbs. pulled a world record 234.3. At 198 lbs., Jordan Gibson pulled 385.7 at age 13. He's off to a great start and will own any high school he attends if he keeps the strength coming. In TEEN (14-15) 123 lbs., Zach Dwinell set an Oklahoma record 292 deadlift. At 148, Ryan Lund set a Utah record 352.5. The teenagers are lifting huge considering their age and bodyweight. At 198, Jake Garbush was certainly huge with a 513.6 world record. At 220, Jesse Triplett of Oklahoma beat Henry Yeehooy of Hawaii 523.5 to 502.6. Jesse's 523.5 was a world record but Henry came back on a fourth and got the world record back with 524.6. At 242, Mike Walsh of Minnesota set a state record 336 and Levi Wright of Georgia set a world record 524.6 at 275 for his first world title. In TEEN (16-19) deadlift, Michael Salemi stood out. He did a California state record 512.5 at 148, beating out eight contestants. Donnie Miskinis was fourth with an Ohio state record 391.2. Another outstanding performance was Nick Lenhart of Utah, who only weighed 130 and pulled 485. Lenhart beat Salemi for best lifter 399.78 to 376 on the Schwartz formula. At 198, Hunter Beall of Louisiana, who was coached by Brandon Bankston, pulled a Louisiana state record 573, which is above average for a 198 lb. teenager. At 220, Daniel Winslow hauled in an Idaho record 606. He pulled 523.5 at 176 lbs. three years ago, at age 15. He's now 18 weighing 206. He's a good deadlifter. I just thought he might be up around 640 by now. He laid off due to job concerns. The one thing I learned about the deadlift is over training is bad, but even a four month layoff may cost you a year just to get back to where you were before you laid off. Dujuan Calvo of Texas was in second to Daniel with a strong 562. Mr. Calvo Dujuan's father brought about ten teen-



Ryan Snelling has broken several WABDL World Records. Photographs by CSS Photo & PL USA.

age lifters from southern Texas. They were all well coached, good attitude young men. At 242, Tim Peterson set a California record 584 and at 259 another California lifter, Max McKee set a California record 501.5. At 275, DJ Willaman set an Ohio record 518 and at 308 Kevin Romano set a Georgia record 490.5. In TEEN WOMEN, there was a poor turnout this year for whatever reason, but never the less, there was some great lifting. At 97 lbs., Cheyenne Tavarres of Hawaii, weighing 85.6 lbs., pulled a 176 Hawaii state record at age 11. At 105, Ali Miskinis set a world record 143.2 and she only weighs 97.4 lbs. At 114, Amanda Harris set a world record 264.5 at age 14. Amanda's from Texas and is aptly coached

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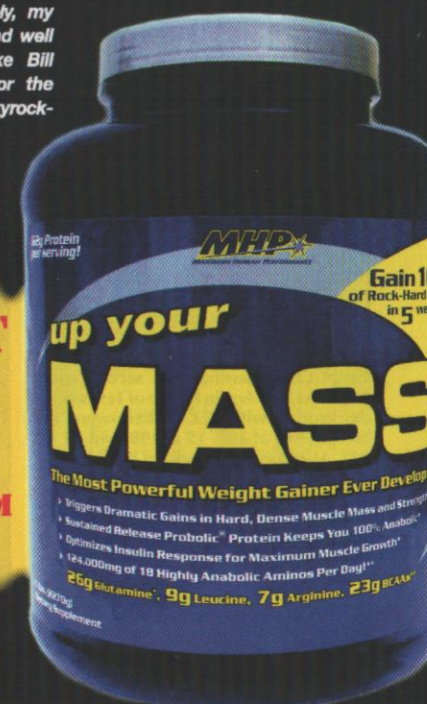
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Betty Lafferty - WRs in BP & DL

by her father Robert. At 132, Brook Dombos of Ohio set a state record 231.2 with Sarah Biddle in second place with an Indiana record 209.2. At 198, 15 year old Kayla Sua pulled large with a 385.7 Washington state record. In TEEN (16-19) Jennifer Otto was second with a Washington state record 304.1, but the winner Courtney Gathright, who had a serious case of the flu, pulled 314.1 and set a world record bench of 300.8. I had that flu myself and you're talking some serious regurgitation! About eight or nine hours worth. Many staff members and sponsors ended up with that bug. So Courtney's accomplishments were extremely gutsy. She's the most competitive female lifter I have ever seen and next to Imelda Zamora Anduho of Mexico and Jeanne Watts, she pulls out all the stops on the deadlift more than anybody else. Rebecca Jordan of Alabama pulled a state record 415.4 which is huge for a 17 year old.

Moving onto the BENCH PRESS in CLASS I at 132, Travis Belen and Nick Lenhart of Utah had a good battle with Belen coming out on top 292 to 286.5. At 148, Barry Kunkel of Oregon put up 336, William Vargas 325, and Kenny Poitevint 325. Vargas is from Minnesota and Poitevint is from Georgia. At 165, Jonas Anderbring of Sweden won with a national record 314. Jason Dorsey and Roger Cole, both of Washington, also put up 314 but lost on bodyweight. I've never seen a three way tie for first decided on bodyweight. Mark Reuer of South Dakota set a state record 281 and finished fifth. At 181, Scott Miller set an Alabama record 407.7 and came in third. Richard Derengowski of Illinois was the world champ with 429.7. Hae-Ryong Chung of South Korea set a Korean national record of 319.5 and came in eighth. At 198, Jason Carson of Illinois won the World's with 451.7 and Ernest Reyes of Utah was second with 440.7 and a state record. Eddie Mendez of Iowa finished 14th but got an Iowa state record 341.5. At 220, Rodney Womack slammed 473.7 for a Texas record and the world title. Fellow Texan Chris Martinez was second with 462.7. At 242, Austin Hodge of Texas won the World's with 473.7. There were 11 competitors at 220, 15 at 198, and six at 242. At 259, Tom Pennella of Washington at 6'4" put up 473.7 to beat Gene Loss of Oregon who popped 435 for second. At 275, Brad Cikana of California slammed 534.5 with authority. Ken Scroggins, who also deadlifted 705, was second with an Arkansas state record 512.5. At 308, Bill Alex won with a nice 540. At Super, Leo Contreras, who is a super great guy, finally won a world title with 424.2 to beat Maarten Roelofs of Utah, who did the same weight but was the heavier guy. Leo and his son always compete together and seem to really enjoy themselves. In Disabled men, Blake Harper of Canada put up 336 for a Canadian national record at 165. At 181, Anthony Kokell of New

York who has gone to four straight world championships, won with 236.7. At 198, Hector Montoya of Texas put up a perfectly executed 374.7 for a Texas record and Greg Gibson of Tennessee was second with a Tennessee record 181.7. At 220, Jarnail Singh Biring of Great Britain slammed 391.2, and Sean McGrath of New York set a New York state record 325. Cody Colchado who is blind benched 446.2 at 242. In DISABLED WOMEN, Sally Thomas of Canada benched 148.7 at 97 lbs., and at 198, Mary Stack of Michigan was huge with 253.5. In Unlimited, Bridgett Brown of Georgia set a state record 174 for the world title. In ELITE OPEN, Kerwin Unten moved up to 148 for the first time and blew the world record away with 501.5. He holds the world record at 123 with 374.7 and 132 at 462.7. He and Michael Hara, who has the WABDL world record at 165 at 556.5 are the two best lightweight lifters in WABDL and among the best in the world. Jason Imamura of Hawaii was second with 451.7. At 198, Trey Jewett was way huge with 634.8. Trey was drug tested at the Nationals in Dallas in August and passed after setting an Elite world record of 573 at 181. He also passed one other test at the worlds in 2004 in Reno. Gustavo Warrington, the world record holder at 661, had an off day and ended up with 567.5. At 220, Michael Green of Florida popped a 661. Michael is a gunnery sergeant in the Marine Corp and he was drug tested and passed. He also was drug tested in Gadsden, Alabama in June. At 242, Jason Jackson who benched 793 at the 2005 World's finally beat Matt Larmarque's world record of 801.2 with 804.5, weighing 240.2. Jason has been improving steadily. His best bench with a double denim was 672. Within six months of changing to a single ply IPF approved next generation shirt, he put up 771. Regardless at 242, Jason is one of the best benchers in the world. When he goes to the double ply next generation shirts in other federations he usually can't touch and he bombs. That's why WABDL doesn't approve the double ply versions of the Inzer Rage, RageX, Titan Fury, F-6, and Katana, even though we approve non split neck double denims and non-split neck Blast shirts and Phenom by Inzer. At 275, Michael Womack had trouble with his opener but finally got 777 for an Elite world record. Tommy Harrison was second on this day with 727.5. At 308, Tiny Meeker bombed out. At last year's World's he set the world record with 870 and Steve Wong locked out 881, but it was turned down 2-1. This year Steve got the world record with that same 881.7. He also set the world record in Submaster with 881.7. Tiny Meeker had been drug tested four times in WABDL and at this



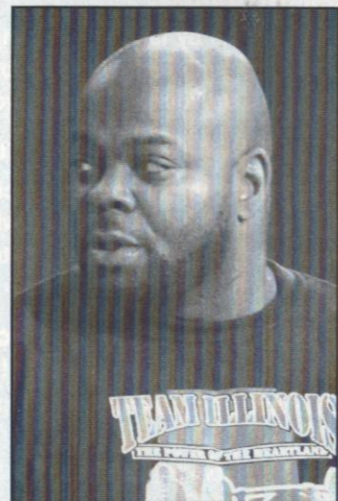
Pat Robey did a 236 WR (61-67)



Suzanne Hedman 194 BP @ 114

meet Steve Wong was drug tested and passed his fifth drug test. Michael Womack and Tommy Harrison were tested and passed. Womack has been tested four times. Womack has the world record at 871.8 in Super with a single ply shirt. Both Wong and Meeker did their lifts in a single ply shirt. Womack's 871.8 was on the cover of PL USA and his hand spacing is obviously wide. However, immediately after the lift, Ryan Kennelly pointed that out to me (I was the MC at the time), and I immediately told the head judge that the call was blown. On a fourth attempt, with his hands where they belong, he got 900.4 a little more than half way up. I was the head judge in Mesa, AZ, in May and Womack got 832 there. I had to tell him then to move his hands in. Then Terry Luehrs, who was the Head Judge in Sacramento on July 8th, where Michael put up 855 and I told Terry to watch his hands. In Portland on July 15th, it was overlooked because the head judge wasn't paying attention. In Dallas at the National's on August 5th, I told the head judge to watch for hand spacing and Womack put up 848 and was close with 887. Tiny Meeker opened with 900 at that meet and bombed. A week later, Tiny lifted in an unsanctioned meet without WABDL judges and got credit for a 900 lb. bench that would not have passed in WABDL. The reason I'm bringing all this up is that many members of USA Powerlifting and AAU, and their administrators claim that WABDL doesn't send in their drug tests and that our judging is lax. Any time that USA Powerlifting and AAU wants to publicize how much money their federations have spent on drug testing print that information in Powerlifting USA. WABDL has spent \$32,000.00 in the last eight years on drug testing and WABDL meet directors have spent about \$3,500.00 on drug testing. WABDL lifters are not charged for their certificates or drug tests. Bill Gillespie told me he was charged \$162.00 for his drug test in USA Powerlifting. WABDL lifters automatically get their certificates within two to four weeks after a contest. Moving onto JUNIOR MEN's bench, Mark Lauricella, at 148, set a California state record 305.2. At 165, Andrew Kim was huge at 165 with a world record 503.7. He had done 513.6 at 181. Willard Crossen III was second with 446.2. Will's Father, Willard Crossen II, has benched 567.5 so obviously the son is a quick learn. John Alves was third with 440.7. John has hit 473.7 in the past. At 181, Joe Stafford won the world bench title with 446.2. At 198, Trey Jewett, who is only 20, benched 634.8, beating out Earl Solidium of Hawaii, who was in second with 407.7, 227 lbs. behind Trey Jewett. At 220, Matt Cole of Illinois won gold with 540, with Sean Demarinis of California in second with 507. At 242, Jonathon Kos won with 311.5 and was unopposed. At 275, Michael

Womack put up a world record 777 and Jerry Pritchett was second with a big PR 534.7, about 50 lbs. over his best. At 308, Jason Nindorf of Texas put up a big 584 and at Super, Nathan Baptist set a Utah record 479.5 and won unopposed. In JUNIOR WOMEN, Cortney Postell set a Georgia record 203.7 at 148, and there were only three women in the whole division. I don't know why, but for the lift of this federation, ten years, the Junior women's division has been very under represented. In LAW/FIRE MASTER (40-47), Lee Roy Banks won his fourth world title. He's slowed down a little, but his 446.2 at 198 was done without a bench shirt. At 220, Ted Ornduff won with 451.7. Al Kennedy of Illinois was second with 308.5. At 275, Allen Heta of New Zealand won with a 374.7. The entire New Zealand team was scheduled to come, and then they were told they would be banned by the IPF if they did. Sounds like a violation of the Sherman Anti Trust Act to me. We at WABDL encourage lifters to lift in any federation they want. The last time I checked, there were only a few countries in the world that didn't have a democracy. WABDL is not only democratic, we offer a relaxed, fun atmosphere, and you don't have to ask for certificates or recognition. Back to the lifting. In MASTER (48-55)/220, Mike Berteaux of Colorado set a world record 512.5, and he won his third world title and set his seventh world record in the last three years. At 308, Bruce Sabin won with 540 but missed 600.7 by a hair. He has done 573. He and John Minahan are training partners and they have improved tremendously because of it. In MASTER (56+) LAW/FIRE, which is a division mostly for retired Law/Fire, at 198 lbs. Jerry Dye of California set a world record with 325. At 259, Eldon Olson of Montana set a world record 369.2. Eldon's job is as under cover officer and I won't reveal what it is so I won't blow his cover. At 275, Robert Lincoln Sr., set a rather large world record of 501.5 at age 58. In LAW/FIRE WOMEN MASTER (40-47), Danielle McCallum of California set a world record at 165 with 248, her second world record of the year. At Unlimited, Rauaroa Joy Heta of New Zealand set a world record with 154.2. I appreciate her and her husband's courage to come all the way from New Zealand and defy the IPF ban on any lifters that lifted in the WABDL World's. In LAW/FIRE Open at 181, Mike Ryan of Michigan set a state record 435.2. In second place was Mike Ioannou of Massachusetts, who set a state record of 374.7. At 198, Wayne Prose of Illinois set a state record 501.5. At 242, Jason Jackson set a world record 804.5 and he was 319 lbs. ahead of his closest competi-



Tommy Harrison 760 @ LF Open

tor. In Junior 275, Michael Womack was 243 lbs. ahead of his closest competitor. He was spectacular and passed his drug test. In JUNIOR 198, Trey Jewett, who benched 634, was 227 lbs. ahead of his closest competitor. So, starting in 2007, any lifter in Elite will not be able to lift in any division except elite. They are elite for a reason. They have a combination of technique, strength, and knowing how to make the bench shirt work. The competition can't compete with these lifters, who are the very best in the world. At 259, Mark Zingaro of Pennsylvania set a world record 650.2 and was drug tested and passed. Tim Prince of Utah was second with a Utah record 468.2. At 275, Tommy Harrison lifted a second time and after doing 727 in Elite Open put up 760 in LAW/FIRE OPEN for a world record. Jaيمي Tovar of California was second with 633.7. He was drug tested and passed, and he set a California record as well. Carl Wimmer, who is a Salt Lake City policeman, set a Utah record 529. At 308, Ricardo Nort, a policeman from Sao Paulo, Brazil, set a National record with the highest bench ever for a Brazilian lifter, 578.5. Frank Sua of Washington was second with a state record 507. At Super, Chane Cline was the world champion with 584, a little under his best of 600.7. In LAW/FIRE OPEN WOMEN 123 lbs., Lynda Christopher won her fifth world title. Lynda is out of beautiful Sedona, Arizona, where many movies and commercials have been shot because of the red rocks and cliffs in the area. At 132, Lauri Lamp of Washington was strong with 192.7, and at 148 Kim Carter of Illinois set a world record 248 in her



Robert Lincoln Jr. - 673 @ 275.

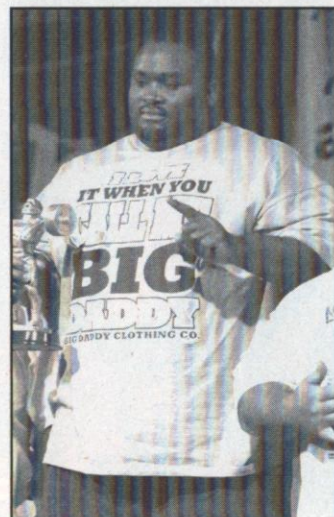
first WABDL World's. At 198, Abigail Biddle set an Indiana record 137.7. In LAW/FIRE SUBMASTER, Anton White of Illinois set an Illinois record 407.7 at 181 lbs. At 242, Richard Niemitz of Washington was the world champion with 425, and Cliff Wicks was second with a Nevada state record 440.7. At 259, 275, and 308 lbs., Marc Zingaro, Joe Dibert of Indiana, and Ricardo Nort of Brazil all set world Records. Zingaro hit 650.2 at 259, Dibert hit 589.5 at 275, and Nort hit 578.5 at 308. In MASTER (40-46) men bench 123 lbs., Michael Aguanno set a New York record 137.7. At 148, Charles Venturella of Pennsylvania set a world record 393.4. Arun Sharma of India was second with 325. At 165, Adolfo Davila of California

set a world record 507, way above average and definitely world class. At 181, Jon Cunningham of Utah was excellent with a world record 497.1, and has climbed steadily over the last two years. Bob Levering of California second with 473.7, only six pounds behind Cunningham, whose 497.1 was on a fourth attempt. His best in the contest was 479.7. Dean Reiman tied Bob Levering with 473.7 Minnesota state record, but he finished third on bodyweight. At 198, House of Pain owner Rick Brewer won with 462.7, the same as Wendell Omura of Hawaii, who was second on bodyweight. House of Pain was a sponsor for WABDL from 1998 to 2006. At 220, Ken Millrany, who has done as much as 670 was nursing a sore shoulder and had to settle for 567.5 for his third world title. There were 13 contestants in the weight class. Doug Haycraft of Illinois set a state record 562 to finish second. Lance Fuhrman set a Washington state record 540 to finish fourth and Juha Pukkila of Finland finished fifth with a national record 480.6. At 242 there were eight contestants and Ed Macaulay of Oregon came out on top with 523.5. At 259, Jason Laskowski of Texas became the first WABDL lifter to achieve Elite at 259 with a world record 749.5. He was drug tested and passed. Patrick Parnell was second with his first 700 lb. bench, a 705.2 world record until Jason broke it. Scott Hoekstra of California was third with a state record 628. Scott has been drug tested twice and Patrick Parnell has been drug tested once. At 275, Nils Sjodin of Sweden set a national record 661.2 to beat out Rich Ludlam of California who did 617.2. At



Sherry Abblett WR in BP and DL

308, Jeff Peshek put up 777 a little below his best of 800.1. Ken Overbey of Alabama was second with a 639.2 state record. Look for Ken to gain on Jeff this year. Jim Sheffield set a California record 622.7 to take the Supers. In MASTER (47-53)/148 men, Freddie Evangelista of Oregon won his seventh world title in ten years with a 391.2. At 165, Eric Carmichael won gold with an Arizona record 363.7. At 181, Jody Fjelstad of Minnesota and Paul Janoff had a battle. They both popped 374.7 with Jody being the lighter guy and therefore the world champ over seven contestants. At 198, Jody Woods won the World's over eight contestants, including one from India, and one from Canada. He put up 473.7. He holds the world record with 491.6 and is putting on the national championship this year on July 28, 29 in Sacramento, at the Marriott in Rancho Cordova. Ernest Reyes of Utah was second with a state record 440.7. At 220, Mike Berteaux won out over six contestants with a Colorado state record 512.5. Robert Harris of Nevada was third with a state record 462.7 and Chad Drechsel was fourth with a Utah record 413.2. At 242, Clinton Sims is in fantastic shape at age 51. He hit a California record 556.5 bench and deadlifted 677.7, weighing 228! That's a heck of a total for age 51, or any age. Clinton has also been drug tested and passed. At 275, Roger Ryan set a world record 639.2 to beat 6 contestants. He was drug tested for the second time and passed. Chris Jacka of California was second with a state record 540 and Dr. Jeff Fahrenbruch of Arizona was third with a 512.5 state record. Alan Heta of New Zealand was fifth with a WABDL national record 374.7. At Super, Tom Manno won his third WABDL World's with a 650.2 world record. Tom is also



Big as a Truck - Robert Vick - 804



January 24, 2007

W.A.B.D.L.
Gus Rethwisch
PO Box 27499
Minneapolis, MN 55427

Dear Mr. Rethwisch,

This is to confirm that W.A.B.D.L. has been utilizing the services provided by Aegis Sciences Corporation to test samples for steroids since December 1998. From the time period starting Dec. 1998 to date, W.A.B.D.L. has spent \$32,185 on steroid testing services with our company.

Thank you for using Aegis Sciences Corporation for your Forensic Toxicology needs.

Sincerely,
Regina

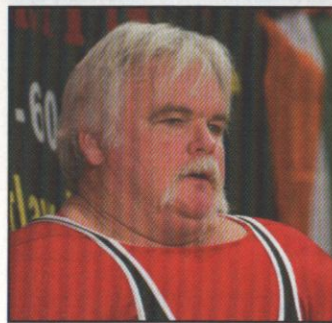
Regina Sweeney
Inside Sales Manager



Lisa Miller ... just under her WR.

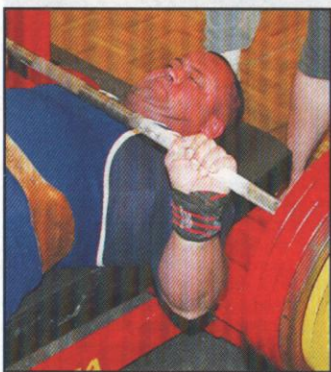
coming out with a top rate line of supplements, protein, creatine, vitamins, etc. John Minahan of California was second with 611.7, a world record until Manno broke it. Pete Lattanzi of Texas was third with a state record 573. In MASTER (54-60)/165 men, Dennis Cain of Nevada won the World's with a 271.1 state record. At 181, Tom Gonnering of Alabama, who is a man of Christian faith, just recently went through the death of his wife and talked about his faith and lifting getting him through it, was rewarded with a world record 402.2 to beat out eight contestants. At 198, Dan Swift of Illinois beat out seven contestants with a world record 462.7. Joseph Parsons of Oklahoma set a state record 402.2 to finish second. At 220, Dave Marba, who has been lifting in WABDL for six years, won his second world title with a California state record 451.7. Jarnail Singh Birring of Great Britain was fourth with 391.2. At 242, Dr. Thomas Wright, a professor at the U of Nevada Reno, won his first world title with a 253.5 bench. He is currently doing a study on "the happiness of the worker in the work place and how that relates to people and environmental stimuli." At 259, Serafin Rocha Lima Filho of Brazil was the world champion with 396.7, and a Brazilian record. At 275, Colin Conneau of Canada won with a 501.5. At 308, WABDL state chair in Arkansas, Austin Webb, won with a national record 490.5, and at Super, Peter Herdt of Idaho won gold with 424.2. In MASTER (61-67)/165, Moses Timbal of Hawaii beat Thomas English of Nevada 281 to 248. Timbal's lift was a Hawaiian record and English's was a Nevada record. Arlindo DaSilva of Brazil was third with a national record 242.5. At 181, Rudy Lozano set a world record 407.7 at age 63, weighing 179. It took Rudy 13 years to bench 400. He started competing at age 50. At 198, Jim Day of Tennessee won

unopposed with 176.2, a state record. At 220, Vince Breaux was very impressive with 457.2, a world record and Louisiana state record at age 62. Joe Betela of Oregon was second with a state record 374.7. At 242, Richard Zareck had an off day with 418.7, but it was enough to get the job (world title) done. At 259, Ed Acey, at age 63, set an Utah state record 4407.7 to beat Bill Bidinotto of Ohio, who set a state record 407.7. Eldon Olson of Montana was third with 369.2. In MASTER (68-74) men, Jim Merlino of California set a state record 253.5 to win his first WABDL title. I hadn't seen Jim since the Hawaii Record Breakers in 1989, so it was good to renew an old acquaintance. Bob Nussear of Florida was second with a 242.5. At 181, David Boyes of Louisiana set a state record 148.7 and a world title. At 198, William Prince of Nevada set a state record and won out over three contestants. At 220, Jim Bourisaw of Missouri was very impressive with a world record 402.2 at age 69! At 259, Danny Herrera, at age 68, popped a 440.7 world record! In MASTER (75-79)/242, 76 year old Russell Combest of Ohio benched 281 at 6'4", and that was a state record. Sheldon Levy was second with a New York state record 203.7 at age 78. In MASTER (80-84), Eugene Miranda, at



Big John Minahan ... 611/47-53

age 80, benched 242.5 at 220 lbs., for a California state record. Eugene always dresses sharp. In MASTER (85+), Dr. Donald Dreyer, at age 85, set a world record after traveling all the way from Baton Rouge, Louisiana. He is still a practicing physician, unbelievable! He's an inspiration as to why we all lift weights, try to eat right, and keep moving or you die old. Dr. Dreyer will die young; hopefully at least 105, because he is just a great guy to have at the WABDL World's. It's an honor for Dr. Dreyer to be there! In MASTER (40-46)/105 women, Sandra Herring set a Georgia state record with 126.7. Sandra is the WABDL state chair for Georgia and is one of only two female world judges. She is an excellent judge. At 114, Suzanne Hedman of California set a world record 194.9 weighing 111.4 at age 42. That's a big time bench. At 123, Lynda Christopher won her seventh world Master title with a 121.2 bench. At 132, Lauri Lamp of Washington was way above average with a 192.7 bench. At 165, Daniele McCollum put up a 248 bench, which is only 11 lbs. from Sheri Klocke's world record of 259. At 181, Eleanora Reeves put up a 225.7 to win the world title. At 198, Karen Campbell of Maine set a world record 347 and was drug tested and passed, and she was the outstanding lifter of the heavy-weight women in MASTER (40-46), Suzann Hedman was the outstanding lifter for the lightweight women. In the 1988-division, Kelly Franklin won her fourth world title in a row with a 341.5. Her world record is 369.2 and her best bench ever was 375. Jane Morales Costa of Brazil was second with 264.5 and Rauarohoa Joy Heta of New Zealand was third with 154.2. In



Ricardo Nort ... (BRAZIL) went 573 BP and 683 DL in LF Open.



Courtney Gathright ... 300 BP!

MASTER (47-53)/105 women, Therese Gill of Ohio set a state record 137.7 for first place. At 132, Kathy Waugh set a Michigan record 187.5 for first place. At 165, Jill Struck set a Utah record 148.7 to beat Jane Stabile of Massachusetts, who set a state record 137.7. At 181, Cindy Weber of Tennessee set a world record 264.5 and was drug tested and passed. At 198, Pamela Michaels-Olson set a Washington record 214.7, and in Unlimited Margie Huston won with 198.2. Cindy Weber was the best lifter in that division. In MASTER (54-60), Sherry Abblett set a world record, weighing 91.6 lbs., with a 83.6 lift. She's in fantastic shape. At 114, Ita Pantilat of Washington and Hedy Miller of Utah had a to the wire finish with Ita winning on bodyweight. They both put up 192.7 and Ita has never lost in WABDL. I didn't think anybody could beat her but she will hear the foot steps of Hedy in the future. At 198, Karen Polansky, who next to Jo Walker, is the best female deadlifter in the world over 55, set a California record bench of 192.7. Wilma Lee Cadavona of Idaho was second with a state record 165.2. At Unlimited, Cynthia Regan of New York, who holds the world record with 270, could only manage 236.7, but it was enough for first place. Cynthia has been competing for 30 years. It was good to see her at a WABDL World's. In MASTER (61-67)/114, Betty Lafferty of Gulf Shores, Alabama, set a world record 161.9, which is her 12th world record in the last five years. She also had a world record deadlift. She is very fit and tanned, and



Patrick Parnell ... jammed a 705

she runs and walks the beach in Gulf Shores. Her home is right on the beach. At 148, Barbara Anderson set a world record 177.3 and that was Barbara's 9th world record in four years. She is coached by Joe Head of Headquarters Fitness. Mary Yale of Georgia was second with a state record 115.5. At 181, Pat Robey was spectacular at age 62. She put up a world record 236.7 on a fourth attempt. She is the epitome of the WABDL master lifter, as she is hard working, has a nice personality with no attitude, and enjoys working out and has fun going to WABDL meets. That's what we do at WABDL, take pressure off of lifters, make it fun for them, give great trophies, have world class venues, or the lifter will either quit or go elsewhere. Judges need to be non-stoic, approachable, and administrators need to be as accommodating as possible. In MASTER (75-79)/132, Malvina Basso came all the way from Brazil at age 77 and set a Brazilian national record bench of 66 lbs. Millicent Whinston, at age 77, was the oldest woman in the tournament, and benched 66 lbs., weighing 129.8. She still



Mark Zingaro ... WR 650 Bench

competes in Master's track and field, and stands straight as an arrow. Her husband Arthur is 80 and he competed in this tournament as well and set a world record deadlift in spite of suffering from the effects of a serious fall. In OPEN MEN bench, Gary Bobrovitz of Canada won at 132 with a 286.5 Canadian record. At 148, Freddie Evangelista won with 402.2. His world record is 408.8. In second place was Chuck Venturella, with a Pennsylvania record 393.4. Chuck is the WABDL state chair for Pennsylvania. David R. Smith of Texas was looking good with 369.2. At 165, Andrew Kim of Illinois set a world record of 518. Michael Hara holds the world record in Elite Open with 556.5. At 181, Kim Paivoke of Finland was second with a national record 462.7. At 198, James Burdette won the world championship with 639.2. Frank Caminita III was second with 611.7, which was a world record. Burdette's first attempt at 600.7 was a world record but the limit for Open was 611.7 and anything past that automatically puts you in Elite Open and that's where James Burdette is now. He and Gustavo Warrington, who holds the world record with 661.2, are Elite lifters along with Trey Jewett, who benched 634.2 at age 20 in the Junior division. Once you go into Elite Open, you can't lift in any other division, starting in 2007 in WABDL. In 220 Open, Joe Guerra of Texas put up 567.2 to best Tatu Avola of Finland, who was second with a 562 national record. Doug Haycraft of Illinois was third with 562, and John Mendoza of Arizona was fourth with 540. At 242, James Hunter set a world record with 700.8. Jason Jackson has the world record in Elite Open with 804.5. James Hunter has been drug tested three times and passed. In second was Kegan Engelke of Washington with a 545.5 PR. At 259, Jason

(article continued on page 88)

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There are three main methods of training for strength. The most recognized is the maximal effort method. This method produces the greatest strength gains by improving intramuscular and intermuscular coordination. For near-max weight, 1 or 2 reps are used. For circa-max training, 2 reps are used. For true max effort training, 1 rep is best. If you can do 3 reps in a single set, this is referred to as the method of heavy efforts, which we at Westside find inferior to the 1-rep true max. Note that the max effort weight may not be an all-time record, but the most that can be lifted regardless of your level of preparedness.

The second method is the dynamic method. This method is used to replace a max effort workout. Submaximal weights are lifted with maximal speed. Remember, $F = m \times a$. This method indirectly builds strength by increasing a fast rate of force development and explosive strength. Bands or chains must be used to reduce bar deceleration. Bands will also increase the eccentric phase, which helps build a superior stretch reflex phase. Reps must be low (1 for pulls, 2 for squats, and 3 for benching). Never go to failure. You must stop if the bar speed decreases.

The bar weight or band or chain resistance must vary to cause a change in metabolic reactions and intramuscular coordination and changes in biometrical variables. This is discussed in *The Science and Practice of Strength Training* by V. Zatsiorsky. The bar speed must be about 8 meters per second or more. The sets are no less than 6 and no

Westside Training

Strength Training Methods as told by Westside Barbell's Louie Simmons

more than 12 with short rests (45-90 seconds) between sets. This single method literally changed Westside Barbell in 1983, and we have refined it for 24 years.

The third method of training is the repetition method. Super Training by Mel Siff talks about many methods of training. Repetitions to failure are to be done to complete failure with no assistance from a training partner. This system is also used with machines. This is a waste of time. Machines should be used for rehab or prehab only. They work mostly on the peak contraction principle. This system is designed to focus the efforts on increasing muscular strength at the weakest point of the strength curve. However, by itself, it does not accommodate resistance.

At Westside, we use the repetition method to near failure for several sets. Does this method work? I would not be talking about it if it didn't. George Halbert has also experimented with this system. Remember, George has broken 11 world records in three weight classes.

We use several different train-



Louie Simmons is always studying maximal strength performance. Here he closely watches a big squat with WPO referee Mike Sweeney.

ing systems and rotate them. The first I got from East German shotputters. Do 4 sets of dumbbells with a weight you can do cold for 4 sets of 15 reps. For example, I did 24 reps with 100-pound dumbbells. I started with 70s and now use 85s for 4 sets of 15 reps cold. George started with 85s but could not do them. After about a month, he uses 110s for his sets. Remember, pick a weight you can do fairly easily cold for 4 sets of 15 reps. Do the sets before the dynamic and the max effort day and, also, before the dynamic squat day and the max effort squat/deadlift day. If this is too taxing, do this 3 times a week. For a second workout, do 2 sets of 15 reps with a power bar, 4 times a week. Again, use a weight that you can do cold, no warm-ups. I use 185 with one set with a close grip, index finger touching the smooth part of the bar, and the second set with a max or wider grip. Each workout, alternate doing wide or close grip first. Just like the dumb-

bell sets, change from flat, to incline or decline, to seated. I have seen amazing results. If you burn out on dumbbells, go to barbell sets. As you can see, these workouts are moderate. They increase muscle mass and work capacity.

Not only powerlifters but also football, baseball, rugby, and almost every sportsman can benefit from this method. Again, do the sets at the beginning of the workout. This means before speed squats, max effort squat and deadlift, speed bench, or max effort work, and without a warm-up.

For rehab and prehab, we do dumbbells for time on a stability ball. A bench will also work. Pick 3 or 4 weights and do slow reps for a time record. I have done 40-pound dumbbells for 13 minutes and 100s for 2 minutes 45 seconds. Don't do continuous reps. Rest at the top or bottom position and change the style of pressing, e.g., elbows out, elbows in, hammer curl press, reverse grip press.

On max effort day, do 3 sets of max reps for a 1-set or 3-set record. First do a good warm-up before doing the max sets. When I could bench 500 without a bench shirt, I would use 100-, 125-, and 155-pound dumbbells. Our 550-625 raw benchers use 125-, 155-, and 175-pound dumbbells.

George Halbert trains the bench 6 days a week. His speed day and max effort day are as usual. His approach is to train pushing exercises on one day and pulling exercises on the next. Tony Ramos and "Dollar Bill" use the same system. There are two extra days of pressing. These extra pressing days are either decline or incline dumbbell presses. They are done for 4 sets of 15 reps with an optimal weight. This is not too hard or too easy. When he's not pressing, George does pullovers at various angles, barbell rows, dumbbell rows, pull-ups with added weight, or dips or chins with reduced bodyweight on a special machine. When he's not doing dumbbells or some type of back exercise, George also does a lot of cambered bar presses or uses an "arch" bar. This bar teaches you to use the upper back and to rotate and stretch the bar apart to utilize the triceps.

As you can see, George uses the repetition method extensively in his training. Westside is almost solely dependent on special exercises, using the repetition method to near failure for many sets. Remember, you must use all three methods to build strength: the dynamic, max effort, and repetition method to near failure. All of these are used during a weekly, monthly, and yearly plan at Westside.

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Powerlifting recently lost one of its all time greats, and many of us lost a good friend. Big Jim Williams died in his hometown of Scranton, PA. He had just turned 66, and had battled diabetes for over 12 years. He is survived by his wife of 40 years, Pat, and five children. Jim was born and lived almost all his life in Scranton. I remember walking downtown with him and being amazed at the number of people who greeted him. It seemed like he was more popular than the mayor.

Bob O'Leary, Co-Founder of the Weightmasters: "God called 'The Big Black Bear' home. I'm sure Big Jim is now at peace. I will never forget our friendship."

Williams had many nicknames, 'The Scranton Superman', 'King of the Bench Press', 'The Big Black Bear of Scranton', 'Chimes', but to many of us he was 'Jimmy'. He was always large and athletic, and at age 12 he weighed just over 200 lbs. He attended Scranton public schools, and graduated from Scranton Tech. He excelled in football and track and field. In the shotput, he reached the State Finals four times, taking one State Championship. After high school he had a tryout with the Houston Oilers of the old AFL. Jimmy was an athlete. He proved his ability by winning \$20.00 from me, dunking a basketball after a workout. Jimmy weighed about 340 lbs. then.

Jimmy weighed about 235 lbs. when he began weight training. He started out doing a bodybuilding routine, but it quickly became apparent that he was much stronger than the average trainee. He began to do the power movements, and entered his first power meet in 1966. Soon his bench press began to outdistance most other competitors.

His career was not long, and he did not compete after 1973. In late 1979/early 1980 he was training for a comeback, but suffered a serious quad tear, which ended his attempt.

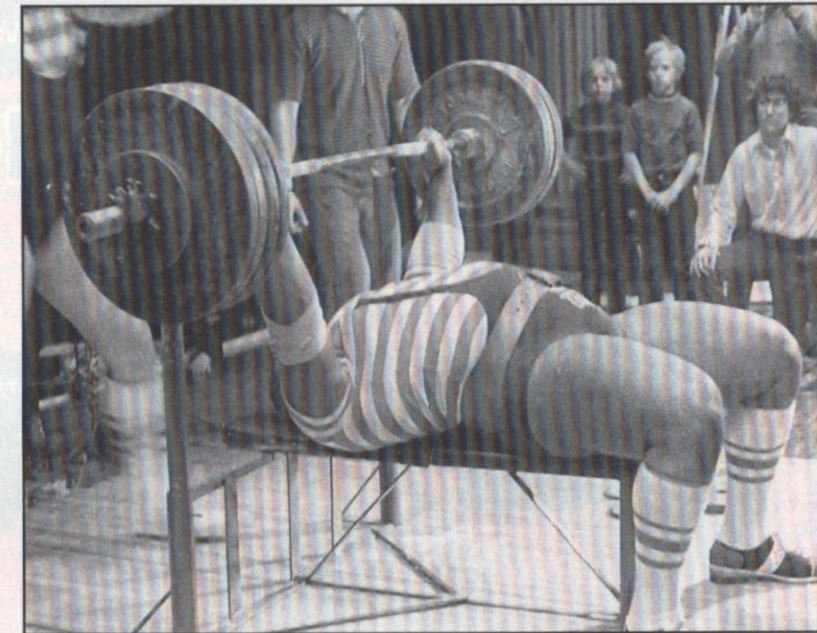
Pete Alaniz of Titan Support: "Jimmy's death was a shame. He was a man ahead of his time."

Joe Ladnier, Multi Time World Champion: "I never met Big Jim, but he was one of the strength legends that I admired from Day 1. R.I.P. Big Jim."

Not only was he a competitor, Jimmy was an official and promoter of meets in Scranton, along with Bob O'Leary and Lloyd Capewell. He was also co-founder of The Weightmasters Powerlifting Team. He was an author who contributed articles to *Powerlifting News*, *Iron Man* and *Muscular Development*.

Jimmy knew all the lifters, regardless of weight class. He spent hours on the telephone getting and giving advice, and sharing the latest info. All lifters were his friends. Rickey Dale Crain, Powerlifting Legend: "I was a young lad of 19, sitting at the Zembo Mosque (site of the 1972 Worlds), which was filled with monsters. When I first laid eyes on Jim, I had never seen anyone that big in my entire life, and to this day I still believe that. Jim benched 675 that day, and missed a try at 700, and I knew that I had been in the presence of one of the greatest

In Memory of Big Jim Williams



Leading the Way for a long time ... Jim Williams benched 675 at the 1972 Worlds

bench pressers, and powerlifters of all-time, a true Hercules, and the fact that he knew who I was and called me by my first name, was enough for me. God Bless you Jim, we all miss you."

Jimmy was 6'1" and weighed between 340 and 345 at his peak. Bob O'Leary took some measurements of Jim when he weighed 320 lbs. His chest was just over 60 inches, waist 44 inches and upper arms were 22 inches. He carried his 340 lbs. very well, and everyday movements were as easy for Jimmy as they would be for a person weighing 180 lbs.

When John Kuc and I trained with Jimmy, our workouts took place at the Downtown Y in Scranton. We then switched to the basement of my home in Mountaintop, PA. These workouts were unbelievable, Kuc and Big Jim broke records every workout. Some of the people who joined us in those workouts were Tony Carpino, Bill Hess, Tank Matthews, Bob Lacey, Joe Leonardis, Tony DeFrancisco, Walt Pawlowski, John Turi, Jojo White and Wayne Davis.

Bob Lacey, original member of the Weightmasters: "Jim Williams was a man with a passion for life, lifting and his family. I recall training sessions when he would warm up with 315 lbs. in the bench, and finish up with a 675 lbs. or 705 lb. lift. (Raw lifting). Jim was a pioneer of the BIG BENCH, and set a standard for those who followed. I am proud to have known Jim."

In the late 1960's Jimmy's goal was to take the Bench Record from Pat Casey. In 1970, with a lift of 628 lbs., he did that. From that point his bench press took off, with Jimmy setting a record almost every time he lifted. He finished with a 675 at the 1972 Worlds. Unofficially, Jimmy must have done between 675 and 715 at least 25 times. He did a 700 in my basement on a narrow upright bench. His 715 was done at Pfeffer's Athletic Club in Scranton when he was making his comeback. When someone asked me what he could bench, I always said

700. Maybe I didn't give him enough credit. Gus Rethwisch, WABDL President: "Jim Williams, John Kuc and Jon Cole were the equivalent of Babe Ruth, Ty Cobb and Lou Gehrig. Jim Williams was the strongest bench presser that ever lived. If he were benching today, he would do 1000 to 1050 lbs. in a single-ply, non-split neck shirt. He did 700 raw in 1972, and had no one to push him. If he were in his prime today, he would do 800 raw, and in so many words say to every bench presser: 'There is no competition when it comes to Jim Williams and the bench press; the rest of you need to figure out who is second best!'"

What could Jimmy bench today? Not only is the proper shirt worth 200 lbs, but when Jimmy benched, you had to keep all parts of your body on the bench. The press signal was up to 2 seconds, and no uneven extension was allowed. In my opinion Jimmy would still be on top if he lifted today.

Mike Sweeney, Executive Chairman of the WPC. "In my mind after re-reading Big Jim's book last night, after him, the next superstar bench presser would be the one that his 800 lbs. without a shirt."

Jimmy was not just a bench presser. He was a powerlifter. During his career, in addition to the bench press record, he had held the squat and total records. He had some tough luck at big meets, losing a National and World Title on bodyweight. In the opinion of multi-time World Champion, John Kuc, Jimmy never reached his potential in powerlifting. In the three years I trained with him, I only saw him deadlift twice. To quote Kuc: "Jimmy had more potential than anyone other than Paul Anderson. I truly think with proper training he could have totaled over 2500 lbs. without equipment."

Dr. Terry Todd, Powerlifting Historian, 1st National Powerlifting Champion: "I have been lucky enough to see, in person, most of the strongest super heavies in the

world over the past 50 years. I would definitely place Jim Williams benching in my top ten, along with such stalwarts such as Paul Anderson's squatting, Bill Kazmaier's dumbbell pressing, Alexeyev's cleaning, Savickas' overall power, Koklyaev's pull, Bolton's deadlifting and Mark Henry's grip strength."

Bill Ennis, Weightlifters Warehouse: "I competed in the same 1971 Nationals in West Paterson, New Jersey as Big Jim. His last warmup in the bench was a triple of 650 on a flimsy narrow grip York Bench. He certainly set his mark as a bench press legend. God Bless you Jim."

Jimmy's training methods were different than the norm. He would bench 3 to 5 times per week, sometimes on 3 consecutive days. Jimmy's workout was quick, and would go like: 315x8, 405x3, 475x2, 530x1, 580x1, 630 to 650x1, 605x3. A total of 19 reps. Jimmy used to say he could be in and out of the gym in the time it took most lifters to warmup. He would repeat this, workout after workout, adjusting only the last two sets.

Jimmy had a great ability to analyze technique, and offer corrective solutions. The first time he saw me squat, he made adjustments in bar placement, and adjusted my foot stance. I was able to add 100 lbs. to my squat over the next year, without wraps or suits.

Jimmy was always thinking "Speed". He said the faster you got the bar moving the more it would take to stop it. He put many of his theories into print. I believe Rickey Crain still has copies of Jimmy's book.

After the '72 Worlds Jimmy's desire to lift was not as great. He had some legal issues to be resolved, and the failure of many of the top Supers to show for the '72 Worlds disappointed him. He had called, written and posted letters in all of the publications inviting them, but for whatever reason, some chose to stay home.

Between 1973 and 1979 his training was inconsistent, and his weight dropped to around 300. He came back began in 1979, and was going well. He was even deadlifting and getting close to 800 lbs. in that lift. Unfortunately, his injury occurred, and Jimmy lifted no more.

His wife and family were always a big part of Jim's life. He was a student of history, and admired all the great leaders of the past. He enjoyed music, and had a state of the art stereo system long before they became popular. Jimmy liked cars, and built a Hot Rod. He also negotiated with some of the Mountain Bike manufacturers about a prototype bike he designed.

He was also an arm wrestler, sit down style, which involved less technique and more strength. The only time he was beaten was in a 2 out of 3 contest, to World Champion, Mo Baker.

In 1986 Jimmy found Christ, and devoted his life to helping others. He had contacts throughout the World, and got great enjoyment out of this part of his life. It seemed to fill the gap left by powerlifting.

Big Jim Williams is gone, but his powerlifting legend will live forever.

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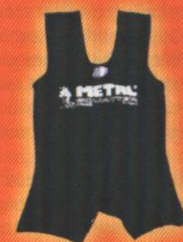
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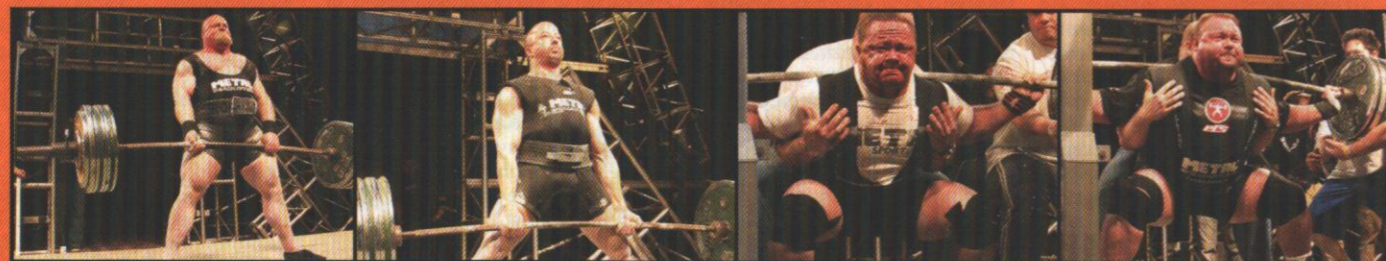
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Donnie Thompson - 2606 lb total

"You got spanked in the store a lot didn't you?" Wow, that stung me right where it hurt. I had been trying to be good! I was at a fancy party - minding my own business - when she had to bring up 'yesterday's duckies' and go there. I was all dressed up and acting right, when this fancy feather-boa-weasel leaped off a woman's neck and attacked me. I was merely defending myself against the vicious creature (cleverly disguised as a neck-wrap) - when she asked the above question (with a look of bemused disgust). Were you ever told that your behavior just wasn't right for the occasion? Maybe you don't act right in the gym? Hold that thought for a sec...

I have a friend who is compulsive about picking up all of the weights and bars; making sure that everything is perfectly neat after we train. He even picks up after other people, and he has to organize everything perfectly before we can start working out. I'm kind of glad he's there - like a really ugly housekeeper who works for free. But there are things that you should NOT do in the gym. We get a few questions on Gym Etiquette, and so we'll try to address those - sort of a public service message of appropriate standards for the gym. Maybe this will tell you "how to act right." In the immortal words of Wanda - you may be "outta order!" (If so, "you better get that s**t fixed!")

Question #1: why do we need Etiquette Standards? Isn't chivalry dead? A long time ago, I was picking up my 5 year old son from kindergarten, and we were having one of those father-son talks about life. He asked, "Why do boys have to hold the door open for girls" (it didn't seem fair to him)! I told him that it is rooted in the desire to help those who are smaller and/or weaker. I reminded him that he is supposed to take up for the little kids on the playground if someone is mean to them - and always take up for little girls. Since girls are usually a little smaller, boys should hold the door open for them. He solemnly digested this information, and then asked, "What if Miss Hiebsch (the 5'9", 200# kindergarten teacher) got to the door at the same time as Coach Sheffield (his 5'7", 170# elementary school coach)? Who would open the door then?"

Well, of course, the female teacher is much larger (and more powerful) than his coach - and this shot major holes in my 'help the smaller/weaker' speech. I quickly regrouped: "Just so we don't have to compare strength & size at the door, let's just use the general guideline of 'boys open the doors' whenever possible - OK?"

Pancho was happy to get this info. It occurred to me that most powerlifters are like 5 year olds, and could probably benefit from some etiquette lessons for the gym.

Hard Core Gym Etiquette ... (Intermission between Hard Core Gym #60 & 61) as told by Rick Brewer, HOUSE OF PAIN



Be Nice ... in the gym, or you might disturb the likes of Chad Aichs

Things like: what do you do when gym management turns up loud BeeGees music? What if they won't let me use chalk? Why do the fattest people wear the tightest leotards? If sweat is a bodily fluid, can I catch AIDS from it? So here are some basic GYM ETIQUETTE LESSONS. Keep in mind that we get emails from ALL types, so there is a wide variety in the level of info offered. Read and learn.

Q: Dear Miss Manners: the gym where I train won't let me use chalk, and they won't let me carry a gym bag in the weight room. I won't say what gym it is, but their initials are '24-H-F.' Where should I put my knee wraps, bands, and straps?

A: Dear 24-H-F Member: Put your gear in another gym that welcomes serious lifters.

Q: Dear Miss Manners: A guy at the gym borrows chalk everyday. It adds up. It used to take me three months to use a block of chalk, and now I use a block every month! What do I do?

A: Dear Whine Bag: quit whining, you little weenie! Seriously - chalk is cheap. Does this guy help you put on your bench shirts and squat

suits? Does he spot you on heavy lifts? If so, we figure you are WAY ahead.

Q: Dear Miss Manners: every Thursday we train chest and I have to drive to the gym. Then when it's Blake's turn to drive for back/legs on Sunday - he's always too hung-over to drive. I buy all the gas and train legs alone. What do you suggest?

A: Dear Ed: just get a new W/O partner, or switch days for training chest & legs. Most beach bunny lifters never miss chest day. Or buy a motorcycle.

Q: Dear Miss Manners: a big dude walked up to me at the gym and asked, "Spot me?" I replied, "Spot you? How could I miss you? You're as big as a house!" Then I turned to walk away. For no reason, he shoved me - what gives?

A: Dear Spotter: When a large muscular person asks you for a 'spot', they really want a kiss. Next time you see this guy, just walk right up to him and say, "Is this what you want?" and kiss him right on the mouth.

Q: Dear Miss Manners: I was psych-

ing up for a PR squat. My training partner Ron pulled up my squat suit straps, my belt, and as I snorted my ammonia - he slapped me on the back. Then, for no reason - someone I didn't even know slapped me hard! It threw off my whole mindset, and I missed my squat. What is the proper response to an unwanted slap from a stranger?

A: Dear Slap-Happy: Depends on how big they are. Was the "strange slapper" a large muscular male? If so, maybe you should pretend to like it. Was it a small guy or an ugly female? If so, just slap them back and say "thanks dude!"

Q: Dear Miss Manners: is it wrong to watch the crazy people train, and make fun of the idiots when we do cardio?

A: Dear Tacky & Uncouth: no, it's not wrong. Anything is allowed to pass the cardio time.

Q: Dear Miss Manners: No one picks up their weights at the gym, and it is a safety hazard. I can't even walk around. It takes me 15 minutes to pick up everything before I can workout! Help me!

A: Dear Neat Freak: Every gym needs 2 or 3 people like you. Why don't you make it neat (like you like it), and they can make it messy (like they like it)? You can't have Steve - he's our ugly unpaid maid (mentioned above).

Q: Dear Miss Manners: are Feather Boas really alive?

A: Dear Ancient History Buff: as far as I can tell, YES. I wrestled one to the ground last Sunday, and barely escaped with my life.

Q: Dear Miss Manners: During an argument over who was leaving sweat on a particular bench, Robert pulled down his pants and underwear, and smeared his sweaty bare ass all over the whole bench. Then no one wanted to use it - I nearly vomited. What should we have done?

A: Dear Revolted: This exact same thing happened to Rick of HOUSE OF PAIN! Things got really out of hand after the butt sweat maneuver! The guilty party (butt-wiping) lifter was Robert R., of Eustis, TX.

Q: But what should we have done?

A: I can't tell you what we did, because it cannot be printed.

Unrelated info: I have 5 baby dinosaurs at home (google 'Triops'). Next month, we really will get sore as we look at a Hard-Core Gym for dinosaurs. I promise!! More questions about gym etiquette or comments on wild-boa-neck-creatures? Rick@houseofpain.com

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Bench Press Training for the Master Lifter

As we age, it becomes increasingly difficult to make gains in the bench press. With that said, there is much we can do to improve the bench press, if we lift smart and train properly. I have tried many methods in order to bench more weight, some were total failures and some were very helpful. It is true that what works for one lifter will not always work for another. Big chests and short arms are a major asset, but I have seen men with long arms and smaller chests do very well in the bench press. I have a man in this category from my gym who is a very good bench, his name is Greg and he has been lifting for four years. He weighs 210 lbs., he is 46 years old and he can bench 420 lbs., double bodyweight.

For those who use the bench shirt, you should get a good pop out of the bottom and you must build your lock out strength. This is very important as there is no shirt that will do much to help your lockout. Working your triceps alone will not solve your lockout problems either. By adding boards, bands, and a common sense approach, you can add many pounds to your bench press. What amazes me is, even at a national and world class level, I still see lifters, after struggling to make an opener, failing to make their second or third attempts because the lift stalls at the point where the triceps kick in. I have seen some lifters do this for years. Yes, I was one of them.

Another thing that I have seen is a veteran lifter who comes to a contest with an old shirt that has been stretched and worn out, and yet the lifter refuses to accept that the shirt is shot. It's my opinion that a shirt will last about a year, and that's if you use it 3 to 4 times in a contest, and in training for those contests. While on this subject, you must take the time to wash your shirt after using it. Not just once or twice a cycle because your shirt will dry rot from sweat. Take the time to rinse your shirt

as told by Will Morris

in warm water with a mild soap after each use. This will add many weeks to its life.

Another problem is if you are going down a weight class you must be prepared to go down a size or two with your shirt. Let's say you are in the 242 lb. class and you want to go down to the 220 lb. class. There's no way you will get a good lift in with the same shirt you used at 242. I would say that even a 10 lb. loss of body weight could effect your bench shirt. Even if you train at 230/235 lbs. and you are going to lift at 220 lbs. and you don't have but a few hours after weighing in before you lift, it would be better to use a tighter shirt than you trained in. Going up a weight class will also create problems and you will have to go up a size or even two sizes. I have about five shirts that I can use based only on my competition bodyweight.

An example would be if I have to travel a long way, and the food is not to my liking, or if I caught a cold prior to the contest and have dropped 8 to 10 lbs., then I will use a tighter shirt. Make sure, if you go up or down in bodyweight, that you plan well in advance in order to get your shirt delivered in time. Also, you need to have time to train in it. My advice would be to place your order at least three months in advance, to allow about 4-6 weeks to get it and 6-8 weeks to train in it. Shirt size issues need to be handled, in advance in the gym, and not at the contest site.

When thinking about your shirt there are two things that you should consider, the shirt panel and the arms. If the panel is tight and the arms are loose the shirt will not work as well. Also, if the panel is not tight

enough, but the arms are tight the shirt will not give you the best results. In that case, you would be better served to have a custom shirt made for you rather than to purchase one off the rack.

The next point is a very critical one. I have seen experienced lifters miss a lift or even bomb out because they are physically unable to fully lock out their elbows. Referees do not necessarily know that you have this problem, so you must tell them each time you lift. There is a chance that the ref will not remember you from one attempt to the next, or there could be a change of referees between your lifts.

At this time, I want to talk about your training. Board presses are one of the best ways to work the top part of your bench, no question about it. The shirt will get you out of the bottom, but unless you have super tricep strength, your bench will stall out at some point. Your first goal is to find the height where your shirt has stopped and your triceps need to kick in to finish the lift. Once this has been established, you need to work your board presses about one board below that point.

Let's say your shirted bench takes you to four boards (about 6 inches) off your chest, then you will need to start at about three boards in order to get below your sticking point. The same would apply to a shirtless bench. The key to this training program is that you must get your lockout at least 25 to 30 pounds over

your shirted bench. If you bench without a shirt you are looking at the same issue. This will take time. It took me about six months to do this. You must be patient, but you will like the results.

If you don't have boards, you will need to make them. Purchase one 6x2x8, cut the first board at three feet, then cut the next three at 18 inches. You can use heavy duty rubber bands, velcro, or any method to attach your boards together. You will need two spotters; one to hand you the weight and one to hold the boards. I have used a Super Wrap tied around my chest to hold the boards in place, when I only had one other person in the gym. Make sure you have a strong, alert spotter when you do this, because it is risky. I always do my boards after my heavy sets. Here is an example: make sure you stretch out your shoulders, chest, and triceps for at least five minutes prior to taking your first warm up. The following is my first



Greg Stang doing the 3 board hang band bench press. This lift works the bench from midway to lock out. Note, the spotter's hands are near the bar, and the bands are attached to the top of the rack.

week of training in a 6 to 9 week cycle.

I will train on Wednesday for my heavy day, and on Saturday for my speed day. I take 135 for two sets of 10 reps. The first set is slow, and the second set is fast. (In colder weather always train in a loose sweat shirt to keep your body heat in). Next I will take 225 for 5 reps at a fast clip, and then it's 275 for three reps, then 325 for a single. I will add 10 lbs. to this shirtless bench each week. At this point I will put on a loose shirt and do 3 sets of 3 reps with 360 lbs. with a start and press signal on each rep. Next, I go to the four board press for 3 sets of 3 to 5 reps with 405 lbs. Each week I add 10 lbs. to this lift, and each three weeks I put on a tighter shirt. The last three weeks I will use the shirt I will compete in, which most times it is my tightest shirt. If you change shirts after your opening bench, make sure that you have ample time and that your shirt is set properly. It is critical that you lock out, as best as you can, each rep. If you can't do a rep or two, on your board press you must drop your weight down and make sure that you stay in the groove on each rep, and do not let the weight drift back towards the rack.

Next I move to the hang band/4 board press. If you don't have bands, please purchase a complete set of four bands. I have a squat rack that has cross bars at the top and I pull my bands through and put them inside the weight at about an inch from the inside of my hands. You will have to judge the size of your band by how much you bench and how much you can handle in this lift. Again, keep those strong and alert spotters close in all your heavy lifts. I like to have my spotter's hands on the bar. I would guess that if you bench 300 lbs. an

inch band will work. At 375, a one and one half inch band, and at a 450 bench, a two inch band. This will change as you get stronger. In this lift, I will do 2 to 3 sets of 3 to 5 reps. Like the board press, don't let the bar drift back. After this, I remove my shirt and move to weighted dips, 25 lbs. x 5 to 6 reps for 3 to 4 sets. I will add 5 lbs. a week up to two weeks before my contest. Keep in mind you only need to do the half dip as you are only looking to build strength at the top. I stop all assistance lifts two weeks from the meet, except prone triceps extensions. These I stop one week out from the meet. Next I do dumbbell flies. The weight starts in front of my lower stomach and arcs up over my head from the side, again 3 to 4 sets of 5 to 6 reps. This exercise helps my shoulder strength a lot. If you can't do these, then try dumbbell front raises. Lastly, I move to one of my favorite lifts, the prone triceps extensions or 'nose breakers'. They are set for 3 to 4 sets of 5 to 6 reps. I start with 150 to 160 and add 5 to 10 lbs. a week. Don't wait around too long between sets. Try and set a good pace between sets, so that when you get to a contest and there is only 10 or fewer in your flight you will not get as tired.

On Saturday I do my speed bench workout and speed in the bench is as important as power. You don't have to use a lot of weight to increase your speed. I will start at 135 lbs. and I will add five lbs. a week. If my speed slows down, I will back down on the weight. I only use the half inch bands doubled up one for the speed bench, and I do only 5 sets of 3 reps. Make sure each rep is pushed up as high as you can. If you can lock out, do so. I can not lock out my right arm. Each set should take only 3 to 4 seconds. When starting the speed bench I would suggest only using about one third of the weight that you benched in your last meet. Going



Jesse Sheckler is doing the 3 board press with bands. This works the lockout. Note: the bands are under the bench and the spotter has his hands on the bar.

up or down a class will change the weight you use for this lift. One point I want to make: I like a 'press' signal at the meet and in the gym from someone who has a very loud voice. When this is practiced in the gym you will explode at the meet. Make sure you have a very experienced lifter give you the press signal at the meet because I have heard some people yell "press" and they were too soon and the refs turned down the lift because of this very bad error.

In order to do the speed bench you must be able to attach the bands to the floor. If your bench rack does not have an iron strip running across the bottom you will have to improvise. You can run an eight foot 2x4 under your bench and block it down from the seat you lay on. Next, place the hook screws into your 2x4s at about 6 to 8 inches from the end of your bar. Make sure that your 2x4s are 6 to 8 inches out from the bar. Then, when you

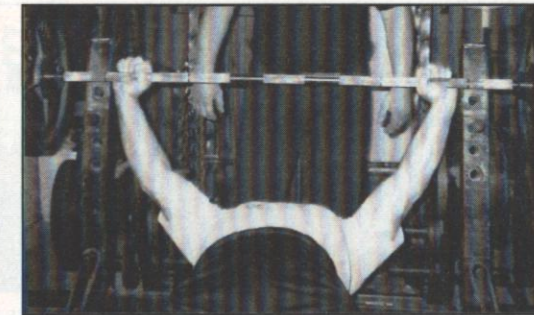
take the weight in your hand the bar is over your chest. Put one end of the band into the hook and pull the other end over the bar and back to the hook. For those of you who can't double up the band because it offers too much resistance and slows down your speed, just put the band in the hook and tie the other end of the band off at the bar by putting a knot into it. Keep the band snug at all times and keep in mind, this is about speed, not strength. If you do not want to use a 2x4, then use two heavy dumbbells. Make sure they are stationary by putting plates next to them to prevent them from rolling.

Back to the Saturday workout. After doing my speed bench, I do three sets of dips only using bodyweight. I do these as quickly as I can for 10 to 15 reps. As stated before, you only need to do the half dip. Next, I do 3 to 4 sets of the pec deck for 6 to 8 reps. I finish off with 3 to 4 sets of 8 reps of the standing press out with a rope. These are done from the lat pulldown machine and are pulled over my head to lock out. Last, I do crunches with weights behind my head, 10 to 20 lbs. for 30 to 40 reps and weighted leg raises also for 30 to 40 reps. Strong abs are a must for all lifters, young and old.

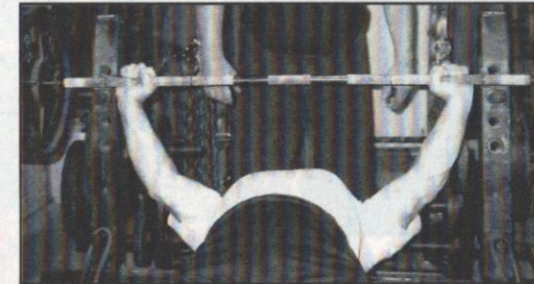
When benching never ever let the weight sink into your chest or relax. Stay tight at all times when you bench, as it will help your speed off the bottom. Some of you are 'arch benchers' and some use only a little arch. I prefer to bench with a flat back, as this keeps my butt down and keeps my feet from moving. It also helps to keep the bar in the groove. I have seen several high arch benchers drive the weight off their chest fast and strong only to have the weight go too far back toward the rack, out of the groove, and thus they miss the lift. For those of you who have had this happen, try not to arch as much and squeeze the bar into the rack or getting out of the groove. At the meet, always sit facing the back of your chair with your arms in and resting on the chair back, as this will help keep your shirt tighter as you wait to lift.

Use sleeves and baby powder to put your shirt on. The shirt needs to be set in tight as is possible as this can hamper your bench if not done properly. You must make sure that your shirt is pulled down on both sides and most important the chest must be pulled down. This must be done on each attempt, both in the gym and at the meet, as this is most important. The best way to do this is to first pull your singlet up over your shoulders, then have a very trusted lifter reach up under your singlet and pull it down while you are bending over toward him. Next, straighten up and pull your belt tight, since you must use your belt to keep your shirt down. I suggest a lighter, thinner belt. Keep in mind, the sweet spot or the narrowest point in your shirt panel is where you want to start the lift, not a inch above or below. In the gym, put some chalk on the bottom of the bar and when you bench the chalk will show you where the bar touched your chest. You must get to know your shirt like the back of your hand and this is done by training in it well before your contest day.

I have seen some very good benchers take the weight at arms length with their shoulders up. This is not good, as you should lower your shoulders down as far as you can before you get the start signal. This can take several inches off of how far



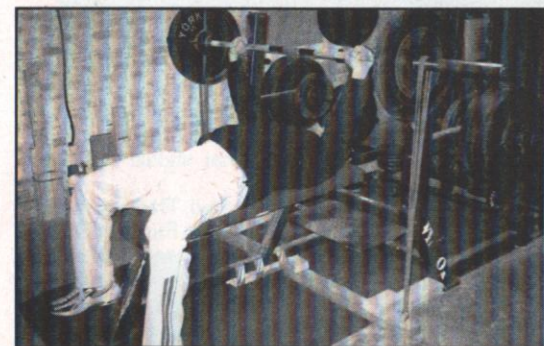
Above, Will Morris with his shoulders up, below, they are down. "This is where I start my bench at a contest. Once you learn how to do this, your bench will go up, very quickly, both in speed and power."



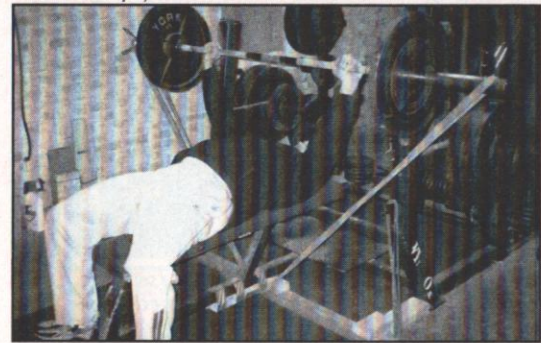
you have to bench the weight. Try this in the gym first, with about 225 lbs., and while the weight is at arms length, have a training partner use a tape measure and measure the distance from the bottom of the bar to your chest with your shoulders up. Next, do this with your shoulders down. The difference may surprise you. For me, it is about four inches less. Also, train with different grip widths on all but your heavy sets as this will help strengthen your pecs. Bar speed coming down is very critical. I recommend a slow descent, as this will give you a faster take off. For the big lifters who handle the big weights, it will help to keep the bar itself from oscillating. A training log is very important. Keep a good record of your training; how you felt, did you have a cold, did the weight feel heavy or light, and add in your bodyweight on each day you train. Include when you have a good training day or a bad one, also what size shirt that you trained in that day. You can always go back to your training log to see what worked and did not work. I have every workout that I have done since 1977. Invest a few bucks in a work out book.

In closing, for those of you who do not squat you should start. The squat can add pounds to your bench if you do high reps, ten and above. Squats will enlarge your chest and will give added strength to your legs. This helps all benchers who drive with their legs when they are benching. I hope that some of you will get some helpful hints from this article. You will travel many miles and invest many dollars in your quest for a bigger bench press, so why not take the time to do it the right way. You lift the way you train and even under the eyes of experienced trainers mistakes can and will be made, so invest in a camcorder and take the time to tape all your bench workouts and contests lifts and review them again and again. May the bench gods be good to you.

Editors Note: Will Morris has won 9 ADFFPA/USAPL national masters in the 242 and 275 classes. He's a 3 time IPF world masters champion who holds the current IPF masters bench in both the 242 lb. class, (60-64) with 402 lbs., and in the 275 lbs. with 442 lbs. He also holds the world record total 1548 lbs. at 275 lbs. Will has been competing for almost 30 years.



Speed Bench is done on your second training day. Above the bands run from the floor to the bar. This lift is about SPEED not STRENGTH. You can do the Speed Bench with the bands going under the bench as well. Note (below) how 2x4s are used to keep the bands down. Keep your sets of 3 to 3 seconds or less.



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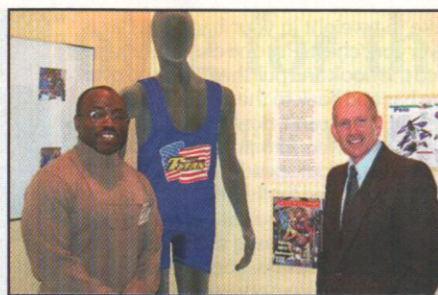
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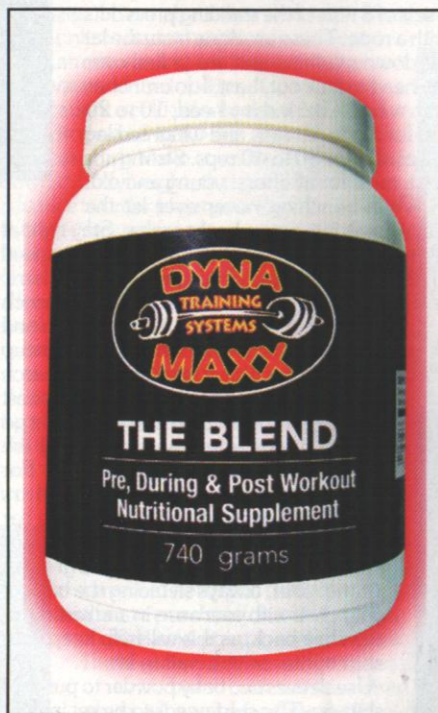


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Many time IPF World Champion **Dave Ricks** attended a reception (on Superbowl Sunday!) for the National Afro-American Museum and Cultural Center in Wilberforce, OH. The opening exhibition was entitled "A Presence With Impact: Blacks in American Sports" Dave provided a PL USA cover shot, a squat suit, and a meet t-shirt for the exhibit.



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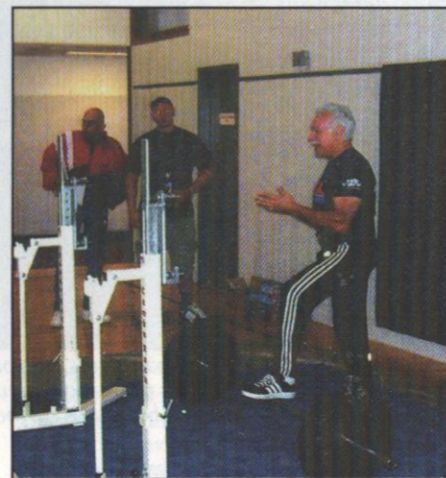


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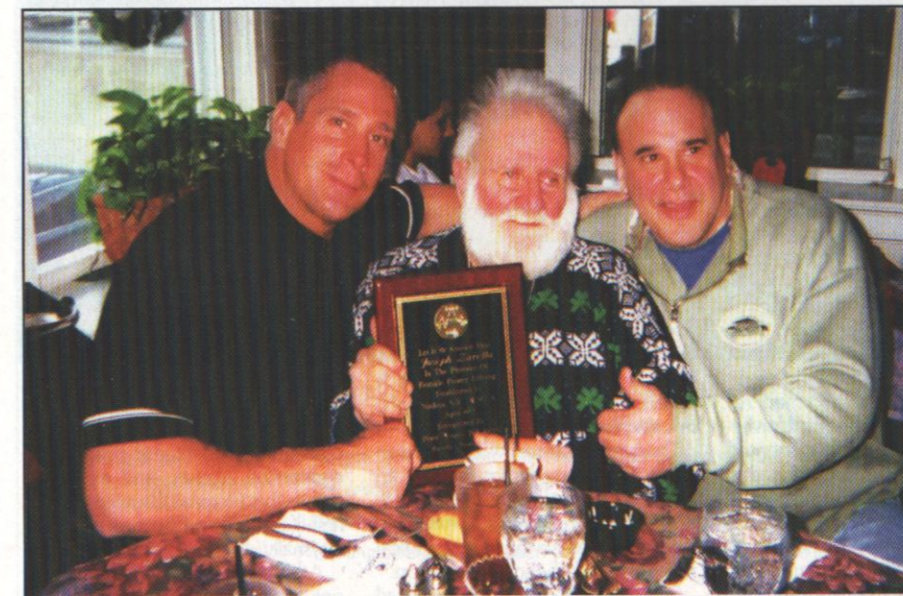
A new E-Book is available, 'Metroflex Gym's Down-To-Earth Guide to Your Ideal Body', as well as a companion website www.metroflexgymtraining.com, which represent the training philosophy of Metroflex Gym owner (Arlington, TX) Brian Dobson. With 30 years of experience in weight training, bodybuilding, powerlifting, and fitness training, Brian operates the gym that provides the training grounds for multi-Mr. Olympia **Ronnie Coleman** and physique star **Branch Warren**. Metroflex Gym was voted #1 Hard Core Gym in America by **MUSCLE & FITNESS Magazine**, and Brian received a Texas NPC award as Promoter of the Year in 2006. The e-book can be ordered at the website, but along with it you will receive guidance on how to "get into the zone", how to generate publicity, a training log, and a free newsletter with a seven part mini-course on reducing bodyfat levels.



The 1st Southern California USAPL Powerlifting Clinic was held January 20th, 2007 at the Down Town Athletic Club in Hemet, CA. **Jim Merlino** and **Rudy Lozano** demonstrated the bench press and discussed training, while **Sam Alduenda** finished the clinic discussing the deadlift. Thanks to **Philip (owner) and Chester (general manager) Smith** for hosting the event. Video segments can be seen on youtube.com under 'Downtown Athletic Club Powerlifting Clinic'. USAPL California Chair **Mike Womelsdorf** organized the clinic, to promote PL to new lifters of all ages, and if you would like a clinic at your location, contact him at 909-880-2948 or via e-mail - USAPLCACHAIR@aol.com



POWER UNLIMITED, THE MOVIE ... brings Powerlifting to the motion picture marquee, making its debut last fall. **POWER UNLIMITED** puts PL into a context that **Joe Public** will comprehend, while **Iron Game** insiders will drop their jaws in awe and delight at the rare historical footage, the rollicking good lifting stories, and so much more... the verbal interplay between bench press behemoths **Scot Mendelson** and **Gene Rychlak** is completely priceless... for one example. The producer **Julian Ogans Sr.** and director **Gabe Sorenson** are shopping this well crafted production to film festivals nationwide, and they welcome any contacts that those in the PL community can provide... check out previews of the film at www.powerunlimitedthemovie.com, and look for release details in a future issue of **PL USA**.



Former USPF President and promoter of the first Women's World Powerlifting Championships **Joe Zarella** was presented an award for being the founder of female powerlifting at a dinner in Manchester, NH last December. In this photo by **Pete Vuono**, **Joe ..** who is now 82 years old .. is flanked by **Randy "Machine Gunn"** and Bench Press legend **Ted Arcidi**.

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

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

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

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

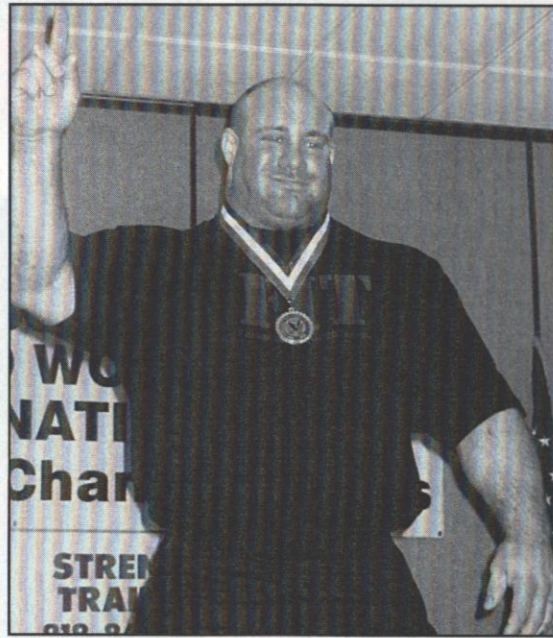
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

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

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

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

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



Scott Mendelson is a big endorser of BodyQUICK

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

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

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

As a sample of the former, researchers and scientists at the University of Connecticut have demonstrated that high-intensity training, defined as resistance training at a minimum of 90% Maximum Heart Rate (MHR), can increase the number of branches that extend from the end of a given motor neuron. In this manner, broader connectivity increases the number of motor units reachable by multiple motor neurons, resulting in greater muscle fiber recruitment and strength output. This is of particular value within larger

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

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

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

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

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

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

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

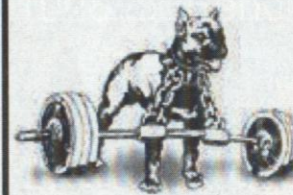
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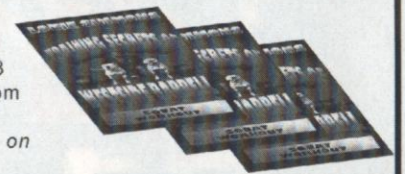
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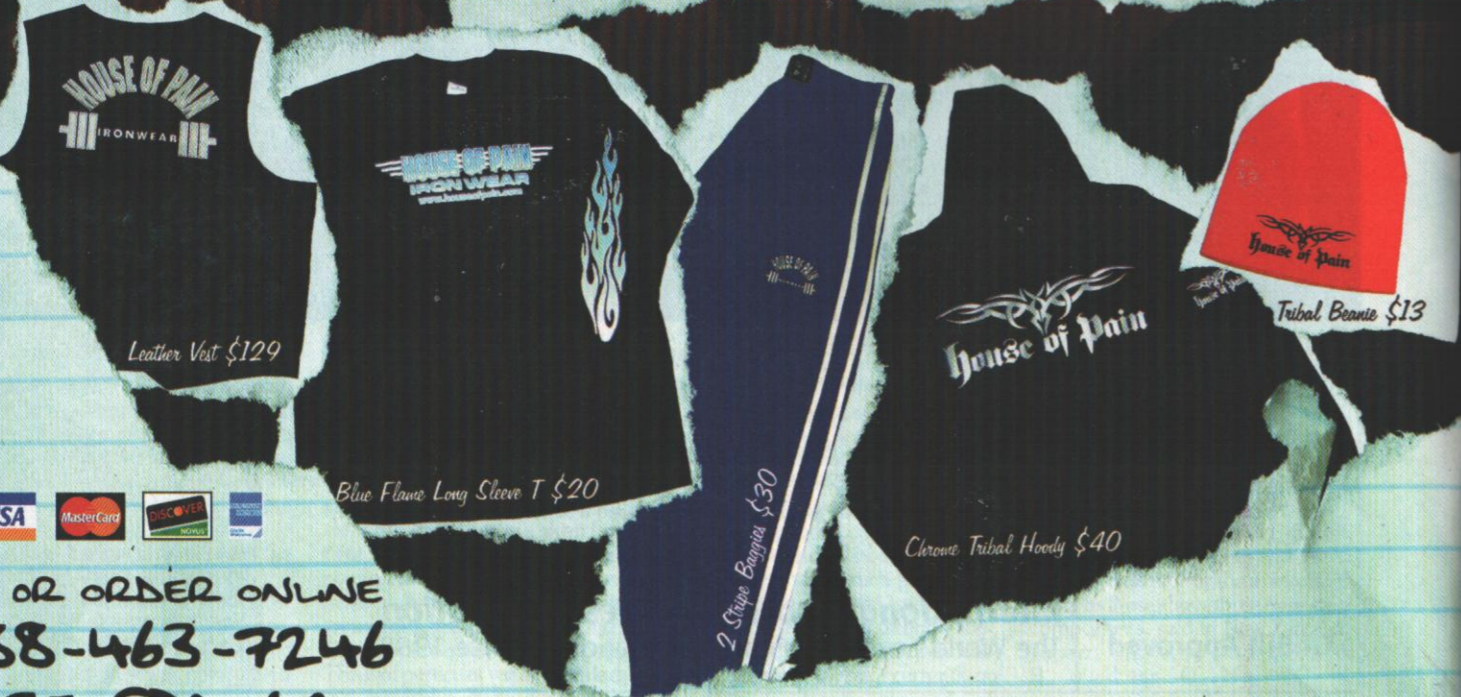
My name is John Mason. I am 40 years old and live in Cape Coral, Florida. A year or so ago, I bought my first set of House of Pain workout gear. As corny as this sounds, the gear actually got me motivated to start power-lifting again. I had a several year lay-off from lifting (laziness, kids, job, ect..). I had no workout gear until I purchased the House of Pain gear. Now almost a year later, I am starting to get back into shape. Currently, I am 280 pounds with a 50" chest, 19 1/2" arms, with a 375 bench. Not Great by many standards, but for a 40 year old working out for nine months, I guess it's not too bad. I have been drug free my entire life also, as I am sure you can tell by the blubber... Ha! Ha! My goal is to get to 250 pounds, with a 52-54" chest, 21" arms, and a 405 bench... which would match my all-time best lift from 10 years ago.

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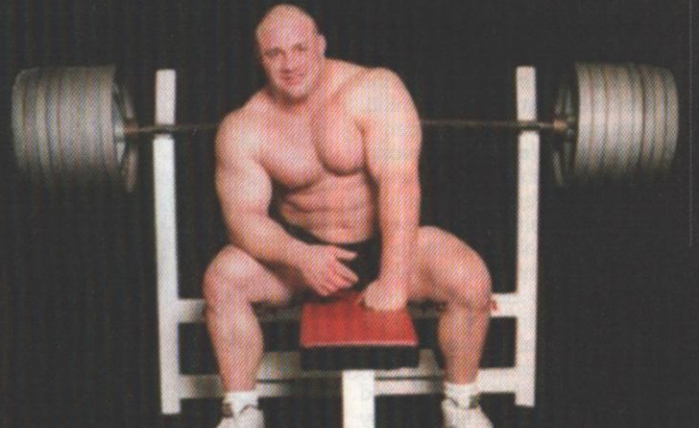
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9 World Records in Powerlifting

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DR. JUDD

The Five Greatest Strength Athletes of All Time by Dr. Judd Biasiotto



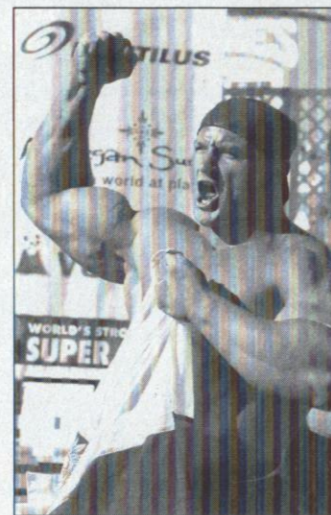
#4 on Judd's List - Bill Kazmaier

apart. As Larry Bird has said of Michael Jordan, "He is God disguised as Michael Jordan." Michael Soong, statistician, says, "in the heavens the gods pretend that they are Magnus Ver Magnusson." Here on earth Magnusson ranks only fifth on my list among the world's all-time greatest Titans. Even that high a ranking may bring considerable debate from others, because he never put up any mindboggling numbers in any one lift. Still, it can not be denied that when it comes to total body strength few athletes can compare.

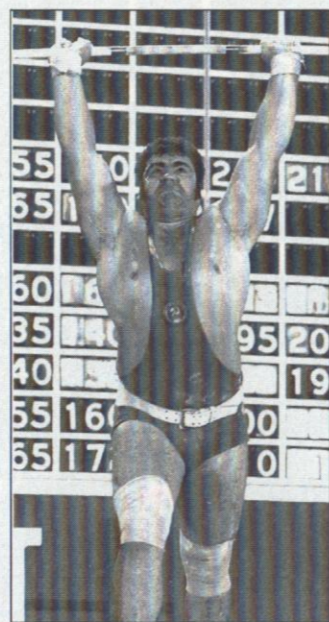
Bill Kazmaier - Bill is a charismatic strongman who has become an even greater icon over the past decade as commentator for the Met-Rx World's Strongest Man Championships. If it weren't for injuries, Kazmaier might very well have been the greatest strength athlete of all time. At 6' 3" 350 pounds, with a 60" chest and 23" arms, he was literally untouchable in his prime. When it came to pure raw power and strength, he had no equal. He was a three time World's Strongest Man Champion, a two time World Powerlifting Championship and a multiple world record holder. Not surprisingly, many historians believe Kazmaier was the greatest strength athlete ever. Even Kazmaier thought so. After winning the World's Strongest Man contest in convincing fashion, he was asked by a commentator, "Which man is the strongest in the

world?" Kazmaier responded, "I believe I am the strongest man who ever lived." He certainly had reason for such bravado. He did a 900 pound squat for three reps and a 633 pound bench press for three reps. It was also reported that he performed a 500 bench for 15 reps, 800 squat for 10 and 825 for 2 on the deadlift. Curtis Dennis Jr. calls Kazmaier a modern-day Hercules... the god of strength. Still, god or no, Kazmaier ranks only fourth on my list. Like I said though, if he had not been injured during the prime of his career, he might very well have surpassed the accomplishments of even the greatest names on this list.

Mariusz Pudzianowski - Pudzianowski of Poland may one day become the greatest strength athlete of all time, but at present he ranks only third on my list. He won the Met-Rx World's Strongest Man in 2002, 2003 and 2005, finished second in 2006 and third in 2004. He has also won three straight Europe's Strongest Man competitions and four Poland's Strongest Man contests. Still, when it comes to events that require sheer strength and power Pudzianowski completely DOMINATES the other professional strongmen. Like Kazmaier and Magnus Ver Magnusson, he holds numerous strongmen world records, and countless international championships. He has bench pressed well over 600 pounds, deadlifted 880 pounds, (700 lbs for 10 reps, 800



No. 3 - Mariusz Pudzianowski



2nd on the list - Vasily Alekseyev

lbs for 4) squatted over 940 pounds, (front squatted 600 pounds for three reps) military pressed close to 500 pounds, and curled 305 pounds for three reps. Unlike most of the world's strongmen Pudzianowski is built like a world champion bodybuilder. At 6' 1" 314 pounds, Pudzianowski has less than 5% body fat. He also sports a 54" chest, a 32" waist, and 21 1/3" arms. Simply put, Pudzianowski is just one big hunk of muscle. In addition to being the most dominant professional strongman in the World's Strongest Man competition today, Pudzianowski is also a fourth-degree black belt in Kyokushin Karate and was a professional boxer in Poland for seven years. Is that scary or what? As mentioned Mariusz Pudzianowski may one day become the greatest strength athlete of all time, but I doubt it, because the two athletes at the forefront are plainly otherworldly.

Vasily Ivanovich Alekseyev - Vasily, a former competitor from the Soviet Union, is considered by most strength historians as the greatest superheavyweight Olympic lifter of all time. He is number two on my list of the greatest strength athletes of all time. During his career, Alekseyev amazed 22 national and world titles and won two Olympic gold medals. Between 1970 and 1978 he set 81 Soviet records and an amazing 80 world records in Olympic lifting... a feat that is absolutely mindboggling. In all candor, had the military press, one of Alekseyev's best lifts, not been eliminated from competition after 1972, he probably would have easily surpassed 100 world records. During his career there was no strength athlete in the world who could compare to the great Russian. He plainly destroyed his competition. He was the first weightlifter to exceed 600

kg (1,322.8 pounds) for a three-lift total (clean and jerk, snatch, and clean and press) and the first to clean and jerk more than 226.8 kg (500 pounds). It was said that he could squat well over 1000 pounds and deadlift over 900 pounds. Remember, this was in the Seventies. In 1999, in Greece, Alekseyev was acknowledged as the best sportsman of the 20th century... an honor that certainly acknowledges his greatness and one that supports my contention that he was one of the greatest strength athletes of all time.

Paul Anderson - Paul, in my opinion, was the greatest strength athlete to ever walk the face of the earth. In fact, there is really no one who comes close to Anderson's prowess as a strength athlete. During his competitive years, Anderson dominated his sport as no other contemporary athlete had ever done before or since. Anderson's powerlifting and Olympic lifting records would be analogous at the time to Bob Beamon long jumping 35 feet or Sergio Bubka pole vaulting 25 feet. Think about this for a moment. At a time when the stron-



Larger Than Life - Paul Anderson's all-round strength is yet to be exceeded

gest men in the world were struggling to master a 700 pound squat, Anderson had already managed 1200 pounds in that lift. For the record, Anderson is still the only human being (at least I think he was

human) to back lift over 6000 pounds, one arm press over 300 pounds, and neck lift over 800 pounds. His other lifts include a 625 pound bench press, a 485 pound clean and jerk, a 485 pound clean

and press, an 825 pound deadlift, and a 545 pound push press. If that doesn't freak you out, how about this... he did a side dumbbell press with 300 pounds for 11 reps. There is not a single athlete on this list who could come close to replicating all of Anderson's lifts. They might be able to match a few of them, but not all of them. Understand too that all of Anderson's lifts were made in the Sixties, and every one of them was performed without the use of lifting equipment.

Bob Hoffman, the late President of York Barbell Company, once said that if he was going to construct a lifting machine that was in the image and likeness of a human being, he would simply duplicate the biomechanical dimensions of Paul Anderson. Not surprisingly, Hoffman called Anderson the greatest strength athlete that God ever created. Amazingly, five decades later most strength experts are still making the same claim... an incredible tribute to Anderson's awesome strength. One last note concerning Anderson... he was not only a world class strength athlete, but he was also a world class person.

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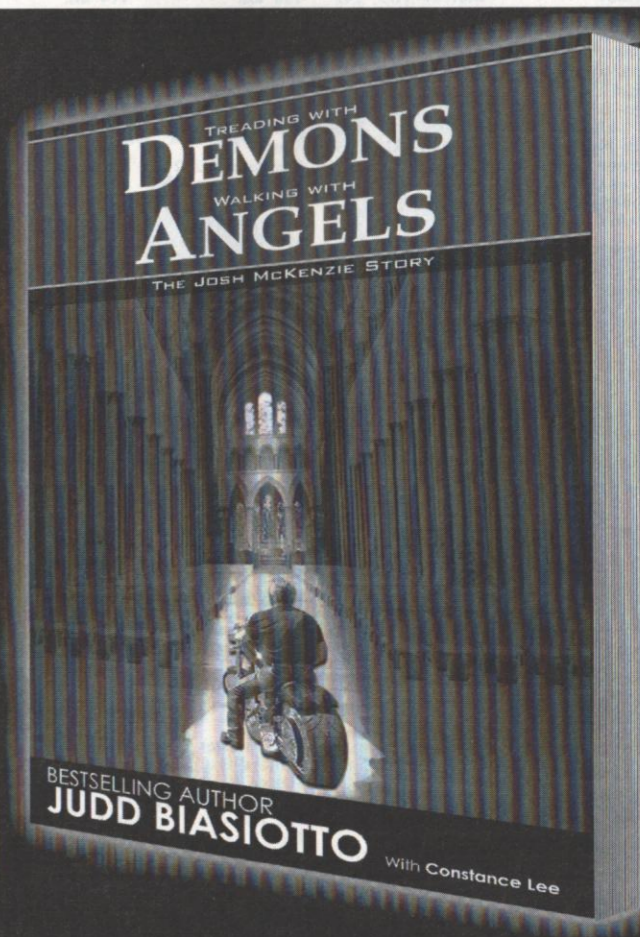
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WDFPF Single Event World's
20-22 OCT 06, Bendigo, AUS

BENCH	Horbowski-AUS 297
FEMALE	242 lbs.
105 lbs.	Senior
Master VI	York-AUS 391
Gedney-USA 115	Master I
105 lbs.	Malottea-BEL 463
Senior	275 lbs.
Zbolotsk-RUS 148	Senior
138 lbs.	Always-ENG 385
Open/Master V	320 lbs.
Kostidino-AUS 143	Senior
Raw	Sushchak-RUS 567
105 lbs.	4th-589
Master VI	Master I
Gedney-USA 104	Backelant-BEL 556
105 lbs.	4th-557
Senior	Raw
Zabolots-RUS 115	148 lbs.
123 lbs.	Master V
Senior	Collela-ITA 209
Thomas-ENG 93	165 lbs.
Master IV	Teen I
Phillips-AUS 99	DeHaan-AUS 198
128 lbs.	Senior
Master IX	Roedel-AUS 286
Rodda-AUS 55	Master I
138 lbs.	Linnet-ENG 314
Open/Master V	Master II
Kostidino-AUS 137	Schipani-FRA 308
154 lbs.	Master III
Master IV	Dessalvi-ITA 325
Castanel-AUS 104	181 lbs.
175 lbs.	Junior
Master II	Jones-AUS 275
Macer	Senior
MALE	Tempest-ENG 325
148 lbs.	Stephens-AUS 275
Senior	Master II
Bevins-AUS 308	Lindsay-AUS 297
165 lbs.	Master IV
Master I	Clow-AUS 259
Linnet-ENG 347	Master VI
Master III	Withers-AUS 203
Dessalvi-ITA 314	198 lbs.
181 lbs.	Senior
Senior	Veber-RUS 391
Tempest-ENG 325	Rogers-AUS 341
198 lbs.	Colston-AUS 308
Senior	Murray-AUS 242
Veber-RUS 457	Master I
Dando-AUS	Jackim-USA 314
Master I	Master II
Jackim-USA 380	Grude-FRA 292
Master X	Cramer-AUS 264
Lee-AUS 209	Master III
4th-214	Wythe-ENG 319
220 lbs.	Ancilleri-AUS 275
Senior	Master V
Thomas-ENG 440	Murray-AUS 242
Roberts-AUS 418	Master X
Master I	Lee-USA 209



Dave Nicastro pulling for the win at the WDFPF Single Lift World Championships in Bendigo, Australia. (photograph courtesy Dave)

WDFPF Single Lift Worlds

220 lbs.	Nicastro-USA 534
181 lbs.	Senior
Thomas-ENG 374	Senior
Thomas-AUS 341	Thomas-ENG 374
Master I	Stephens-AUS 562
Horbowski-AUS 264	Mong-AUS 474
242 lbs.	Master IV
198 lbs.	Clow-AUS 440
Senior	198 lbs.
Kruger-AUS 374	Senior
Master I	Colston-AUS 529
Malottea-BEL 413	Master I
Mazzon-AUS 330	Maden-ENG 496
275 lbs.	Master III
Senior	Wythe-ENG 573
Always-ENG 347	4th-595
320 lbs.	Pacaud-FRA 507
Senior	Ancilleri-AUS 485
Sushchak-RUS 413	Master X
DEADLIFT	Lee-USA 303
FEMALE	4th-319
220 lbs.	Senior
Master VI	Shepher-AUS 600
Gedney-USA 259	Mathieso-AUS 440
105 lbs.	Open
Senior	Bortniko-RUS 507
Zabolots-RUS 231	Master I
114 lbs.	Horbowski-AUS 352
Master II	Master III
Loomes-AUS 286	Bortniko-RUS 507
123 lbs.	242 lbs.
Thomas-ENG 286	Senior
138 lbs.	Kruger-AUS 529
Open/Master V	Master I
Kostidino-AUS 308	Mazzon-AUS 551
Raw	320 lbs.
98 lbs.	Senior
Master VI	Sushchak-RUS 683
Gedney-USA 242	Fragioni-AUS ---
4th-249	SQUAT
105 lbs.	97 lbs.
Senior	FEMALE
Zabolots-RUS 220	Master VI
123 lbs.	Gedney-USA 237
Senior	105 lbs.
Thomas-ENG 286	SR
286 lbs.	Zabolots-RUS 198
Master IV	114 lbs.
Phillips-AUS 198	128 lbs.
128 lbs.	Master IX
Master IX	Rodda-AUS 198
138 lbs.	4th-209
Open/Master V	Open/Master V
Kostidino-AUS 297	123 lbs.
154 lbs.	Kostidinos 253
Master IV	97 lbs.
Phillips-AUS 176	Master VI
176 lbs.	Gedney-USA 192
Senior	105 lbs.
Stephens-AUS 562	SR
Open/Master V	Zabolots-RUS 143
Murray-AUS 440	114 lbs.
198 lbs.	Master II
Master II	Loomes-AUS 187
Maden-ENG 529	123 lbs.
Master III	Master IV
Wythe-ENG 573	Phillips-AUS 176
Master X	Rodda-AUS 115
Lee-USA 286	4th-121
220 lbs.	138 lbs.
Master I	Open/Master V
Horbowski-AUS 374	Kostidinos 237
Master II	4th-242
Cope-ENG 518	154 lbs.
320 lbs.	Master IV
Senior	Castanel-AUS 231
Sushchak-RUS 661	175 lbs.
Raw	Master II
148 lbs.	Macer-AUS 231
Open/Master I	MALE
Bedford-ENG 341	181 lbs.
Master V	SR
Collela-ITA 424	Stephens-AUS 463
165 lbs.	198 lbs.
Teen I	Master I
DeHaan-AUS 507	Maden-ENG 485
Open	220 lbs.
Nicastro-USA 534	Master I
Master II	Horbowski-AUS 440
D'Heilly-FRA 457	320 lbs.
	SR
	Sushchak-RUS 661
	Raw
	148 lbs.
	Master V
	Collela-ITA 418
	165 lbs.
	Teen I

Lifting Results & U.S. Team Impressions from the WDFPF 2006 Single Event World Championships: Meet Director John Clow, along with his very impressive crew of assistants, hosted their 2nd successful World Championships, sanctioned by the World Drug-Free Powerlifting Federation, Inc. The 1991 WDFPF Powerlifting World Championships including a full ADFPA U.S. Team, were held in Bendigo, Australia. Fifteen years later, Meet Director, powerlifter, and World Record breaker, John Clow, hosted Bendigo's second WDFPF International event. This time their winning bid was for the 2006 Single Event World Championships. This three day competition opened with the Squat Event taking place on Friday, the Bench Press Event on Saturday, and the Deadlift on Sunday. Each day's competitive schedule started with the Unequipped Division (supportive equipment worn by the lifters limited to lifting belt and wrist wraps if desired). Following a brief warm-up, the stage was taken by the Equipped Division lifters (supportive equipment limited to single ply suits & supportive shirt allowed only in the Bench Press Event, Belt, knee and wrist wraps). The Venue stage and audience area was decorated to the max, including large flags of each of the seven nations represented in the competition along with an impressive awards display. The temperature ranging in the 70 degree area made this international event quite inviting to all concerned. Host nation Australia had the largest team in attendance and they did very well winning the first place Team award. One of their claims to fame was having both the Youngest Male & the Oldest Female lifters in the meet. We'll be seeing a lot more of Curtis DeHaan, 75 kg. class, who at the age of 14 set World Records in each Unequipped Division event. Spry and tiny 80 year old Margaret Rodda set a World Record each time she lifted a weight! She amazed and delighted the crowd. Other participating WDFPF member nations were: Belgium, England, France, Italy, Russia, and USA. The US Team was made up of only four ADFPF members but they made a lasting impression on the audience as well as in the WDFPF Record Books! Not only did the "US Big Four" set 11 World Records between them, but they also took home eight of the beautiful Best Lifter awards! Topping that, the US lifters were the sharpest dressed team in the competition thanks to Masters I team member John Jachim, who designed and ordered the team uniforms. John along with his beautiful wife Debby celebrated their 25th wedding anniversary by traveling to Bendigo and beyond. They didn't have to cart the uniforms home but they did pack championship award mementos. John won the 90 kg., All title in both the Unequipped & Equipped Divisions! Not bad for traveling 24 hours to attend his first World Championships. John's Bench was strong enough to place second in the Equipped Open category and fourth in the Unequipped Open category. This World Championships experience turned out to be a super motivating factor in his future training. Not only did the US Team look good and lift impressively, they also claimed the oldest lifter in the meet. Charles W. Lee of Lima, Ohio, competed



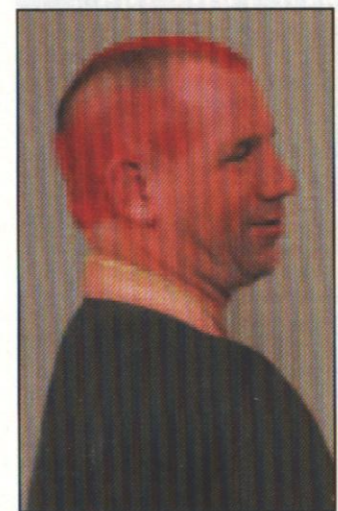
Judy Gedney (USA, at right) with Julie Loomes (AUS) courtesy Judy

in the 90 kg. class at age 86! Amazingly, this Masters X Category lifter competed two days in a row, entering both the Bench Press and Deadlift events. To give you an idea of this man's stamina, he entered both the unequipped and equipped divisions on each day setting World Records in each event as well as in each division. Charles is an incredible role model for powerlifters of all ages! The crowd and lifters loved him. Everyone took pictures of him during and after the competition. Congratulations Charles! If you would like to pass on your well wishes, you can reach Charles as well as the other USA Team members on the ADFPF website: www.adfpf.org. Taking home his share of first place medals and Best Lifter awards was Mullica Hills, NJ lifter, 52 year old Dave Nicastro, who set four World Records in his favorite event, the deadlift. Dave flew half way around the world to step onto the deadlift platform and wow the judges with his incredible strength. Dave, a Masters lifter, competed in the Open & Mill categories where his eye bugging deadlifts establish World Records in both categories as well as in both the unequipped & equipped divisions. For your information his unequipped pull was 242.5 kgs./534.5 lbs.; his equipped deadlift was 276.5 kgs./609.5 lbs.; keep in mind that he weighed in at 73.8 kgs./162.7 lbs.! This was indeed an exciting day and trip for Dave. Dave's father, his biggest supporter, encouraged Dave to make this trip regardless of the very long flight. Turns out Dave's dad was also a great athlete & excellent Track & Field coach. Dave has a great deal of respect for his father who for years acted as the Head Starter of the Penn Relays. Think that's impressive? This man even started at the L.A. Olympic Games! Dave has been active and successful in T & F as well as powerlifting. In 2000 Dave was named the Masters' Indoor National USATF Triple Jump Champion and ranked first in the Nation! After reading this, you would think the T & F athletes might start flocking to the nearest training facility to work on their deadlifts and squats in order to develop the leg power needed for track events. Masters VII, 66 year old Judith M. Gedney competed in both the unequipped & equipped divisions of the three powerlifting events, with the addition of the Endurance Bench Press competition. She was happy to survive the three day event and delighted to see many old friends while taking advantage of the opportunity to meet new friends. Some meet highlights included competing and visiting with Australia's Julie Loomes and family, and Helen Kostidinos & family and Glenn Stephens & family. Judy & Julie had not been together since they met 15 years ago during Australia's 1991 World Championships. Judy tells another meet highlight: "Following the last day of competition a gentleman approached me asking if I had competed in Bendigo before. Yes

(article continued on page 59)

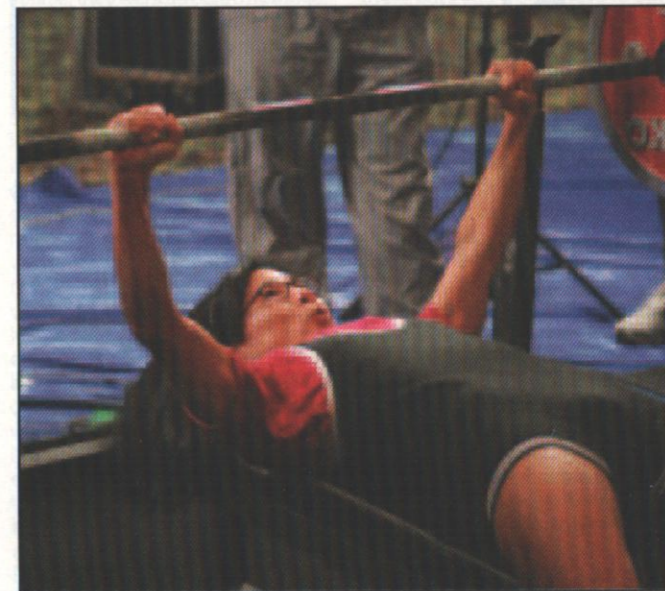
AAU World Championship
16-17 DEC 06 - Las Vegas, NV

BENCH	105 lbs.
FEMALE	Youth (12-13)
105 lbs.	N. Litowski 132
Master (45-49)	132 lbs.
C. Fujisaki 165	R Life
Open	F. Khashalov 264
C. Fujisaki 165	R Life
R Open	M. Schultz 209
C. Fujisaki 165	R Open
RL Master (65-69)	F. Khashalov 264
H. Tropp 110	RL Master (45-49)
R Master (45-49)	M. Schultz 209
C. Fujisaki 165	RL Master (75-79)
114 lbs.	J. Selby 121
Life	148 lbs.
M. Watts 143	Life
Open	A. Edralin 352
M. Watts 143	Life
R Life	Mansourian 363
M. Watts 143	L Master (40-44)
R Open	A. Edralin 352
Urbanikova 93	Master (40-44)
M. Watts 143	A. Edralin 352
123 lbs.	Master (60-64)
L Master (40-44)	G. Santee 242
Christopher 121	4th-248
Military	Open
Christopher 121	A. Edralin 352
R Mil/Law	Mansourian 363
M	R Life
Christopher 121	Mansourian 363
R Military	R Mil Jr
Christopher 121	C. Almanza 192
RL Master (40-44)	4th-189
Christopher 121	R Open
132 lbs.	C. Navarro 297
R Open	Mansourian 363
J. Purdjakova 143	R Master (70-74)
4th-159	J. Matthews 198
148 lbs.	165 lbs.
R Life	Disabled
T. Miller 159	J. Singleton 270
R Open	4th-271
Chalupkovic 121	Life
R Sub Mil	M. Drake 303
M. Tanksley 121	L Master (45-49)
RL Master (60-64)	F. White 303
L. Nafitel 110	L Master (55-59)
4th-114	M. Drake 303
R Master (60-64)	Master (55-59)
L. Nafitel 110	M. Drake 303
4th-114	Master (70-74)
198 lbs.	R. Lopez 226
Master (55-59)	R Law/Mil
A. McTighe 226	J. Singleton 270
R Master (45-49)	4th-271
S. Collins 154	R Life
R Master (50-54)	J. Singleton 270
Mil	R Mil/Law
L. Hawkins 132	J. Singleton 270
199 lbs.	4th-271
Life	R Open
A. McTighe 226	A. Hernandez 297
R Sub Mil	R Open
P. McCauley 132	J. Singleton 270
MALE	RL Master (50-54)



Redhead for a day...Bill Weiss continued his fun BP rivalry with the Meet Director Martin Drake.

AAU World BP/DL/Push-Pull



Attorney Carin Fujisaki with a 165 bench press at 105 pounds of bodyweight, in a t-shirt. (this photograph taken by Curtis Lambert)

J. Singleton 270	R Open	Mil	Law/Mil (45-49)
4th-271	J. Sramko 292	A. Jones 366	G. Andrew 474
RL Master (55-59)	R Sub	R Master (55-59)	4th-479
M. Drake 286	C. Dabney 270	E. Collins 303	L Master (45-49)
R Master (50-54)	R Sub Mil	R Master (55-59)	G. Andrew 474
J. Singleton 270	C. Dabney 270	J. Kuhar 363	4th-479
4th-271	N. Joy 237	R Master (60-64)	L Master (60-64)
R Master (55-59)	RL Master (55-59)	W. Hill 308	P. Crawford 286
M. Drake 286	P. Dyer 209	242 lbs.	R Law/Mil
181 lbs.	4th-214		
L Master (60-64)	R Master (45-49)		
C. Lynn 275	H. Fultz 363		
4th-286	R Master (45-49)		
Master (60-64)	J. Sramko 292		
C. Lynn 275	R Teen (16-17)		
R Life	J. Jordan ---		
K. Nunez 303	Teen (18-19)		
R Life	R. Reyes 325		
Bahashaliev 352	Teen (16-17)		
R Open	J. Jacobi 374		
K. Nunez 303	4th-391		
Matthews Jr 374	220 lbs.		
Bahashaliev 352	Junior		
R Sub	S. Mendoza 363		
K. Nunez 303	4th-380		
RL Master (40-44)	Law		
E. Matura 314	B. Beckett 325		
R Master (45-49)	R. Harris 424		
T. Hendron 214	L Master (80-84)		
R Master (45-49)	J. Lano 110		
Mil	Master (45-49)		
A. Royal 237	B. Beckett 325		
R Teen (16-17)	Master (80-84)		
Matthews Jr 374	J. Lano 110		
Sub	Open		
K. Nunez 303	B. Beckett 325		
Teen (18-19)	R Open		
P. Flores ---	Charafeddine 413		
198 lbs.	V. Filmel 468		
L Master (55-59)	R Open Mil		
H. Heald 242	A. Jones 366		
L Master (60-64)	R Sub		
L. Hilger 308	N. Jamison 314		
L Master (65-69)	R Sub Mil		
J. Homer 336	M. Stewart 286		
Master (40-44)	RL Master (50-54)		
B. Dunham 479	E. Berteaux 360		
Master (45-49)	4th-366		
B. Weiss 330	RL Master (55-59)		
Master (55-59)	J. Kuhar 363		
H. Heald 242	RL Master (60-64)		
Open	W. Hill 308		
V. Matsykur 325	RL Master (75-79)		
R Life	J. Demarco 248		
B. Branning 380	4th-253		
N. Joy 237	R Master (40-44)		
P. Dyer 209	R. Gavett 407		
4th-214	R Master (40-44)		

L. Grey 380	Master (45-49)
R Law/Mil	D. Smith 446
R. Fleishauer 363	R. James 446
R Sub	W. Kaaloa 474
B. Blackwood 303	Open
RL Master (40-44)	D. Smith 446
Matthews Sr. 402	S. Davenport 556
RL Master (45-49)	W. Kaaloa 474
F. Zepeda 325	Teen (18-19)
RL Master (60-64)	Z. Chirco 402
P. Crawford 286	309 lbs.
W. Adkins 286	Master (45-49)
R Master (60-64)	G. Gertner 534
P. Crawford 286	4th-551
R Mil Master (60-64)	RL Master (40-44)
W. Adkins 286	D. Marchant 529
Teen (18-19)	R Master (40-44)
J. Hoffman 440	D. Marchant 529
275 lbs.	R Master (45-49)
Law/Mil	G. Gertner 457
Master (55-59)	DEADLIFT
D. Knapp 385	FEMALE
Master (40-44)	105 lbs.
S. Hoekstra 600	RL Master (65-69)
4th-617	H. Tropp 226
Master (50-54)	4th-231
R. Branning 451	114 lbs.
Master (55-59)	Life
D. Knapp 385	M. Watts 203
Mil Law	Open
J. Aldecoa 490	M. Watts 203
Open	R Life
J. Aldecoa 490	M. Watts 203
R. Branning 540	R Open
S. Hoekstra 600	M. Watts 203
4th-617	R Master (4

NUTRITION

Power Protein Bar Recipes to get you Jacked, Part 1

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

I wanted to do something different this month. I can always talk about antioxidants, B-Vitamins and the benefits of Bacopa, but are you all really listening? I hope so, because I put a lot of time in to make sure you guys and gals are getting cutting edge material every time you flip an issue open. This month, though, I am going to give you a break from the science of sports nutrition and let you know about something scrumptious.

I get e-mails every month asking questions, from the scientific to the completely stupid. One thing I keep getting asked is, "What are the best protein bars on the market?" Well, I am going to do you one better. This month's issue of Power Nutrition is going to be on some of my favorite protein bar recipes. I know a lot of the whiners out there will start complaining before they finish reading this sentence, but hold on to your power briefs and hear me out. Not only are these recipes going to provide you with a healthy alternative to eating junk, but they will also taste fantastic! For all you doubters, break out your baking gear and be ready to get down and dirty because you are going to love what I have in store.

Why Make your Own?

There are very few bars on the market that I am impressed with. There are some that I consider very good quality, but for every bar that is good there are 10 that are crap, from a nutritional standpoint. Many bar companies use inferior products to cut down costs. Some use gelatin and inferior protein sources like soy. Instead, high quality sources like whey isolate and Miscellar casein should be used. When you make your own, you are in control of what goes in, ensuring the highest quality ingredients.

Oops, it has as few more carbs than we thought!

Numerous bar manufacturers have been caught hijinxing with label claims. The label may say only 10 grams of carbs per bar, but when the lab tests are done they are double or triple that. Then, you who have been eating two of these a day for the last month wonder why you are getting an extra roll of flab on your ass. I have heard it myself numerous times from some woman at the gym who just takes a bite of a protein bar and then exclaims, "Wow, this tastes so good for only 10 grams of carbs, I think I'll have another." Before you add some love to your backside, you should know that unscrupulous companies will take a chance with the label being off and wait for the governing bodies to call them on it, before changing it. I remember one company

that came out with this really good tasting protein bar. At the time, it was the best on the market, because back then most bars tasted like sawdust. When lab tests were done, it was about as healthy for you as a candy bar, if not worse. You are not looking for a glorified candy bar with a little bit of cheap gelatin protein thrown in to make you feel like you are eating something healthy. You want quality nutrition when eating anything and you shouldn't have to be conned into thinking you are eating something nutritious when you aren't

It's about the freshness!

By the time the bars are manufactured, shipped to the company, then to the national distributor, on to the local distributor, and from there to your health food store, how many days have passed? Or weeks? Does that make you wonder why most of those store bars are hard and leathery by the time you get to eat them? I am very picky on the freshness of the foods I put in my mouth. Therefore, I will bravely say that once you make your own protein bars you will never want to go out and eat one of those manufactured bars again, just on the quality

of the ingredients, the freshness level, and the total difference in taste! These bars will be soft, moist, chewy and down right tasty. Another thing I am not big on is preservatives. The large majority of the manufactured bars contain a slew of them. When you make a fresh batch of home made protein bars and store them in the fridge, you will probably get about a week at most before they are no longer fresh. This isn't a major problem because in my house I have to make about 2 batches per week just to keep everyone happy. With these store bought bars they can sit around for weeks, if not months, before they need to be tossed. Do you get the picture?

Save your Money!

Another area of concern is cost. Up here in Canada we get pillaged when we want to buy a protein bar, especially from a gym. I have been to many gyms where the cost of a protein bar was \$6. A protein bar that costs as much as a meal, what is that? In the US the prices are much cheaper, close to half what we pay up here in the Great White North, but the fact is they are too costly. Let's take my example and

look it over. I can go to the gym and pick up one of these crappy tasting stale bars or I can make a whole tray of bars, about 8-10 of equal size to the storebought ones, for about \$4. What makes this better is that I am making them with top quality ingredients not the garbage that many companies put in. If a company made them with the same quality ingredients I put in, they would be triple the price -- guaranteed. You can't equate using cheap gelatin byproduct as your protein source compared to whey isolate. It's just not the same to include cheap soy concentrate protein when compared to Miscellar Casein protein. That's like measuring up a Pinto against a Ferrari. I am one of those people who prefer quality over everything else. I don't mind paying more for something if I know that I am getting the best. That is why I drive a BMW; wear Hugo Boss shirts laced down with Gucci ties, love Creed colognes and wear Prada shoes. Sorry, I didn't want to sound like a prissy materialistic bitch from Rodeo Drive! At the same time I also like getting a good deal. With these recipes you will be getting top notch bars at a rock bottom cost.

Why eat bars in the first place?

Some of you will point out that if the store bars are so expensive, then you could just not eat them. The reason why I and thousands of other athletes like to eat them is convenience. I work long hours, at least 10 or more a day, plus there is commute time. And, let's not forget gym time. Half of my day is dedicated to working and the other half to eating and sleeping. I recommend eating at least 6 times per day, but how many of you actually do this. Outside of my Elite lifters and those that work with me for custom designed programs, how many of you are this dedicated? I would bet my last pair of wrist wraps that very few of you are! There are many of you who would like to eat properly, but your hectic schedule doesn't permit it. This is where bars come in. You can substitute 1-2 of your daily meals with meal replacement type bars. So, getting in your six meals per day has now become easy. You can eat your breakfast, lunch and dinner, throw in a protein shake after your workout and then have a scrumptious bar in the morning and another a few hours after lunch. They can make getting in your nutrients a lot easier and this is one reason why I like them so much.

Reduces your cravings for junk

Another reason why I like having some type of homemade bar in my plan is that it will help you cut cravings for junk food. Let's be

honest, if powerlifters went on a junk food strike, half of the food manufacturers in the US would go out of business. Most eat it everyday and not in its bitsy servings either. Lifting big weights and eating big meals is a trademark, but let's not forget that eating boat loads of junk is also a common trait among lifters. I have covered why this isn't the best thing, not only from a health perspective, but also in a performance sense. You may feel cool, eating that pint of ice cream, but when you see what it is doing to your insulin sensitivity and all the health problems that come along with Type II Diabetes you will wish you didn't. Protein bars can actually help you cut back on the amount of crap that that you are feeding yourself. If you think back to those manufactured bar that taste like a dog toy, then you may say that this nutrition guru guy is nuts because there is no way his protein bars are going to take away cravings for some cake or the like. Well, pop that ammonia cap under your nose and listen up. When you try out some of the great recipes that I am about to let you discover then you will see that I am right. I have people who don't even train asking me for the recipes. I have made healthy deserts for dinner guests who couldn't believe they were eating something that was good for them. Last night I made a batch of

my special protein brownies. A few of my buddies came over and, of course, they went through my fridge, as usual. The first thing they hit was the desert tray. These guys are not lifters nor nutrition fanatics, just everyday people. As they wolfed down their second serving I told them how I made them and they couldn't imagine that what they were wolfing down was actually healthy. They couldn't believe that a few of my main ingredients in that recipe were whey protein isolate, natural peanut butter and steel cut oats. They were in complete shock that they just ate the equivalent of 2 cups of oatmeal and a protein shake. We all like nice tasting sweets, this is just in our blood being powerlifters, but we need to educate ourselves on how to do it in a healthy way so we can enjoy our golden years without taking 10 different medications to keep our organs working properly!

A super source of concentrated nutrition

Another thing I like about making my own bars is that you can consume a power packed nutritional masterpiece in a bar size snack. I make them very nutrient dense, much more so than the bars that are sold on the market. Some of the bars I make have 50 grams of protein and a nice dose of com-

plex carbs, per bar. To get the same nutritional value as eating one of these bars you would have to eat 2 cans of tuna and half a bowl of oatmeal. What sounds tastier? Many of the bars on the market give miniscule amounts of protein. Not only is the quality of the protein poor, but the amount is substandard. You will see meal replacement bars with 20 grams of protein. What is that going to do for a 300 pound powerlifter? Nothing! Throw in two or three of the bars I make into your daily nutritional plan and you can satisfy even the king of junk food lovers and provide them with a heavy dose of quality protein, complex carbs, and essential fats. These bars can really help you get in the nutrients you need to make the gains you want. The nice thing is that you control what goes into them. You can make them higher in carbs if you are trying to gain weight or low carb if you are trying to drop a few pounds. You can make them with 30 grams of protein per bar if you are a powerlifting princess or 60 grams of protein per bar if you are a superheavy beast who needs something that can really deliver the goods. You can use some of the best sources of complex carbs to help fuel your workouts. Very few bars on the market actually use low GI carbs in their recipes, but instead load them with sugars

and sugar alcohols. For fat sources I like only the best healthy sources to be included. There is nothing like natural peanut butter, mixed nuts, ground flax seeds and other good fat sources that can be added to the mix. By the time you have eaten one of these bars you have truly eaten the equivalent of a meal.

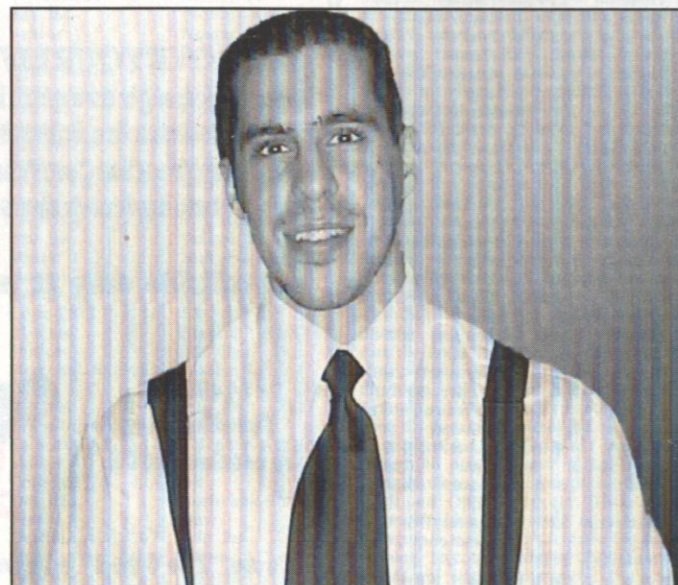
Conclusion

With all the ranting and raving I just tossed your way you are all wondering where the hell the recipes for these great bars are? Sorry folks, there isn't enough room in this issue to give you all the goods, so you are going to have to wait until next month. Before you take out your tissues and cry like a little baby, I promise next month there will be more recipes in my column than you can shake your power belt at. If you need something higher in calories, lower in carbs, without any sugar, or whatever your needs they will all be here the next time you open up PLUSA.

If you have any questions or comments feel free to write me at

Arcciuto@NutritionXP3.com

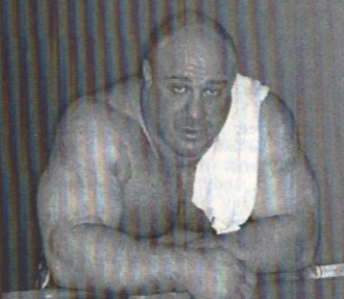
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USAPL Virginia State 9 DEC 06 - Culpeper, VA				Ironman/Woman	BP	DL	TOT	Open					
BENCH	W. Morris	424		123 lbs.				Open	D. Hanson	248	176	253	677
MALE	Supers			K. Schmeets	137	275	413	Open Raw	E. Rupp	181	110	237	529
123 lbs.	(20-23)			132 lbs.				(40-44) Raw	G. Updyke	181	104	248	534
Raw	M. Roberts	451		Open				181 lbs.					
T. Konieczny	Open			D. Hanson	176	253	677	(20-23)					
121	P. Battle	529		198 lbs.				Raw Open	J. Dalton	385	319	396	1102
Open	T. Slaughter	463		Open				(40-44)	D. Pierce	440	330	424	1196
D. Hanson	Out of State			J. Lafferty	347	435	782	(45-49) Raw	C. McCollough	281	237	402	920
176	165 lbs.			Open Raw				(50-54)	D. Smith	457	314	380	1151
181 lbs.	(16-17)			M. Crist	303	429	733	Open	R. Maggi	380	352	396	1129
Open	Raw			(18-19) Raw				198 lbs.					
A. Mamola	435			J. Peachey	264	429	694	(40-44) Raw	J. Clayton	292	170	319	782
220 lbs.				275 lbs.				(45-49) Raw	C. Cassell	451	281	507	1240
(40-44)				Open				920					
T. Mitchell	451			W. Jordan	402	512	1003	(50-54)					
(65-69)				105 lbs.	SQ	BP	DL	TOT					
Raw				(40-44) Open									
T. Amiss	209			K. Ryman	214	126	187	529					
242 lbs.				123 lbs.									
(40-44)				Open Raw									
J. Chumley	325			(50-54)									
(55-59)				K. Schmeets	242	137	275	655					
J. Sheckler	347			Open Raw									
275 lbs.				A. Corney	176	93	253	567					
(60-64)				132 lbs.									
				Open									
				M. Jones	413								

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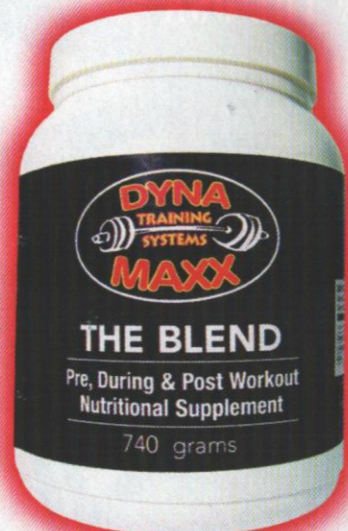
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J. Intihar	451	253	463	1168
D. Hanson	220 lbs.			
(20-23) Raw				
G. Walters	716	529	644	1890
(20-23)				
M. Makara	457	341	606	1405
College Raw				
D. Kozlik	501	297	567	1366
M. Mezzner	369	319	485	1173
(40-44)				
T. Mitchell	501	451	407	1361
(45-49)				
G. Stang	479	413	451	1344
(55-59)				
H. Campbell	440	253	474	1168
242 lbs.				
Open Raw				
J. Ferguson	617	429	655	1703
Open				
A. Rozewicz	490	418	600	1510
R. Bostrick	584	363	501	1449
(40-44) Raw				
G. Mendoza	451	330	424	1207
(45-49)				
R. Shiley	407	319	457	1185
(60-64)				
M. Nichols	380	297	485	1162
Police				
B. Rochefort	573	407	578	1559
275 lbs.				
(45-49) Police				
K. Ryder	622	402	700	1725
Police				
A. Lewis	573	369	584	1526
Supers				
Open				
J. Wehrmann	672	573	600	1846
S. Slaughter	661	523	518	1703
(40-44) Raw				
R. Armstead	523	369	523	1416
Out Of State				
114 lbs.				
(14-15)				
R. Ondedonk	99	82	137	319
132 lbs.				
(14-15)				
J. Mora	242	126	226	595
148 lbs.				
(14-15)				
A. Vavasa	319	165	380	865
181 lbs.				
(18-19)				
M. Mora	457	341	529	1328
198 lbs.				
Open Raw				
H. Nagi	347	226	440	1014
220 lbs.				
Open				
M. Jones	584	413	556	1554
(45-49)				
D. Currence	600	451	573	1625
242 lbs.				
(14-15) Raw				
C. Martinez	303	176	358	837
(20-23)				
R. Cala	523	374	551	1449
Open Raw				
B. Walsh	534	402	606	1543
(40-44)				
M. Hill	501	402	523	1427
275 lbs.				
(20-23) Raw				
B. Behe	474	358	501	1333

Thank you to all the wonderful people who showed up to help at this year's USAPL Virginia State Powerlifting Championships: Phillip Battle, Belinda Hayes, Gary and Trica Emrich, Jim Pope, Henry Gerard, Jason Beck, William Thacker, Sara and Big D, Brad Lamb, Robert Gormus, Frank Schuetz, Frank Becker, Becky Sheckler, Joey Parrott, Jeremy Shifflett, and the lifters from the Weight Room in Richmond. There are others I'm sure I missed, and I'm sorry it is hard getting old. Many thanks to Gary Emrich for driving up equipment for the platforms. The Virginia AAU group, Philip Battle and Chris Lawyer for lending equipment to run the dual platforms. The meet had very good lifting we had a good number of ladies and many young lifters lifting. There was raw and assisted lifting with great sportsmanship. Many records were set in every division. We had a Christmas Party booked behind us and had to hustle to finish thanks to all the people that made this happen and to each lifter for working with us. I want to thank the Lord for a good safe day! (Thank you to John Shifflett and Will Morris for providing the results)

STARTIN' OUT

A special section dedicated to the beginning lifter

Training With Partial Lifts as told to PL USA by Doug Daniels



Gus Rethwisch believed in heavy rack pulls, and deadlifted well over 800 (Lang)

Partial lifts such as deadlift lockouts, partial bench presses and half squats are popular exercises that many powerlifters have used in their training to increase strength at weak points in their powerlifts. For example, if a lifter has trouble locking out their bench press, they may use rack lockouts in their routine. The hope is the lockouts will overload that part of his bench press with a weight heavier than what he could use for a full range movement. The desired result should be a stronger lockout and a bigger bench in competition. However, lifters sometimes fail to get desired results from this practice and don't have a clue as to why. We know lifters, perhaps even ourselves, who can half squat big weights, but who can not lift 50% of that weight in a full range competitive style lift. Something appears not to add up.

Let's begin with most popular partial move, deadlift lockouts in the power rack. A lifter I used to train with had great power and speed off the floor in his deadlift. However, he had a hard time locking out his deadlifts at the top. In essence, he was limited by how much he could lock out, which was very frustrating to him. He chose heavy lockouts in the power rack for this problem. Soon his strength in this partial lift improved, and the weight he locked out far exceeded his competitive poundage. On contest day, he still could not lock out what he could pull from the floor. Watching him performing these lockouts in training, the answer was crystal clear to me. When setting-up to lock out the weight, he would position himself so that when he started the pulling, he merely straightened his legs out until he reached the locked position. In reality, he was quarter-squatting the weight, not deadlifting it at all. His torso was already basically erect at the start of the pull, so little upper back work was done. No wonder the top of his squat was easy! A more effective method would have been for him to orient himself so that his position during the lockout closely resembled his position during a competition pull from the floor deadlift. This necessitated using less weight than he used for his quarter squat lift and more attention to proper pulling technique.

Partial squats can be ap-

proached similarly. The squat is a complex movement and a partial squat may not resemble the execution of the full squat. Due to this, the transfer of power developed from partial lifts may not be as great as desired. The answer, in this case, would be similar. Be sure your partial lifts resemble that portion of the complete lift as closely as possible.

The bench press is similar as well. During a full bench press, the bar follows a certain path to completion. Usually, the bar does not go straight up, but it rises at a slight arc to over the head at lockout. If you are pushing the bar from a position that is not along that arc, power transfer to the competition bench press, again, can be less than desired.

Due to heavier amount of weight used, partial lifts can give a lifter a false sense of strength. For the many lifters who have depth problems in the squat, this can accentuate their problems. A lifter may become less accustomed to reaching proper depth and have difficulty pleasing the judges at the contest. Many, if not most, lifters need as much technique work as strength work. The deficiency in a particular area of a lift may be a result of inefficient lifting style and not due to lack of strength. Chew

on that one for a while.

A false sense of strength may also tempt a lifter take too heavy of an attempt at a meet, resulting in a bomb-out or an injury. The tendons and ligaments may not be strong enough to support and handle such heavy weights, especially if the difference in weight used is much greater than the weight used for a full lift. Work up gradually to heavy weights in partials over time and do not push your body's stress levels. I would also be sure to warm-up thoroughly before attempting heavy partials. The best time to do partials is right after full range reps. Confidence is important in powerlifting, but it must be balanced with a realistic outlook. Base your confidence and attempt poundages on

success with competitive style attempts.

Another problem is that in order to continue adding weight to the partial lift, a lifter may shorten the movement further, making it a partial partial. A half squat with 400 may soon degrade to a quarter squat with 450. This can further reduce the positive transfer of the partial lift to the full range movement. The advantage of executing full range lifts is that the bar is always moved the same distance. A lifter can then easily compare one attempt or rep to another to measure actual strength changes.

As I mentioned earlier, the actual execution of the partial lift may vary greatly from the execution of the actual segment of the full lift. In some cases a lifter may not be able to perform a partial that mimics that part of the full lift. In that case, the value of partial lifts may not be as great as thought. I'll repeat a sentence from a paragraph above: 'The deficiency in a particular area of a lift may be a result of inefficient lifting style and not due to lack of strength.'

I guess you figured out by now I am not 'partial to partials'. Some may disagree with me on this, but if you've been using partials and not getting bigger lifts when it counts on the platform, re-examine my theories and see if they apply to you.

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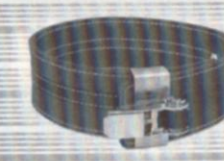
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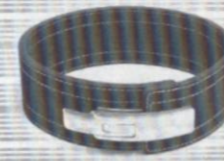
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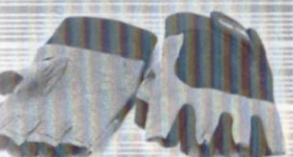
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**British Single Lift Championships
15-16 JUL 06 - Bradford, UK**

BENCH	DEADLIFT	FEMALE
132 lbs.	A. Varley 396	165 lbs.
Master I	Senior	507
S. Brown 209	A. Bamford 198 lbs.	Master II
181 lbs.	L. White 569	242 lbs.
Master I	Master III	595
R. Patel	L. Pilling Senior	562
198 lbs.	M. Eager P. Godwin	Raw
Senior	97 lbs.	214
M. Green 463	Master V	129 lbs.
Master I	P. Reeves 214	Senior
M. Carridine 358	220 lbs.	A. Thomas 275
220 lbs.	Senior	154 lbs.
N. Thomas 407	M. Sage 198	Master VI
Master IV	Raw	M. Sage 198
T. Cox 347	97 lbs.	MALE
242 lbs.	Master V	123 lbs.
Master I	P. Reeves 214	Junior
M. Norton 518	129 lbs.	M. Madaaser 264
Master III	Senior	132 lbs.
L. Pilling 396	A. Thomas 275	Senior
275 lbs.	154 lbs.	R. Crook 352
Senior	Master VI	165 lbs.
G. Alway 374	M. Sage 198	Teen III
Raw	123 lbs.	R. Kumar 440
97 lbs.	Junior	Master II
Senior	M. Madaaser 264	T. Meredith 396
L. Iontton 115	132 lbs.	181 lbs.
129 lbs.	Senior	L. Graddon 529
Senior	R. Crook 352	D. Loebell 468
A. Thomas 82	165 lbs.	Master II
154 lbs.	Teen III	G. Edwards 440
Senior	R. Kumar 440	Teen I
M. Bradley 154	Master II	J. Ghafoor 314
Master VI	T. Meredith 396	198 lbs.
M. Sage 104	181 lbs.	Master II
132 lbs.	Junior	L. White 534
Senior	L. Graddon 529	S. Matssoukis 418
R. Crook 209	Senior	220 lbs.
165 lbs.	D. Loebell 468	Senior
Master II	Master II	J. Allonby 529
T. Meredith 264	G. Edwards 440	R. Elliot 463
Master VI	Teen I	Master VI
D. Wallace 253	J. Ghafoor 314	E. Bennett 418
Senior	198 lbs.	242 lbs.
D. Orwin 253	Master II	Master III
181 lbs.	L. White 534	L. Pilling 573
Senior	S. Matssoukis 418	Master IV
P. Tempest 319	220 lbs.	M. Leadbetter 551
Master I	Senior	Senior
R. Patel 308	J. Allonby 529	M. Eager 540
Master II	R. Elliot 463	Master II
G. Edwards 303	Master VI	S. Mansell 540
198 lbs.	E. Bennett 418	319 lbs.
Master I	242 lbs.	P. Godwin 485
M. Carridine 314	Master III	Senior
Master II	L. Pilling 573	M. Haydock 677
L. White 286	Master IV	A. Varley 600
220 lbs.	M. Leadbetter 551	SQUAT
Senior	Senior	220 lbs.
N. Thomas 374	M. Eager 540	Master IV
Junior	Master II	T. Cox 485
C. Brooks 363	S. Mansell 540	242 lbs.
Hollingsworth 354	319 lbs.	Master III
Master I	P. Godwin 485	L. Pilling 617
M. Kirkland 352	Senior	Raw
Senior	M. Haydock 677	165 lbs.
J. Allonby 330	A. Varley 600	Master II
S. Bullimore 308	220 lbs.	T. Meredith 341
Master IV	Master IV	181 lbs.
T. Cox 275	T. Cox 485	Master V
242 lbs.	242 lbs.	D. Dargue 336
Senior	Master III	Master II
J. Haynes 374	L. Pilling 617	G. Edwards 330
Master IV	Raw	Teen I
I. Tudor 369	165 lbs.	J. Ghafoor 275
Master III	Master II	220 lbs.
L. Pilling 330	T. Meredith 341	Master IV
Master IV	T. Meredith 341	T. Cox 363
M. Leadbetter 303	181 lbs.	242 lbs.
Senior	Master V	Master III
P. Godwin 286	D. Dargue 336	L. Pilling 562
Master VI	Master II	Master IV
R. Mealey 253	G. Edwards 330	M. Leadbetter 402
275 lbs.	Teen I	275 lbs.
Senior	J. Ghafoor 275	Senior
A. Squire 407	220 lbs.	
P. Spencer 352	Master IV	
G. Alway 336	T. Cox 363	
Master V	242 lbs.	
J. Bevan 264	319 lbs.	
Senior	Senior	
C. Baker 474	Master III	
Master III	L. Pilling 562	
H. Rowlands 418	Master IV	
Senior	M. Leadbetter 402	
M. Haydock 396	275 lbs.	
	Senior	

IN MEMORY OF



John Petroff, 52, died of a heart attack on Nov. 29th, 2006, from a heart attack, after battling health problems for several years. According to his friend Rick Fowler, John "played a big part in the early days of the ADFPA, serving as Secretary/Treasurer. Along with that, he co-directed several State and National Championships with Dr. Mike Cissell until 1994 when he stepped away from the sport. John was married to Kate and also leaves behind 2 teenagers; John Jr., who is 17, and Sarah, who is 16. We had a lot of great times with John and I for one can say he sure will be missed." Donations in memory of John can be made to the Special Education Foundation, 10176 Corporate Square Drive Suite 100, St. Louis, Missouri 63132.



Charles E. "Mick" McFarland, 50, died on January 27, 2007 in Greensburg, Pennsylvania, the city where he had born on June 5th, 1956. He had worked for UPS for 29 years, most recently as a feeder driver. He had a passion for strength and his proudest lifting accomplishment was when he squatted 700 pounds at age 44. Mick was a founding member and officer of the Fox Hill Barbell Club and is seen above pointing out some of the club records. He is survived by his wife of 26 years, Jean, two sons - Michael and Justin, stepson Jason, granddaughter Michaela and many others. Mike Blake, who notified us of this passing, said that "Mick knew everybody and everybody knew Mick. He was a great friend, training partner, and coach". Memorial donations may be made, in memory of Mick, to the Fox Hill Barbell Club, RD9 Box 6, Lampshady Rd, Greensburg, Pennsylvania 15601.

senior category with Dave Wallis, 69 years of age (M6) pressing 115 kgs. at 75 kgs., just missing out on 118.5 kgs. British record on a 4th attempt. Neil Thomas, EM continued his good form taking the 100 kgs. class with 170 kgs., but hot on his heels two juniors had a battle with Cory Brooks WM 165 kgs. to Jay Hollingsworth's NE 161 kgs. both exceeding the world record in the junior age group. In the 110 kgs. class Ian Tudor EC, M4 set a new record with 167.5 kgs. only just being beaten by John Haynes NM with 170 kgs. in the open section. Roger Mealey M6 110 kgs. from the SE set a new British record with 115 kgs.. At 125 Alfie Squires took the title with 185 kgs., with Paul Spencer NM 2nd and Graham Alway, SW in 3rd. John Bevan, EM, M5 took just one attempt with 120 kgs. for a new British record. In the 145 kgs. group Chris Baker NE benched an impressive 215 kgs. in the open division. Hadyn Rowlands NM, M3 set a new British record with 190 kgs.. In 3rd and 4th spot by virtue of lighter bodyweight, Mark Haydock and Andy Varley both NW getting 180 kgs.. In the equipped bench Martin Green EM at 90 kgs. pressed out 210 kgs. having two attempts at 217.5 kgs. that eluded him and Michael Carridine WM set a new British M1 record of 162.5 kgs. on his third attempt. Neil Thomas 100 kgs. class EM pressed 185 kgs. and tried twice to break through the 200 kgs. barrier on his 2nd and 3rd attempts but it wasn't to be, I'm sure it will happen soon. Tom Cox WM, went 3 out of 3, finishing on 157.5 kgs. at M4. At 110 kgs. Les Pilling managed a good 180 kgs. bench in the M3 age group. I managed 235 kgs. M1 World record, which I had to be satisfied with as the gym I used had closed down 3 weeks prior to the competition. Only one lifter in the 125 kgs. class: Graham Alway from the SW ending up with a 170 kgs. effort and the win. The unequipped deadlift saw a number of records broken: the first was by Ryan Crook SW 60 kgs. class who pulled a good 160 kgs. British record not bad for someone just out of the juniors. Lewis Graddon 82.5 kgs. class from Wales was successful with 240 kgs. and had a good tug on 243.5 for a junior record, with a little more bodyweight this will surely go. The 90 kgs. class was won by Larry White WM with a new M2 World record of 242.5 kgs., if he could tweak his technique he would pull some more without question. Mike Leadbetter NW finished his day off with a 250 kgs. World record at 110 kgs., M4 as did Mark Haydock who pulled 307.5 kgs. on his first attempt for another World record in the open event. The equipped deadlift had 5 entries, the 75 kgs. winner was Andy Bamford with 230 kgs., Larry White got the double up with 258.5 kgs. World record at 90 kgs. to go with his unequipped success earlier. In the 110 kgs. class Les Pilling finished off with 270 kgs. just ahead of Mark Eager's 255 kgs. from the SW, with Phil Godwin unfortunately bombing out. In summary, this event was down on numbers probably due to the time of year. That aside, there were some excellent performances and the venue was superb. Thanks to George Beevers, Bradford University and all those who helped out and supported the event. (results courtesy Sharron Clegg)

**USAPL Air Force Qualifier
5 NOV 06 - Aurora, CO**

BENCH	MALE	SQ	BP	DL	TOT
198 lbs.	N. Underwood 347				
123 lbs.	D. Marzo 226	137	319	683	
148 lbs.	K. Dararutana 148	115	176	440	
181 lbs.	J. Neal 358	281	407	1047	
242 lbs.	T. Chuan 253	176	325	755	
457	G. Gavran 457	303	446	1207	
545	B. Loggins 545	407	468	1422	

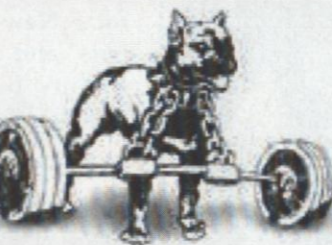
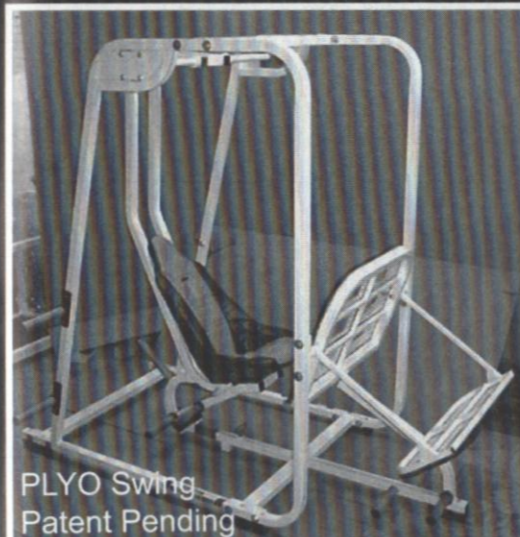
(Thanks to USAPL for providing results)

A. Squires 518 Senior
319 lbs. M. Haydock 639
A. Varley 551

Report from Mark Norton: First day of competition started with the unequipped squat, the highlights as follows. Dave Dargue M5 at 82.5 kgs. from NE set a new world record of 152.5 kgs. done in perfect form. Les Pilling M3 started his marathon campaign off with a 255 kgs. squat at 110 kgs. class with Mike Leadbetter M4 setting a new world mark of 182.5 kgs., not bad for someone who cracked a rib just prior to the British Power Championships. Alfie Squires, WM at 125 kgs. class impressed with a 235 kgs. effort and when he perfects his form

will be a major threat in the open division. Mark Haydock, NW continued to re-write the record books with a 290 kgs. WR in the 145 kgs. open category. Tom Cox and Les Pilling carried on in the equipped section, Tom getting 220 kgs. at 100 kgs. M4 just running out of steam with 230 kgs., Les succeeding with 280 kgs. at 110 M3 on his third attempt. In the unequipped bench press Louise Iontton at 44 kgs. managed a new British and European record of 52.5 kgs. in the open category. Manon Bradley has the potential to break records if she gets her technique right, on this occasion pressing 70 kgs.. Ryan Crook, SW at 60 kgs. set a new British record with 95 kgs. in the

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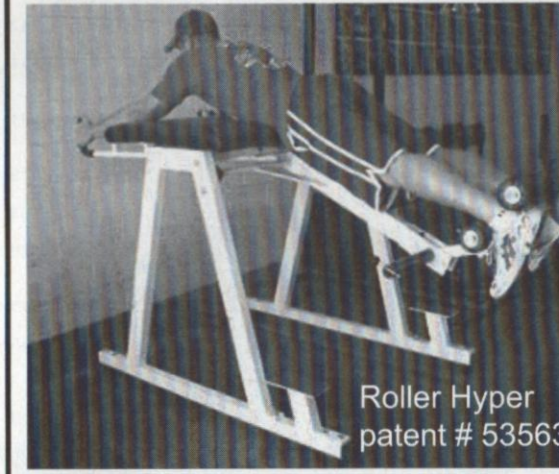
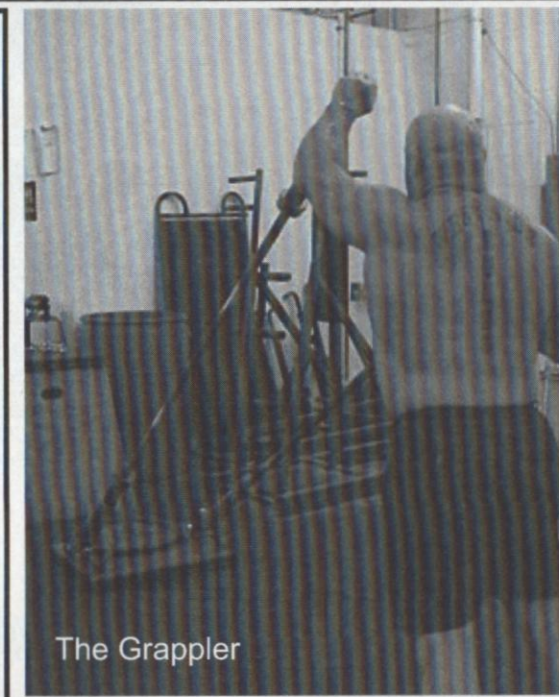
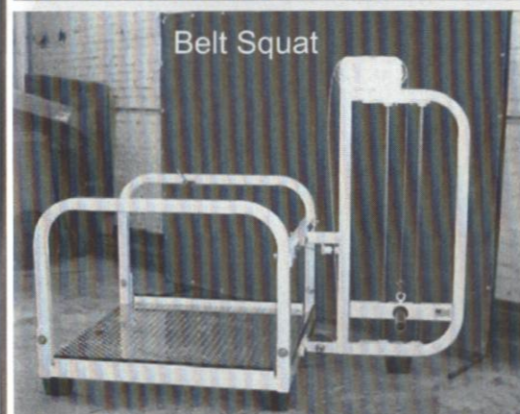
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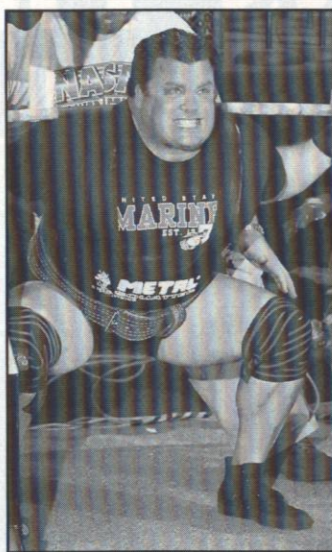
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NASA Wisconsin Regional
11 NOV 06 - Sheboygan, WI

BENCH	SHW			
MALE	Master V			
148 lbs.	J. Ray			474
High School	PS CURL			
B. Aldag	MALE			
Master I	60 lbs.			
D. Aldag	Youth			24
Master V	B. Clarke			
T. Aldag	123 lbs.			
165 lbs.	Youth			
Master I	Z. Clarke			49
Constantineau	242 lbs.			
308 lbs.	Master V			
Submaster I	T. Deprey			181
J. Langer	B. Eder			0
SHW	PS DEADLIFT			
Police/Fire	MALE			
T. Allred	60 lbs.			
Raw	Youth			
123 lbs.	B. Clarke			71
Open	77 lbs.			
Z. Clarke	Youth			
Pure	I. Klarkowski			110
Z. Clarke	123 lbs.			
SHW	Youth			
Master V	Z. Clarke			176
J. Ray	242 lbs.			
PS BENCH	Master V			
MALE	T. Deprey			633
220 lbs.	SHW			
Master II	Submaster II			
M. Gillette	E. Ratzmann			496
Push Pull	BP			
MALE	DL			
123 lbs.	TOT			
Open				
Z. Clarke	71	176	248	
Youth				
Z. Clarke	71	176	248	
165 lbs.				
Open				
D. Constantineau	319	369	688	
242 lbs.				
Pure				
M. Jacobs	341	501	843	
SHW				
Police/Fire				
T. Allred	501	584	1085	
Power Sports CR	BP	DL	TOT	
MALE				
66 lbs.				
Youth				
S. Hou-seye	27	38	77	143



Tom Allred USMC, out of Battle Creek, MI opened with a 655 SQ

123 lbs.				
Open				
Z. Clarke	49	71	176	297
Youth				
Z. Clarke	49	71	176	297
198 lbs.				
Open				
D. Neville	121	248	440	810
Powerlifting	SQ	BP	DL	TOT
MALE				
181 lbs.				
Master V				
D. Ploetz	347	303	319	970
Submaster II				
E. Domanski	551	303	501	1355
242 lbs.				
Pure				
M. Jacobs	501	341	501	1344
275 lbs.				
Master I				
D. Reiter	479	380	573	1433
Master II				
R. Sadowski	463	220	518	1201
Master V				
R. Crawford	529	352	507	1388
SHW				
Master I				
T. Allred	655	501	584	1741
Police/Fire				
T. Allred	655	501	584	1741
Raw				
198 lbs.				
Master I				
S. Korff	518	319	485	1322
Master IV				
P. Jensen	198	198	308	705
Master V				
S. Korff	518	319	485	1322
220 lbs.				
Open				
J. Leno	463	281	523	1267
275 lbs.				
Open				
R. Spidell	341	209	501	1052

Maryland Special Olympics
28 OCT 06 - Emmittsburg, MD

FEMALE	BP	DL	TOT
97 lbs.			
Penenburgh	40	55	95
148 lbs.			
K. Cook	85	105	190
T. Brooks	60	70	130
165 lbs.			
K. Less	65	200	265
181 lbs.			
J. Fletcher	100	185	285
C. Felton	70	135	205
T. McGinnis	45	115	160
198 lbs.			
H. Ford	35	70	105
MALE			
114 lbs.			
D. Hicks	175	—	175
A. Hibbert	60	—	60
123 lbs.			

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A. Kathuria	25	70	95		
132 lbs.					
A. Todd	100	165	265		
M. Adams	95	115	210		
J. Shaffer	65	140	205		
148 lbs.					
J. Schaible	130	200	330		
C. Herron	125	165	290		
D. Yocum	115	175	290		
R. Franklin	95	195	290		
C. Pinos	105	140	245		
R. Heil	75	120	195		
165 lbs.					
Z. Reeves	95	185	280		
C. Fletcher	75	125	200		
181 lbs.					
G. Lewis	100	225	325		
R. Elburn	85	125	210		
198 lbs.					
H. Thomas	195	250	445		
A. Dunn	125	200	325		
D. Scanlon	105	180	285		
S. McCann	—	175	175		
220 lbs.					
R. Conway	165	215	380		
E. Collison	135	200	335		
R. Wright Jr.	85	225	310		
M. Valaske	85	180	265		
242 lbs.					
R. Leuthold	150	255	405		
T. Newman	100	180	280		
275 lbs.					
J. Bowser	185	355	540		
K. Long	185	260	445		
C. Anderson	170	220	390		
S. Sparks	100	—	—		
SHW					
E. Bell	140	225	365		

The 2006 Maryland Special Olympics Powerlifting Fall Games was held once again on the beautiful campus of Mount Saint Mary's University. I would like to thank Steve Bennett, Director of Competition & Venue Management for Maryland Special Olympics, for overseeing and coordinating another successful event. The officials were John Mogavero, Kenny Davis, Len Walker, and Calvin Tucker. I would also like to thank, Len Walker, for bringing the lifting equipment and plates. I would also like to thank the

APF Diablo Meet
16 DEC 06 - Concord, CA

FEMALE	SQ	BP	DL	TOT
181 lbs.				
H. Harper	501	319	424	1244
MALE				
181 lbs.				
R. Hencke	374	214	402	990
J. Ritchie	303	231	402	936
198 lbs.				
P. Flagg	611	352	551	1514
S. Bartlett	485	385	501	1371
220 lbs.				
C. Telesco	766	534	578	1878
B. King	683	402	628	1713
J. Irion	567	424	540	1531
J. Laija	501	501	462	1464
242 lbs.				
J. Paredes	556	385	617	1558
R. Higgins	529	446	573	1548
275 lbs.				
A. Zavala	903	633	672	2208
D. Randa	810	633	639	2082
M. Moore	804	457	683	1944
M. Bell	699	600	622	1921
R. Matulia	699	468	584	1751
S. Flaming	611	457	617	1685
D. Helfyre	622	468	551	1641
G. Beckham	523	457	529	1509
308 lbs.				
D. Saldivar	771	633	666	2070
Baumgarten	650	440	451	1541
J. Woods	—	650	—	—

Best Lifter Female: Hillary Harper. Best Lifter Male: Andy Zavala. Best Lifter Bench Only: Gerry Wood. (Thanks to Ted O'Neill, from Diablo Barbell, for results)

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MRPF 2nd State Championship
30 SEP 06 - Chanhassen, MN

BENCH		Open	
MALE		N. Campbell	501*
148 lbs.		E. Molnar	385
Open		M. Nelson	231
W. Vargas	319	Master II (47-53)	
181 lbs.		E. Molnar	336*
Master IV (61-67)		Master III (54-60)	
D. Hawkinson	341	L. Kollauf	319*
220 lbs.		Master IV (61-67)	
Open		R. Wolf	286
R. Fuchs	545	275 lbs.	
Master II (47-53)		Open	
E. Molnar	385	D. Douglas	380
242 lbs.		Submaster (34-39)	
Open		D. Douglas	380
M. Sias	385	Master I (40-46)	
Master I (40-46)		J. Steffens	330
R. Delisi	429	308 lbs.	
275 lbs.		Open	
Submaster (34-39)		J. Kollauf	529*
S. Wahl	501	R. Meuffels	468
D. Weltzien	463	DEADLIFT	
Master I (40-46)		FEMALE	
J. Steffens	380	Raw	
308 lbs.		SHW	
Master I (40-46)		Open	
J. Brust	600	T. Graupman	275*
Raw		MALE	
132 lbs.		220 lbs.	
Teen I (13-16)		C. Back	650
T. Loesch	187*	Raw	
181 lbs.		181 lbs.	
Teen II (17-19)		Teen II (17-19)	
Aghamirazi	248	C. Webber	352*
C. Webber	203	Submaster (34-39)	
M. Clemmer	165	Stanchfield	424
Junior (20-25)		198 lbs.	
A. Frank	226*	Junior (20-25)	
Open		C. Webber	402*
M. Rahim	214	220 lbs.	
Submaster (34-39)		Open	
Stanchfield	319	M. Nelson	330
Master IV (61-67)		Master IV (61-67)	
D. Hawkinson	281*	B. Norton	270
198 lbs.		242 lbs.	
C. Webber	253	B. Graupman	534*
Open		Submaster (34-39)	
C. Holte	385	B. Graupman	534*
Master I (40-46)		Master IV (61-67)	
J. Beavers	380*	T. Lucy	336*
T. Hirdler	314	308 lbs.	
220 lbs.		R. Meuffels	551

*=MRPF Records. Best Raw Bench: Nick Campbell 501.5 lbs. Best Equipped Bench: Jeff Brust 600.7 lbs. Best Equipped Deadlift: Chris Back 650.3 lbs. Ironman Winner: Ross Meuffels. The 2nd Annual MRPF State Championship and Push Pull Contest was another great contest run by Scott Nutter and Elite Barbell. The Raw Division fell under the Minnesota Raw Power Federation and saw 14 new MRPF state records fall and many personal records. Records were kept for the Push Pull contest in all the Raw and Equipped divisions and another 28 records were also broken. We had a total of 30 raw lifters and 11 equipped lifters that competed for some really nice Carl Seeker sculptured trophies and awards, for best overall lifter in the raw and equipped categories. Here's a recap of the day's lifting. Starting in the raw bench Tyler Loesch in the 132's Teen I division continued to impress with another state record 187.4. I see huge numbers from this teen in the next few years. In the biggest weight class of the contest the 181's Teen II division had Oliver Aghamirazi, Casey Webber, and Mike Clemmer battling for top spot. Oliver came out on top with a contest record of 248 pounds followed by Casey Webber with 203.9 and Mike Clemmer at 165.3. Mike made a pretty big jump for his second lift and just couldn't push the weight. Since this was his first contest I can only imagine that he'll improve on that total. Mohammed Rahim won the open 181's with a 214.9 press. In the Junior division Adam Frank another first time contest lifter that I've been working with the last few months finished with a state record 226 even though he's been putting up 265 plus in training. I keep reminding him gym lifts are gym lifts, you need to get your feet wet and see what you can do under pressure. He'll come back stronger for the next contest I'm sure. In the Subs Mike Stanchfield trying to break his state

record came up a little short but still finished first with 319.7. The final lifter in the 181's Dan Hawkinson in the Masters IV division pushed a new state record of 281.1. The 198's had three lifters with Charlie Webber in the Junior division flying back from college in Arizona just to compete in this contest. The older of the two Webber boys showed he might have been a little tired finishing with 254.3, almost 20 pounds below his state record. Chad Holte in his first contest cut weight to have a chance at breaking the 198's record of 406. Going for it all on his 4th lift he ran out of gas and finished with a respectable 385.8 for a new contest record. James Beavers in the Masters I division pressed a new state record of 380.3 and took 400 for a ride just coming up short. In the 220's Open class Nick Campbell was quite a site to see after opening up with a easy 402.3 he then went 479.5, 490.5 to tie the current record and than shatter it with a lift of 501.5 at a bodyweight of 216. Being a personal trainer at Lifetime Fitness in Chanhassen he tutors many young lifters and I wouldn't

be surprised if he could do over 525. He also received the best raw lifter by bodyweight. Mike T. Nelson was one of the two lifters in the Ironman class. His raw bench in the Open class was 231.5. With some help in training his bench should improve to compete with some of the bigger boys. In the Masters I division Troy Hirdler lost his 198 raw record to James Beavers but set a new 220 contest record with a lift of 314.2. Ed Molnar in the Masters II finished with a 336.2 lift for a new state record. Personally seeing Ed press 375 in the gym it's just a matter of training before he does that in a contest. Lawrence Kollauf in the Masters III pressed a new state record of 319.7 on his fourth lift. Being the father of Jason Kollauf I can see how Jason gets his great genetics to become one of the biggest drug free lifters in the country. The final lifter in the 220's was Rich Wolf in the Master IV division. Rich is just getting back into the competitive powerlifting scene and is a main stay at most competitions the last few years. He tied his state record with a lift of 286.6. In the 275's Dan Douglas

back after a few years off from competing won the Open and Subs division with a contest record of 380.3. Dan probably has the closest grip I've ever seen in a lifter, I think his thumbs were actually touching each other. Jason Steffens in the Masters I won with a new contest record of 330.7. Now on to the big boys. In the 308's Jason Kollauf who is a 700 plus shirted lifter took it off and show why he's one of the strongest people in the state of Minnesota. Pushing 529.1, which was the heaviest raw bench of the day to break his old state record. I think he could be a 600 raw lifter some. 800 pounds in a shirt will be first on his list of accomplishments that he has in the near future. The last raw lifter and the winner of the Ironman contest was big Ross Meuffels with a lift of 468.5. He's shown great improvement these last two years and is going to get that 500 raw bench soon. Now all we have to do is get him in a shirt and get some more spotters. In the equipped or shirted bench division we had some incredible lifters. Lets start with Will Vargas in the 148's Open division. Will is on his way to Las Vegas

for the WABDL Worlds in November to compete. This was just a warm-up for that and posted a modest 319.7 for a contest record. That would break the current WABDL state record. Will qualified for world's with a raw lift so this will be his first big shirted contest. Good Luck Will and remember what happens in Vegas stays in Vegas. In the 181's Masters IV division Dan Hawkinson pressed a new contest record of 341.7. Dan has been lifting for many years and has not slowed down a bit. Ed Molnar in the 220's Masters 2 finished with a contest record of 385.8 well below his contest PR of 425. Rick Fuchs of Wisconsin pressed a contest best and overall equipped best of 545.6 at a body weight of 218. Rick just edged Jeff Brust for the overall by .3 points. Ron Delisi had to pull himself away from his new baby girl and sandbag again with a lift of 429.9 in the 242's Masters I. Ron and the rest of the guys represent the state of Wisconsin very well with their personalities and they're lifting actions. It's a pleasure to be in the same contest with these gentlemen. In the Open class Matt

Sias pressed a contest record of 385.8. On too the bigger guys. In the 275's Subs division Scott Wahl went up against Darin Weltzien of Winona, MN. Scott finished strong with 501.5 for a contest record. Darin took second with a lift of 463, missing the same 501.5. The biggest bench of the day belonged to Jeff Brust of Winona, MN. Opening with an easy 551.1 they just seemed to get easier. His second lift of 578.7 was just a warm-up for his biggest shirted lift ever. 600.7 was loaded on the bar and the crowd went wild. I could feel the adrenaline in the air when he took the weight of the rack and got the press command and the weight flew up in what seems like only a split second. I think I was more excited for him because I know how long his been training for this and getting just the right shirt too work when you need it to. Congrats big man, and I expect you and me will have a few contests together to press each other above our limits. In the raw deadlift event we had nine lifters. Lets start with Casey Webber in the 181's Teen II division. He finished on a strong fourth lift with a state

record of 352 lbs. Mike Stanchfield continued his winning ways with a lift of 424.4. In the 198's Charlie Webber also pulled a state record lift on his fourth attempt of 402.3. He just started doing deadlift and I'm sure that improvements will show in the future. In the 220's Masters IV the legend Bill Norton finished with a strong 270.1. I've enjoyed watching him lift in the last few contests. He's an inspiration to anyone that thinks they can't lift anymore once your older. Mike T. Nelson in the Ironman placing second to big Ross Meuffels pulled 330.7. Elite Barbell member Tom Lucy in the 242's Masters IV pulled a state record 336.2. In the 275's Open and Subs division Brian Graupman also on his way to the WABDL Worlds in Vegas opened with a state record 534.6. He'll pull something bigger at the worlds in a few weeks. The final raw men's deadlifter was Ross Meuffels in the 308's Open. Ross finished in first place with a pull of 551.1. The 589.7 was just a little too much for his grip and it slipped out before lockout. We had one female lifter for the whole contest. Theresa

Graupman, Brian's wife entered the deadlift event and ended up with a new state record of 275.6 in the SHW open class. I'm sure we'll see more of her in future contest sensing the powerlifting bug has bitten her. Chris Back was the only equipped lifter in the deadlift. It was the second time he put his suit on for a contest a he said after that he thinks he could have done more without it. He opened with 650.3 probably could have done that on one leg. For his second lift he went all out at 705.4 and couldn't get the last few inches to lock the weight out at his waist. On his third and final attempt he had the same problem. The next contest I think he'll take the suit off and create a new raw record in the 220's. I have to add that the judging was the best I've ever seen in a contest and spotters and loaders never missed a beat. Since I lifted off for almost all but a few lifts I can say that for certain that all these lifts would have been good in any federation. Scott Nutter owner of Elite Barbell and our host gym Chanhassen Fitness owned by Darryl Rozelle would like to thank Mike Lambert of Powerlifting USA for his continued support of our sport of powerlifting. I would also like to thank the judges, spotters and the rest of the crew for a job well done. Todd Finger, Ryan Goldstone, Charlie Kadrluk, Greg "Beef" Riggs, Greg Damminga, Manley Nutter, Dave Kadrluk and our bookkeeping staff off Rachel Nutter, Khris Finger, Scott's niece Racheal Nutter who handled the DJ job well and the whole Nutter family. I would like to thank Carl Seeker for his countless efforts in sending us the top of the line trophies and actually driving out and delivering them himself to make sure none of them got damaged. I would also like to thank Matt Masloski of Lifetime Chiropractic who was on hand to answer anyone's questions and to give advice on injuries. (Thank you to Trent Hedtke for providing these meet results)

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Southern Colorado Push Pull
9 DEC 06 - Pueblo, CO

BENCH		242 lbs.	
FEMALE		S. Donegan	575
114 lbs.		DEADLIFT	
C. Villegas	95	114 lbs.	
132 lbs.		FEMALE	
C. Donegan	120	C. Villegas	175
165 lbs.		132 lbs.	
L. Duhon	75	C. Donegan	195
181 lbs.		165 lbs.	
L. Montoya	125	L. Duhon	190
242 lbs.		181 lbs.	
J. Ogle	120	L. Montoya	200
MALE		242 lbs.	
A. Hudson	200	J. Ogle	235
165 lbs.		MALE	
C. Helton	275	148 lbs.	
J. Grove	265	A. Hudson	275
R. Phelps	180	165 lbs.	
181 lbs.		C. Helton	365
R. Mack	170	J. Grove	315
198 lbs.		R. Phelps	300
J. Chatham	230	R. Mack	340
D. Chatham	210	198 lbs.	
220 lbs.		D. Chatham	335
T. Wright	—	J. Chatham	285
275 lbs.		275 lbs.	
M. Alaniz	420	275 lbs.	
B. Argle	280	M. Alaniz	605
D. Archuleta	265	D. Archuleta	405
275+ lbs.		B. Argle	320
E. Bustillos	225	275+ lbs.	
Guest		E. Bustillos	605

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ASK THE DOCTOR

This column will feature questions on nutritional, performance and medical issues. Send your questions to Mauro Di Pasquale M.D. 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.

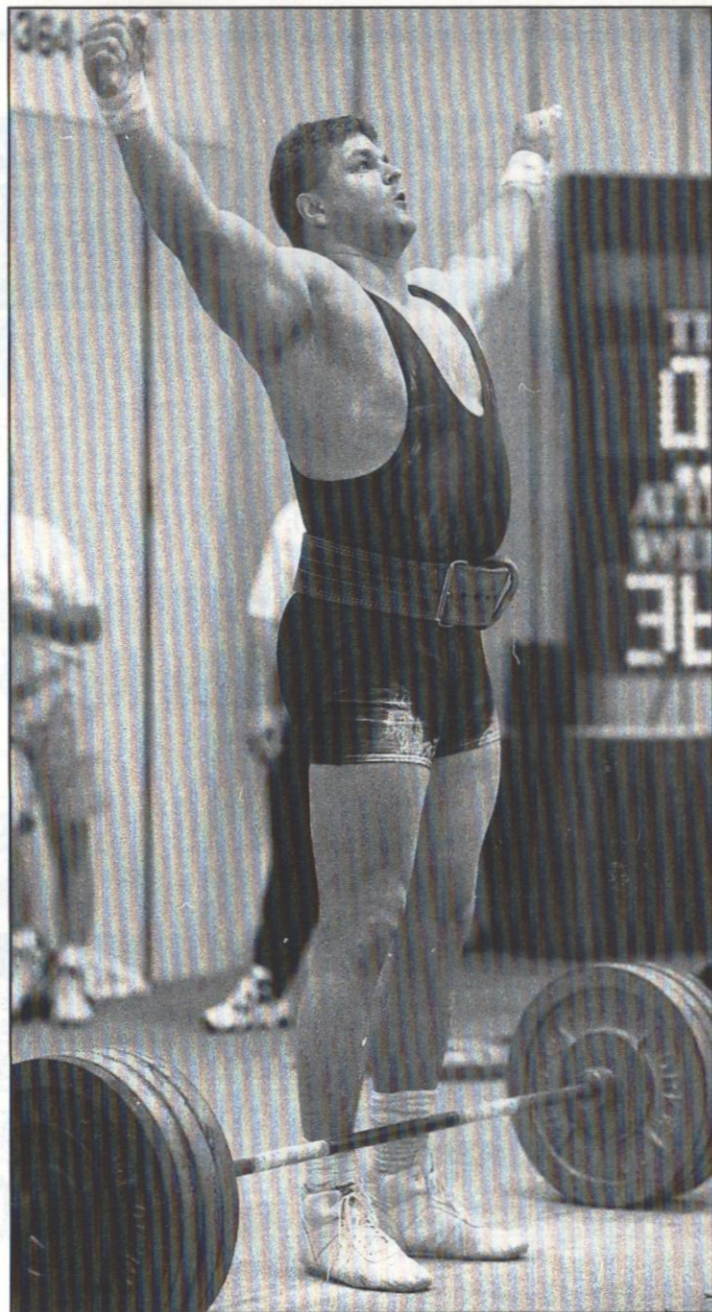
Mauro: I just received an email from a colleague overseas. He was asking about me trying the following: 3,16,17 Androstrenetrione, he states the following: Best Test precursor, no prohormones, legal, safe. Any info on this? Seems like there are so many products on the market. This is supposed to be legal and safe? Regards, **Greg**

Greg: Even though these compounds are supposed to be illegal to sell over the counter, there are still a lot of prohormones and anabolic steroid like compounds on the market, some (like the aromatase inhibitor 6-OXO) are still available in the US (slipping through some cracks in the legislation and thus available OTC) while others, including some that actually contain not only prohormones but anabolic steroids, in Europe and other countries. I wouldn't trust any of these compounds as being legal because in 99.9% of the cases they're not. An example of this is the compound you're asking about (trade name 6-OXO) and similar products available in the US. My advice? Don't use it or any other prohormones or hormones if you're subject to drug testing. In this case 6-OXO is banned by the IPF, which uses IOC/WADA drug testing guidelines. According to the literature (see below) and my own information it is detectable up to 2 days after use of a single dose and for up to a week (and perhaps more in some circumstances) after chronic use. As far as them being safe. Think again. The prohormones, like steroids, knock out your own testosterone production and can cause you to be testosterone deficient once you stop taking them. The aromatase inhibitors have their own adverse effects, both physical and mental, including increasing the levels of the aromatase enzyme so that when you discontinue them you're flooded with estrogen and a dysfunctional hypothalamic-pituitary-testicular axis. Best regards, **Mauro**

J Chromatogr B Analyt Technol Biomed Life Sci. 2005 Dec 15;828(1-2):21-6. Epub 2005 Oct 6. Quantitative analysis of androst-4-ene-3,6,17-trione and metabolites in human urine after the administration of a food supplement by liquid chromatography/ion trap-mass spectrometry. Deventer K, Van Eenoo P, Mikulcikova P, Van Thuyne W, Delbeke FT. Department of Clinical Biology, Microbiology and Immunology, Doping Control Laboratory (DoCoLab), Ghent University-UGent, Technologiepark 30, B-9052 Zwijnaarde, Belgium. 6-OXO, a new nutritional supplement commercially available on the internet, is sold as an aromatase-inhibitor and contains androst-4-ene-3,6,17-trione as active ingredient. This anabolic steroid is a prohibited substance in sports. Androst-4-ene-3,6,17-trione is metabolised to androst-4-ene-6alpha-ol-3,17-dione and androst-4-ene-6alpha,17beta-diol-3-one. A fast, sensitive and accurate LC/MS method was developed and validated for the quantification of androst-4-ene-3,6,17-trione and its metabolites in urine. The method is capable of determining the stereochemical position of the hydroxy-group at C-6 of the metabolites and consists of a liquid-liquid extraction step with diethylether after enzymatic hydrolysis, followed by separation on a reversed phase column. Ionisation of the analytes is carried out using atmospheric pressure chemical ionisation. The limit of quantification of the method was 5 ng/mL for all compounds. The accuracy ranged from 14.8 to 1.3% for androst-4-ene-3,6,17-trione, 9.4 to 1.6% for androst-4-ene-6alpha-ol-3,17-dione and 4.1 to 3.2% for androst-4-ene-6alpha,17beta-diol-3-one in the range of 5-1000 ng/mL. Using this method androst-4-ene-6alpha-ol-3,17-dione was identified as a major urinary metabolite, whereas androst-4-ene-6alpha,17beta-diol-3-one as a minor metabolite. While the parent compound is predominantly excreted in conjugated form, both metabolites are solely excreted as conjugates.

Biomed Chromatogr. 2005 Nov;19(9):689-95. Detection of androst-4-ene-3,6,17-trione (6-OXO) and its metabolites in urine by gas chromatography-mass spectrometry in relation to doping analysis.

Van Thuyne W, Van Eenoo P, Mikulcikova P, Deventer K, Delbeke FT. Doping Control Laboratory, Department of Clinical Biology, Microbiology and Immunology, Ghent University-UGent, Technologiepark 30, B-9052 Zwijnaarde, Belgium. The metabolism and excretion of androst-4-ene-3,6,17-trione after administration of the 'nutritional' supplement 6-OXO was investigated by gas chromatography-mass spectrometry (GC-MS) in full-scan mode. The parent drug androst-4-ene-3,6,17-trione and androst-4-ene-6alpha,17beta-diol-3-one and androst-4-ene-6alpha-ol-3,17-dione were detected in the post-administration urine samples. Because androst-4-ene-3,6,17-trione is an anabolic steroid and an aromatase inhibitor, this substance is regarded as a doping agent. Hence, a selective and sensitive GC-MS method in selected ion monitoring mode for the detection of the TMS-enol-TMS-ether derivatives of these substances was developed and validated for doping control purposes. The limit of detection (LOD) of the investigated compounds ranged from 5 to 10 ng/mL. Using this method, the detection time for androst-4-ene-3,6,17-trione and androst-4-ene-6alpha,17beta-diol-3-one was 24 h, while androst-4-ene-6alpha-ol-3,17-dione could be detected up to 37 h after administration of the dose recommended by the manufacturer.



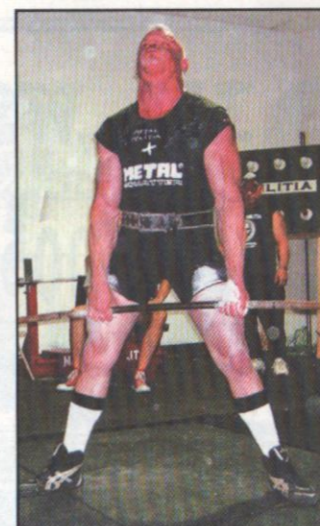
Strength Athletes who are frequently drug tested, like USAPL superstar Brad Gillingham, have to be careful with over the counter supplements

APF Metal Militia Memorial 16 DEC 06 - Lake George, NY

BENCH	Teen	TOT			
FEMALE	R. Daly Jr.	405			
123 lbs.	Open				
Open	M. Newton	500			
J. Faraone	Master II	300			
R. Kilts	S. Luciano	215			
Submaster	275 lbs.				
J. Faraone	A. Landi	300			
MALE	308 lbs.				
181 lbs.	Open				
Teen	M. Harris	675			
L. Quarters	SHW	320			
Submaster	Open				
B. Sheldon	G. Rychlak	405			
198 lbs.	1010				
Teen	DEADLIFT				
J. Greenholtz	Kids	205			
Open	T. Thornton	50			
J. Matta	C. Howell	505			
T. Stanley	MALE	385			
Master II	220 lbs.				
S. Dussault	Open	545			
220 lbs.	R. Lewis	370			
Open/Police	242 lbs.				
Barbagelata	Open	430			
242 lbs.	R. Saldan	600			
FEMALE	SQ	BP	DL	TOT	
132 lbs.					
Open	J. Burkey	445	250	305	1000
148 lbs.	Open				
Open	K. Bohigian	520	400	470	1390
165 lbs.	Master				
Master II	C. McKenzie	340	180	350	870
MALE	132 lbs.				
Junior	S. Tepper	400	330	380	1100
198 lbs.	Teen				
Teen	M. Bailey	650	395	535	1580
220 lbs.	Open/Master				
Open/Police	J. Howell	730	425	672	1830
242 lbs.	Open				
Open	R. Kruszely	615	550	560	1725
Junior	L. Ciccarelli	655	435	540	1630
275 lbs.	Open				
Open	J. Louder	640	450	630	1720
Best Lifter	Bench: Gene Rychlak.				
Best Lifter	Full Power: James Howell.				
Adirondack	Barbell Club.				
This was the					



Twins? ... nah ... Kara Bohigian with Caitlin Howell at the APF Metal Militia Memorial contest.



James Howell was Best Lifter at the Metal Militia Meet off his 730 425 675 1830 lifting at 220 lbs.



Gene Rychlak preparing for his all time record bench press attempt of 1010 lbs. (all of these photographs were provided by the courtesy of James Howell)

fourth year for the Metal Militia Memorial Meet, honoring the memory of dearly departed friends of the Metal Militia and the powerlifting community. The spirit of this annual event always brings competitors with a lot of heart to the lifting platform, and this year did not disappoint. The meet took on special meaning for a lot of the lifters who were friends with platform warrior, Dave Barno, who passed away this summer. Every year, a portion of the proceeds is donated to an Educational Trust Fund for the daughter of Mark Rexroad, a worthwhile cause that many of the top names in our sport have supported over the years. Lifting at this contest were many impressive young, up and coming lifters, as well as many successful seasoned veterans, including all-time world record holders Janet Faraone, Kara Bohigian, and Gene Rychlak. The crowds of the Metal Militia meets are known for their loyal support of the lifters, and they were rewarded with quite a display of power. The highlight of the contest by far, was Gene Rychlak's record breaking bench of 1010 pounds. Big Gene came into this contest looking strong and prepared to take on this monster lift. Although he blasted up his first attempt, he was called on a technicality and called for 1010 again on his second attempt. With the audience on their feet for the second attempt, Gene was all business as he approached this lift. This time, the lift was strong and clean, and the crowd celebrated with Gene as three white lights appeared on the board. With the final approval of the judges after an equipment

inspection, a new all time world record for Gene! A class act, Gene dedicated his lift to the memory of Barno and "Pop" Newman. Look for more from Gene very soon. In addition to the record breaking lifting action, the crowd was treated to all the flavor of a meet put on by the Militia: music that rivals a heavy metal concert, Bill Crawford's antics on the microphone, Skullputres by Seeker awards, and the legendary "after meet activities". Thanks to all who supported the cause. Watch for video coverage of this meet in a future edition of Underground Strength Magazine. (Thanks to Jenny Burkey for results)

APF Rio Grande Valley 2 DEC 06 - McAllen, TX

BENCH	165 lbs.	TOT			
FEMALE	J. Zavala	259			
Open	Law				
165 lbs.	242 lbs.				
J. Jackson	137	J. Guerra	567		
MALE	DEADLIFT				
Open	MALE				
114 lbs.	Open				
B. Wolfe	154	198 lbs.			
165 lbs.	R. Garcia	287			
A. Haro	303	242 lbs.			
198 lbs.	R. Sims	331			
C. Cuellar	270	198 lbs.			
220 lbs.	198 lbs.				
R. Womack	—	C. Cuellar	374		
242 lbs.	J. Guerra	567			
J. Guerra	567	198 lbs.			
Junior	C. Cuellar	281			
MALE	SQ	BP	DL	TOT	
Open					
132 lbs.	L. Arredondo	248	126	248	622
220 lbs.	148 lbs.				
R. Cntu	225	115	231	571	
Below Class I					
148 lbs.	L. Saldana	170	99	209	478
Junior (13-15)					
SHW	R. Garcia	242	88	225	555
Junior (16-17)					
198 lbs.	D. Sanchez	248	110	242	600
275 lbs.	SHW				
N. Nord	685	490	585	1760	
T. Smith	655	500	545	1700	
M. Mazanet	—	—	—	—	
SHW	L. Karabel	905	630	765	2300
Best Lifter:	Lance Karabel.				
This was the	18th Hudson Natural Open.				
This is one of	the oldest drug tested meets in the USA.				
It started out as	an ADFPA sanctioned				
meet and is now	USAPL sanctioned.				
It hasn't skipped	a beat from the start. It				
has remained such	a success because of the				
great lifters that	have lifted here as well				
as the superb help	that we have here. Our				
spotters and loaders	are among the best.				
We are fortunate	that our location for this				
meet allows us to	work with Minnesota to				
make this event a	success every year. It				
also allows us to	hold what we call the				
"Border Battle".	The Border Battle is a				
friendly competition	between Minnesota and				
Wisconsin. This year's	competition put Wisconsin				
in the lead by one.	Will that change next year?				
Time will tell. Anna	Jamrozek had a great 9 for				
9 day, setting multiple	Teen MN State Records:				
Todd Dierks had a PR	Squat day and just barely				
missed an attempt at	600 lbs. Dan Williams				
amazed everyone with	his power, setting American				
Records on a tough 4 for	9 day. I'm sure we'll see				
more from this young	man. He is one of many				
lifters from Neenah	High School program that				
are making their mark	in this sport. Those who				
have followed High	School Powerlifting have				
heard of the Neenah	Team. Great job by their				
leader Joe Lewis. Mitch	Edelstein pulled a nice MN				
State Record Deadlift.	Dan Hengst made a fine				
return to the sport	after a few years away.				
Nate Nord also	showed a lot of power in				
his return. The best	lifter of the meet went to				
Lance Karabel. Lance	squatted a powerful 905				
lbs. on his third attempt	and had a massive total				
of 2300 lbs. (passing his	3rd Deadlift attempt)				
Many thanks to the	lifters, judges, spotters				
and loaders and other	helpers that make this meet				
happen every year.	(Results by Shawn Cain, Meet				
Director)					

USAPL Hudson Natural Open 28 OCT 06 - Hudson, WI

FEMALE	SQ	BP	DL	TOT
(Formula)				
P. Hopp	225	135	260	620
Open				
(Formula)				
M. Jovanovic	315	200	290	805
A. Jamrozek	300	180	315	795
MALE				
Master (50+)				
(Formula)				
B. Briggs	455	325	475	1255
S. Reid	420	270	445	1135
J. Milnes	420	355	00	1275
R. Crawford	500	350	475	1325
J. Valpatic	450	280	465	1195
D. Priebe	430	285	500	1215
E. Piwowski	325	240	360	925
D. Parker	275	—	350	—
Master (40-49)				
(Formula)				
T. Dierks	570	350	520	1440
J. Lewis	555	300	540	1395
M. Braum	360	280	425	1065
T. Snyder	350	200	400	950
Teen (Formula)				
E. Allen	540	345	510	1395
R. Johnson	365	230	415	1010
Open				
165 lbs.				
D. Parker	275	—	350	—
181 lbs.				
T. Reid	545	420	600	1565
M. Badenhop	235	200	360	795
L. Kirchner	590	—	—	—
198 lbs.				
D. Williams	660	420	725	1805
P. Nees	545	355	530	1430
T. Richmond	450	—	400	—
220 lbs.				
M. Edelstein	590	430	670	1690
E. Ortega	580	370	565	1515
C. Staveen	455	385	495	1335
K. Bevars	465	330	460	1255
J. Valpatic	450	280	465	1195
242 lbs.				
D. Hengst	675	440	625	1740
T. Dierks	570	350	520	1440
M. Gunville	155	455	605	1215
P. Diamond	635	—	—	—

Iron Gladiator Push Pull
10 SEP 06 - Spokane, WA

MALE	BP	DL	TOT
101 lbs. Teen 13			
S. Mikesell 148 lbs.	—	150	150
Junior D. Baldassarre 165 lbs.	275	—	275
Junior R. Foresman 181 lbs.	140	325	465
Teen (18-19) C. Hogan 198 lbs.	245	525	870
Submaster M. Miner Master (45-49) D. Piggee Master (55-59) D. Walker 220 lbs.	400	—	400
Junior R. Young Submaster N. Rudd J. Reyes 242 lbs.	610	—	610
Open C. Smith 275 lbs.	—	405	405
Open B. Rogers A. Roberts Junior M. Moore 308 lbs.	335	450	785
Open R. Kennelly SHW Junior T. Corwin Master (45-59) P. Ratsch Master (55-59) R. Patterson Open J. Patterson A. Anderton	355 510	— —	355 510
565 490	710 755	1275 1245	

The best way to sum up this meet was to say it was small but it had quality. The meet was held at the Mirabeau Park Hotel, in their beautiful 4000 square foot ballroom. 30 lifters signed up and came to show what they had in the bench press and deadlift. Never have I seen a meet with such big time lifters combined with so many first time competitors. It was truly a unique meet. I must first apologize to the contestants for the botched trophy presentation as my computer scoring program had a problem and didn't score any of the deadlifts or master benchers. My apologies to Paul, Randy, and Darris for the mess. On a second note, our heart goes out to Kelley Mahoney, who has had some terrible life experiences recently. We want to let her know we are all thinking of her. We wish Kelley the best. The last note is that I can't remember a time I went to a meet or hosted a meet that not one person stuck around to help clean up or put away. My wife and kids and I spent eight exhausting hours lifting, showing, and moving all the equipment. It goes without saying that we all got a good night's rest. In the bench, first up were the teens and juniors. Colin Hogan did a nice 245 at 181 raw to win the teen 18-19 division. The Junior class packed. Dominic Baldassarre pushed a frustrating 275 up and came close with 290 twice. He has done three wheels before. It will come back. Tim Foresman and Robert Young did the meet as first time competitors. Tim played it safe all day and did a 140 bench at 165. Robert did a 335 at 220. Both of these young men have lots of time and experience to gain strength. Matt Moore, the upcoming phenom, pushed a PR 575 with little shirt practice, at a light 275. He is right around the corner from hitting a huge squat too. You will hear this guy's name soon. Ashley Roberts hit his first ever 700 on his second attempt. A misgroove cost him his 700 opener. When he puts that together with a 1000+ squat, we'll have a new 308 contender in the Seniors and the WPO. He did that weight at a bodyweight of 271. I wonder where

this ranks him in the all time junior 275 list? Another great is Terry Corwin who came in at 350 and blasted a 685, 730, then a 750. We all thought he was done. He did all his unofficial WR benches in a two ply Phenom shirt. Then he called for a fourth at 800 and changed into a single ply. No go this time out, but it looks like a matter of time. These were some of the best juniors I've seen in a long time. The submaster's were packed with talent also. Nate Rudd, a Spokane local, lifted raw and did a meet PR 355 to take the 220's. In the equipped division, Michael Miner was a last minute entry at a new bodyweight of 198, and drove home a 400 with very limited training. Joel Reyes won the 220's with an easy 510 and then came back to grab a 545 on a fourth. Great effort. Thanks to all three of you for coming. The Master Men saw two local outstanding Master Benchers. First was Paul Ratsch. Paul did an easy 600 opener. As is common for him, he jumped to 705 and narrowly missed twice. Paul will hit this lift if he gets his shirt jacked perfectly and he finds his groove. It didn't happen

today, but it will again soon. The other Master bencher was Darris Piggee, who at age 48 years and 198, opened at 610 with a miss, missed 610 on a second, and then crushed it on a third attempt. He then went 640 on a fourth but didn't get it. The Open was amazing as well. Christopher Smith, one of America's finest by way of the military, has made rapid gains in strength since his last meet. He did a meet PR of 500 on his second to take the 242's. I suspect 600 will come for him by the Iron Gladiator Classic in April of 2007. In the 275's, second place went to Olympia's Ben Rogers. Ben is so lean, he has the longest bench groove in powerlifting history. I think it took him eight seconds to touch each attempt. He never gave up and looked much improved. He hit a 575 on a third. First was once again, Roberts with his fantastic 700. The lone 308er was the star of the show. As luck would have it, Ryan Kennelly decided to do this meet about 24 hours before it started. We talked during weigh-ins about the weight he should open at. He wanted 840. I asked him if he was sure. He changed it to 800.

It turned out to be a good decision. Ryan took 800 for a fast ride. He then blasted 870 on a second. Many thought it faster than his opener. The absolute icing on the cake was when he called for 905. I got up from the scorer's table to help spot. Every single person in the ballroom was on top of their chair. There was a US Coast Guard ceremony going on next door. There were at least 15 servicemen cramming their heads into the entry door and peaking in from out in the hallway to watch this huge attempt. Ryan took it down under control, very easy, and blasted it up. It wasn't a long lockout and it never really stalled. Ryan told me he felt amazing weak in the warmup room (he actually said 500 pounds felt heavy in the warmups doing it raw). I think it would be heavy for most people Ryan. We're still not done with the outstanding open lifting. Aaron Anderton, owner of NLPBodybuilding.com, wanted to hit a 500 paused raw bench in this show. He gave 490 a ride and missed 500 by two inches. His strength has come a long way since I first met him. He was as big as a

house. Aaron lifted raw and finished second to Oregon's Josh Patterson. Josh went 525, 550, and 565 for the win. He too has come a long way since he first started. And the hit he took from Dad before his last attempt almost got the attention of CPS people as Josh almost got lifted off his feet. Best lifter by formula in the Open was Kennelly. Best master bencher was Darris Piggee and best Junior Bencher was Terry Corwin just edging Roberts 621 to 602 by formula points. The deadlifts: The show started with nine year old Shelby Mikesell (the answer is yes, she is) competing at 101 as a teenager. Shelby took three easy attempts in her first meet and ended up pulling an easy 150 pounds on her fourth attempt. Great job kid! Dan Walker, a local Spokane Native, yanked a 405 for a personal best at 198 on his third. Dan always likes to walk away without injury and was going to pass on a 4th. Dan decided to go for 425 and he nailed it. The man is a physical specimen at his age of 52. Again, another fine performance. In Master 45-49 Paul Ratsch, the Ratschweiller, completed a strong 635.

Paul will do 700 someday. It's gonna happen. In the Juniors, Matt Moore double entered, and at a light 275 pulled 655, which was a personal best for him. He can and will be dangerous in three lift meets when puts a 900+, 600+ and 700+ together. At 165 in the Juniors, Tim Foresman did 325 in his first meet. Colin Hogan established himself as the one to watch, as he did a 525 at 180 years old and at 181. The last remaining Teen/Junior was Robert Young at 220. Robert did a 450 and has plenty of room to get better. His goal of 500 will come soon. And finally, the open crew. At 242, Christopher Smith showed much improvement in his pull as he went 615, missed 630 on a hand drop and then took 630 for a ride. I can see 700 knock, knock, knocking. At 275, Ben Rogers did an easy 625, then 675 (and I mean easy) but then failed on 700. It's a mental thing with Ben. The man is lean and very strong. I think if Blaine was there to watch him, he would have gotten it. Then came the big men. Josh Patterson did 625, 680 and 710. The man is a sniff away from 750. His total will take a giant leap at the next three lift

meet as well. Can't wait to see what he puts together in the Tri-Cities meet on December 2nd. The star of the deadlift, and first placer, was Aaron Anderton. Aaron opened at 685 easy lift. Then Aaron went 715 easy lift. On his 3rd, he yanked 740. Aaron then decided that he wasn't done and took a 4th at 755. Ala, Andy Bolton and Anu Turtiainen, Aaron reached the top of completion and held it a long time with his head on a swivel to make sure everyone saw it! He's come a long way in the deadlift. Great Job Aaron. No best lifter awards were given out due to the small entries, but had they been given, it broke down as follows: Best Lifter in Junior/Teen was Matt Moore, Best Lifter in Master was Paul Ratsch, and Best Lifter in the open was Aaron Anderton with his 755. I'd like to personally thank Paul Ratsch, Kelley Mahoney, Brian Rehberg, Leon Josaitis, and Ashley Roberts for their help in judging. Thanks to Spokane Community Colleges for lending us your light trees to score. Thank you to the Mirabeau Park Hotel for hosting us and providing accommodations. Thanks to Barry Foster for

his help scoring and his time. Thanks to Agnar Adalsteinsson for judging and handing off. And finally, thanks to my wife Connie and my kids, Shelby, Kalli and Braxton Maximus for helping and putting up with me. See you next year! P.S. Lifters, if you have any pics from this meet, please email them to us at the address BrentMikesell@irongladiators.com and we'll post them with your permission. (Thank you to Brent Mikesell for results)

APA California Open
11 NOV 06 - Sacramento, CA

	Open	SQ	BP	DL	TOT
BENCH	Open				
MALE	K. Tawzer	330			
114 lbs.	SHW				
SubTeen	Junior				
A. Hunter	65	C. Tawzer	350		
220 lbs.	DEADLIFT				
Drug Tested	MALE				
Open	242 lbs.				
Open	Master I				
J. Hunter	405	SHW	540		
Master I	J. Hunter	405	SHW		
242 lbs.	Open				
Master I	C. Tawzer	330			
K. Tawzer	330				
FEMALE	SQ	BP	DL	TOT	
Drug Tested					
132 lbs.					
Open	B. Nuccitelli	135	95	190	420
148 lbs.					
Open	M. Smythe	170	90	215	475
Master III	J. McHale	155	90	230	475
165 lbs.					
Open	K. Sarber	190	100	230	515
MALE	Drug Tested				
148 lbs.					
Open	A. Shouse	450	320	440	1210
165 lbs.					
Teen	D. Kline	330	290	420	1040
Master II	B. Uyeoka	385	290	475	1150
181 lbs.					
Submaster	G. Soto	375	265	465	1105
198 lbs.					
Submaster	B. Pacheco	375	330	425	1130
Master I	K. Kanemoto	620	470	520	1610
Master II	D. Bertier	445	295	500	1240
Master II	R. Kadlub	350	280	400	1030
4ths:	360	300	420		
220 lbs.					
Junior	A. Aguilar	420	330	495	1245
Open DT	M. Wild	550	400	610	1560
Master II	M. Klint	350	320	515	1185
Master III	J. Blanchard	365	330	455	1150
D. Knapp	260	210	310	780	
4th-SQ-265	DL-315				

242 lbs. Open DT
K. Tawzer 225 330 300 840
Master II K. Tawzer 225 330 300 840
275 lbs. Open
A. Laughlin 460 380 560 1400
Master II K. Tawzer — 330 300 630
Open K. Tawzer — 330 300 630
SHW Junior C. Tawzer — 350 325 675
4th-DL-400 Open
C. Tawzer — 350 325 675
4th-DL-400
Best Lifter Deadlift: Robert Exum. Best Lifter Bench Press: Jeff Hunter. Best Lifter Push Pull: Ken Tawzer. Best Lifter Powerlifting: Keith Tanemoto. Meet Site: Sacramento Pipeworks Gym. (Thanks to Scott Taylor for providing these results)



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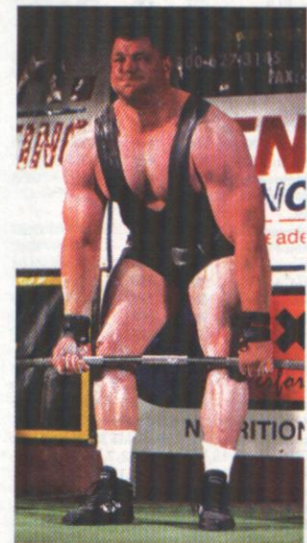


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USAPL MA/RI States Open

18 NOV 06 - Warwick, RI

FEMALE	SQ	BP	DL	TOT
Teen				
R. Kaplan	275*	140*	300*	715*
C. Rowe	130	80	165	375
A. Drummond	—	—	—	—
Masters IV				
D. Aliminosa	200	105	255	560
Masters V				
S. McKinlay	245	170	275	690
Open				
R. Crapo	305*	205*	370*	880*
D. Aliminosa	200	105	255	560
J. Cameron	275	165	330*	770
S. Cook	245	150	260	655
T. Johnson	115	90	155	360
MALE				
Special Olympics				
S. Burns	215	155	255	625
Teen I (14-15)				
J. Rolfe	365*	215*	405*	985*
E. Jacintho	390	305*	325	1020
R. Frasano	425	265	420	1110
L. Jaimes	265	185	325	775
M. Srokowski	—	195	345	540
Teen II (16-17)				
S. White	500*	350*	440	1290
M. Srokowski	365	240	420	1025
C. Bender	350	250	440	1040
B. Lane	275	190	355	820
Teen III (18-19)				
J. Longfellow	600	320	600	1520
J. Hughes	600	405	500	1505
S. Gross	355	260	425	1040
J. Nappa	390	245	405	1040
C. Paine	145	255	145	545
J. Fortin	—	—	—	—
W. Kenney	—	300	460	—
Juniors (20-23)				
J. Caouette	575	335	550	1460
C. Sprague	465	370	460	1295
J. Poulos	475	345	575	1395
C. Murray	395	315	440	1150
W. Fabiano	450	350*	500	1300
L. Fiorenzano	385	300	405	1090
D. Emar	400	335	420	1155
A. Healey	285	255	300	840
C. Desrosiers	—	400	—	—
C. Clifford	—	—	—	—
Submasters (35-39)				
F. Juszynski	435	280	535	1250

M. Galicki	470	265	465	1200
M. McLean	365	275	460	1100
Masters I (40-44)				
R. Johnson	500	265	600	1365
D. Fusco	505	325	500	1330
M. Emerald	460	380	525	1365
M. Corcoran	135	300	135	570
E. Dalbo	—	—	—	—
Masters II (45-49)				
K. Rossi	580	470	555	1605
R. Metivier	445	—	—	—
Masters III (50-54)				
D. Schuman	520	330	500	1350
Montebault	625	405	450	1480
P. Mears	390	200	425	1015
Masters IV (55-59)				
L. Emerson	380	230	500	1110
J. Rizza	420	155	390	965
K. Conroy	375	305	400	1080
A. Shakin	255	190	300	745
Masters V (60-64)				
J. Medeiros	495	345	145	985
Masters VI (80-84)				
Archambault	300	230	400	930
Open				
148 lbs.				
P. Mears	390	200	425	1015
165 lbs.				
S. Ritucci	380	280	440	1100
R. Metivier	445	—	—	—
181 lbs.				
J. Longfellow	600	320	600	1520
E. Gasinowski	450	300	500	1250
K. Beauregard	425	300	470	1195
198 lbs.				
R. Johnson	500	265	600	1365
J. Malayter	135	275	145	555
L. Cohen	—	—	—	—
220 lbs.				
K. Rossi	580	470	555	1605
J. Hughes	600	405	500	1505
McDonough	525	400	580	1505
242 lbs.				
M. Kalter	625	405	700	1730
K. Hoffman	555	380	600	1535
J. Guay	615	380	520	1515
T. Price	485	405	560	1450
M. Emerald	460	380	525	1365
275 lbs.				
J. Kane	485	—	—	—
SHW	—	—	—	—
W. Sabine	—	—	—	—

E. Dalbo — — — — —
 *—State Records. Note: New England States Records are Meet Records which can only be set at the NE States PL Championships in May. Any state records that have been omitted please forward them to Eric Cordeiro at eccbeast@yahoo.com. The following lifters went 9 for 9: Randi Kaplan, Kevin Conroy, Rick Johnson, Edju Gasinowski, Dennis Schuman. Meet Officials: Greg Kostas (MA) National, Joe Peters (RI) State, Tom Weeks (NH) State, Disa Hatfield (CT) National, Joe Wencus (MA) State, Lianne Blynn (MA) IPF World Champ, Howie Waldron (MA) State, Eric Kupperstein (MA) IPF World Champ, Eric Cordeiro (MA) State. Women's Best Lifter: Rebecca Crapo. Men's Best Lifter Session I: Jason Longfellow. Men's Best Lifter Session II: Mike Kalter. Meet Directors: Greg Kostas, Rene Moyer, and Disa Hatfield. Our contest drew lifters from MA, RI, CT, ME, NH, NY as well as NB Canada! We had three 2006 IPF World Champions present at the contest, all from New England. Eric Kupperstein and Lianne Blynn assisted with officiating while Donna Aliminosa competed in two divisions. Their presence and assistance was most appreciated. We were able to honor our fellow lifter Fred Archambault, who at 83 years young, continues to amaze us with his feats of strength! Donna Aliminosa, Dennis Schuman and Mike Kalter all showed true grit and determination as they came back to successfully complete their third attempt deadlifts after unfortunate misloads. I would like to thank everyone who assisted in any capacity in the running of another successful USAPL contest. Your help is as always most appreciated! A big thanks to Rene Moyer, Disa Hatfield, and the members of the Next Level Fitness for hosting another outstanding event, along with Mike Macchioni of Northeast Sports Training. And last but definitely not least, thanks to ALL of the lifters and spectators who continue to support our USAPL events. I hope that everyone enjoys their Holidays and we hope to see you in May! God Bless, Yours in powerlifting. (Thanks to Greg Kostas, MA State Chairman, for results)

2007 USAPL High School Nationals
 March 30th - April 1st
 Alexandria, LA 71303
 Meet Director - Duane Urbina
 Phone: (337) 363-4663
 for more information check our website
www.usaplhightchoolnationals.com

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2-4 MAR, Arnold Classic BP/WPO (Columbus, OH), 614-431-3600, www.arnoldclassic.com
 3MAR, USAPL Last Chance & No Frills Qualifier, Rob Keller, 2276 Nova Village Dr., Davie, FL 33317, 954-790-2249
 3MAR, AAU Longhorn Open, Burwell High School, Burwell, NE, Randy Worden, 380-346-4750, badscout@att.net
 3MAR, USAPL Aggie Invitational, Coni Spellman, Dept RecSports MS4260, College Station, TX 77843, 817-709-4429
 3MAR, NPADng Free Midwest Open Bench Press & Deadlift (Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032) 815-233-2292, filifeb@cs.com
 3MAR, USAPL Kansas Heavy Metal Powerlifting Open, Wayne David Hetl, 3503 Chaumont, Hayes, KS 67601, 785-625-1761
 3MAR, World Famous Atlas Gym's "Hardcore Bench Press" (open, teen, women, submaster, master, team - Wildwood, NJ) Chris Lambert, Meet Director, 609-780-5693, Atlas Gym, 3015 Pacific Ave., Wildwood, NJ, 609-729-2050
 3MAR, Bill Bedwith Memorial PL & Single Event (Wayland, MI) Dick Van Eck, Meet Director, www.adpl.org
 3MAR (New Date), WABDL Kary Tyler Classic BP/DL (Ruby's Gym, Mascota, MT) Gus Reithusich, 763-545-8654 or 503-901-1622
 3MAR (tentative), ADFFFPL & Single Event (Macomb, IL) Tim Piper, Meet Director, www.adpl.org
 3MAR, SPFF Tennessee State (Open, Raw, PP/BP/DL/SC, BP Repls - Holiday Inn, Sun Spree, Gatlinburg, TN) Jesse Rodgers 423-255-3672, www.southempowerlifting.com
 3MAR, 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, NASA Bench Press Nationals & Midwest Power Sports & Push Pull Championships (Kansas City, KS) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbdll@aol.com
 3MAR, Fulton Football Club Push/Pull (open to high school athletes, 9-12, boys & girls - Fulton, NY) Dave Eddy, 315-598-3029, shush5@tworjnr.com
 3,4 MAR, CPC Canadian Championships (Okotoks, Alberta) 403-938-3067
 4MAR, New Jersey High School (Drug free students only - Hammonton, NJ) Paul & Peggy Sacco 609-567-0046, paulsacco567@comcast.net
 9,10MAR, USAPL Iron Lion Invitational, Dr. Dan Hollander, 11435 N. Lee Hughes Rd., Hammond, LA 70401, 225-209-1291
 9,10MAR, USAPL WHS/PAHS State, Erich Mach, 1801 S. Main, Necedah, WI 54646, 608-547-8681
 10MAR, USAPL Idaho State High School, Steve Rayborn, 5292 Bainbridge Dr., Boise, ID 83703, 208-387-0664
 10MAR, USAPL Mountain States Peak Performance PL, Dan Gaudreau, 16653 E. 7th Place., Aurora, CO 80011, 303-475-3366
 10MAR, WABDL Northwest Regional BP/DL (Renaissance, Medford, OR) Sam Peckol, 541-941-0619 or Dan Gaches 541-890-3258
 10MAR, AAU Oklahoma Open BP, DL, State PL (Henryetta, OK) Ricky Cain, www.RCRAIN@allegrance.tv, 800-272-0051, 405-275-3689
 10MAR, USAPL North Charleston Push/Pull, Theresa Collins, 984 Margaret Dr., Ladson, SC 29456, 843-821-0199
 10MAR, 100% Raw Powerlifting Federation Teen, High School, Junior, Collegiate Nationals (Cherry Hill Park, College Park, MD) Jim Roberts, 301-875-2544, md@rawpowerlifting.com, www.rawpowerlifting.com, www.cherryhillpark.com
 10MAR, USAPL Military Nationals, John Pena, 2065 S. Aliso Spring Ln., Tucson, AZ 85748, 520-312-2110
 10MAR, NASA Missouri State High School & Open State Championships PL/BP Only/PS/PP - Joplin, MO) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbdll@aol.com
 10MAR, NASA Southeast States PL/BP, PP (Bristol, VA) Greg Van Hoose, RR 1 Box 166, Ravenswood, WV 26164, www.thepower.com
 10MAR, Walker's Gym Bench Press for St. Jude's Hospital (Raw/open, men, women, teen, masters, military, police/fire-Walker's Gym, Hopewell, VA) Barry Walker 804-458-7918
 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

COMING EVENTS

www.sonlightpower.com
 10 MAR, Missouri State & Ozark Open (PL/BP - Creve Coeur, MO) Harold Gaines 314-805-2044, www.usaplnet.com
 10MAR, NASA Illinois State, David Oyley, Meet Director, 847-828-8964, Leaning Tower YMCA, 6300 W. Touhy Ave., Niles, IL 60714
 10MAR (New Date), New York State High School PL (Newfidel High School, NY) James Howell, jh198@hotmail.com, 607-379-0200
 10MAR, SPFF Alabama State (Open, raw, push pull, BP, DL, SC, BP Repls - Odyssey Health Spa, Centre, AL) Eva Cooper 256-927-2772, Jesse Rodgers, SPFF President, 423-255-3672, www.southempowerlifting.com
 10,11 MAR, USAPL Washington State, Richard Schuller, 12916 475th Ave. SE, North Bend, WA 98045, 206-280-8122
 11MAR, AAU and 100% Raw New England BP/SC (Greater Burlington, YMCA, VT) Bret Kencoff, Meet Director, 802-865-2747, www.vermontpowerlifting.com
 11MAR, USAPL Sioux City Open, Bryan Getchell, 2729 Chambers, Sioux City, IA, 51104, 712-258-4965
 17 MAR (New Date), SLP Harvey's Gym Open BP/DL (Tulahoma, TN) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
 17MAR, USAPL Central PA Shamrock Showdown, Richard Davis, Box A, Rt. 26, Bellefonte, PA 16823, 814-355-4874x229
 17 MAR, USPF Works Powerlifting & Single Lift (New Martinsville, WV) Matt McCase, Power Promotions CEO, 210 Gilbo St., Fairmont, WV 26554, 304-376-2432
 17MAR, Minnesota Open (Teen/Open/Master - The Gym, Elk River, MN) Dave Harrison 763-441-4232, Jerry Genere, Meet Director, 763-753-0569
 17MAR, USAPL California State PL/BP/DL, Jason Burrell, 2327 Aha Ave., El Cerrito, CA 94530, 510-232-4755
 17 MAR, Worles Open, Matt McCase, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, mccase@yahoo.com
 17MAR, USAPL Indiana HS Boys & Girls, Marc Anderson, 1801 E. 86th St., Indianapolis, IN 46240, 317-566-0856
 17MAR, WABDL California BP/DL Holiday Inn, Chico, CA)

APF/AAPF/WPO Schedule

17-18 MAR, APF/AAPF Alabama Open PL/BP
 18 MAR, AAPF/APF Snake River
 24 MAR, AAPF/APF Snake River
 24 MAR, AAPF Frank Kostyo
 24-25 MAR, APF/AAPF Illinois State
 31 MAR, APF Kalamazoo Bench Bash
 31 MAR, APF Hawg Farm
 31 MAR, APF Texas State
 31 MAR, APF/AAPF Maine State
 21 APR, APF/AAPF Delaware Classic
 21 APR, APF Central Ohio BP
 28 APR, APF Junior Open Nationals
 5-6 MAY AAPF Nationals
 5-7 MAY, APF Master, Submaster, Jr. Nationals
 12 MAY APF Summer Bash
 9 JUN, APF South Texas
 23, 24 JUN, APF/AAPF Lexen Extreme
 JUN, APF/AAPF Chicago Summer Bash
 14 JUL, APF Texas Border Classic
 28 JUL, APF Southeast Texas
 AUG 4, APF Florida State BP/Ironman
 SEP, AAPF/APF Snake River
 27 OCT, APF Wolverine Open
 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)

APC California State Championships (Fresno, CA) Powerlifting & Bench Press (open, masters, teenage, women, junior) A.P.C. National Qualifier 28 April 2007 Bob & Kim Packer 559-322-6805, 559-323-3892

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OCT, NASA Kentucky Regional (PP, BP, PL, PS) Hester's Fitness Center, Louisville, KY; Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wvnet.net

OCT, APF New England Open (BP/Arms/Knee/J, Manchester, NH) Dave Folan/Steve or Maggie Blanchard, 865 Second St., Manchester, NH 03102, 603-626-5489, rbbd@hilling@yahoo.com; American Powerlifting.com

OCT, WNPFL Palmto Bench, Deadlift & Strict Curl (Greenville, ??) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf

OCT, WNPFL Can-Am (Youngstown, OH) Ron 330-792-6670, powerl103@aol.com

3 NOV, NASA Masters & Submasters Nationals (Un/Equipped/PL/PS/PP/BP Only - Mesa, AZ) Rich Peters, PO Box 735, Noble, OK, 73068, 405-537-8513, SQBPDL@aol.com

3 NOV, Northern VA Raw/PL/BP/Sterling, Virginia/John James, 703-475-9885, www.northernva.power.com

3 NOV, NASA Kansas City Regional/Kansas City, KS/Jim Dure, jdur37086@aol.com

3 NOV, USA Raw BP Federation World (Tuscola, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

9-11 NOV (NEW DATE), 16th WNPFL World PL & BP/DL/SC (Atlanta, GA) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf

10 NOV, USAPL Southeastern USA Regional BP/PL, Rob Keller, 2276 Nova Village Dr., Davie, FL 33317, 954-790-2249

10 NOV, SLP Ohio State BP/DL/Hamilton, OH) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

15-20 NOV, WABDL World Championships (Anaheim Hilton Hotel, Anaheim, CA) Gus Rethwisch, 763-545-8654 or 503-901-1622

17 NOV, SLP Kentucky State BP/DL (Louisville, KY) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

17 NOV, USAPL MA/RI States Open PL/Club/ Fitness, E. Bridgewater, MA) Greg Kostas, PO Box 483, Whitman, MA 02382, 781-447-6714 Sun-Thur 8-10pm

17 NOV, NASA Colorado Regional (Un/Equipped, PL, PS, PP, BP Only - Denver, CO) Rich Peters, PO Box 735, Noble, OK, 73068, 405-537-8513, SQBPDL@aol.com

17, 18 NOV, IPA Senior Nationals (York Barbell, 3300 Board Rd., York, PA 17406) Mark Chaillet 717-7495-0024, Ellen Chaillet, echaillet@aol.com, www.ipapower.com

17, 18 NOV, WDFPF PL Worlds (Grangemouth, SCT) Hamish Davidson, www.wdfff.org, www.wdfff.cc

18 NOV, ADAU Connecticut State Open (Brookfield, CT) Rob Delavega, 71 Commerce Dr., Brookfield, CT 06804, 203-775-8548, phgbcrocd@aol.com

24 NOV, NASA Kansas Regional (Un/Equipped, PL, PS, PP, BP Only - Salina, KS) Rich Peters, PO Box 735, Noble, OK, 73068, 405-537-8513, SQBPDL@aol.com

NOV, USAPL Southeastern USA Regional Championships (BP, PL - Miami, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridauspl

NOV, USAPL Police & Firefighter National Championships (BP, PL - Miami, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridauspl

1 DEC, NASA New Mexico Championships (PS, PP - Rio Rancho, NM) Mike & Teale Adkisson, miket@wings.com

1 DEC, NASA Missouri Regional (Un/Equipped, PL, PS, PP, BP Only - Joplin, MO) Rich Peters, PO Box 735, Noble, OK, 73068, 405-537-8513, SQBPDL@aol.com

1 DEC, APF Texas Gulf Coast (men, women, below L, masters, juniors, submasters - Beaumont, TX) Flexion Strength Systems, Seguin Fitness, 114 E. Mountain, Seguin, TX 78155, 800-378-6460, www.seguinfitness.com, seguinfitness@sbc.rr.com

1 DEC, SLP Tennessee Christmas for Kids BP/DL (Memphis, TN) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

1 DEC, USAPL Midwest Sr. States (Iowa), Tim Anderson, 2181 Hwy 77, Lyons, NE 68038, 402-687-4182

1, 2 DEC, 100% RAW Teenage World Championships (Entry deadline November 3, All lifters and teams receive awards - location??) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, tshontis@brevard.k12.fl.us

1, 2 DEC, 100% RAW Open & Masters World Championships (Entry Deadline November 3, All lifters and teams receive awards) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, tshontis@brevard.k12.fl.us

1, 2 DEC, AAU International BP/DL/PP/PL (Ballroom Plaza Hotel, Las Vegas NV) Martin Drake, PO Box 108, Nuevo, CA 92567, 951-928-4797

1, 2 DEC, USAPL American Open PL/BP (Scranton, PA) Steve Mann, www.purepowerlifting.com

8 DEC, APF Rio Grande Valley (men, women, below L, masters, juniors, submasters - McAllen, TX) Flexion Strength Systems, Seguin Fitness, 114 E. Mountain, Seguin, TX 78155, 800-378-6460, www.seguinfitness.com, seguinfitness@sbc.rr.com

8 DEC, 54th APC Ironman Open, Bob & Kim Packer 559-322-6805, 559-323-3892

8 DEC, WNPFL Sarge McCray BP/DL/SC (Bordentown, NJ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf

8 DEC, SLP Arkansas Christmas for Kids BP/DL (Greenwood, AR) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

8 DEC, NASA West Texas Regional (Un/Equipped, PL, PS, PP, BP Only - Hereford, TX) Rich Peters, PO Box 735, Noble, OK, 73068, 405-537-8513, SQBPDL@aol.com

8-9 DEC, USAPL Colorado State, Dan Gaudreau, 16653 E. 7th Place., Aurora, CO 80011, 303-475-3366

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9 DEC, ADAU Coal Country Classic (Bigler, PA) Alan Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, A@pksup.com

9 DEC, SLP Oklahoma Christmas for Kids BP/DL (Salina, OK) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

15 DEC, NASA Illinois Christmas Regional (Un/Equipped, PL, PS, PP, BP Only - Flora, IL) Rich Peters, PO Box 735, Noble, OK, 73068, 405-537-8513, SQBPDL@aol.com

15 DEC, 100% Raw Christmas Classic BP, John Shifflet, Box 941, Stanardsville, VA 22973, valting@aol.com, www.rawpowerlifting.com

29 DEC, SLP The Last One! BP/DL (Tuscola, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

DEC, WNPFL Florida PL & BP/DL/SC (TBA) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf

DEC, 6th USAPL American Open Championships (BP, PL - Philadelphia, PA) Robert Keller, rhk@verizon.net, 954-790-2249

17-19 FEB 08, USAPL Women's Nationals, Johnny Graham, 2203 Excel Dr., Killeen, TX 76542, 254-526-0779

15 MAR 08, NASA Power Sports Nationals (Un/Equipped/PS/BP/PP - Oklahoma City, OK) Rich Peters, PO Box 735, Noble, OK, 73068, 405-537-8513, SQBPDL@aol.com

16 MAR 08, NASA 1st Annual Pro Power Sports Championships (Oklahoma City, OK) Rich Peters, PO Box 735, Noble, OK, 73068, 405-537-8513, SQBPDL@aol.com

28-30 MAR 08, USAPL High School Nationals, Tod Miller, 73 Pine Rd., Plainwell, MI 49080, 269-664-4814

29, 30 MAR 08, NASA High School Nationals (Un/Equipped, PL, PS, PP, BP Only - Oklahoma City, OK) Rich Peters, PO Box 735, Noble, OK, 73068, 405-537-8513, SQBPDL@aol.com

MAR 08, NASA Kentucky (PL, PS, PP, BP Only -) Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wvnet.net

7-11 MAY 08, USAPL Master Nationals, Robert Keller, Box 291571, Davie, FL 33329, 954-790-2249

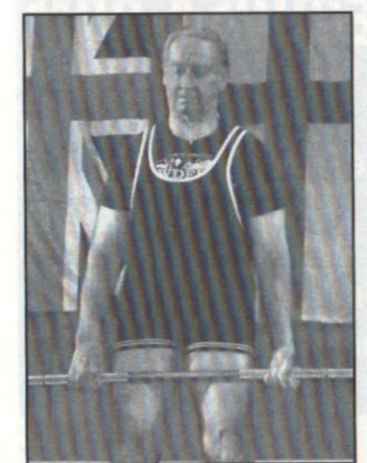
MAY '08, WDFPF European Single Event Championship (Como, Italy) www.wdfff.cc

13-14 JUN 08, USAPL Teen Junior Nationals (St. Louis, MO) Harold Gaines Sr., 2 Tristan Terrace, St. Charles, MO 63303, 314-805-2044

OCT/NOV '08, WDFPF Single Event World Championship (Belgium) www.wdfff.cc

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(article continued from pg. 28)



Charles Lee, 86, won equipped and unequipped titles (Gedney)

I told him but that was back in 1991. He smiled and told me that he and his family had been at that very meet and at that time his daughter was 8 yrs old. Today Alex Semmens, his wife Mary and daughter Anna were back to see their second World Championships because Anna was now married to powerlifter Damian Kruger, who competed that day. The whopper-stopper was that when Anna saw me step up to deadlift, she told her parents that she recognized me as being one of the lifters back in 1991! I so enjoyed meeting this family." The following lifters were drug tested via urinalysis: Beber, DeHaan, Frangioni, Mazzon, Mong, Suschak, Thomas, and Whyte. All tests were negative for banned substances. Special appreciation to WDFPF President, Wim Bachelant of Belgium who organized the Referees, the drug testing, the computer scoring, help with the awards program and during his free time, he competed setting World Records in the bench event! Many thanks to the impressive helpers from the spotters/loaders (MO misleads and great spotting), the scoring table workers, announcers and photographers. The US Team also wishes to thank Coach Roger who helped them make prudent attempt decisions and ushered them onto the platform on time. Special thanks to John & Debby Jachim for organizing and bringing our Team USA uniforms. (Thank you to Judy M. Gedney for providing results)

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

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

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

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

Referee Ranks & Organizations
Active ADFPF Membership Fee \$20.00. Paid via (CIRCLE ONE): CASH CHECK made out to the ADFPF MONEY ORDER made out to the ADFPF
The ADFPF offers a NON-ACTIVE MEMBERSHIP for coaches, meet directors or officiate who want to join the ADFPF but who WOULD NOT BE ALLOWED TO COMPETE nor would they be DRUG TESTED. The Non-active ADFPF Membership Fee is \$20.00. (It is possible to change the NON-ACTIVE membership into an ACTIVE membership with an additional fee of \$75.00 to cover the cost of a potential future drug test).
Non-active ADFPF Membership Fee \$20.00. Paid via (CIRCLE ONE): CASH CHECK made out to the ADFPF MONEY ORDER made out to the ADFPF
All membership cards expire on December 31st of the year purchased with the exception of cards purchased in NOVEMBER which shall be valid through the following year. All payments to the ADFPF are non-refundable.

World Drug-Free Powerlifting Federation, Inc.
Website: www.wdfff.cc
2007 News Release

2006 has come to an end bringing us into an exciting NEW YEAR filled with high expectations of further growth for this UNIQUE INTERNATIONAL DRUG-FREE POWERLIFTING FEDERATION. The participants in all 4 of our World & European Championships have performed at a very high level causing many changes in the WDFPF Records! Additionally, several important rule changes were brought about during the 2006 W.D.F.P.F. CONGRESS. For a review of the Congress Minutes, the results from each of the 2006 WDFPF SINGLE EVENT & POWERLIFTING Championships Results, the UPDATED World & European Records, and our UPDATED WDFPF Rulebook, check our website at: www.wdfff.cc CONGRATULATIONS to newly elected W.D.F.P.F. Vice President, Ireland's ANITA MAHONY! Although there were no rule changes affecting the lifter's attire, the technique rules or the equipment, there were W.D.F.P.F. Membership requirement adjustments which can be found in the Congress Minutes as well as included in the 2007 W.D.F.P.F. RULEBOOK. ALL Member Nations are reminded that registration for the 2008 competitive season is required 3 months prior to the 2007 W.D.F.P.F. World Championship event of choice.

The 2007 W.D.F.P.F. Schedule

EUROPEAN SINGLE EVENT CHAMPIONSHIPS held APRIL 27th, 28th & 29th in Horgen SWITZERLAND (near Zurich). The usual schedule will be followed: SQUAT competition on Friday; Bench Press on Saturday with Deadlift on Sunday. Each day will begin with the UNEQUIPPED Division competition followed by the EQUIPPED Division. Meet Information & Entry Forms will be mailed to WDFPF Member nations as well as posted on our WDFPF website.

EUROPEAN POWERLIFTING CHAMPIONSHIPS held on JUNE 23rd & 24th in GRANGEMOUTH, SCOTLAND. Meet Director: Hamish Davidson. The UNEQUIPPED Division Powerlifting competition will be held on Saturday, June 23rd with the EQUIPPED Division Powerlifting competition to be held on Sunday, June 24th. Meet Information & Entry Forms will be mailed to WDFPF Member nations as well as posted on our WDFPF website.

SINGLE EVENT WORLD CHAMPIONSHIPS held on OCTOBER 12th, 13th & 14th in MONTESILVASO, ITALY. (Pescara located in the center of Italy). The usual schedule will be followed: SQUAT competition on Friday; Bench Press on Saturday with Deadlift on Sunday. Each day will begin with the UNEQUIPPED Division competition followed by the EQUIPPED Division. Meet Information & Entry Forms will be mailed to WDFPF Member nations as well as posted on our WDFPF website.

The 2007 W.D.F.P.F. CONGRESS to be held on Friday NOVEMBER 16th held in conjunction with the 2007 POWERLIFTING WORLD CHAMPIONSHIPS in GRANGEMOUTH, SCOTLAND. Member Nations please send Congress Agenda Items to the WDFPF Secretary General by September 20th.

POWERLIFTING WORLD CHAMPIONSHIPS held November 17th & 18th in GRANGEMOUTH, SCOTLAND in the Grangemouth Stadium & Center of Excellence; Scotland's No. 1 indoor & outdoor athletics academy. 3 hotels listed within 1 mile of the venue with numerous housing options to be available with Meet Information. Meet Director: Hamish Davidson. The UNEQUIPPED Division Powerlifting competition will be held on Saturday, Nov. 17th with the EQUIPPED Division Powerlifting competition to be held on Sunday, Nov. 18th. Meet Information & Entry Forms will be mailed to WDFPF Member nations as well as posted on our WDFPF website.

The 2008 W.D.F.P.F. Schedule can be found on the website. National Meet Directors may want to consider preparing bids for the available W.D.F.P.F. WORLD Championships. For Bid proposal outlines, contact the W.D.F.P.F. Secretary General. All bids will be presented to the W.D.F.P.F. Membership during the 2007 Congress.

W.D.F.P.F. Membership

The W.D.F.P.F. welcomes all drug-free lifters interested in international competition against like-minded athletes who train and compete without the use of strength enhancing or weight-reducing drugs. U.S. Citizens interested in WDFPF competition, see the ADFPF News Release also in this issue. For interested non-U.S. Citizens living within the U.S., contact the WDFPF Secretary General, address below, stating your national citizenship. You will be connected with your Nation's Drug-Free Powerlifting Organization or provided with information as to how to register your nation within the W.D.F.P.F. structure. i.e. The German Drug-Free Powerlifting Federation (GDFFF) recently fulfilled WDFPF membership requirements. German Citizens living outside of Germany can receive GDFFF registration information by contacting the WDFPF Secretary General. This procedure applies to drug-free athletes of all nations. U.S. military personnel stationed outside of the U.S. may join the American Drug-Free Powerlifting Federation and compete in WDFPF events by also joining the drug-free Powerlifting organization in their assigned nation of residence.

W.D.F.P.F. Logo Emblems & World Record Certificates

Available for \$10.00 U.S.; 10 Euro or 7 pounds British Sterling per item. Contact the WDFPF Secretary General; information provided below.

Website PHOTO GALLERY

W.D.F.P.F. Member Nations are asked to contact the WDFPF website to arrange to send pictures taken during their 2006 NATIONAL Championships as well as pictures taken during the 2006 European SINGLE EVENT Championships held in FAGONO OCONA ITALY, the European POWERLIFTING Championships held in MAROMEE FRANCE, the SINGLE EVENT WORLD Championships held in BENDIGO AUSTRALIA, and the POWERLIFTING WORLD Championships held in KINSALE IRELAND.

Have questions? Contact the W.D.F.P.F.
Website Moderator via: www.wdfff.cc

Judith M. Gedney, W.D.F.P.F. Secretary General
e-mail addresses: jm-gedney@wdu.edu or Gedney@macomb.com
Phone: 309-837-2111 (turns into FAX after the 5th ring)
27 ELMO DRIVE, MACOMB, ILLINOIS 61455 U.S.A.



Cory Wasniewski pulled 671 at 222 bodyweight at the APA Green Mountain Regionals (photograph courtesy Scott Taylor)

**APA Green Mountain Regional
9 DEC 06 - Fairhaven, VT**

BENCH		
FEMALE		
123 lbs.		
Raw DT		
M. LaCoste	111	
UNL		
Submaster DT		
B. Cook	181	
4th-210*		
Master DT		
T. Jones	176*	
MALE		
123 lbs.		
Teen DT		
P. Willette	166*	
165 lbs.		
Teen DT		
L. Quarter	341	
198 lbs.		
Master II DT		
R. O'Malley	266	
Open DT		
J. Matta	476	
Raw DT		
R. O'Malley	266	
Submaster DT		
C. St. John	—	
220 lbs.		
Teen DT		
T. Gordon	276	

123 lbs.	4th-401*			
Teen DT		220 lbs.		
P. Willette	281	Teen DT	281*	
148 lbs.		C. Parker		
Teen DT		Open DT		
S. Buccheri	351*	J. Yurkunas	601	
165 lbs.		242 lbs.		
Teen DT		Junior DT		
N. DeSimone	381	Wasniewski	671	
FEMALE				
148 lbs.		BP	DL	TOT
Open				
D. Slaga		245	365	610
MALE				
114 lbs.				
Teen DT				
C. Parker	80*	170*	250	
123 lbs.				
Teen DT				
P. Willette	165*	280*	445	
148 lbs.				
Teen DT				
S. Buccheri	160	350*	510	
165 lbs.				
Junior DT				
A. Jones		220*	350*	570
198 lbs.				
Open				
J. Matta	475	470	945	
K. Morales	400*	400*	800	
Teen DT				
N. Fox	325*	400	725	
4th-DL-410*				

220 lbs.		T. Roselli	345					275 lbs.						
B. Connell Jr.	465*	181 lbs.		Bourgaard Sr.	540	520	570	1630						
165 lbs.		J. Amaral	300	*=RI State Records. Best Lifters: Tom										
C. Tabulina	335*	198 lbs.		Roselli, Bob Masello, and James Bourgaard										
J. Onderdonk	240	B. Masello	550*	Sr. As always, I would first like to thank										
198 lbs.		220 lbs.		all my sponsors, Spine Tech, a.k.a Dr.										
P. Bennett	215	B. Connell Jr.	465	Robert A L'Europa, Ocean State Gym, TJI										
242 lbs.		275 lbs.		Construction, Coventry Physical Therapy										
P. Vega	600	C. Debartolo	565	& Sports Medical, Inc., Elmwood										
Open		308 lbs.		Countertop, Allendale Auto body & Sales,										
148 lbs.		A. Bert	550	and Remember When Vintage Candies.										
Teen	SQ	BP	DL	TOT										
165 lbs.														
Brittingham	435	300	510*	1245										
Submasters														
220 lbs.														
C. Caffrey	600	400	530											
1530*														
275 lbs.														
D. Monty	440	270	530	1240										
Masters														
198 lbs.														
P. Bennett	365	—	—	—										
Open														
148 lbs.														
T. Roselli	475	345	440	1260										
198 lbs.														
D. Belisle	495	225	405	1125										
198 lbs.														
M. Kluth	500	335	540	1375										
220 lbs.														
F. Perry Jr.	505	355	540	1400										
C. Parisi	500	320	505	1325										
242 lbs.														
R. Peabody	500	450	540	1490										

APPLICATION FOR REGISTRATION
American Powerlifting Association World Powerlifting Alliance



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

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220 lbs. 465* 181 lbs. 300
165 lbs. 198 lbs. 300
C. Tabulina 335* 198 lbs. 550*
J. Onderdonk 240 220 lbs.
P. Bennett 215 B. Connell Jr. 465
242 lbs. 275 lbs.
P. Vega 600 C. Debartolo 565
Open 308 lbs.
148 lbs. A. Bert 550
Teen SQ BP DL TOT
165 lbs. Brittingham 435 300 510* 1245
Submasters 220 lbs.
C. Caffrey 600 400 530
1530*
275 lbs. D. Monty 440 270 530 1240
Masters 198 lbs.
P. Bennett 365 — —
Open 148 lbs.
T. Roselli 475 345 440 1260
198 lbs. D. Belisle 495 225 405 1125
M. Kluth 500 335 540 1375
220 lbs. F. Perry Jr. 505 355 540 1400
C. Parisi 500 320 505 1325
242 lbs. R. Peabody 500 450 540 1490

year looking to up his numbers also. He started out good in the squat, but faltered a little in the bench. He still upped his total by 25 lbs and a second place finish. Jimmy Bourgault was back again, but this time looking to break some Master 308 class records. Jimmy came in to the weight-ins thinking big and heavy, but only to weight-in at 273 lbs and still in the 275 lbs. class. Jimmy had a solid day of lifting: still creeping it way back to his old form. His squat was still a little off, but he came in with a strong 520 lbs. bench, on his way to a 1630 total. Not to far off his personal best of 1715 lbs. total in 2003. In our bench press portion of the meet, we had only a few Sub-Masters with a larger number of Master lifters this year. In the Master, we had Bob Connell Jr. (220) looking to up his bench with a record attempt. I last years contest, Bob was only able to squeeze out a 415 bench, but this year he wanted to break the 220 Master record of 460 lbs set in 2003. With a renewed drive and a change in gyms, he easily broke that record with a 465 lbs second attempt. Bob tried to back that up with a playful attempt of 500 lbs, of which he did move off his chest and pressed it out pretty well, but was unable to get it to lockout. Our next Master looking for a big number was Peter Vega (242). Peter had not lifted in my meet for some time, but he was looking for something big upon his return. He opened up with a huge 600 lbs. bench, but had a lot of trouble getting it down to his chest and mostly hit his belly, which is not legal in the USPF. Once he did get it down he was not able to get up to press it out on two attempts. Peter pass on his third. Hope he can work out his problems and give it a go next year. In the Open divisions, Bob Masello (198) came back after a year off, moved up a weight class from the 181's (Bob only weight-in at 187), looking to add another bench record to his name (Bob has the 165 record of 400 lbs set in 1993 and the 181 record of 500 lbs set in 2004). Bob was looking to up his lbs to body weight ratio by pushing up his bench poundage. Bob was again armed with a new Metal bench shirt, which allowed him to opened up with his 550 lbs. first attempt. Bob's shirt ripped, but he was still able to push out the weight and break the 480 lbs. record set last year. He passed on his 2nd attempt while getting into another shirt. He set up for his 3rd attempt of 575 lbs, but blew a lot of energy switching shirt and missed his attempt. However, with Bob's successful first attempt, it put Bob at bench to weight ratio at 2.94 times his bodyweight, which is a huge bench for anyone in the 198 lbs. weight class. That lift gave Bob the win in his class and the best lifter award for the heavyweights. Craig DeBartolo back, this year and he to moved up a weight class. He also was looking to break that weight class record Sub-Master record of 540 lbs. set in 1997 and the Open record of 575 lbs. set in 1998. Craig armed with another new bench shirt, was ready for some fun. His 1st attempt was a joke, crushing his 545 lbs. opener and breaking the Sub-Master record. He than jumping to 565 lbs., but with a high bar placement, he missed his 2nd attempt. He came back on his 3rd attempt and smoked the 565 lbs. easier than his opener and bumping the Sub-Master record another 20 lbs. This also put him only 15 lbs. from Open record. Craig was daring and wanted to take a 4th attempt for the record. However, Craig had to follow himself with now other 4th attempts being made. He got the time to rest, allowed by the rules, and took a shot at 580 lbs., but without the rest he needed, he missed the attempt. Like I always tell him, "Not to bad for a guy with no legs". This gave Craig first place in the Submaster and the record and the Open division win to. As always, I just want to thank all my competitor for coming out and putting on another great performance for all the my spectators that came to watch. As always, we had great contest with some really great lifts. I hope to see you all next year bigger, better and chasing more records. Have a great year. (Thanks to Ted J. Isabella, USPF RI State Chairman, USPF Executive Committee, for these results)



TEAM CANADA at the USAPL Pacific Open included (left to right) Mark Vezina, Robert O. Smith, Nancy Carpenter, and Jody Cranston. (thanks to Robert O. Smith for this providing us this photograph)

**USAPL Pacific Open
20-21 OCT 06 - Issaquah, WA**

BENCH				
FEMALE				
242 lbs.				
Master VI				
L. Taylor	225			
165 lbs.				
Master III				
N. Carpenter	170			
275 lbs.				
Master VII				
T. Yost	245			
275 lbs.				
Master I				
D. Ferrell	380			
198 lbs.				
Master V				
R. Smith	470			
MALE				
DEADLIFT				
V. Raynor	250	180	275	705
198 lbs.				
MALE				
Submaster				
J. Cranston	570			
275 lbs.				
Master VII				
R. Waite	150			
220 lbs.				
Master VII				
T. Yost	305			
Powerlifting				
BP	DL	TOT		
104 lbs.				
Master I				
J. Makin	185	100	285	520

123 lbs.				M. Riedy	—	440	640	—	
Junior				Master V					
K. Speyerer	240	145	265	650	R. Hamilton	375	295	390	1060
Submaster									
P. Tidmarsh	275	120	265	685	Raw				
123 lbs.									
Master II									
Dingle-Craig	275	165	305	745	Teen (10-13)				
132 lbs.									
Master I					J. Voss	175	95	230	500
S. Franks	265	165	285	715	165 lbs.				
148 lbs.					Master III				
Master II					M. Brusser	200	—	400	—
D. Martz	325	230	340	895	Junior				
165 lbs.					B. Totey	360	320	410	1090
Submaster					181 lbs.				
Larson-Welbo	345	220	375	940	Junior				
Open					J. Benezra	445	275	570	1290
V. Raynor	250	180	275	705	198 lbs.				
220 lbs.					Master III				
MALE					W. Terry	340	250	375	965
181 lbs.					Open				
Submaster					B. Wilks	—	425	500	—
J. Cranston	570				220 lbs.				
275 lbs.					Master V				
Master VII					B. Knudsen	225	250	275	750
R. Waite	150				Master I				
220 lbs.					Master II				
Teen (16-17)					M. Vezina	410	385	480	1215
B. Do	250				220 lbs.				
Powerlifting					Master I				
SQ					G. Nucci	405	315	460	1180
FEMALE					Master IV				
104 lbs.					S. Slavens	475	370	510	1355
Master I					242 lbs.				
J. Makin	185	100	285	520	Open				

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Conditions of Membership. As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, and drug testing procedures of USAPL. I further agree that the rules, regulations, and drug testing procedures are subject to change at any time and that I agree to obey any new or changed rules, regulations, and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently, suspended, and/or denied for my failure to obey USAPL rules, regulations, and drug testing procedures. I will voluntarily submit to any drug testing procedure that USAPL has approved in its rules, regulations, and drug testing procedures. If I do test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of that positive test regarding my membership.
As a condition of membership to USAPL, I understand and accept that I am prohibited from using any substance or doping method that is banned by the United States Olympic Committee. It is my sole responsibility to stay current with any USOC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance unknowingly, and test positive for that banned substance, I shall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test.
If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit USAPL to publish my name as a suspended member and/or a member who is suspended for testing positive for a banned substance or doping method on the internet, in Powerlifting USA, or any other publication that USAPL so chooses.

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

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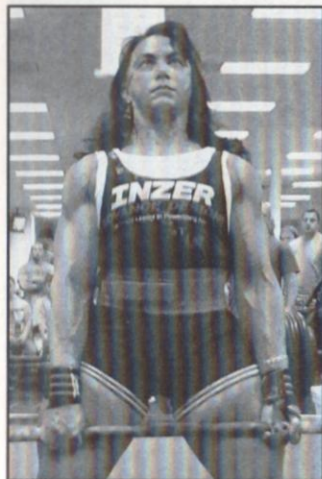
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Patricia Zaleski wowed the APA Maryland Open crowd with her 370 DL. (Scott Taylor photograph)

Push Pull	BP	DL	TOT
MALE			
220 lbs.			
Teen DT			
D. Montana	260	410	670
242 lbs.			
Open DT			
T. Khua	315	600	915
T. Jenkins	400	450	850
Best Lifter Deadlift: Steven Salisbury.			
Best Lifter Push Pull: Toan Khua. Best			
Lifter Bench Press: Josh Smith. (Thanks to			
Scott Taylor for providing these results)			

USAPL Hawkeye Open
20 AUG 06 - Sioux City, IA



BENCH	G. Goergen	242		
Master	D. Otis	208		
220 lbs.	Open			
S. Mingus	242 lbs.			
G. Rhoads	369	369		
FEMALE	SQ	BP	DL	TOT
Open				
114 lbs.				
M. Werner	226	115	203	545
148 lbs.				
K. Schroer	341	214	286	843
165 lbs.				
K. Schroer	308	181	281	771
198 lbs.				
A. Kueffer	374	259	341	975
K. Dodge	363	220	352	937
198+ lbs.				
L. Allen	402	275	380	1058
Teen				
148 lbs.				
Brennerman	275	148	264	688



APA Maryland Open
2 DEC 06 - California, MD

BENCH	J. Smith	390
MALE	275 lbs.	
148 lbs.	Submaster	
Open	W. Jordan	400
Drug Tested	DEADLIFT	
A. Franey	255	FEMALE
165 lbs.	165 lbs.	
Open	Open	
Drug Tested	P. Zaleski	370
I. Garas	Master	
181 lbs.	P. Zaleski	370
Submaster	MALE	
T. Roberts	295	242 lbs.
198 lbs.	Open	
Master II	S. Salisbury	625
J. Poss	205	Master I
242 lbs.	S. Salisbury	625
Teen		
Drug Tested		

MALE	275 lbs.	390
Submaster	W. Jordan	400
DEADLIFT		
FEMALE	165 lbs.	
Open	Open	
Drug Tested	P. Zaleski	370
I. Garas	Master	
181 lbs.	P. Zaleski	370
Submaster	MALE	
T. Roberts	295	242 lbs.
198 lbs.	Open	
Master II	S. Salisbury	625
J. Poss	205	Master I
242 lbs.	S. Salisbury	625
Teen		
Drug Tested		

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Patent #5356359

Teen

148 lbs.	275	165	325	766
D. Brester				
181 lbs.				
C. Friend	270	203	369	843
(Thanks to USAPL for providing results)				

USCG Enlisted BP Battle
17 NOV 06 - Mobile, AL

FEMALE	220 lbs.	
E. Bautista	135	D. Bailey 320
M. Lord	135	242 lbs.
MALE		
198 lbs.		R. Jenkins 425
259 lbs.		
M. Marsh	385	J. Parrish 490!
B. Brannan	250	275 lbs.
		K. Wallace 315

Best Lifter: J. Parrish. A special thank you goes out to Jason Parrish and the CG Enlisted Association for making this possible. (Thank you to Frank L. Schuetz, USCG SKI, for providing these results)

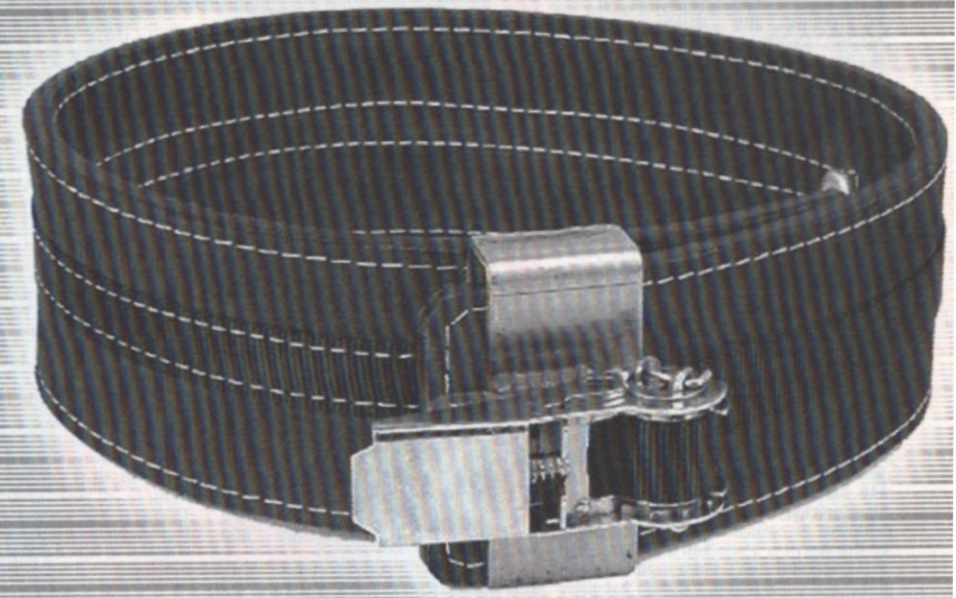
USAPL Alaska State
18 NOV 06 - Anchorage, AK

BENCH	C. Bierner	—		
MALE	181 lbs.			
148 lbs.	S. Deans	324		
B. Dorans	286	198 lbs.		
165 lbs.	Teen			
	P. Campaign	291		
Powerlifting	SQ	BP	DL	TOT
FEMALE				
SHW				
R. Etheridge	220	88	319	627
MALE				
165 lbs.				
J. Betts	363	231	308	902
198 lbs.				
J. Fritz	236	242	401	880
E. Keib	—	363	522	—
Teen				
J. Carlson	385	280	473	1138
Master II				
S. Walker	324	247	407	979
220 lbs.				
C. Lau	473	374	583	1430
M. Bishop	506	346	539	1391
Master II				
M. Newton	143	451	275	669
SHW				
J. Potts	506	363	621	1490
Master I				
C. Werde	500	352	550	1402
Best Lifter Men: Chris Lau. State Record				
Bench Open Master I & Master II: Matt				
Newton. (Thank you to Meet Director,				
Ron Burnett, for providing these results)				

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If Under 18 have Parent Initial _____ Signature _____

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10th IPA Power Challenge
21 OCT 06 - Leesport, PA

BENCH	165 lbs.		
FEMALE	J. Mazza	625	
Youth (11-13)	220 lbs.		
A. McCloskey	B. Gumberg	385	
MALE	242 lbs.		
Submaster (35-39)	B. Bowlin	445	
J. Sanders	600		
Novice	K. Wallace	430	
220 lbs.	308 lbs.		
N. Snyder	385		
Master (40-44)	J. Sanders	600	
R. Lehman	350		
Master (45-49)	J. Menne	—	
C. Herman	430		
M. Gerkins	285		
Master (55-59)	DEADLIFT		
D. Boynes	335		
Master (60-64)	MALE		
J. Mitsopoulos	300		
Open	Youth (11-13)		
	Ramberg Jr.	185	
	Novice		
	165 lbs.		
	D. Ruhl	405	
	Open		
	275 lbs.		
	C. Lyemeister	525	
Ironman	BP	DL	TOT
FEMALE			
Youth (11-13)			
A. McCloskey	205	400	605
Teen (16-17)			
SHW			
A. Cohn	135	310	445
Open			
198 lbs.			
C. Cooper	150	280	430
MALE			
Law/Fire			
198 lbs.			
J. Shaughnessy	325	505	830
Novice			
198 lbs.			
J. Shaughnessy	325	505	830
Teen (14-15)			
114 lbs.			
M. Voelcker	125	220	345
148 lbs.			
L. Boyer	130	305	435
S. Levengood	140	285	425
165 lbs.			
T. Weller	240	360	600



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Payment can be mailed to: IPA, c/o Mark Chaillet, 190 Arsenal Rd., York, PA 17404

Lifter Ironman: Nick Catrambone. Special thanks to those who assisted at the meet: Mark Chaillet, Brian Weston, Bobby Fields, Carl Seeker, Eric from Nazbar, Tom Levering, Vera McKissic, and my beautiful fianc, Amy Lutz. Congratulations to all who came out to compete. Thanks to Phil Yoder and Schuykill Valley High School for the use of the facilities. (Thanks to Gene Rychlak Jr. for results)

185 lbs. C. Young 425 250 425 1100
198 lbs. J. Gagne 600 400 500 1500
242 lbs. G. Lavoiseur 800 500 650 1950
D. Puckett 725 425 600 1750
275 lbs. P. O'Reilly 850 525 625 2000
308 lbs. J. Cross 975 475 620 2070
Best Lifter: Joe Clewley. Even though this was a small meet, there was quite a bit of depth in the competitors, many state records were broken and just about every lifter had a PR. Jason Cross beat out a lot of good lifters to capture best lifter in the full meet. Thanks to all the spotters,

Galaxy Gym Invitational
NOV 06 - Meredith, NH

BENCH	J. Polovick	350		
MALE	J. Gnt	300		
Junior	Open			
C. Gronon	350	220 lbs.		
C. Laplante	225	J. Clewley	515	
Master	275 lbs.			
	J. Boughton	500		
FEMALE	SQ	BP	DL	TOT
Open				
T. Marceau	370	245	340	955
MALE				
Junior				
D. Puckett	725	425	600	1750
C. Grenon	565	350	455	1370
J. Gagne	600	400	500	1500
C. Young	425	250	425	1100
Master				
R. Guyer	725	400	600	1725
Open				
165 lbs.				
M. Flemming	455	250	500	1205

Mighty Christian Powerlifting
11 NOV 06 - Dover, NJ

MALE	SQ	BP	DL	TOT
181 lbs.				
M. Nolan	405	330	585	1320
220 lbs.				
J. Cascio	525	330	455	1310
T. Blohm	460	275	450	1185
L. Sanchez	205	305	245	755
242 lbs.				
B. Connors	500	345	525	1370
N. Johnson	300	250	350	900
Best Lifter: Matt Nolan. Team Results: 1st-True Strength Club, 2nd-Mighty Gibbers. (Results courtesy Pastor Pete Amerman)				



Mighty Christian Powerlifters: (front row) Lucio Sanchez, (middle row) Chris Welsch (spotter/loader), Nate Johnson, Josh Cascio, and Matt Nolan. Back Row: Pastor Pete Amerman (judge and announcer), Newt Romualdo (meet director), Tim Blohm & Brian Connors. (thanks to Pastor Pete for the photograph identification)

Irish Single Lift Nationals
1 JUL 06 - Dublin, IRE

BENCH	J. Ryan	556		
129 lbs.	Master I			
Senior	T. Coyle	485		
O. Smith	132	198 lbs.		
148 lbs.	Senior			
Teen III	B. Browne	534		
G. Smith	231	D. Doyle	496	
165 lbs.	L. McCabe	474		
Master II	A. Scully	463		
T. Pierce	242	D. Doyle	463	
181 lbs.	P. Houston	440		
Master I	M. Leitch	407		
Mandarano	403	S. Lavery	308	
198 lbs.	Teen III			
Master I	J. Hanley	424		
E. O'Brien	363	220 lbs.		
T. Leitch	—	Senior		
220 lbs.	K. Sexton	573		
Master II	Master II			
D. Smith	479	D. Smith	573	
Master I	Senior			
M. Fitzgerald	374	A. Greaney	540	
242 lbs.	Master I			
Senior	P. Leitch	479		
J. Gillis	330	M. Fitzgerald	440	
Teen II	Junior			
T. Meehan	253	J. Quinn	369	
Raw	242 lbs.			
148 lbs.	Junior			
Senior	J. Fennelly	683		
M. Fleming	242	Master I		
Junior	B. Meehan	529		
J. Quinn	132	275 lbs.		
181 lbs.	Senior			
Senior	T. Flaherty	611		
J. Ryan	297	SQUAT		
K. Wilson	187	129 lbs.		
R. Leitch	187	Senior		
198 lbs.	O. Smith	248		
Master I	165 lbs.			
T. Leitch	325	Master II		
Senior	T. Pierce	363		
L. McCabe	292	181 lbs.		
P. Houston	286	Master I		
A. Scully	286	Mandarano	457	
D. Doyle	259	198 lbs.		
Teen III	Master I			
J. Hanley	253	E. O'Brien	529	
Senior	242 lbs.			
M. Leitch	220	Senior		
220 lbs.	J. Gillis	595		
Master I	Teen II			
M. Fitzgerald	374	T. Meehan	529	
A. Greaney	297	Raw		
Master I	148 lbs.			
P. Leitch	275	Senior		
Junior	M. Fleming	341		
J. Quinn	270	D. Leitch	275	
242 lbs.	Junior			
Junior	J. Quinn	220		
J. Fennelly	319	181 lbs.		
Master I	Senior			
B. Meehan	259	J. Ryan	496	
DEADLIFT	198 lbs.			
129 lbs.	Senior			
Senior	P. Houston	418		
O. Smith	242	A. Scully	402	
148 lbs.	L. McCabe	385		
Teen III	M. Leitch	330		
G. Smith	407	Teen III		
198 lbs.	J. Hanley	385		
Master I	220 lbs.			
E. O'Brien	440	Master I		
242 lbs.	P. Leitch	479		
Senior	M. Fitzgerald	440		
J. Gillis	573	Senior		
Raw	K. Sexton	440		
148 lbs.	Junior			
Senior	J. Quinn	308		
M. Fleming	407	242 lbs.		
Junior	Junior			
J. Quinn	363	J. Fennelly	507	
181 lbs.	Master I			
Senior	B. Meehan	485		

Referees: Anita Mahony, Thomas Coyle, Eddy O'Brien, David Fitzhenry, and Stephen Maloney. Drug Tested: Mark Mandarano, Andrew Scully, and Tony Pierce. Report from Anita Mahony: With 82 lifters, almost double that of last year (44 lifters), for the first time the Irish Nationals were held over two days. The increase in entries was no doubt related to the prospect of the WDFPF World Powerlifting Championships being hosted by the IDFFA for the first time. Also, many of our coaches and lifters are encouraging new lifters to join the IDFFA. And, our website continues to attract new mem-

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bers, often from areas where there has not been any IDFFA activity. With over 100 members this year, the IDFFA is the biggest of the four powerlifting federations in Ireland. The Irish Nationals were held in Clara, County Offaly. Clara is a small town in the midlands with a strong club of teenage and junior lifters, coached by Kieran Dolan. The nationals were held there last year as had the AGM. Leading up to this year's nationals, a school bus overturned on its way to one of the secondary schools in the area, resulting in the death of a local teen (the son of a publican who had been a generous sponsor to the local powerlifters). Many of the other teens on the bus were injured, including four of the lifters due to compete in the nationals. Due to their injuries and the shock of the accident, they were unable to compete, thus missing their opportunity to qualify for the World Championships and other international events. The IDFFA committee decided that it would be appropriate to give them another chance to qualify, due to the circumstances. This event was also the first full powerlifting event in Ireland where European and World records could be broken. We calibrated scales, weights, bars (thanks to Dave Fitzhenry & the Clara Club), International Referees, and we drug tested 10% of the lifters. There were many European, World, and Irish records broken. Also, the IDFFA are very lucky to have several excellent teenage and junior lifters amongst their membership and many of these set records. The results of this event have been available on the IDFFA website (thanks to Della Milbourne and her new scoring system), and have also been distributed in the Raw Power magazine (thanks to Sharron Clegg). Therefore, I will not mention all the lifters here, but some definitely warrant a mention. Examples are: The 82 Open un-equipped category produced a close battle between Mark Lane, Kosmar Lempu, and John Ryan, which ended up with Mark Lane winning with 617 kgs., narrowly beating Kosmar with 615 and John Ryan with 610 kgs. Kosmar, having a lighter bodyweight, ended up getting the best unequipped lifter award with John Ryan getting third best lifter. Christopher Cornally, age 16 and under 56 kgs., displayed excellent technique in all three lifts, and is obviously a complete natural. Laurence Mc Connell, a M5 lifter from Northern Ireland added powerlifting world records to the world records he holds from Olympic Weightlifting. James Fennelly, a junior lifter in the 110 kgs., deadlifted 320 kgs. for an amazing world record. TJ Meehan, another T2 lifter, got new records in both the un-equipped and equipped categories. Best lifter in the equipped section was Dave Smith, an M2 lifter who had an 800 total at 100 kgs., narrowly beating Richard Mullen from Northern Ireland, who totaled 840 kgs. in the 125 kgs. class, and finished up as the second best equipped lifter. On the female front, Petra Stumpfova, competing in powerlifting instead of just benching, finished as the top un-equipped lady, while Orla Smith competed equipped for the first time, got the best female equipped lifter award. Hercules Club from Dublin won the team award. They will host the Irish Single Lift Championships 1st July, 2006. A big thank you to Wim Backelant, President of the World Drug Free Powerlifting Federation who was the special guest at the event, and of course, as per usual with Wim, he worked non stop at the event both days, alongside our score/record keeper Della Milbourne. Thanks to the Clara Club, especially Kieran Dolan and Billy Meehan, who organized the event and did a great job. The referees: Barry & Marie Crowley, Eddy O'Brien, Joe & Murty Kelly, Thomas Coyle, and myself. The spotters: Anton & Joe who lifted more than anyone else all weekend. Platform magager: Dan who kept things running smoothly. Thanks to the ladies who worked hard all weekend, feeding the ravenous lifters, officials and supporters Ann, Veronica, and Jacqui. (Thank you to Sharron Clegg for results)



Michael Binkley won the 20-24 age group 165s (with a 320 BP) at the 100% Raw Wilmington Classic (photo from Paul Bossi)

148 lbs. (50-54)	B. Gabbert	305
R. Roberson	80* (35-39)	290
181 lbs. (45-49)	W. Lynch	440
M. Omokaiye	170 (45-49)	410
MEN	T. Whitted	250
165 lbs. (50-54)	B. Gabbert	305
Open	B. Gabbert	305
S. Wesley	315	220 lbs.
T. Berthold	265	Open
(20-24)	C. Pickett	405
M. Binkley	320	(35-39)
T. Berthold	265	C. Pickett
(25-29)	(50-54)	405
S. Wesley	315	E. Thayer
T. Chappell	225	242 lbs.
(35-39)	Open	
M. Mason	320!	R. Lewis
181 lbs. (25-29)	R. Strange	600*!
Open	(30-34)	345
A. Graham	360	R. Strange
M. Brown	300	(30-34)
(20-24)	R. Lewis	600*!
C. Maxwell	210	(40-44)
198 lbs. (45-49)	P. Serra	355
Open	J. Mathews	345
A. Bannerman	410	(45-49)
Summerfield	330	J. Goodnight
(35-39)	275 lbs.	365
W. Lynch	440	Open
A. Bannerman	410	D. Owens
(45-49)	SHW	470
T. Whitted	250	Open
	H. Canada	465*!

Wilmington Bench Classic
28 OCT 06 - Wilmington, NC

BENCH
Overall T. Whitted 250
148 lbs. 220 lbs.
R. Bullard 150 C. Pickett 405
C. Grant 105 E. Thayer 290
R. Roberson 80 242 lbs.
165 lbs. J. Lewis 600
M. Mason 320 J. Goodnight 365
M. Binkley 320 P. Serra 355
S. Wesley 315 R. Strange 345
T. Berthold 265 J. Mathews 345
T. Chappell 225 SHW
181 lbs. D. Owens 470
A. Graham 360 H. Canada 465
M. Brown 300 WOMEN
C. Maxwell 210 132 lbs.
M. Omokaiye 170 Open
198 lbs. R. Bullard 150
W. Lynch 440 132 lbs.
A. Bannerman 410 (45-49)
Summerfield 330 C. Grant 105*!

*=State Records. !=National Records. The Wilmington Bench Press Classic brought in a great group of quality lifters. There were a lot of new faces, as well as veterans like Ed Thayer and Brad Gabbert. 100% RAW is great about offering a multitude of divisions for the lifters, but Paul and I always like to stack the lifters up by weight class, to see who is the best on any given day. Some times it's the open lifters, sometimes it's the master, and even a teen can steal the spot light. In the 148s it was neither, as the woman dominated this class. Rebecca Bullard's 135 lb. opener was enough to win, but ended with a very impressive 150 lbs. at only 126 pounds of body weight. The most competitive class of the day was 165 lbs., where first through third was decided by a mere five pounds. Scott Wesley needed all three attempts to get 315 lbs. and to stay in the meet, and earn third place. Michael

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Brinkley opened with 315 lbs. and ended with 320 lbs. on his third, but Michael Mason would go 300, 315, and 320 lbs. to win on body weight. Anthony Graham used a 360 to easily secure the class. Marcus Brown finished second. Michelle Omokaiye benched 170 lbs. for the biggest woman's bench of the day. Only two lifters have won four consecutive World Titles, and one of them is Will "Chill" Lynch. He dominated the 198 lb. class with 440 lbs., and believe it or not he's capable of a lot more. I'm sure we'll see him try to make it five in November. Not to be overlooked is another strong lifter, Anthony Bannerman, who hit 410 lbs. Weighing 185 lbs. he could go down a class, or stay put depending on Will's class, and have a good chance at his own world title. Carleton Pickett used a 405 lb. bench to secure the 220 lbs. class over the always popular Ed Thayer. Wow. Jauncey "Rock" Lewis nailed 600 lbs. at 242 to destroy the competition by nearly 250 pounds. This is one lifter who absolutely needs to be at the Worlds. The battle in this class was for second, as four lifters were separated by twenty pounds. Master lifter Jimmy Goodnight went 1 for 3 but the 365 was enough to hold off Pete Serra who hit 355, as well as James Matthews and Ryan strange who both hit

345. The Wilmington Bench Classic ended with two veterans dueling for the Heavy Weight title. Donald Owens and Herman Canada both nailed 450 openers. Herman would take the lead with 365 on his second attempt, but Donald would answer with 470 lbs. Neither could get there third attempts, giving Donald the overall title. This was another fantastic meet by the 100% Raw Federation, and a nice precursor to the biggest meet of the year. The 2006 World Championships. Lift hard, but most importantly keep it fun. (Thank you to Paul Bossi for providing these results)

ISS Bench Championships
19 NOV 06 - Kenosha, WI

BENCH
Open Raw 242 lbs.
220 lbs. E. Masters 465
J. Deitrich 320 Submaster Raw
E. Masters 465

Best Lifter: Eddy Masters. (Thanks to Mike Strom for providing these contest results)

Iron House Push Pull
14 OCT 06 - Zanesville, OH

FEMALE	BP	DL	TOT
148 lbs. Open			
M. Liggett	315	450	765
198 lbs. Open			
J. Koenig	135	305	440
MALE			
181 lbs. Master			
B. Routzong	360	505	865
Open			
J. Brock	—	515	515
198 lbs. Open			
R. Garvey	375	—	375
Teen			
G. Shaffer	500	—	500
220 lbs. Open			
M. Senter	650	—	650
R. Mcut	—	600	600
Open/Submaster			
C. Wilson	—	—	—
242 lbs. Open			
R. Cooper	450	650	1100
B. Berchtold	310	525	835
275 lbs. Junior			
A. Hoff	550	—	550
E. Meldini	500	590	1090
Open			
D. Coleman	575	710	1285
Teen			
D. Hoff	570	670	1240
308 lbs. Open			
M. Lenigar	600	670	1270
SHW			
Open			
T. Fletcher	705	—	705

Best Lifter BP: Marlon Senter. Best Lifter DL: David Coleman. (Thanks to Mike Maxwell for providing these meet results)

WABDL Night of the Champions
30 SEP 06 - Lakeland, FL

BENCH	F. McBride	270
FEMALE	275 lbs.	
105 lbs.	E. Hargrove	310
Master (40-46)	Master (68-74)	
J. Balliette	85	165 lbs.
114 lbs.	B. Nussear	225
Master (47-53)	242 lbs.	
B. Breneiser	100*	J. Yong
123 lbs.	Law/Fire	375
Teen (16-19)	Open	
B. Rains	130*	181 lbs.
148 lbs.	L. Pasick	280*
Teen (14-15)	242 lbs.	
K. Justice	75*	M. Haslem
Teen (16-19)	Law/Fire	380*
M. Ray	85*	Submaster
165 lbs.	242 lbs.	
Open	G. Schrank	405*
B. Palmer	195	Law/Fire
Master (68-74)	Master (48-55)	
D. Margaritis	85*	198 lbs.
198+ lbs.	T. Lang	437!
Law/Fire	Law/Fire	
Master (48-55)	Master (56+)	
C. Fay	100!	259 lbs.
Master (54-60)	F. McBride	270*
C. Fay	100*	DEADLIFT
MALE	Teen (14-15)	
TEEN (12-13)	148 lbs.	
132 lbs.	K. Justice	150
B. Silk	90*	Teen (16-19)
165 lbs.	123 lbs.	
T. Johnson	105*	B. Rains
Teen (14-15)	105 lbs.	200*
D. Evans	80*	M. Ray
123 lbs.	Master (40-46)	180
E. Steiz	135*	105 lbs.
148 lbs.	J. Balliette	175
J. Szparaga	200*	Master (54-60)
Teen (16-19)	198+ lbs.	
220 lbs.	C. Fay	245*
S. Adams	250	Law/Fire
Class I	Master (48-55)	
105 lbs.	C. Fay	245*
D. Evans	80*	MALE
148 lbs.	Teen (12-13)	
S. Yang	280	132 lbs.
181 lbs.	B. Silk	225*
D. Viars	400	165 lbs.
259 lbs.	T. Johnson	285*
D. Brown	465*	Teen (14-15)
R. Zareck	435	105 lbs.
Junior	D. Evans	260
220 lbs.	123 lbs.	
C. Johnson	390	E. Striz
Submaster	181 lbs.	320*
165 lbs.	D. Grove	350*
198 lbs. Open	Class I	
J. Koenig	242 lbs.	105 lbs.
G. Schrank	405	D. Evans
R. Suk	325	123 lbs.
Open	E. Steiz	320*
132 lbs.	259 lbs.	
R. Claypool	240*	D. Brown
165 lbs.	220 lbs.	600*
R. Biet	380	C. Johnson
198 lbs.	220 lbs.	505
R. Kelly	460	Submaster
242 lbs.	242 lbs.	
J. Reed	405*	G. Schrank
259 lbs.	475	R. Suk
V. Lopez	490	470
Master (40-46)	Open	
242 lbs.	198 lbs.	
J. Reed	405	J. Cervero
275 lbs.	259 lbs.	615
J. French	450*	D. Brown
Master (47-53)	132 lbs.	600
132 lbs.	K. Snell	425*
R. Snell	255	Master (54-60)
181 lbs.	181 lbs.	
D. Viars	400*	S. Kyllis
198 lbs.	Master (61-67)	480*
T. Lang	437	198 lbs.
K. Conaway	375	T. Lnglais
Master (54-60)	Master (85+)	375*
181 lbs.	198 lbs.	
S. Kyllis	335*	S. Montrose
Master (61-67)	Law/Fire	200!
198 lbs.	Submaster	
T. Langlais	292*	242 lbs.
259 lbs.	G. Schrank	475*
R. Zreck	435	

!=World Records. *=State Records. Best BP: David Viars. Best DL: Jeff Cervero. Coordinator: Louis Baltz. The WABDL Night of the Champions got underway with the girls rewriting the state bench

WABDL

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Golden Valley, MN 55427				
If under 18, have parent initial			Signature	

records. Karoline Justice pushed-up 75 lbs. in the 148 lb. class teen 14-15 division. After a nice article in the local newspaper, Brittany Rains set a new state record in the 16-19 year old 123 lb. class with a 130 lb. bench. Megan Ray also set a state record with an 85 lb. bench press in the 148 lb., 16-19 year old division. In the open division, Brooke Palmer benched a nice 195 lbs. in the 165 lb. class. Julie Balliette (the lady with three kids) almost broke her own state record, but had to settle with 85 lbs. Competing in her first meet, Billie Breneiser pushed-up a 100 lb. state record bench in the 47-53 division 114 lb. class. Carolyn Fay set a state record in the 198+ class with 100 lbs. in the 54-60 division and also set the world record in the Law/Fire 48-55 age group. Dorothy Margaritis pressed 85 lbs. for a state record in the 68-74 division 165 lb. class. The men started off with Brandon Silk benching 90 lbs. for a state record in the 12-13 age group, 132 lbs. class. Tyler Johnson also benched a state record 105 lbs. in the 165 lb. class. Dakota Evans (please read memorandum at the end of summary), competing in his first contest, benched a state record 80 lbs. in the 14-15 age group, 105 lb. class. He just missed 105 lbs. twice to try to better the record he just set. Ethan Striz moved up

a class to the 123s and benched 135 lbs. in the 14-15 age group to set a new state record. Jon Szparaga added another state record to his list with a 200 lb. bench in the 148s. In the 16-19 division, Stephen Adams benched 250 to win the 220 lb. class. Dakota Evans' 80 lb. bench also gave him a state record in the Class 1 division, 105 lb. weight class. Scott Yang benched 280 lbs. in the 148 lb. class to win Class 1. David Viars benched an impressive 400 lbs. in the 181 lb. class to take Class 1. Dave Brown set another state record with a 465 lb. bench in the 259 weight class, Class 1 division which gave him 1st over Richard Zareck who came in 2nd with a 435 lb. bench. Competing in his first contest, Chad Johnson benched 390 lbs. to win the junior 220 lb. class. In the submaster division, Ryan Birt just missed setting a state record and had to settle with his 380 opener in the 165 lb. class. Gordon Schrank pushed-up 405 lbs. to win the 242 lb. class over Karoline Suk who pressed 325 lbs. Brandon Claypool benched a strong and easy 240 lbs. for a state record in the open 132s. Ryan Biet's 380 lb. bench also won him the open 165 lb. class. Ryan Kelly pushed-up 460 lbs. to take 1st in the 198s and Jerry Reed pressed a 405 lb. state record in the 242 lb. class. Victor Lopez had the highest bench of the meet with 490 lbs. to win the 259 lb. class. Jerry Reed also won the 40-46 division with his 405 lb. bench and Jeff French rammed-up 450 lbs. to set a state record in the 275 lb. class. Ken Snell set a national record in the 132 lb. class, 47-53 age group with a 255 lb. bench. David Viars set a state record with a 400 lb. bench to win the 181 lb. class. Tim Lang benched a 437 1/2 lb. state record to win the 198 lb. class over Kim Conaway who benched 375 lbs. Steven Kyllis won the 181 lb. class in the 54-60 division with a state record 335 lb. bench. In the 61-67 division, Ted Langlais benched a 292 1/2 lb. state record to take the 198 lb. class. Richard Zareck won the 259 lb. class with a 435 lb. bench over Francis McBride who benched 270 lbs. Ed Hargrove won the 275 lb. class with 310 lbs. Bob Nussear pushed-up a nice 225 lb. bench to win the 165 lb. class in the 68-74 division and Johnny Yong won the 292 lb. class with his 375 lb. opener. In the Law/ Fire division, state records were set by Lee Pasick, Michael Haslem, Gordon Schrank, and Francis McBride. Tim Lang benched a new world record of 437 1/2 lbs. The Best Lifter Award was

presented to David Viars for his 400 lb. bench in 181 lb. class. The deadlifts started with Karoline Justice winning the 14-15, 148 lb. class with 150 lbs. Brittany Rains set another state record with a 200 lb. pull in the 123s. Megan Ray pulled 180 to take first in the 148 lb. class. Julie Balliette pulled a 175 lb. opener to win the 105 lb., 40-46 division. Carolyn Fay set state records in the 198+ and law/fire 48-55 divisions in the 54-60 age group with a 245 lb. DL. In the 12-13 division, Brandon Silk won the 132s with a 225 lb. state record, while Tyler Johnson pulled 285 lbs. to set a state record in the 165s. Dakota Evans barely missed 275 lbs. for a state record in the 14-15, 105 lb. class. He pulled an impressive 260 to win. Ethan Striz had a super day and finished with a state record 320 lbs. in the 123s, which won. Danny Grove pulled 350 for a state record in the 181 class. Dakota Evans also won Class 1 div. with his 260 lb. pull in the 105 lb. class. Ethan Striz set another record with his 320 lbs. in the 123 class and Dave Brown also set another record in Class 1, 259 lb. class with a 600 lb. pull. Chad Johnson deadlifted 505 lbs. to win the junior 220s. Gordon Schrank won the 242 submasters with 475 lbs. over Robert Suk's 470. Jeff Cervero ruled the 198 lb. open with a 615 lb. deadlift. Dave Brown took first in the 259s with a 600 lb. lift. Ken Snell got his 425 lb. state record opener to win the 132, 47-53 division. Steven Kyllis won the 54-60 division 181 lb. class with a 480 lb. state record deadlift. Ted Langlais' 375 lb. pull gave him a state record in the 61-67 division, 198 lb. class. Eighty-nine year old Stephen Montrose dead lifted an incredible 200 lbs. It was a new world record! It is truly amazing to watch Stephen on the platform. He is a true inspiration to us all. Gordon Schrank set a new state record in the Law/Fire submaster 242 lb. class with a nice 475 lb. dead lift. The Best Lifter Award was presented to Jeff Cervero for his 615 lb. dead lift. Special thanks to Louis Baltz, All American Gym, Junk Yard Dogg, Dan "The Man" Jonas, B.J. Stigall, Steve Beck, Helen Watkins, Carson Brawley, Ann and Brian Silk, Brian Burritt with House of Pain, Lisa Gay, Michelle Baltz, and all the lifters and spectators who make these meets possible. Thanks to Gus Rethwisch for founding and keeping the WABDL going strong. (thanks A. Silk for report)



Jeff Cervero was Best Lifter with a 615 @ 198 at the WABDL Night of Champions (Ann Silk)

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APF Sam Houston Open
9 DEC 06 - Houston, TX

BENCH	T. Emeland	535*		
181 lbs.	DEADLIFT			
Master (55-59)	198 lbs.			
R. Roberts	320	Open		
Teen (16-17)	S. Blevins	460*		
J. Gonzalez	185*	Master (44-45)		
198 lbs.	S. Blevins	460*		
Master (55-59)	220 lbs.			
B. Kline	375**	Teen (16-17)		
Teen (18-19)	I. Olvera	335*		
D. Alberto	—	SHW		
220 lbs.	Master (33-39)			
Master (45-49)	J. Lopez	610*		
S. McKenzie	500*	SQUAT		
Teen (16-17)	SHW			
I. Olvera	235	Submaster (33-39)		
242 lbs.	J. Lopez	680*		
Junior (20-23)				
MALE	SQ	BP	DL	TOT
165 lbs.				
Master (40-45)				
J. Chaney	365	260	505*	1130
181 lbs.				
Teen (18-19)				
J. Reisweg	430	245	450	1125
198 lbs.				
Master (45-49)				
Routhouska	435	315	440	1205
220 lbs.				
Master (55-59)				
J. Gutierrez	350	315	380	1045
242 lbs.				
Open				
M. Wray	565	385	445	1395
Master (40-44)				
S. Nickell	400	300	450	1150
R. Morgan	525	325	135	985
Submaster (33-39)				
J. Lopez	680*	435*	610*	1725



Glen Routhouska took the 198s, 45-49, at the Sam Houston Open (Tom McCullough photo)

meet. Thanks to all the lifters who attended this meet and all of the people who drove out to watch. A special thanks also to Inzer Advance Designs for supporting this sport and our meets for many years, Mike Lambert of Powerlifting USA who has been there supporting us all for a long time and a huge thanks to Houston ISD and Sam Houston High School for all of their support over the past six years. (Thanks to Tom McCullough for providing results)

Travis AFB Push-Pull
9 DEC 06 - Vacaville, CA

FEMALE	BP	DL	TOT
114 lbs.			
D. Lezama	115	255	370
132 lbs.			
C. Alsobrook	100	275	375
148 lbs.			
C. Robinson	135	325	460
165 lbs.			
G. Holly	135	300	435
Master			
D. Lezama	115	255	370

MALE

165 lbs.				
J. Russo	325	475	800	
G. Ester	300	450	750	
181 lbs.				
J. Barnes	335	500	835	
T. Potier	315	500	815	
A. Lockett	315	450	765	
198 lbs.				
J. Gardner	390	475	865	
220 lbs.				
Quinterofarias	350	500	850	
242 lbs.				
D. Borison	430	625	1055	
275 lbs.				
J. Alle	405	505	910	
Master				
220 lbs.				
Z. Clark	500	745	1245	
275 lbs.				
J. Alee	405	505	910	

(Thanks to 60 SVS for providing results)

Halloween Havoc
4 NOV 06 - Danville, IL

Powerlifting	SQ	BP	DL	TOT
MALE				
148 lbs.				
Estes	142	315	500	1240
165 lbs.				
Jenkins	500	400	500	1400
Washington	320	240	430	990
Bibians	295	215	445	955
181 lbs.				
Brown	685	320	650	1655
Vasquez	530	350	525	1405
Sathammvong	505	325	540	1370
Richmond	405	—	—	405
Mulkey	440	—	—	440
198 lbs.				
Taylor	450	385	590	1425
Woody	515	340	510	1365
Roach	405	280	500	1185
Nelson	335	325	435	1095
Leggans	385	370	435	1090
220 lbs.				
Scott	580	320	585	1485
Bethel	585	325	550	1460
Williams	265	315	530	1110
242 lbs.				
BigMay	765	370	—	1135
275 lbs.				
Bailey	475	385	530	1390

(Thanks to Weldon May for these results)

SPF/WBPLA Worlds
14 OCT 06 - Gatlinburg, TN

BENCH	275 lbs.			
FEMALE				
Raw	K. Rogers	500		
Teen	T. O'Leary	425		
165 lbs.				
C. Reese	530			
M. Harmon	75	SHW		
MALE				
Teen	C. Poteete	455		
220 lbs.	Master (50-54)			
T. Sheffield	335	R. Lowery	155	
198 lbs.				
S. Tipton	455	Master (60-64)		
Open				
114 lbs.				
J. Price	275	C. Wooten	350	
148 lbs.		Master (65-69)		
K. Harmon	445	G. Lambdin	215	
198 lbs.		CURL		
D. Lowe	575	FEMALE		
259 lbs.				
D. Asher	600	Teen		
Police/Fire/Mltry				
181 lbs.				
A. Smith	275	B. Downen	45	
Submaster		MALE		
181 lbs.		Junior		
A. Lambardy	200	Submaster		
165 lbs.				
D. Asher	600	A. Lambardy	200	
SHW	510	Open		
Master (60-64)		165 lbs.		
165 lbs.		L. Lichtle	140	
L. Lichtle	275	SHW		
Raw		C. Poteete	170	
165 lbs.		Master (60-64)		
L. Lichtle	140			
DEADLIFT				
165 lbs.				
Z. Harmon	130	FEMALE		
Junior				
275 lbs.		Raw		
A. Lambardy	440	Master (40-44)		
Open		165 lbs.		
242 lbs.		V. Traugot	280	
R. McElrech	350	MALE		
259 lbs.		Raw		
W. Green	500	Submaster		
BENCH		198 lbs.		
FEMALE		J. Sneed	415	
Teen		Reps lbs.		
181 lbs.				
B. Downen	23	55		
Open				
181 lbs.				
K. Goliszek	47	90		
Master (40-44)				
181 lbs.				
D. Shealey	45	90		

220 lbs.	J. Fields	465	600	1065
T. Niblett		350	630	980
Submaster				
181 lbs.				
W. Stover		290	430	720
198 lbs.				
M. Driggers		540	650	1190
Master (40-44)				
259 lbs.				
C. West		425	500	925
Master (55-59)				
148 lbs.				
J. Forbes		240	425	665
Raw				
Teen				
148 lbs.				
D. Joung		260	425	685
181 lbs.				
D. Roberts		235	410	645
220 lbs.				
A. Holmes		255	450	705
259 lbs.				
T. Raines		325	600	925
Open				
259 lbs.				
J. Lawson		465	475	930
Submaster				
242 lbs.				
E. Whitfield		390	600	990

Best Lifter Bench Men: Dennis Lowe. Best Lifter Raw Bench Men: Casey Reese. Best Bench Team: Team Yankee. Best Lifter Push Pull Men: Mark Driggers. Best Lifter Push Pull Women: Dana Shealey. Best Team Push Pull: Prestige Powerlifting. Venue: River Terrace Resort. Thank you to Head Judge John Bible, Left Side Judge Steve Brown, and Right Side Judge Jim Pickett. Thanks also to our spotters Rick Lewis and Nicky Peppers. And, thank you to Ken Anderson, from Dallas, TX, for coming with his Titan supplies, and for taking part in our events. This is a great man. A special thank goes to Victoria Rodgers for another great job running the score table and keeping everyone running in the right direction. Thanks also goes to every lifter, every spectator, and every single person that turned out to make this the great event that it was. (Thanks to SPF President and Meet Director, Jesse Rodgers, for providing results)

USAPL Maximum Metal III
12 AUG 06 - Dunmore, PA

BENCH	E. Bertocki	365	
MALE			
Open	B. Kizer	455	
Teen (16-17)	Master (40-44)		
J. Gazzara	205	A. Miller	425
Open	Master (50-54)		
K. Bradley	145	S. Cole	165
132 lbs.	Master (60-64)		
Master (45-49)	B. Donnelly	275	
C. Mangra	195	220 lbs.	
Open			
Teen (16-17)	D. Stein	315	
B. Rieck	225	Master (50-54)	
M. Logan	195	J. Bertocki	420
165 lbs.		242 lbs.	
Master (45-49)	Teen (16-17)		
L. Patrisso	200	S. Falance	260
Master (50-54)	Master (60-64)		
R. Burnett	285	S. Chatis	330
Open/Master (50-54)	Open		
B. Legg	205	J. Bagert	500
Teen (16-17)		B. Gilbert	450
J. Keller	210	Guest Lifter	
J. Keller	160	S. Mann	580
181 lbs.		275 lbs.	
Teen (16-17)	Master (45-49)		
T. Kunkel	320	J. Zwick	275
Junior	Master (40-44)		
B. Wiggley	385	J. McGower	400
Open	Teen (16-17)		
B. Aiello	405	T. McLafferty	315
198 lbs.		SHW	
Teen (16-17)	Master (50-54)		
P. Sweda Jr.	335	K. Johnson	575
L. Cepil	320	Open	
Junior		N. Hulslander	650
Best Lifter Heavy Female: Shirley Coler.			
Best Lifter Heavy Male: Niko Hulslander.			
Best Lifter Light Male: Brian Kizer. 1st Place Team: Motivations. 2nd Place Team: Jim Thorpe. 3rd Place Team: George Ink.			
Location: Motivations Fitness Center. Coordinators: Allan Miller and Jason Richardson. (Thanks to USAPL for results)			

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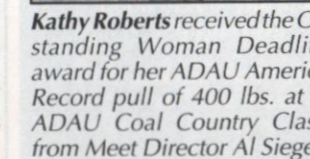
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Adau Coal Country Classic
10 DEC 06 - Bigler, PA

BENCH	114 lbs.			
FEMALE				
Junior (23)	J. Nezir	110		
Teen (18-19)	Teen (14-15)	70		
J. McBride	105	N. Kinard	181 lbs.	
4th-107				



Kathy Roberts received the Outstanding Woman Deadlifter award for her ADAU American Record pull of 400 lbs. at the ADAU Coal Country Classic from Meet Director Al Siegel.

Open	K. Roberts	230		
4th-240				
MALE				
Youth (8-9)	A. Barrett	62		
4th-65				
148 lbs.				
Master (50-54)	W. Claypatch	235		
165 lbs.				
Open	R. Clarke	270		
181 lbs.				
Teen (18-19)	M. Decker	265		
Open	M. Reyes	265		
181 lbs.				
Junior (20-23)	J. Nezir	215		
M. Meziri	215			
D. Kelly	175			
Master (55-59)	T. Cinelli	215		
220 lbs.				
Open	A. Barrett	105		
4th-110				
123 lbs.				
Master (55-59)	R. Massey	370		
370				
D. Fuhs	295			
K. Divins	185			
Master (45-49)	Master (40-44)			
A. Cmapiere	320			
Master (65-69)	J. Herbein	230		
275 lbs.				
Open	P. Cognitore	335		
J. Medvan	320			
Master (55-59)	G. Walker	260		
319 lbs.				

IHM Holiday Ironman
9 DEC 06 - Youngstown, OH

BENCH	242 lbs.		
MALE	(17-19)		
165 lbs.	B. Ericsson	260	
(40-49)	SHW		
C. Venturella	380		
181 lbs.	(17-19)		
(40-49)	B. Ericsson	290!	
J. Fiumara	350		
220 lbs.	(60-69)		
(50-59)	R. Boyer Jr.	340!	
S. Popovich	370		
275 lbs.	DEADLIFT		
(40-49)	MALE		
B. Lenzi	570!		
300 lbs.	181 lbs.		
Open	(20-23)		
C. Kowach	450!		
M. Lenzi	410		
SHW	(40-49)		
(40-49)	B. Beck	500	
J. Wilson	380		
(60-69)	Raw		
R. Boyer Jr.	405!		
Raw	FEMALE		
165 lbs.	Youth		
(15-17)	M. Blackstone	110!	
S. Johnson	240		
(15-17)	181 lbs.		
J. Schurster	225		
D. Italiano	205		
198 lbs.	(18-19)		
(17-19)	R. Cene	465	
F. Costello	260		
220 lbs.	Open		
L. Heeter	315		
Ironman	BP	DL	TOT
FEMALE			
198 lbs.			
Open			
C. Lenzi	150	260	410!
MALE			
198 lbs.			
(35-39)			
E. Bohler	300	500	800!
242 lbs.			
(35-39)			
B. Bagnall	500	645	1145
300 lbs.			
Open			
M. Lenzi	375	410	785!
Raw			
165 lbs.			
(15-17)			
M. Lyden	285	500	785!
181 lbs.			
(15-17)			
D. Bowman	190	375	565!
300 lbs.			
Open			
M. Jones	405	500	905!
! = Meet Records. (Results by Ron Deamicis)			

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ST140 14" Diameter apx weight 116lbs.....	\$79.00
ST160 16" Diameter apx weight 175lbs.....	\$99.00
ST180 18" Diameter apx weight 240lbs.....	\$109.00
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ST210 24" Diameter apx weight 476lbs.....	\$169.00

USAPL Albany Strength

2 DEC 06 - Albany, NY

BENCH	181 lbs.			
MALE	Teen			
148 lbs.	C. Mangra	215		
Teen	SHW			
M. Marloh	115			
Master I				
P. Porcelli	520			
Powerlifting	SQ	BP	DL	TOT
FEMALE				
Open				
181 lbs.				
E. Brown	215	120	285	620
MALE				
Open				
148 lbs.				
A. Garego	320	225	400	945
198 lbs.				
T. Gibson	625	450	625	1700
M. Shwartz	500	270	600	1370

Open

198 lbs.

C. Angelo	415	285	485	1185
W. Desoris	380	250	400	1030
220 lbs.				
R. Brunk	600	500	590	1690
D. Newkirk	600	470	615	1685
F. Bell	535	480	635	1650
R. Cancelino	585	405	650	1640
R. Hansen	570	380	650	1600
F. Panaro	545	320	660	1525
C. Solonya	535	330	590	1455
S. Culnan	745	545	775	2080
V. Maufield	275	205	345	825
SHW				
M. Cochran	135	135	135	405
R. Pulver	—	—	—	—

(Thanks to Cory Reynolds for the results)

Kentucky Muscle Push Pull

21 OCT 06 - Louisville, KY

BENCH	Southerland	—
WOMEN	Master (33-39)	242 lbs.
Open	K. Johnson	525
132 lbs.		
D. Timbs	205	
Master (40-49)		
242 lbs.		
MEN	Bodenbender	475
Open	(50-59)	
114 lbs.		
H. Logsdon	220	
275 lbs.		
148 lbs.	L. Ford	420
DEADLIFT		
C. Flowers	335	
M. Huber	220	
4th-230		
181 lbs.		
W. Kemper	325	
B. Kopos	500	
W. Stinson	200	
(33-39)		
275 lbs.		
198 lbs.		
B. Highnote	495	
T. Shirley	525	
4th-550		
D. Porterfield	435	
4th-440		
(40-49)		
J. Figg	385	
165 lbs.		
220 lbs.	B. Kemper	450
D. Nealy	620	
275 lbs.		
M. Brown	445	
242 lbs.	R. Richey	555
(60-69)		
P. Maupi	495	
W. Stinson	225	
Bodenbender	475	
Open		
J. Centers	430	
198 lbs.		
275 lbs.	B. Adams	550
H. Timbs	705	
275 lbs.		
SHW	J. Gaddis	500

(Thanks to Wade Johnson for the results)

British Single Lift Championships

15-16 JUL 06 - Bradford, UK

BENCH	L. Pilling	396
132 lbs.	275 lbs.	
Master I	Senior	
S. Brown	209	
181 lbs.	G. Alway	374
Master I	Raw	
R. Patel	97 lbs.	
198 lbs.	Senior	
L. Iontton	115	
Senior	129 lbs.	
M. Green	463	
Master I	A. Thomas	82
M. Carridine	358	
220 lbs.	Senior	
Senior	M. Bradley	154
N. Thomas	407	
Master IV	Master VI	
T. Cox	347	
242 lbs.	M. Sage	104
Master I	Senior	
M. Norton	518	
Master III	R. Crook	209
	165 lbs.	
	Master II	

T. Meredith	264	Master VI	
Master VI		M. Sage	198
D. Wallace	253	MALE	
Senior		123 lbs.	
D. Orwin	253	Junior	
181 lbs.		M. Madaaser	264
Senior		132 lbs.	
P. Tempest	319	Senior	
Master I		R. Crook	352
R. Patel	308	165 lbs.	
Master II		Teen III	
G. Edwards	303	R. Kumar	440
198 lbs.		Master II	
Master I		T. Meredith	396
M. Carridine	314	181 lbs.	
Master II		Junior	
L. White	286	L. Graddon	529
220 lbs.		Senior	
Senior		D. Loebell	468
N. Thomas	374	Master II	
Junior		G. Edwards	440
C. Brooks	363	Teen I	
Hollingsworth	354	J. Ghafoor	314
Master I		198 lbs.	
M. Kirkland	352	Master II	
Senior		L. White	534
S. Allonby	330	S. Matssoukis	418
S. Bullimore	308	220 lbs.	
Master IV		Senior	
T. Cox	275	J. Allonby	529
242 lbs.		R. Elliot	463
Senior		Master VI	
J. Haynes	374	E. Bennett	418
Master IV		242 lbs.	
I. Tudor	369	Master III	
Master III		L. Pilling	573
L. Pilling	330	Master IV	
Master IV		M. Leadbetter	551
M. Leadbetter	303	Senior	
Senior		M. Eager	540
P. Godwin	286	Master II	
Master VI		S. Mansell	540
R. Mealey	253	Senior	
275 lbs.		P. Godwin	485
Senior		319 lbs.	
A. Squire	407	Senior	
P. Spencer	352	M. Haydock	677
G. Alway	336	A. Varley	600
Master V		SQUAT	
J. Bevan	264	220 lbs.	
319 lbs.		Master IV	
Senior		T. Cox	485
C. Baker	474	242 lbs.	
Master III		Master III	
H. Rowlands	418	L. Pilling	617
Senior		Raw	
M. Haydock	396	165 lbs.	
A. Varley	396	Master II	
DEADLIFT		T. Meredith	341
FEMALE		181 lbs.	
165 lbs.		Master V	
Senior		D. Dargue	336
A. Bamford	507	Master II	
198 lbs.		G. Edwards	330
Master II		Teen I	
L. White	569	J. Ghafoor	275
242 lbs.		220 lbs.	
Master III		Master IV	
L. Pilling	595	T. Cox	363
242 lbs.		242 lbs.	
Master III		Master III	
M. Eager	562	L. Pilling	562
P. Godwin	—	Master IV	
Raw		M. Leadbetter	402
97 lbs.		275 lbs.	
Master V		Senior	
P. Reeves	214	A. Squires	518
129 lbs.		319 lbs.	
Senior		Senior	
A. Thomas	275	M. Haydock	639
154 lbs.		A. Varley	551

100 kgs. M4 just running out of steam with 230 kgs., Les succeeding with 280 kgs. at 110 M3 on his third attempt. In the unequipped bench press Louise Iontton at 44 kgs. managed a new British and European record of 52.5 kgs. in the open category. Manon Bradley has the potential to break records if she gets her technique right, on this occasion pressing 70 kgs.. Ryan Crook, SW at 60 kgs. set a new British record with 95 kgs. in the senior category with Dave Wallis, 69 years of age (M6) pressing 115 kgs. at 75 kgs., just missing out on 118.5 kgs. British record on a 4th attempt. Neil Thomas, EM continued his good form taking the 100 kgs. class with 170 kgs., but hot on his heels two juniors had a battle with Cory Brooks WM 165 kgs. to Jay Hollingsworth's NE 161 kgs. both exceeding the world record in the junior age group. In the 110 kgs. class Ian Tudor EC, M4 set a new record with 167.5 kgs. only just being beaten by John Haynes NM with 170 kgs. in the open section. Roger Mealey M6 110 kgs. from the SE set a new British record with 115 kgs.. At 125 Alfie Squires took the title with 185 kgs., with Paul Spencer NM 2nd and Graham Alway, SW in 3rd. John Bevan, EM, M5

took just one attempt with 120 kgs. for a new British record. In the 145 kgs. group Chris Baker NE benched an impressive 215 kgs. in the open division. Hadyn Rowlands NM, M3 set a new British record with 190 kgs.. In 3rd and 4th spot by virtue of lighter bodyweight, Mark Haydock and Andy Varley both NW getting 180 kgs.. In the equipped bench Martin Green EM at 90 kgs. pressed out 210 kgs. having two attempts at 217.5 kgs. that eluded him and Michael Carridine WM set a new British M1 record of 162.5 kgs. on his third attempt. Neil Thomas 100 kgs. class EM pressed 185 kgs. and tried twice to break through the 200 kgs. barrier on his 2nd and 3rd attempts but it wasn't to be, I'm sure it will happen soon. Tom Cox WM, went 3 out of 3, finishing on 157.5 kgs. at M4. At 110 kgs. Les Pilling managed a good 180 kgs. bench in the M3 age group. I managed 235 kgs. M1 World record, which I had to be satisfied with as the gym I used had closed down 3 weeks prior to the competition. Only one lifter in the 125 kgs. class: Graham Alway from the SW ending up with a 170 kgs. effort and the win. The unequipped deadlift saw a number of records broken: the first was by Ryan Crook SW 60 kgs. class who pulled a good 160 kgs. British record not bad for someone

just out of the juniors. Lewis Graddon 82.5 kgs. class from Wales was successful with 240 kgs. and had a good tug on 243.5 for a junior record, with a little more bodyweight this will surely go. The 90 kgs. class was won by Larry White WM with a new M2 World record of 242.5 kgs., if he could tweak his technique he would pull some more without question. Mike Leadbetter NW finished his day off with a 250 kgs. World record at 110 kgs., M4 as did Mark Haydock who pulled 307.5 kgs. on his first attempt for another World record in the open event. The equipped deadlift had 5 entries, the 75 kgs. winner was Andy Bamford with 230 kgs., Larry White got the double up with 258.5 kgs. World record at 90 kgs. to go with his unequipped success earlier. In the 110 kgs. class Les Pilling finished off with 270 kgs. just ahead of Mark Eager's 255 kgs. from the SW, with Phil Godwin unfortunately bombing out. In summary, this event was down on numbers probably due to the time of year. That aside, there were some excellent performances and the venue was superb. Thanks to George Beevers, Bradford University and all those who helped out and supported the event. (results courtesy Sharron Clegg)

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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.

APF/APF Mississippi State
14 OCT 06 - Hattiesburg, MS

BENCH		242 lbs.							
FEMALE		A. Shroeder 677							
181 lbs.		(230 bwt)							
A. Rayburn 225		E. Holmbeck 455							
MALE		275 lbs.							
(196 bwt)		R. Bounds 424							
Teen Raw		(258 bwt)							
K. McClemore 418		E. Tew 462							
(232 bwt)		J. Barnes 407							
D. Pierce 551		J. Gousett ???							
4th 567		Elite Guest							
220 lbs.		M. Green 633							
Open		C. Francis 479							
J. Holmeck 380		Raw							
700		J. Groove							
FEMALE		SQ		BP		DL		TOT	
132 lbs.		A. Olive 253		132		149		534	
MALE		148 lbs.		Y. Breaux 358		439		551 1348	
181 lbs.		R. Blauumiller 275		203		331		809	
Open		T. Andes 661		501		590		1752	
220 lbs.		Novice		D. Maxwell 374		347		424 1146	
242 lbs.		Teen		B. Pitts 545		374		555 1460	
Open		A. Guice 573		374		573		1521	
275 lbs.		C. Stutes 903		651		655		2200	
Master		B. Nichols 639		622		600		1860	



At the APF/AAPF Mississippi State Meet: (left to right) Vince Breaux (Masters 220 lb. champ), Craig Stutes (Best Lifter), and Tim Andres (181 lb. champ). (photograph courtesy of Meet Director Joe Ladnier)

to see friendships ruined over a disagreement at a contest. What ever it is should be over once you walk out the door. But I guess that's what keeps all these forums fueled and on going. Let's get back to the contest. Angie Olive was our only full meet lifter in the women's division and was a master's competitor. She opened easily in the squat with 214 lbs. and made 253 lbs. look even easier, but 275 seemed a bit too much on this day. Angie's bench shirt didn't come in on time so she benched raw and made all three bench attempts with 99 lbs., 121 lbs. and 132lbs. She deadlifted 148 lbs. on her opener and passed her 2nd and 3rd for a total of 534 lbs. in 132 lb. class. I would have never guest her having five children with the youngest being two years old and the oldest 21 years old. Great job Angie, I think you left a lot on the platform, so keep up the good work and I'll see you next time. This next young man was our only novice lifter in the full meet division and is the son and nephew of two brother's I've known for nearly thirty years. Drew Maxwell is 20 years old and is in his second year of college at USM. Drew started training with me and my guys before he went off to college and I hooked him up with John Micka to train with while he was at USM. Drew's dad is the owner of the famous Mississippi Security Police and has been a sponsor of this event for the last four years. This was Drew's first contest and he did really well. He smoked an easy opener squat with 374 lbs. Having the first contest jitter, he took 396 lbs. on his second and third attempt's, but forgot to take a breath at the top and relaxed in the bottom each time. Drew opened with 347 lbs. on the bench, but had some groove problem's with 358 lbs. on his second and third attempt's. His deadlift was his best achievement of the day. With lifts of 336 lbs., 374 lbs. and a personal best of 424 lbs. This ended Drew's first meet with a total of 1,146 lbs. in the 220lb class. He's got the bug, so I know we'll be seeing more of him in the future. Brandon Pitts was our only teenage lifter in the full meet division and is also a student at USM. Brandon made three easy squat attempts with 485 lbs., 518 lbs. and 545 lbs. His bench was almost the same with lifts of

352 lbs., 363 and near miss of 374 lbs. He showed the crowd what he came for by making all three attempts in the deadlift with 457 lbs., 501 lbs. and 551 lbs. He ended up with a 1,460 lb. total in the 242 lb. class and was already looking for his next contest. Alexander Guice lifted in the open 242 lb. class and got his feet wet by doing only his openers in each lift. He squatted 573 lbs., benched 374 lbs. and deadlifted 573 lbs. for a total of 1521 lbs. Not bad for passing all 2nd and 3rd attempts in each lift. Tim Andres came in at a shredded 180 lbs., lifting in the open division. He had some depth problems in the squat and only made his opener of 661 lbs. But I gotta mention that this is without knee wraps. Tim only squats in a suit, briefs, and a belt. He says that wraps throw him off and he just can't find his groove. I thought I was gonna pass out just spotting Tim, because he squats super slow. I know if he ever gets the hang of all the gear, he is gonna crush some huge numbers. His benches were flawless with an amazing 462 lbs., 485 lbs. on his second and 501 for his third. He told me that the deadlift was his worst lift, but you would have never known it by his first and second attempts with 551 lbs. and 589 lbs. His 3rd attempt with 600 lbs. seemed a tad too much, but I know with a little work he will be opening with that soon. Tim posted a 1,752.4 lb. total on this day, but I know he's good for well over 1,900 lbs. at 181bwt. This next lifter was serious from the moment he walked in the door. Craig Stutes competed in the open 275 lb. class. He astounded the crowd by opening with 826 lbs. on the squat. Depth was not an issue with Craig's squats, they would have passed in any federation. His next attempt with 852 lbs. was also easy and deep. For his last attempt, Craig called for 903 lbs. I can honestly say that it was the deepest I'd ever seen anyone take 900 lbs. and it was as easy as his first two attempts. He is a squatting machine! Craig started his benches with a smooth 622 lbs. His second attempt with 651 lbs. seemed to have more in the tank, but his last attempt with 661 lbs. was a couple of pounds too much on this day. He was on a mission to prove a short guy could deadlift more than he could bench, so he opened with 651 lbs.

and finished with 655 lbs. Craig's huge total of 2,200 lbs. won him first place and best lifter. Vince Breaux has only been lifting a few years, but proved that a 216 lb. 60 year old man can hold his ground with the young bucks. Going into the squats he admitted that he didn't squat much and had no idea what he could do. He started with 275 lbs. and did it deep and easy, but got 3 reds and was puzzled why? The head judge still had his head in the air to say squat when Vince was walking off the platform. He didn't wait for his signals. He laughed and said "Oh well". On his second attempt he went with 319 lbs. and as he was approaching the platform everyone was telling him to wait for his signals. He did and made it effortlessly. He was feeling good on his 3rd attempt and wanted to go in uncharted territory, so he called for a personal best of 358 lbs. It was a joke and everyone shouted "put some weight on the bar". The bench press is Vince's specialty and he proved to be one of today's finest by only completing his second attempt with 441 lbs. I think he caught his second wind for the deadlifts because he breezed through them with lifts of 507 lbs., 539 lbs. and 551 lbs. His total was a personal best with 1,348 lbs. These next 2 lifters were the only full meet lifters in the AAPF. Rich Blauumiller is a USAPL national champion and had a great day lifting in his first AAPF meet. He made his first and second squats with 242 lbs. and 275 lbs. He also made his first and second benches with 165 lbs. and 203 lbs. Built for deadlifting he made 308 lbs. on his first and 331 lbs. on his second making a total of 809 lbs. at 148 lb. bwt. As soon as I got home, Rich had emailed me on when we were having another contest. Byron Nichols had the best day of his lifting career, making a new national masters AAPF bench record in the 275 lb. class and a personal best total 1860 lbs. A new comer to the squat, he managed 578 lbs., 622 lbs. and 639 lbs. The bench is what he came for, so he opened with a new national masters record of 573 lbs. With a big jump he went 622 lbs., breaking his own record with ease. He called for 650 lbs. on his 3rd, but I think the squat took more out of him than he realized. I asked Byron if he was only

going for the bench record, why not take token lifts and he replied by saying, "I wanna go all out". So that's what he did with 529, 578, and 600 lbs. in the deadlift. Congrats to Byron and remember that Arc trainer I wanted? Byron is a sales rep for Cybex Gym equipment. The bench open division is where the meat and potatoes where at this meet. Angela Rayburn is a national level bodybuilder who finally decided to try her first ever powerlifting contest. She looked like a true bench specialist by making only her 2nd attempt with 225 lbs. This was good enough to win her 181 class and best women's bencher. After speaking with her, I know she'll be back on the platform again, because there's nothing like lifting heavy weights and eating! Kevin "Boo Boo" McClemore won the men's teenage raw division weighing 196 lbs. He opened with an easy 380, 2nd was 402 lbs. and he missed his 3rd with 418 lbs. This was Boo Boo's first contest and sure he'll be back with the coaching of John Micka and all the Peak Fitness crew. This next lifter amazed the crowd and blew new state records through the roof! Dean Pierce weighed in at 232 lbs. and opened with 523lbs. He missed that on a groove problem and jumped to 534 and smoked it. He then took 551 for a ride and made for a new state record and PR. Feeling the adrenaline rush, he asked for a 4th attempt for a PR (did not count in the meet) 567.5 was the magic number with three white's. Great job Dean! Jake Holmeck is also a student at USM and a member of the Peak Fitness Gym team. He won the 220 lb. open division with 380 lbs. after opening with 365 lbs. A.J. Shroeder came in ready to eat the bar. He stole the 242 lb. class with a massive 677 lb. bench! This also won him the best bencher in the mens division. Your not far from the magic 700 lb. mark, keep up the hard work A.J. Eric Holmbeck weighed in at 230 lbs. and managed 2nd place with only his opener of 455 lbs. Eric is another Peak Fitness Gym team member. Robert Bounds was a light masters 275 lb weighing in at only 250 lbs. He also being a member of Peak Fitness Gym team showed his true bench specialist

technique by winning his class with only his second attempt of 424 lbs. Eddie Tew is one of Peak Fitness team's proudest members. This was Eddie's second meet after an 8 year lay off. Each meet he's adding pounds to his PR's. This time he won like a true bench specialist hitting only his second attempt with a 462 lbs. weighing a light 258 lbs. Jarvis Barnes from Peak Fitness entered his first meet to win 2nd place in the 275's with clean lift's of 374, 396, and 407 lbs. Jay Gousett was the only AAPF bencher and won the open 275 class with his 1st attempt of 534 lbs. We were honored with several "Elite" guest lifters. The first being the one and only Michael "Gunny" Green. Gunny managed a smooth 633 lbs. opener with his single and then made a huge jump to 705 lb. That double ply needs to be tuned up some more before the magic number goes up though, missed his 2nd and 3rd. Thanks for coming in and supporting the meet Gunny! This next lifter and I have some history together. The "Killer" Carl Francis is 70 years old and has been lifting longer than I have been alive. And it was my 43rd birthday that day. When I first met Carl, we were competing at a meet at Petal High School in 1980 (I was age 16). He was wearing a white super suit, super wraps, his wide leather belt and black pointy toed cowboy boots. I teased him so much, he was chasing me around in the gym with those boots on. It was an honor to see this lifter that will never quit, pull 479 lbs. weighing a mere 197 lbs. That's down from about 275. at his peak and with a pull of 739 lbs. I also watched him squat 804 lbs. back then with those cowboy boots on! Killer Carl Francis is living proof that only the strongest shall survive! John Grove, who remind's me of my old friend Doyle Kennedy, supported the meet by driving down from his NGBB Club in Atlanta, GA. He brought a few extra plates, bars, helped judge and needed a deadlift workout, so he pulled a big 700 lb. plus deadlift raw! Thanks John, you and your lifters have my support any time! Although they bombed, they still came and gave it their best! Eric Downey, Justin

Gordon, Shannon Ishee, and The South Mississippi Highway Patrolman "Art James". I know you guys had big plans and better days, but thanks for lifting and supporting the APF/AAPF Mississippi State Powerlifting & Bench Championships! A very special thanks to all of our sponsors: Inzer Advanc Designs, Peak Fitness Gym, Erica White "Fitness Competitor", Mcdonalds, All Health, Universal Nutrition's Animalpak.com, Vitamin's Plus, and Mississippi Embroidery. As always, thanks to my entire family! Chrystal, my wife who gives 110% and my kids who spot and support me to the fullest. I love you all! (Results by Joe Ladnier, of Powerpit Gym)

BENCH		308		198		352		859	
FEMALE		J. Ianno 281		242		418		942	
181 lbs.		J. Laite 330		198		391		920	
Open		L. Rocca 402		374		474		1295	
Master (60+)		P. Currey 352		143		143		639	
UF		N. Israel 540		396		501		1438	
FGCCU		M. Lee 369		297		402		1069	
198 lbs.		Open		M. Ritter 407		297		413 1118	
Open		Master (40+)		M. Gotto 270		170		424 865	
Master (50+)		J. Wold 424		264		474		1162	
FIU		S. Brooks 573		402		578		1554	
UF		B. Kelly 424		391		485		1300	
220 lbs.		Open		J. Landau 600		429		584 992	
Open		M. Castrilli 446		380		451		1278	
Master (40+)		A. Decker 275		336		402		1014	
Raw		C. Edwards 429		314		485		1229	
FGCCU		242 lbs.		Teen (18-19)		N. Calhoun 474		319 512 1306	
Open		L. Beir 341		220		341		903	
Raw		D. Castrilli 474		336		468		1278	
FGCCU		G. Owens 435		292		501		1229	
275 lbs.		N. Hernandez 413		314		501		1229	
Open		A. Suarez 402		402		446		1251	
Master (50+)		A. Suarez 402		402		446		1251	
UF		H. Sherburne 551		358		578		1488	
Open		Venue: Nova Southeastern University.		(Thank you to USAPL for these results)					

USAPL South Florida Open
14 OCT 06 - Ft. Lauderdale, FL

BENCH		Open		M. Alkinany 440	
FEMALE		UF		N. Israel 396	
198+ lbs.		C. Adams 115		198 lbs.	
Open		Master (60+)		R. Creevy 275	
C. Adams 115		Paralympic		UF	
C. Adams 115		B. Kelly 391		R. Bent 275	
MALE		220 lbs.		Master (40+)	
Open		R. Mora 214		A. Decker 336	
148 lbs.		Teen (16-17)		A. Decker 336	
J. Ianno 242		Master (60+)		A. Speech 314	
165 lbs.		A. Speech 314		275 lbs.	
Master (40+)		P. Maynard 352		Master (50+)	
A. Suarez 402		FEMALE		SQ	
181 lbs.		123 lbs.		BP	
FIU		J. Salazar 203		121	
203		121		248	
MALE		123 lbs.		248	
Open		R. Mora 264		214	
R. Mora 264		148 lbs.		330	
Open		Castiblanco 308		198	
Castiblanco 308		198		352	
Master (40+)		859		TOT	

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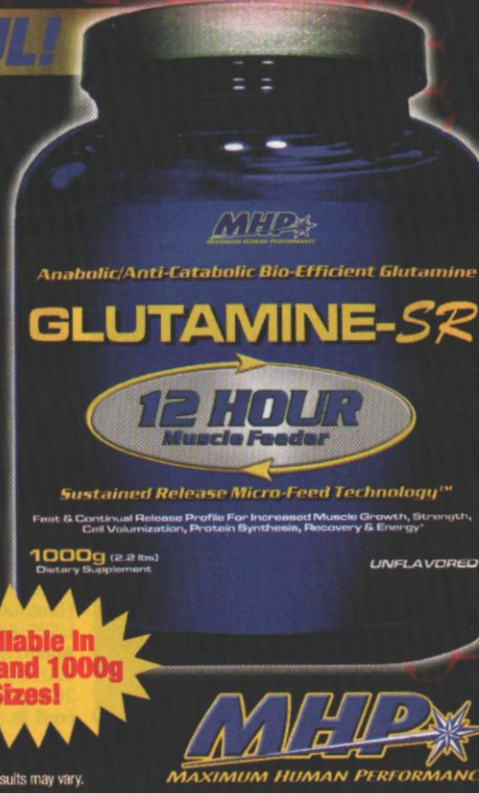
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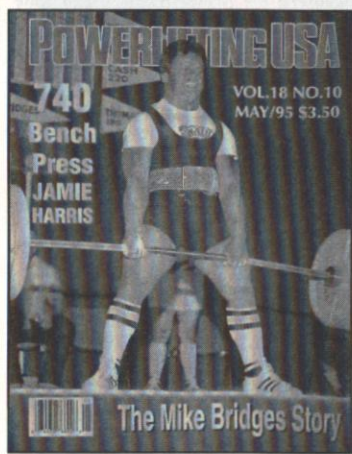
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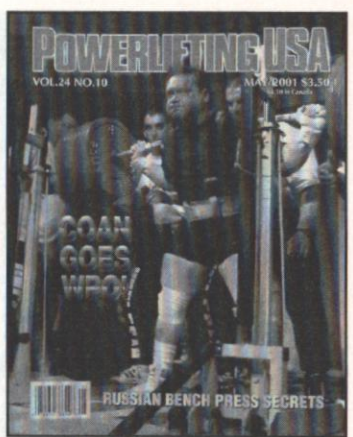
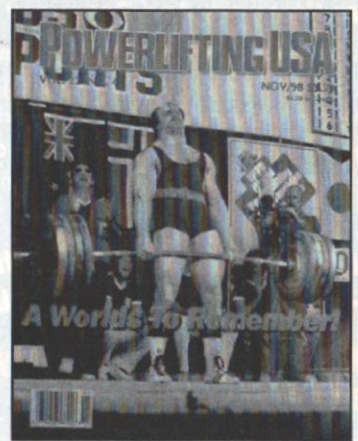
PL USA BACK ISSUES

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 Nats., 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?, WNPF Worlds, TOP 100 220, ADFPA TOP 20 132s
May/94... USPF/ADFP Collegiates, USPF Jr. Nats., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s
Jun/94... NASA Natural Nats, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points, TOP 100 275s, ADFPA TOP 165s
Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s
Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s
Sep/94... ADFPA Men's, USPF Men/Women's 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/Women's, United We Stand, TOP 100 165s
Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.

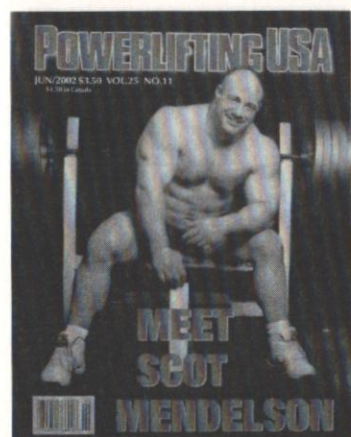


Feb/95... World's Strongest Man, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.
Mar/95... Women's TOP 20, Don Reinhardt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood BP Routine, TOP 100 220s
Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm, L.M.W. Compounds, TOP 100 242s
Jun/95... Antonio Krastev, USPF Collegiates/Bench Nats, 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 Reactis" by Louie S., Rob Wagner, TOP 100 114s
Aug/96... ADFPA Men's, APF Sr. Nats., "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie S., FIBO Show, TOP 100 123s
Oct/96... WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb G. "Responds to the Response", TOP 100 148s
Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wrenn, TOP 100 165s
Feb/97... Power of Compelling Outcomes, WPC Worlds, IPA Nats, 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 Lbts.
Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Guggulot 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 Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage
Apr/98... Bull Stewart Speaks, USAPL Women's, 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 Hammon, 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

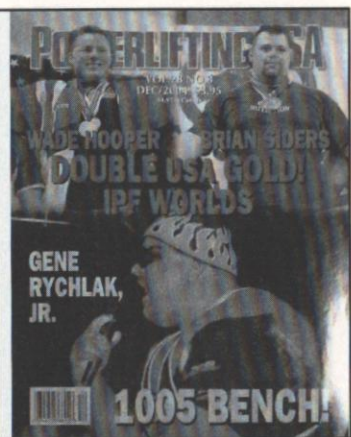


Feb/99... WPC Worlds Pt. 2, Coan goes 2463, USPF Worlds, IPF World Bench, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s
Apr/99... The ED COAN Book, Why Whey?, Gordon Santee, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.
May/99... LA Tech Program, "Sir Guggulot", 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 "Muscle town USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus 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 Nats, 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 Nats, Best Lifters of the Century, Big BPs by Louie S., TOP 100 114s
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 Sr. Pt. I, AAPF/APF Nats., 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, Ernie Frantz Insights, Rick Weil BP, TOP 100 132s
Oct/00... Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.
Nov/00... Best Bench of All Time, final More from Ken Leistner, Drug Free Bzj Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 165s
Dec/00... Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 181s
Jan/01... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis S., TOP 100 198s
Feb/01... Garry Frank Goes 2500, WPC Worlds PT.1, IPA Nationals, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s.
Mar/01... TOP 20 Women - Teen - Masters Rankings, Hooking Up the Bands, USAPL Women's Nats, Westside Deadlifting, WPC Worlds Pt. II/BP
Apr/01... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Extra Workouts by Louie, TOP 100 242s
May/01... Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, TOP 100 275's
Jun/01... Siouz-Z Hartwig, Russian Squat Cycle, Big Boys Menu Plan by J.M., Victor Naleikin Interview, Diane Siveny Interview, TOP 100 SHWs
Jul/01... IPF Women's Worlds, Bill Crawford, APF Nationals., Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s
Aug/01... Garry Frank Goes 2601 - APF Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit., TOP 100 123s
Sep/01... WPO Semis, "No Deadlift" Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s
Oct/01... World Games, TomManno, Jamie Harris Interview, John Corsello Jr. Interview/700 BP Club, Speed Cycling by Louie S., TOP 100 148s.
Nov/01... Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "Analyzing Your Squat" by Louie S., TOP 100 165s
Dec/01... IPF World Masters, WPC Can Ams, Halbert Video, WPO BP for Cash, Westside Success, Jill Mills, Rich Salvagni, TOP 181s
Jan/02... IPF Men's Worlds, WABDL BP Worlds, Garry Frank goes 2606, IPA Nationals, Carmen Perrotta Interview, Training the Lockout, TOP 100 198s

Feb/002... WABDL DL Worlds, IPF BP Worlds, WNPF Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time SQs, TOP 100 220s
Mar/02... USAPL Women's Nats, TOP 20 Teen/Women/Masters, Russ Barlow, Becca Swanson, 850 DLs, Louie on "the Repetition Method"
Apr/02... WPO Finals/Qualifier/Arnold Bench Bash, Ano Turtiainen, Louie on DL Training, Jennifer Thompson, Back Up Your BP, TOP 242s
Jun/02... Meet Scot Mendelson, IPF World Masters BP, Fatten Up Your Total, Louie Simmons on Volume, Dan Austin Interview, TOP 100 SHWs.
Jul/02... Kennelly Benches 780, IPF Women's Worlds, APF Nationals, Carbohydrate Manifesto Pt. 1, Karen Sizemore Interview, TOP 100 114s.
Sep/02... Kennelly BPs 800, American Strongman, Training Organization Pt. 1 by Louie S., Preventive Maintenance, Mikesell Interview, TOP 100 132s
Oct/02... 556 squat @132 by Nance Avigliano, USAPL BP Nats, Powerhouse Grains, The Positive of Negatives, Bench Shirt Blues, TOP 100 148s
Nov/02... Sivokon Speaks, IPF Jr. Worlds, Serious Mass Pt. 1, Priscilla Ribic Interview, Willie Wessels Interview, Ed Coan DL, TOP 100 165s
Dec/02... WPO Semis (931 DL!), Bench Bash for Cash, WPC Worlds, IPF 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 Nats, Bench America, Keeping Iron in the Blood, 1000 lb. Squat Club, What You Need in Your Gym, TOP 100 114s
Oct/03... Gene Bell, John Ware Workout, Sioux-z Hartwig, A.R.T.



Techniques, 50 Best SQs/BPs, Louie S. on Training the Back, TOP 100 132s.
Dec/03... WPO Finals, Rychlak BPs 900, IPF World Masters, Ausby Alexander, "Story of Arthur Jones", Speed Day Pt. 1 by Louie S., TOP 100 165s
Jan/04... IPF Worlds, WPC Worlds, IPA Seniors, Acetylcholine, Wade Hooper SQ, Atlantis Foundation, Louie on Max Effort Day, Mabel Rader, TOP 165s
Feb/04... IPF World BP, WABDL Worlds, Hyperhydration, Coan Update, Low Back Pain, Becca Benches 465, All Time Best BPs, TOP 100 198s
Mar/04... USAPL Women's Nats., Becca benches 501, Water Technology Pt. 2, Brent Mikesell Interview, IPF President's Message, TOP 100 220s
Apr/04... Frank Goes 2706/2805!, Arnold Classic, Power Nutrition Recipes, Louie on "the Staggered Load", California Hall of Fame, TOP 100 242s
Jun/04... TOP 20 Women, Teen, Masters, Greatest Men's & Women's Ratings, 15 Min. Injury Solution, Delayed Transformation by Louie S.
Jul/04... APF Seniors, Bench America II, APF Nationals, Louie Simmons on His "Virtual Force Swing", Digit Ratios and Strength, TOP 100 275s
Aug/04... IPF Women's Worlds, USAPL Men's Nationals, World Powers by Louie Simmons, Luke Iams, Women's All Tim SQ/TOT, TOP 100 SHWs
Sep/04... IPA Worlds, Mountaineer Cup, Becca Swanson, Shrugs for a Big BP, Advanced System for Beginners by Louie Simmons, TOP 100 114s
Oct/04... WPO Finals, Recuperative Modalities, Optimal Eccentrics by Louie S., Shrugs, Never Quit!, Cognitive Control, All Time Squats, TOP 123s
Nov/04... WPC World PL/BP, BA/Worlds, Louie S. on Speed Work, Travis Mash & Tony Conyers Interview, Jon Smoker Squat Workout, TOP 100 132s.
Dec/04... Rychlak BPs 1005, IPF Worlds, Siders Interview, Louie on DL Training, Women's/Men's All Time BPs, Scott Lade BP Workout, TOP 100 148s
Jan/05... WABDL Worlds, IPF World Masters, General Physical Preparedness 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 Benching Westside Style, Brian Schwab Squat Workout, World Top 20 lists, AWPC Words, 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 Naitonals, 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, WNPF Worlds, TOP 100 198
Apr/06... WPO Finals/Bench Bash, USAPL Women's Nats, 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 Minnetti 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 Nats., George Frenn, Westside's Top BPers, Bill Gillespie, Priscilla Ribic, Brent Howard Interviews, Singles Training, TOP 100 Superheavies
Sep/06... Mike Wolfe - IPF's Detlev Albrings - 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 Nats., ADAU Nats., 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, WNPF Worlds, Donnie Thompson Interview, TOP 100 148s
Jan/07... IPF Men/Women Worlds, "Help Wanted" by Louie, IPA Srs., Travis Mash, GPC Worlds, Johnny Graham, Deadlift Basics Pt 2, TOP 100 165s.
LIST THE ISSUES YOU WOULD LIKE (AND ALTERNATES), MAKE OUT YOUR CHECK (\$5 PER ISSUE, INCLUDING S&H, OR A BETTER PRICE FOR HIGHER QUANTIT), SEND TO PL USA BACK ISSUES, BOX 467, CAMARILLO, CA 93011. (PRICE ON MULTIPLE QUANTITIES: 2-3 ISSUES - \$4.50 EA., 4-9 ISSUES - \$4 EA., 10-24 ISSUES - \$3.50 EA., FOR 25+ BACK ISSUE ORDERS - WE WILL NEGOTIATE)



10th Bull Stewart Alki Classic
26 AUG 06 - Seattle, WA

BENCH WOMEN	Master VII	240
104 lbs.	T. Yost	275 lbs.
Open	Submaster	
Master I	J. Flaeterich	410
123 lbs.	D. Harkins	165
Submaster	SHW	
M. Hudson	Master I	460
165 lbs.	K. Lentz	
Master II	Master V	
D. Cavinta	R. O'Smith	
Master III	DEADLIFT	
N. Carpenter	104 lbs.	160
181 lbs.	Open	
Open	Master I	140
198 lbs.	J. Makin	220
Open	181 lbs.	
F. Brodine	Open	190
HWT	T. Gack	360
Master III	HWT	
J. Mangaoang	Master III	195
Master VI	J. Mangaoang	345
W. Pristell	MEN	165
MEN	Special Olympian	
Special Olympian	S. Harp	240
S. Harp	114 lbs.	135
114 lbs.	Youth	
Teen (14-15)	C. Grizzle	135
M. Davis	123 lbs.	110
Youth	Teen (14-15)	
C. Grizzle	R. Lopez	250
123 lbs.	Youth	
Teen (14-15)	A. Grizzle	140
R. Lopez	132 lbs.	
Youth	Teen (16-17)	
A. Grizzle	R. Segura	400
132 lbs.	148 lbs.	
Teen (16-17)	Teen (18-19)	
R. Segura	K. Powers	430
148 lbs.	Junior	
Teen (12-13)	S. Davis	435
D. Derwin	Open	135
Teen (18-19)	R. Bondeurant	365
K. Powers	165 lbs.	235
Open	Junior	
R. Bondeurant	D. Wald	285
165 lbs.	Open	
Junior	N. Puchlov	255
Y. Sokot	Master VII	
D. Wald	W. Stewart	275
Open	181 lbs.	
N. Puchlov	Junior	185
181 lbs.	S. Hart	400
S. Hart	Open	245
R. McClintock	D. Jurgens	345
Open	Master IV	
D. Jurgens	J. Rankin	435
Master V	Master V	
M. Jones	Master V	140
Master VI	Master VI	285
E. Wattach	E. Wattach	260
198 lbs.	198 lbs.	450
B. Knudsen	Open	230
R. Goncalves	E. Zender	215
Junior	Master II	
L. Baird	M. Vezina	500
Open	Master V	
E. Zender	R. Goncalves	345
Master II	220 lbs.	320
M. Vezina	L. Harrison	345
Master III	K. Gack	610
Kirchenmann	Open	320
Master IV	B. Riedy	480
J. Nichols	242 lbs.	150
Master VII	M. Riedy	640
R. Waite	Teen (18-19)	135
220 lbs.	J. Kline	570
Open	Open	
K. Gack	Master I	460
G. Coates	G. Felber	335
Submaster	Open	510
B. Wieburg	T. Holby	
Master II	Master I	
L. Frigard	G. Nucci	365
242 lbs.	Master VII	
Teen (18-19)	T. Yost	300
J. Kline	275 lbs.	350
Open	Master IV	
T. Holby	D. Harkins	350
M. Riedy	SHW	440
Master I	Master II	
G. Nucci	A. Medak	320
G. Felber		325
Master VI		
L. Taylor		230

(Thanks to USAPL for providing results)

APA Prairie State Classic
16 SEP 06 - Savoy, IL

BENCH FEMALE	R. Biggiam	530
165 lbs.	275 lbs.	
Submaster	Open	
T. Doherty	V. Martin	150
181 lbs.	Master (50-54)	675
Open	DEADLIFT	
K. Restuccia	123 lbs.	80
148 lbs.	Junior	
S. Paeth	181 lbs.	155
Teen (18-19)	Master (45-49)	
S. Erlenbaugh	D. Covington	290
220 lbs.	4th-305	
Open	MALE	
D. Haycraft	181 lbs.	500
W. Prose	Junior	495
Open/Junior	R. Greeberg	400
L. Moore	Open	415
242 lbs.	H. Chung	375
Open	BP DL TOT	
Push Pull		
FEMALE		

105 lbs.	A. Bonnell	75	200	275
Teen (18-19)	4th-DL-210			
132 lbs.	Teen (11-12)			
Teen (11-12)	D. Ogden	65	155	220
148 lbs.	Open			
L. Brault	115	300	415	
Master (40-44)	110	175	285	
K. Stauffer	180	330	510	
Master (40-44)	4th-BP-198	DL-340		
181 lbs.	190	375	565	
Teen (16-17)	4th-DL-400			
J. Duzak	198 lbs.			
Teen (13-15)	Z. Ogden	85	245	330
Open	A. O'Dell	255	400	655
4th-DL-430	C. Taylor		500	

Best Male Bench Presser: Roger Ryan. Best Male Deadlifter: Kevin Woley. Best Male Push/Pull: Kevin Woley. Best Female Bench Presser: Tywnia Brewton. Best Female Deadlifter: Tywnia Brewton. Best Female Push/Pull: Tywnia Brewton. The 2006 Prairie State Classic hosted an APA push/pull meet as well as the USA Weightlifting Illinois State and the Open Championships. This multi sport event also included exhibitions by professional strongman John Beatty. John hosted several strongman challenges and performed

some amazing grip exhibitions between flights of the APA meet. All activities took place at the Savoy Recreation Center. The APA meet had 31 participants, and many lifters had terrific performances. In the women's bench press meet, Tamara Doherty lifted 150 lbs. in the 165 Submaster class, and Kim Restuccia managed a raw 80 lbs. in the Open 181 division. In the men's bench press meet, Scott Paeth enjoyed his first powerlifting meet and nailed a strong 155 lbs. in the Junior 148 class. Steve Erlenbaugh, a phenomenal teen (18-19) in the 181 lb. class bencher, never got things going. He failed to find his groove on attempts of 445 and 465 lbs., but he has been amazing in training and he will surely break many records in the years to come. The 220 lb. class was loaded with strong lifters. Lance Moore took the Junior prize with a strong PR 415 lbs. Wayne Prose, who just missed in a dramatic attempt to reach 198, still had the energy to hoist a strong 495 lbs. after enduring a 12 pound weight loss. Look for Wayne to fill up his belly to 220 pounds for the next meet and blast something in

the upper 500s. Narrowly beating Wayne to take first in the Open 220 lb. class was a local favorite, Doug Haycraft. Doug trains locally in Gold's Gym and easily got his 500 lb. opener, but couldn't get any further attempts. Randy Biggiam, who coaches the Mustang Powerlifting Team, was alone in the 242 class. Randy made a PR 530 look like easy work in his loose shirt. Randy then turned to coaching his excellent high school team. Vance Martin received some coaching during his first meet and managed a strong 355 lbs. in the open 275's. Vance looked much improved by the end of the day. The star of the show was 51 year old Roger Ryan who weighed in exactly at 275 lbs. Roger destroyed 675 on his second attempt, making it seem like a warmup. He then called for 700 lbs. and just nearly had it until losing control at the very top. This was another day and another world record for Roger, breaking his own Master's (50-54) world record. The women's deadlift competition was nothing short of amazing, with both women getting the crowd behind them to set world records. In the Junior 123 lb.

division Misty Anderson, a crowd pleaser by any measure, drove up a gutsy 285 lb. 4th attempt and set the Junior 123 drug tested world record. Perhaps the greatest story of the day was the amazing performance of Dian Covington who seemed to come out of nowhere to set a world record in the 181/45-49 division. In her first meet, she seemed hesitant at first with an opener of 245 lbs. By her fourth attempt she destroyed 305 lbs. to the cheers of a large crowd. The men's deadlift competition had two 181 lb. class lifters. In the Junior division Royce Greenberg, who is sneaking up on 500 in training, only managed his opener of 400 lbs. on this day. Haeryung Chung of South Korea easily pulled 375 lbs. in the open division. Both of these pullers are up and coming and will soon go much higher. The women's push/pull meet featured women of many different age classes. Mustang Powerlifter Aurora Bonnell left people shaking their heads at where she is finding all of that strength by bench pressing 75 lbs. and deadlifting 210 in the teen 18-19/105 division. Another Mustang Powerlifter and the youngest

participant was Deidre Ogden. Deidre showed good talent and the good coaching she has received to bench press 65 lbs. and deadlift 155 lbs. in the 11-12/132 class. In Open 148 Lynn Brault had a spectacular day. Lynn bench pressed 115 lbs. and then pulled the 300 lb. deadlift she has been striving for. After months of urging from the meet director, Kris Stauffer finally decided to compete. After overcoming the embarrassment of wearing a singlet in public, the gregarious Master 40-44/148 lifter had a nice bench press of 110 lbs. and deadlift of 175 lbs. Tywnia Brewton, a well known and talented lifter from northern Illinois, spent much of the day breaking her own Master 40-44/165 records. Tywnia pressed 190 lbs. and deadlifted 340 lbs. to break her own state open records as well. The men's push/pull meet had the most competitors. Mustang Power lifter Josh Sutter had a strong day in the teen 13-15/132 division with a 135 bench press and 310 lbs. deadlift. The deadlift was very close to a world record. Matt Mongeon, a Junior 148 class lifter who trains and competes raw, so he sometimes needs to be reminded to wear some clothes, muscled up a nice raw 255 lb. bench press and an easy 440 lb. deadlift. Mustang Powerlifter Jeremy Ogden weighed in precisely at 165 and showed excellent form and concentration. He looked like a seasoned lifter getting a 200 lb. bench press and 375 lbs. deadlift as a teen (16-17) lifter. John Duzak, one of a trio who managed to do both the Oly and the push pull meet in the same day, looked no worse for the wear going 190 and 400 in the teen 16-17/181 division. Mustang Powerlifter Zachary Ogden showed excellent poise for such a young lifter and bench pressed 85 and deadlifted 245 lbs. in the teen 13-15/198 class. Arlen O'Dell, another of the dual meet lifters, managed the confusion and fatigue to bench press 255 and deadlift 430 in open 198. Chad Taylor, another open 198 lifter, struggled to get his shirt set right and didn't manage to post a bench press. However, he looked great on the deadlift with an easy 500. Also, Chad gained some notoriety at the meet by being among very few who could meet several of John Beatty's strongman challenges. Mustang Powerlifter Aaron Winkle demonstrated phenomenal potential by performing an easy 225 bench press and pulling 450 in the teen 13-15/220 class. Ryan Brault had an unfortunate day in the open 220's by failing to get his bench opener that should have been easy for him. He went on to pull 465 and cheered for the others. Ryan has been coming on strong, so he has many good meets ahead of him. Blake O'Dell, the last of the trio that did both meets, had a strong 280 raw bench press, went off to snatch and clean and jerk for a few hours, then concluded the day with a 440 deadlift in the master 50-54/220 class. Kevin Woley had a superb all around day with a 405 bench press on his second attempt, and then a tough 535 deadlift. Those combined for the best lifter award for this 242 class ironman. Finally, Eric Kern, another Mustang Powerlifter, came in as a 275 class 18 year old to bench press 360 and deadlift 405. Eric should be able to bench press 400 as a high schooler in several more months. The meet was largely a success due to the help of numerous people, and the sponsors Drake Homes, Nutrition at Work, and Rural King. (Thanks to Jeff Douglas for results)

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POWERLIFTING PARAPHERNALIA

USA POWERLIFTING TEAM (Items 1-5)

SQUAT BENCH (Items 6-10)

STRONGEST (Item 12)

DEADLIFT (Item 13)

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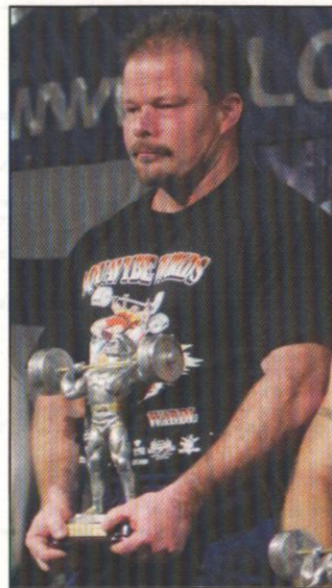
4th Big Dog Classic
12 NOV 06 - W. Lafayette, OH

BENCH	198 lbs.
165 lbs.	Raw Open
Master	D. Hardesty 300
R. Russell	270 220 lbs.
181 lbs.	Raw Open
Open	J. Blackstone 300
S. Higgins	430

Judges: Ralph Young, Rajeen Deb, Gerry Griffith, and Dave Clement. (Thanks to John Blackstone for providing the results)

(article continued from pg. 12)

Laskowski of Texas set a world record of 749.5 in Elite Open. He also holds the world record of 700.8 in Open and 749.5 in Master (40-46). However, now that he's officially in Elite Open, he will not be allowed to lift in Master (40-46) or regular Open for the time being. Jason was drug tested and passed for the second time. In second place was Scott Hoekstra with 628. Scott is the former world record holder. In third place was Jani Ihalainen of Finland with 606.2. Mike Desrosiers, the WABDL state chair out of Arizona, was fourth with 584. At 275, Nils Sjodin of Sweden tied Terry Gibson of Pennsylvania with 661.2, but Terry Gibson won on bodyweight. In third place was Arizona WABDL co-chairman, Patrick Holloway, a state record 650.2. Justin Ross of Alabama was fourth with 639.2. At 308, Jeff Peshek ruled with 777. Ken Overbey was second with an Alabama state record 639.2. Jeri Rosendahl of Finland was third with a national record 639.2. At superheavy, big as a truck, Robert Vick of Illinois, set a world record 804.5 and was drug tested and passed. Three lifter were clumped together from second to fourth, all with 705.2: James Crawford III from Washington at second, Scott Wesley Jordan of Arizona at third, and Roy Bradshaw at fourth. In OPEN WOMEN, Ita Pantilat of Washington benched 192.7 at 114. Nikki Williams of Georgia won at 123 with 192.7. At 132, Erica Haislar set an Illinois record 221.3 to beat out Mary Ann Hobbs of Washington, who pushed 192.7. At 148, Virpi Pukkila of Finland beat out six contestants with 264.5. At 165, Karen Siemsen of Texas was unopposed and won with 236.7. At 181, 47 year old Cindy Weber beat 62 year old Pat Robey, 253.5 to 227.9. There was very little representation in these two weight classes this year.



A Great Day for Jon Cunningham

At 198, Karen Campbell of Maine, who was drug tested and passed won with a fantastic 347. Michelle Ichiyama of Washington was second with a Washington state record 282.1. Brooke Bourg was third with a Louisiana record 275.5. At 198+, Lisa Miller of Illinois benched a very large 413.2, six pounds short of her world record 418. In second was Kelly Franklin of Minnesota with 341.5 and third was Nicole Marie Jones of Texas with 330.5. Tina Riley was fourth with a California record 248. In SPECIAL OLYMPIAN men 148, Jon Shapiro of California was very impressive with a 253.5 at 148, and Bobby Lord of Texas hit a 303 at 259.



Tom Gonnering ... a 402 WR BP

At Super, Jock Mayes won over three contestants with a 248. Jock and his wife drove to Vegas from the Sacramento area. In SUBMASTER MEN, Danny Soto of Washington set a world record 540 at 198. Jason Carson of Illinois was second with 451.7. At 181, Keith Daniels of Hawaii won out over Kim Palvok of Finland 468.2 to 462.7. At 220, Michael Green of Florida put up 639.2 to beat out Joe Guerra of Texas, Ed Barnes of California, and Jon Kobayashi of Hawaii, who were worthy contenders with 567.5 Texas record, 556.5 California record, and 545.5 Hawaii record. There were nine contestants all together. At 242, James Hunter set his second world record of the day with 700.8. At 275, Robert Lincoln Jr. set a world record 673.3 to beat Terry Gibson's world record 672.2. At this meet, Terry settled for 661.2 and second place. Patrick Holloway of Arizona was in the hunt with 650. At 308, Steve Wong got the highest lift ever in WABDL with a world record 881.2, in a single ply shirt. It's the highest lift ever in a single ply shirt in a sanctioned meet. At Superheavy 379 lb. Robert Vick won with 804.5. In second place was 353 lb. Scott Wesley Jordan with 705.2, and in third was 437



Trey Jewett ... Jr. WR - 634@198

lb. Roy Bradshaw with 705.2. In SUBMASTER WOMEN, Virpi Pukkila of Finland won with 264.5 at 148. Elise Brachtl of Nevada was third with a state record 143.2. At 198, Michelle Ichiyama of Washington set a world record 282. Brooke Bourg was second with 275.5. In TEEN (12-13)/97 men, 11 year old 93 lb. Chance Akina set a world record 122.3. At 148, John Meinersmann of Georgia set a Georgia record 121.2, and at 198 at age 12, Jordan Gibson of Utah set his fourth world record of the year with 203.7, and was outstanding lifter. In TEEN (14-15)/148, Ryan Mahoney of Oregon set a state record 242.5. At 165, Juan "John John" Larja set a California record 303 at age 14, weighing 157.2. Cody Anderson of Minnesota was second with a state record 220.2. At 198, Jake Garbush of Washington set a nice state record 275.5 at age 14. At 220, Chris VanGundy of Illinois was large with 385.7 at age 14 for an Illinois record. Jesse Triplett, who had never been beaten, was second with a 336 Oklahoma record. At 242, Mike Walsh set a Minnesota record 203.7 for gold. At 275, Levi Wright, who weighs 272, set a Georgia record 330.5 at age 15. Fourteen year old Chris Arnold of Georgia won with 225.7. Chris weighs 304 and



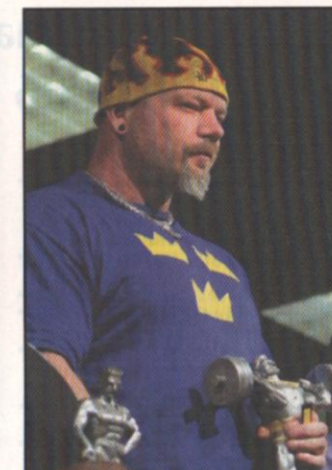
Chuck Venturella ... WR 393 BP

looks very solid, for 304 lbs. at age 14. He could become a monster. The outstanding lifters were "John John" Larja and Chris VanGundy. In TEEN (16-19)/123, Emmanuel Tsimauris set a Washington record 236.7. At 132, there was a good battle with Travis Belen in first at 292, Nick Lenhart in second with a Utah record 286.5, and Matt DeLaCruz of Texas in third with a Texas record 281. At 148, Michael Salemi of California set a state record with 325. Spencer Cole of Washington was second with 303, very good for teenagers. There were eight contestants all told. At 165, Brandon Leming of Tennessee was way under his world record of 502, which was drug tested by the way. He did a 440.7, which was way ahead of anybody else. Brandon is a 4.0 honor student at U of Tennessee. Jose Perez of Texas won at 181 with 300.5. Michael Barthen of Georgia was above average at 198 with 385.7. At 259, Seth Carter of Tennessee, who has done 518, had to settle for 490.5 and a world title. At 275, DJ Willaman of Ohio set a state record with 485 and will do 600 within a year once he figures out the shirt. At 308, Kevin Romano set a Georgia state record 501.5, great lift for a 17 year old. In TEEN (14-15) women, there were three world records: At 97 lbs., Geri Cunningham of Utah hit 110 lbs., at 114 lbs., Amanda Harris popped 148.7, and at 181, 15 year old Brittany Braguine was beyond huge with 270! She was definitely the best lifter in all (14-15) and her number 270 really caught my eye. I didn't see the lift but there are very few 15 year old 181 lb. boys that can top 270. At 198, Kayla Sua got a Washington state record 203.7. In Unlimited, Samantha Baty of Michigan was world champion with a state record 166.3. In TEEN (16-19) women, Nikki Williams of Georgia, who holds the world record in four teenage weight classes, won with a super 187.2 at 123, weighing only 117.2. Her world records are 204.8 at 123, 214.7 at 132,

231.2 at 148, and 264.5 at 165. She looks great and is an honor student at the U of Georgia. In second place was Karina Phipps of Nevada, coached very well by her father, she got a good 165.2. At 181, Courtney Gathright of Texas put up a huge world record 300.8. She is coached by Tiny Meeker. At 198, Hannah Biddle of Indiana won with 121.2, an Indiana state record. She plays the cello, piano, and the 47 string concert harp. She attends the University of Indiana School of Music. Her sister Abigail, who was second at 181 with 143.2, also plays piano and the harp, and she attends the University of Indiana School of Music also. In 198+, Rebecca Jordan of Alabama set a state record 275.5, and deadlifted 413 lbs. at age 17. Katie Sons of Texas was second with 236.7. In the team standings, John Hudson's Illinois Blue Team was first with 296 points, and George Herring's Red Team was second with 288 points, David Edgell's Utah Black was third with 285, Joe Head's Team, Team Headquarters from Seattle, was fourth with 278 points, George Herring's Georgia Blue Team was fifth with 241 points, and Chuck Venturella's Southside Barbell team from New Castle, Pennsylvania was sixth with 237 points. I want to thank our sponsors AquaVibe and Diane Winters, Chris Winters, and Georgia Williams, Brent Mikesell and Iron Gladiators, who sell Inzer gear and a great line of t-shirts and other clothing. Rick Brewer and House of Pain, who sell Inzer gear and a great line of clothing, beanies, caps, etc., Jim Wendler and Dave Tate of EFS out of London, Ohio, who distribute the metal gear, bench shirts, deadlift and squat suits, Ken Anderson and Pete Alaniz who sell Titan gear, Chet Groskreutz of Ivanko Barbell, the official barbell of WABDL, Giorgio Usai Jr. and Giorgio Usai of Forza Strength Systems, who provide the excellent competition benches in WABDL, Brian Welker of Welker's Competitive Edge Gym in Sugarland, Texas, Shawn Madere and GLC Direct, distributors of the best joint formula on the planet and the official joint formula in WABDL, Neal Spruce, Jim Starr, and Odd Haugen of Apex Fitness, makers of the best creatine glutamine complex that will never upset your stomach because it's timed release, Mike Lambert and Powerlifting USA, the bible of our sport, Tom Manno and Manno's Pro Fitness, Richard Anderson of Outlaw Nutrition, Keith Lem and CSS Sports, the official photographer of WABDL, Camilia Luprete and her excellent competition lifting shoes out of Houston, Texas, and Karl Tyler of Karl Tyler Chevrolet of Missoula, Montana, the biggest Chevy dealer in the world. I can't say enough about our great staff: Elma Thomas on the computer, she stuffed 692 packets, prepared 692 weigh-in cards, organized 92 flights, and starting October 2 she worked 12 hours a day until November 8, then she and her husband Gary drove 1100 miles from Bend, Oregon, to Vegas and checked into the Riviera hotel on November 10 and stuffed 692 packets with programs and t-shirts, among many other things. Gary Thomas ran the weigh-in room from 1:00pm to 9:00pm, from November 14-19, and there was rarely a line. The weigh-in room staff were very efficient at checking shirts and getting lifters in and out in a hurry. They included Brent Biddle, his wife Sarah and daughter Abigail, Alfred and Susan Jackson, Ken Overbey, Christie Hansen, Kristy Scott, Mike Scott, Austin Webb, and Brian Welker. The M.C.s were Mike Scott, Dr. Don Bell, and Ted Davis. The score keepers were Chris Erhardt, Kristy Scott, and Kristy Hansen. Setting up trophies in perfect order were Jim Presley and Chris Erhardt. The expediter computer people were Jocelyn Ronolo, John Hudson, and



FOREIGN POWERS... Nils Sjodin of Sweden (right) and Jeri Rosendahl from Finland (above)

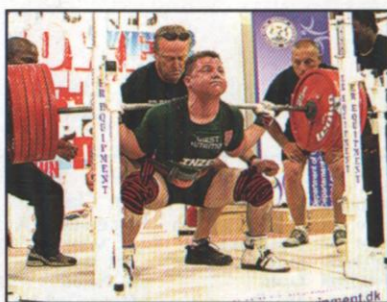


Christi Hansen. The drug control chief was Dr. Mark Webber. The platform manager was James Partch. He's the most durable and fastest loader ever. He has been spot-loading for me since 1990. Spotters and ticket takers were Rob Gobeyn and Don James Jr. Selling tickets were Denise Welker, Brian Welker, Lisa Leong, and Teresa Rethwisch. The judges were Terry Luehrs, Brian Baertlein, Sandra Herring, Dave Edgell, John Hudson, Don James, Ken Anderson, Mike Saito, Jim Snodgrass, Brian Welker, Chris Erhardt, Sam Peckolt, and Ken Millrany. Joe Fernandes stores much of my equipment in Portland, Oregon. Jeff Jones supplied some in Reno. Loprinziez Gym and Bob Hill in Portland, and Joe Fernandes supplied the warm-up weights and benches. James Partch, Joe Fernandes, and Bob Hill helped me load and unload my U-Haul, along with Chris Erhardt, Jim Presley, Miek Saito, and Chuck Venturella, in Vegas. Jeff Jones of Reno-Sparks, who just retired from the Sparks police department as a sergeant provided security in the ballroom. When the meet was over each day, he was in the ballroom from 9:00pm to 6:30am for seven days. This was the tenth annual WABDL World's. The ballroom was 20,000 square feet. The warm-up area was 6,000 square feet. The hotel was the Riviera, right on the strip, next to the new Steve Wynn mega hotel. The Riviera has six restaurants and 2300 rooms. We passed out 1087 trophies. We gave out 89 best lifter awards. They were 15 inches high loving cups. We gave first through seventh awards. First and second were sculptured 15 inches high, third was 10 inches sculptured, fourth through seventh were gold medals that weigh 14 ounces and are four inches in diameter. We tested the 26 best lifters in the meet. One flunked, 25 passed, and WABDL paid for the tests. The only negative is the IPF and USA Powerlifting. In the past, we have had guest lifters who couldn't pass a drug test. WABDL doesn't do that any more. We honor other federations drug test failures. If you flunk in another federation, then you flunk in WABDL. WABDL will only suspend for one year, however, even if the other federations suspension is longer. We sent out 728 state, national, and world record certificates, without charging a lifter a dime. So that's where WABDL spends it's card money. We have one full time secretary and one part time secretary. Hopefully, the IPF will not ban WABDL lifters after this year. If they still do, then something legally will have to be done. It's against the Sherman Anti-Trust Act for starters. It doesn't make sense that the IPF would

ban lifters from lifting in the USAPL and their worlds if they lift in the WABDL Worlds, but those same lifters aren't banned if they lift in the WABDL World Cup, Nationals, or National Push-Pull Championships. I would urge the IPF, USA Powerlifting, AAU, NASA, whoever to publish in Powerlifting USA how much you spend on drug testing. Oh, I forgot, the lifters have to pay for their drug tests in other federations. Maybe not all and maybe not all lifters in any one federation have to pay but some do pay. In WABDL the federation and meet directors pay for drug tests and WABDL pays for all certificates. They are automatic. You don't have to ask for them. I don't know why the IPF is so afraid of WABDL. We don't do squats and never will. We don't total the bench and deadlift and never will. At best, 40% of WABDL lifters do both bench and deadlift. The IPF already had problems with the APF when they were banning lifters from lifting in the WPC World's. But, the WPC World's wasn't drug tested. The WABDL World's is tested. Next year's WABDL World's will be in Anaheim, California, at the Anaheim Hilton hotel, right across the street from Disneyland, November 15-20, 2007. Hotel room rates are \$109.00, but on the internet they are going from 160.00 to 275.00. The hotel has 1700 rooms. By the way, unlike the IPF and USA Powerlifting, WABDL not only doesn't mind WABDL lifters competing in other organizations, we urge them to do so in order to broaden their lifting travel experiences. (Thanks to Gus Rethwisch for this report and the meet results, which follow this page.)



Jason Laskowski - Elite Open now

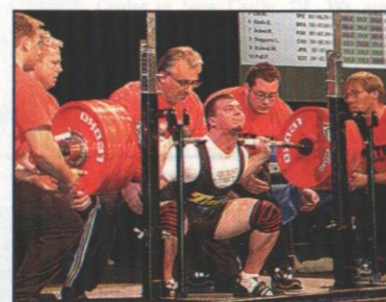
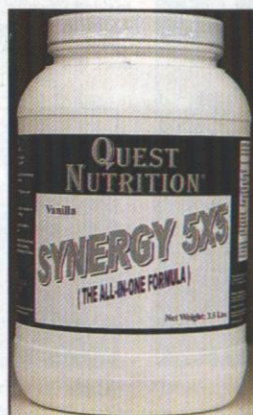


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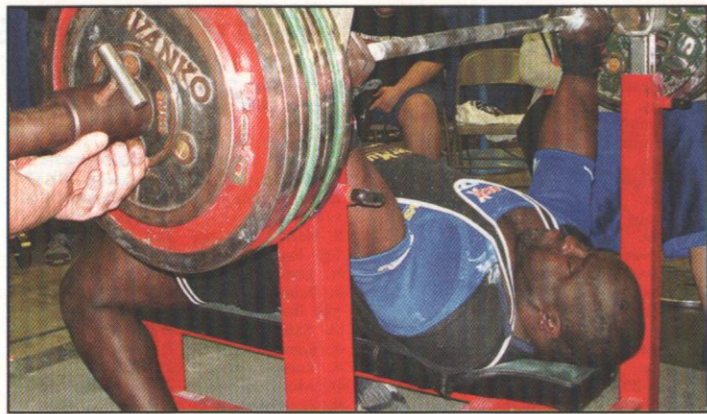
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Rudy Lozano broke the 400 mark

APF Southern States
2-3 DEC 06 - Lake City, FL

BENCH	Open		
FEMALE	148 lbs.		
275 lbs.	T. McCoy	330	
Open	198 lbs.		
J. Davis	275	W. Reardon	479
MALE	220 lbs.		
198 lbs.	T. James	501	
Junior/Teen	275 lbs.		
W. Reardon	479	N. Posey	463
Master	308 lbs.		
181 lbs.	B. Phillips	567	
E. Edwards	336	Guest	
220 lbs.	SHW		
D. Moore	512	G. Frank	843
FEMALE	SQ	BP	DL
Open			TOT
114 lbs.			
M. Kirkland	451	209	391
			1052



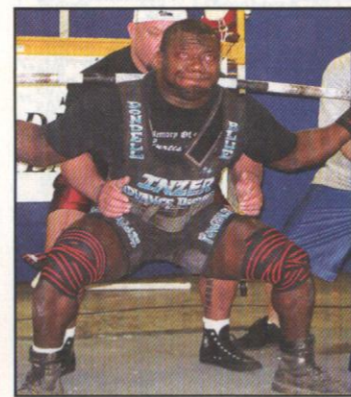
Charles Bailey.. benched 655 at 275. (photographs courtesy Gearman)

123 lbs.				
J. Rotsinger	451	220	385	1058
132 lbs.				
A. Franciscus	347	159	314	821
165 lbs.				
R. Roberts	463	336	507	1306
MALE				
Master				
181 lbs.				
W. Pullum	600	380	501	1482
D. Agostini	545	385	551	1482
198 lbs.				
V. Donofrio	556	380	529	1444
D. Herring	606	380	501	1488
220 lbs.				
T. Buckley	661	451	551	1664
Teen				
165 lbs.				
J. Ladnier	55	55	429	540
181 lbs.				
D. Tinajero	633	435	551	1620
242 lbs.				
B. Sellnow	440	242	474	1157
275 lbs.				
D. Roth	413	242	485	1140

Junior				
181 lbs.				
J. Castiglione	617	396	540	1554
242 lbs.				
J. Jenkins	606	474	463	1543
275 lbs.				
N. Castellano	722	551	529	1802
308 lbs.				
T. Nelson	738	518	584	1840
Open				
148 lbs.				
A. Johns	490	314	424	1229
181 lbs.				
G. Fields	848	496	622	1967
B. Stickland	705	474	584	1763
T. Garland	650	501	518	1670
E. Talmant	644	385	584	1614
T. Travis	600	402	545	1548
S. Shepperd	507	424	551	1482
R. Hartwell	551	407	468	1427
198 lbs.				
R. Paras	749	501	551	1802
S. Lamb	644	474	562	1681
J. Absher	501	402	501	1405
220 lbs.				

J. Norman	1003	562	738	2303
C. Smith	804	711	700	2215
J. Wisenbaker	700	501	628	1829
B. Ellers	677	468	573	1719
242 lbs.				
D. Blue	942	766	722	2430
C. Simmons	975	755	672	2403
R. Jones	881	650	733	2265
J. Jordan	903	529	622	2055
G. Baggett	804	529	573	1907
R. Lawrence	755	584	562	1901
S. Ho	457	347	500	1305
B. Meyers	137	143	650	931
275 lbs.				
C. Bailey	1041	655	733	2430
C. Fay	1052	639	722	2414
J. Davis	804	606	644	2055
R. Gregg	804	501	622	1929
D. Johnson	628	474	584	1686
R. Osborne	501	407	369	1278
308 lbs.				
J. Vaughn	986	562	755	2303
SHW				
J. Ewing	1025	677	672	2375
M. Lanier	854	551	727	2133

Team: Deb's Gym. (results by Pam Clayton)



Dondell Blue.. totaled 2430/242



Jeff Vaughn.. deadlifted 755 lbs.

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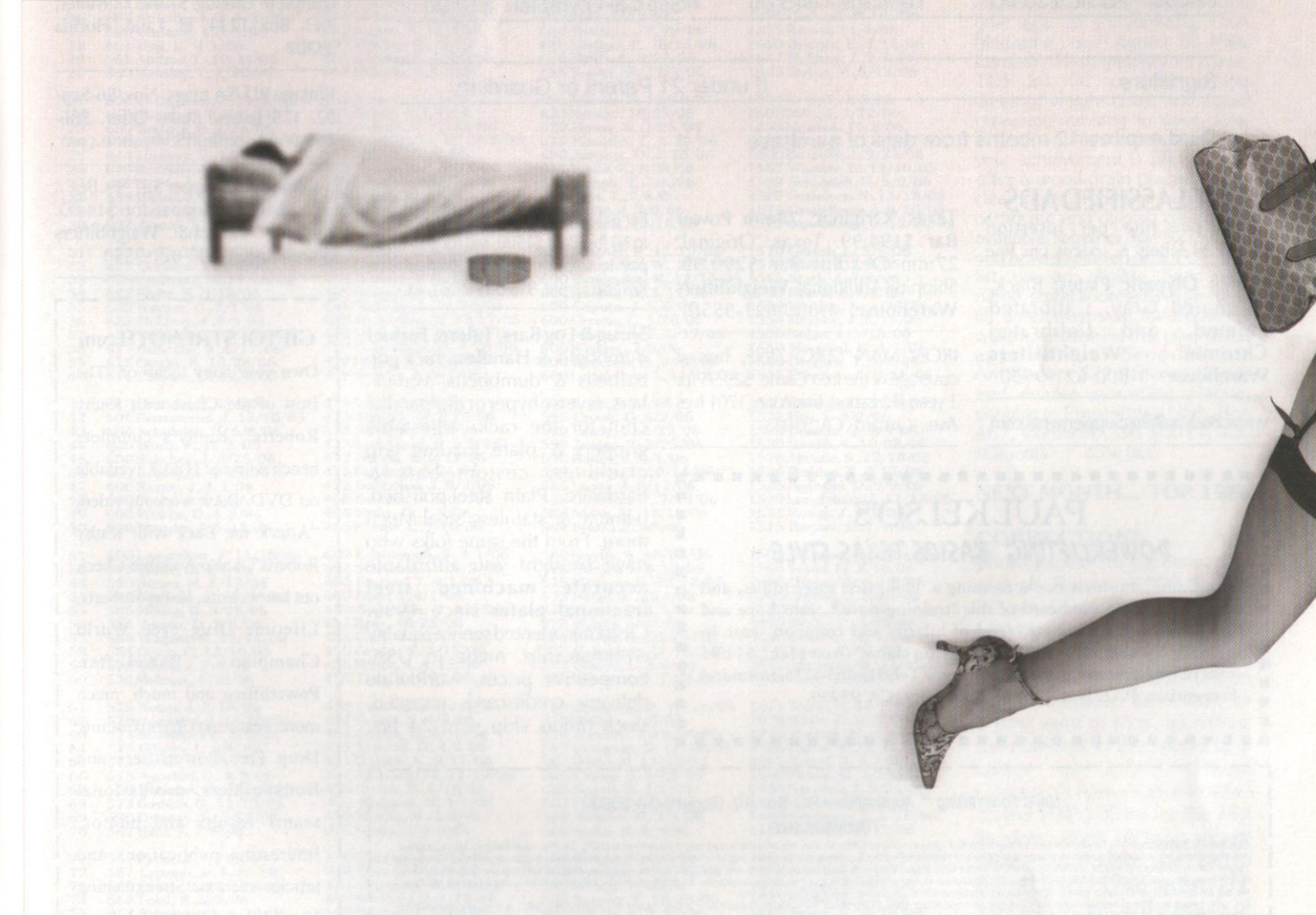
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 www.americanpowerliftingcommittee.com
 P O Box 40
 Bogart, Ga. 30622

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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.

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TOP 100

For standard 181 lb./82.5 Kg. USA lifters in results received from DEC/2005 through NOV/06

SQUAT	BENCH	DEADLIFT	TOTAL
1 905 Harrington, P..07/29/06	650 Heck, B..11/2/06	750 Vargason, B..4/29/06	2230 Vargason, B..4/29/06
2 855 Vargason, B..4/29/06	625 Vargason, B..4/29/06	725 Austin, D..3/18/06	1906 Fields, G..8/26/06
3 804 Runde, T..8/12/06	628 Boldt, F..3/4/06	722 Eisenman, T..2/18/06	1901 Ricks, D..7/8/06
4 804 Fields, G..8/26/06	611 Burdette, J..3/4/06	710 Ricks, D..7/8/06	1879 Ramos, T..8/12/06
5 804 Benedix, B..11/2/06	573 Jewett, T..8/5/06	705 Herring, R..1/28/06	1855 Kirschen, D..9/30/06
6 760 Ramos, T..8/12/06	555 Strom, M..5/21/06	688 Woodley, L..6/17/06	1845 Austin, D..3/18/06
7 755 Van Alstyne, M..11/2/06	545 Daily, R..12/17/05	683 Garofalo, R..5/6/06	1813 Tincher, B..12/3/05
8 730 Kirschen, D..9/30/06	540 Ramos, T..8/12/06	655 McElroy, J..9/9/06	1813 Crook, G..6/2/06
9 728 Austin, D..4/29/06	540 Kirchner, L..9/2/06	650 Brown..3/9/06	1802 Cagnolatti, D..12/3/05
10 725 Phelps, L..2/4/06	534 Leming, B..6/3/06	650 Thompson, B..6/17/06	1802 Van Alstyne, M..11/2/06
11 722 Crook, G..6/2/06	525 Kirschen, D..9/30/06	650 Tincher, B..8/5/06	1769 Benedix, B..11/2/06
12 722 Ricks, D..7/8/06	523 Cagnolatti, D..12/3/05	650 Byas, A..10/9/06	1752 Andres, T..10/14/06
13 705 Tincher, B..12/3/05	523 Masello, B..8/19/06	650 Salvagni, R..10/22/06	1724 Garofalo, R..10/9/06
14 705 Cagnolatti, D..12/3/05	523 Thurman, D..9/2/06	645 Harper-Bey..3/9/06	1697 Strickland, B..6/2/06
15 685 Brown..11/4/06	518 Mendoza, B..6/2/06	640 Daniels, Q..2/4/06	1697 Straub, T..7/8/06
16 683 Strickland, B..6/2/06	515 Judah, S..7/15/06	640 Rijos..5/13/06	1685 Garland, T..4/1/06
17 680 Garland, T..4/1/06	512 Ivanov, T..12/3/05	640 Braca, J..10/28/06	1655 Brown..11/4/06
18 661 Hejl, L..4/1/06	507 Tincher, B..12/3/05	630 Bridges, E..7/15/06	1650 Bridges, E..7/15/06
19 661 Andres, T..10/14/06	505 Hensley, T..1/14/06	628 Fields, G..8/26/06	1647 McElroy, J..9/9/06
20 660 Hensley, T..2/26/06	503 Marinis, N..6/2/06	625 Waller, W..12/3/05	1645 Strom, M..5/13/06
21 650 Castiglione, J..12/3/05	502 Neal, C..11/4/06	622 Ajvade, S..12/10/05	1614 Reid, T..7/8/06
22 650 Maynard, R..4/1/06	501 Beard, J..2/4/06	622 Newow..10/28/06	1603 Mills, J..7/22/06
23 650 Bridges, E..7/15/06	501 Andres, T..10/14/06	620 House, G..3/25/06	1603 Mehmel..11/2/06
24 650 Mills, J..7/22/06	501 Van Alstyne, M..11/2/06	620 Houston, C..5/20/06	1603 Lysobey, V..11/18/06
25 644 Lysobey, V..11/18/06	501 Mehmel..11/2/06	620 Jurgens, D..3/25/06	1600 Bozzelle, J..9/23/06
26 640 Bozzelle, J..9/23/06	501 Dussault, S..11/2/06	617 White, E..1/28/06	1587 Wagner, R..12/10/05
27 639 Stark, J..7/8/06	496 Levering, B..3/18/06	617 Straub, T..7/8/06	1587 Scholnick, H..6/2/06
28 639 Perkins, T..7/15/06	496 Crook, G..6/2/06	617 Reid, T..7/8/06	1587 Gutierrez, N..11/18/06
29 639 Garofalo, R..10/9/06	485 Lynch, W..2/11/06	611 White, J..7/8/06	1576 Castiglione, J..6/10/06
30 633 Straub, T..7/8/06	485 Furusho, T..3/25/06	605 Seitz, B..12/10/05	1570 Benemerito, J..12/10/05
31 633 Sesler, G..8/26/06	485 Barras, R..4/8/06	600 Wagner, R..12/10/05	1570 Gibson, L..5/6/06
32 633 Godawa, T..9/9/06	485 Piermattei, F..8/26/06	600 Fahrnefeld, W..12/17/05	1570 White, J..7/8/06
33 628 Gutierrez, N..11/18/06	485 Cowzer, R..9/9/06	600 Henderson, K..12/17/05	1565 Stark, J..7/8/06
34 622 Kirby, K..3/18/06	485 Keawe'aiko, A..9/23/06	600 Guches, D..3/11/06	1565 Beard, J..9/2/06
35 622 Rayner, C..7/1/06	485 Mamola, A..11/18/06	600 Caputo, J..5/6/06	1559 Herring, R..1/28/06
36 622 McElroy, J..9/9/06	480 Santarone, N..12/17/05	600 Greene, L..5/20/06	1554 Murphy, J..6/17/06
37 620 Etherton, C..3/18/06	480 Whitehead, D..3/26/06	600 Manmano, E..6/17/06	1550 Nolan, J..3/18/06
38 617 Beikman, B..6/17/06	479 Hanselman, B..3/25/06	600 Winters..7/8/06	1550 Maynard, R..4/1/06
39 615 Gawlik, S..10/28/06	479 Sanks, K..4/22/06	600 Kirschen, D..9/30/06	1548 Godawa, T..9/9/06
40 611 Pittman, D..12/3/05	479 Furnas, A..9/2/06	600 Longfellow, J..11/18/06	1545 Etherton, C..3/18/06
41 610 Daniels, Q..2/4/06	479 Land, J..9/9/06	595 Rock..5/21/06	1543 Pittman, D..12/3/05
42 606 Benemerito, J..12/10/05	475 Maury, D..5/20/06	595 Crook, G..6/2/06	1532 Hejl, L..4/1/06
43 606 Scholnick, H..6/2/06	473 Saito, M..3/18/06	590 Brady, C..3/25/06	1530 Daniels, Q..2/4/06
44 600 Wunz, S..12/3/05	473 Strickland, B..6/2/06	590 Zudica, Z..3/25/06	1530 Gawlik, S..10/28/06
45 600 Sanchez, J..3/25/06	473 Harris, R..6/17/06	590 Roney, J..4/1/06	1526 Ajvade, S..12/10/05
46 600 Copley, A..3/25/06	473 Fields, G..8/26/06	589 Andres, T..10/14/06	1526 Perkins, T..7/15/06
47 600 Roney, J..4/1/06	473 DeMatteo, J..9/2/06	585 Leone, J..2/11/06	1526 Agostini, D..9/9/06
48 600 Tyree, J..4/1/06	468 Reiman, D..5/27/06	585 Etherton, C..3/18/06	1520 Longfellow, J..11/18/06
49 600 Widdis, D..4/8/06	468 Ricks, D..7/8/06	585 Nolan, M..11/11/06	1515 Roney, J..4/1/06
50 600 Murphy, J..6/17/06	465 Phelps, L..9/10/06	584 Stark, J..7/8/06	1515 Rayner, C..7/1/06
51 600 Longfellow, J..11/18/06	462 Erlenbaugh, S..4/1/06	580 Gawlik, S..10/28/06	1504 Beikman, B..6/17/06
52 595 Wolfe, G..4/8/06	462 Scholnick, H..6/2/06	578 Ramos, T..8/12/06	1504 Sesler, G..8/26/06
53 590 Strom, M..5/13/06	460 Garland T..4/1/06	575 McClure, R..12/10/05	1500 Harper-Bey..3/9/06
54 590 Kirchner, L..10/28/06	460 Baer, J..4/1/06	575 Nolan, J..3/18/06	1500 Greene, L..5/20/06
55 585 House, G..3/25/06	457 Naughton, D..4/8/06	575 Teeter, D..4/1/06	1500 Rock..5/21/06
56 584 Torrez, D..8/5/06	457 Ross..10/28/06	575 Wright, S..12/10/05	1490 Brady, C..3/25/06
57 584 Wagner, R..12/10/05	455 Cadz, J..12/17/05	575 Bowen, A..10/28/06	1488 Byas, C..10/9/06
58 584 Olsen, G..12/10/05	455 Gentry, T..4/15/06	573 Cagnolatti, D..12/3/05	1482 Tyree, J..4/1/06
59 578 White, J..7/8/06	455 White, A..4/15/06	573 Gibson, L..5/6/06	1477 Alkenany, M..11/19/06
60 578 Mehmel..11/2/06	455 That, R..4/22/06	573 Johnson, D..7/22/06	1471 Land, J..9/9/06
61 575 Nolan, J..3/18/06	452 Cunningham, J..5/13/06	570 Routzong, B..12/10/05	1471 Stone, R..10/9/06
62 575 Caouette, J..11/18/06	451 Reiger, S..4/2/06	570 Wallace..7/8/06	1470 White, E..1/28/06
63 573 Ruettiger, R..4/8/06	451 Garcia, D..2/18/06	570 Benezra, J..10/20/06	1470 Muchek, M..2/4/06
64 573 Gibson, L..5/6/06	451 Linerud, D..3/4/06	567 Gutierrez, N..11/18/06	1465 Eason, S..12/17/05
65 573 Meche, S..6/17/06	451 Daniels, K..6/17/06	567 White, D..11/18/06	1465 Spayd, B..4/1/06
66 573 Agostini, D..9/9/06	451 Alkenany, M..11/19/06	565 Crowe, B..3/18/06	1460 House, G..3/25/06
67 573 Denman, D..11/4/06	450 Crowe, B..3/18/06	565 Spayd, B..4/1/06	1460 Sanchez, J..3/25/06
68 573 Godwin, G..11/18/06	450 Maynard, R..4/1/06	565 Felton, D..4/8/06	1460 Caputo, J..5/6/06
69 570 Downey, K..7/22/06	450 Marzik, M..4/8/06	562 Winkler, D..4/1/06	1460 Reininger, T..6/10/06
70 567 Reid, T..7/8/06	446 Green, J..6/6/06	562 Stone, R..5/6/06	1460 Meche, S..6/17/06
71 567 Perez, J..7/22/06	446 Murphy, J..6/17/06	562 Wright, C..5/6/06	1460 Caouette, J..11/18/06
72 567 Layman, R..8/26/06	446 Straub, T..7/8/06	562 Reininger, T..6/10/06	1455 Norman, C..12/3/05
73 565 Eason, S..12/17/05	446 Ciupinski, M..9/2/06	562 Mills, J..7/22/06	1455 Torrez, D..8/5/06
74 562 Ford, K..6/2/06	440 Sheffield, J..1/28/06	562 Kramer, P..10/28/06	1449 Wolfe, G..4/8/06
75 562 Reininger, T..6/10/06	440 Wilson, D..3/18/06	560 Garcia, A..3/25/06	1445 Braca, J..10/28/06
76 562 Garvey, T..10/7/06	440 West, C..4/1/06	555 Gallagher..3/12/06	1444 Frank, J..3/4/06
77 562 White, D..11/18/06	440 Ragusa, T..4/1/06	555 Bozzelle, J..9/23/06	1444 Donofrio, V..6/10/06
78 560 Siparboon, D..3/25/06	440 Zangl, G..4/19/06	551 Pittman, D..12/3/05	1438 Joseph, A..12/10/05
79 551 Norman, C..12/3/05	440 Birt, R..4/22/06	551 Joseph, A..12/10/05	1438 Israel, N..10/14/06
80 551 Kirkland, M..12/05	440 Ochoa, O..6/10/06	551 Kirkland, M..12/05	1435 Vasquez, F..11/18/06
81 551 Beard, J..2/4/06	440 Kiziah, C..1/21/06	551 Tentinger, L..3/4/06	1432 White, D..11/18/06
82 551 Donofrio, V..6/10/06	440 Taylor, J..10/21/06	551 Stephens, A..4/1/06	1430 Leone, J..2/11/06
83 551 Land, J..9/9/06	436 Cencich, T..10/13/06	551 Hubert, S..5/27/06	1427 Stephens, A..4/1/06
84 551 White, B..9/9/06	435 Harper-Bey..3/9/06	551 Benedix, B..6/2/06	1427 Ammerman, B..4/22/06
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86 550 Nicholson, P..12/17/05	430 Rupe, R..4/23/06	551 Hartobey, D..8/5/06	1425 Nicholson, P..12/17/05
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93 545 Caputo, J..9/9/06	424 Benemerito, J..12/10/05	550 Montanez, J..4/2/06	1415 Aguirre, D..1/21/06
94 540 Bello, M..12/17/05	424 Gibson, L..5/6/06	550 Raya, M..4/29/06	1415 Martin..3/9/06
95 540 Southall, K..2/18/06	424 Smith, C..8/26/06	550 Bueno..9/1/06	1410 Jurgens, D..3/25/06
96 540 Brady, C..3/25/06	418 Bingham, M..1/28/06	550 Dulaney, J..9/9/06	1410 Zuniga, A..3/25/06
97 540 Warren, B..3/25/06	418 Goodemote, M..2/18/06	550 Caouette, J..11/18/06	1410 Teeter, D..6/24/06
98 540 Houston, C..5/20/06	418 Ashe, R..4/22/06	550 Knight, F..11/18/06	1410 Wallace..7/8/06
99 540 Rock..5/21/06	418 Garofalo, R..5/6/06	545 Piazza, T..2/4/06	1405 Widdis, D..4/8/06
100 540 Stephens, A..6/24/06	418 Castiglione, J..6/10/06	545 Garland, T..4/1/06	1399 Dalessio, J..12/10/05

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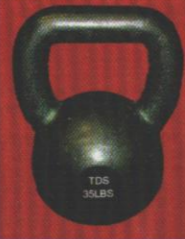
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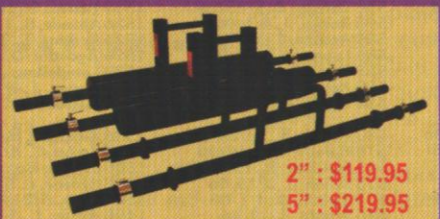
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