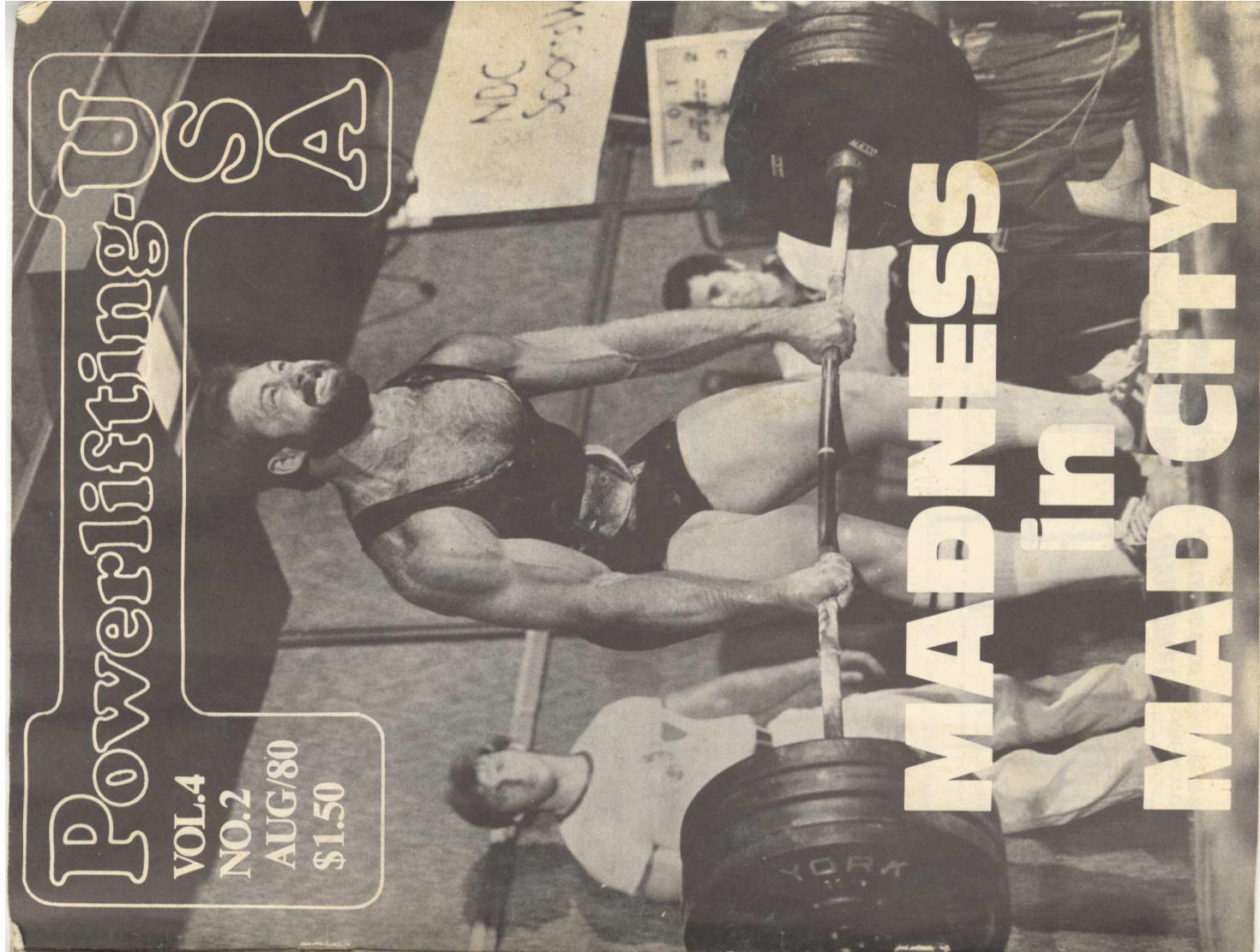


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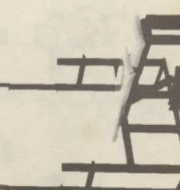
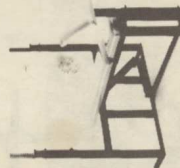
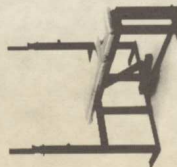
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CONTENTS

AUGUST/1980
VOLUME 4, NUMBER 2

MADNESS IN MAD CITY/Srs. report...Mike Lambert.....	4
NUTRITION CORNER...Mark Rippetoe.....	16
BENCH PRESS BIBLE...Pete Vuono.....	18
MORE FROM KEN LEISTNER.....	20
POWER SURVEY RESULTS.....	21
FOR THE RECORD.....	24
CLASSIFIED ADS.....	29
ATHLETE'S REPRESENTATIVE NOMINATION BULLETIN.....	29
TRAINING WITH JOHN KUC.....	31
WORLD GAMES BULLETIN.....	33
TOP 100 275s.....	34
JAPANESE CHAMPIONSHIPS REPORT.....	36
ALL TIME TOP 100 LISTS..Herb Glossbrenner.....	52
BRITISH CHAMPIONSHIPS REPORT..Tony Fitton.....	60
LETTER FROM DICK PACIFIC.....	61

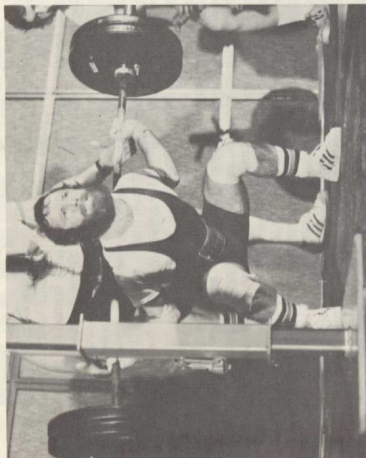
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NEXT MONTH...training article on Nationals winner, Jim McCarty, and another important contribution by Jeff Everson, 'Physiological Response to Exercise, An Overview'

ON THE COVER...Chip McCain deadlifting at the Senior Nationals. photo by Lambert.

Powerlifting-U S A

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Verdick hung in there and got the title he's dreamed about.

Luis Alicea exemplifies the 'machismo' spirit...a proud lifter, who has shown promise and potential for years...now was his opportunity to put that promise to the test at the Senior Nationals center stage. The squats proved to be a disappointment for Luis...only his opener, got passed, technicalities tripped up his attempts at 479 and 501, but the proud lifter kept his cool and went on the bench...only to meet with further frustration in the form of two misses at 391.

In the deadlift things began to go his way, his 617 gave him enough of a margin to take 2nd place...a final try at 644 failed to budge...same story as with his fellow Wisconsiner Miguel Castro. Perhaps with the kind of experience he's gained through this competition, he'll be able to put together the 1530 plus total he seems capable of next year. John Orsini's comeback from disaster at the 1978 Seniors has been quite impressive...he undertook a unique weight cutting experiment in association with some researchers at UCLA, and really looked well after weight-in, lifts, he had but separated the 3 west 580 and bench 670...but 551 and 352 would not cooperate when it was time to put things together. Still, it was a nice total for a nice guy.

Steve Muller was extremely impressive in his first big contest. Ruggedly muscled, he acted as though this might be his only shot at the big time and made the most of it. He dropped a bundle in the squat, when 573 wouldn't go for him, despite two earnest efforts. In 4th, Jim Rush, thankfully, is coming back steadily from that mysterious leg injury that struck him on his first attempt at the Las Vegas Royale last year...the best of his 4 attempts was his 573 deadlift, he passed his final opportunity in that event. Transplanted New Englander Mike Wonyetve, had a nice little smile for the crowd after each attempt, he lifted smoothly and made few mistakes. It's interesting to consider the might-have-beens in this class...Mike Facticeau had benched 405 and pulled a 645 deadlift, weighing 162, prior to the Seniors, but decided not to enter due to personal problems. Prison lifter and former champion, Richard Luckman, had reportedly pulled 655 in training, at bodyweight 146, but was not allowed to compete in the Region VII meet in order to qualify for the Seniors. Jay Rosciglione has gone up to the middleweight division, and seems happy there...Nationals winner McCarty would like to take on Crain, but felt he couldn't recycle properly for this meet. Clyde Wright lifted at middleweight just before the meet and posted an average total. Anyway, Ricky Dale Crain will have his hands full at Arlington...Penguin, and World Champ Moir have both done 1559 and seem good for more...perhaps someone will actually break one of Bridge's prodigious total records in the near future.

165 POUND CLASS...if I haven't said it before, let me say it now...Rick Gaugler is one magnificent lifter...there is no weight that he is afraid of...his tenacity and get-down-with-it determination is amazing. His 639 opener in the squat was nothing...694 was missed, but he came 699...and won. He just plain laughed it out, using lots of back, striking with his own unique form in the squat even when the bar seemed like it would beat him. What a lift! In the bench, 440 went, but not 451...yet, Bridge's still fresh total record was within reach...and Rick went for it...his 661 opener in the deadlift was a win, then came one of the greatest attempts at a lift in the entire competition. Rick battled 699 as hard as a man can...it was so very near completion, but it just wouldn't move that last inch. I've never seen anyone miss a deadlift so high, and it certainly wasn't for lack of effort...it was a tremendously exciting moment. Rick really gets psyched for his lifts and the crowd ate it up beautifully...unfortunately, the TV people chose not to tape this portion of the contest, so

you'll just have to take my word for it. There was plenty of other excitement in this division...James Rouse has started smoking his total up lately, and his bench is right up there again as well. Unfortunately, he missed a 622 squat attempt and a deadlift at the same poundage.



Gaugler fought this incredible 699 all the way to the top.



Chairman of the Board of Confidence Inc., James Rouse gets ready to bench.

In the bench, Jim nearly blew the roof off...his 2nd attempt was at the World Record poundage of 468! It was EXTREMELY close and a tremendously exciting lift...he has a beautiful psyche-up routine, that the crowd really got in to. I remember him talking, a couple of years ago, about how 460 would be his limit...it's amazing how living in a state with Mike Bridges can change your mind...he's simply convinced himself that he can do whatever it takes...that record is going to be his very soon, I think. Local lifter Tim Close had lots of audience support...benched nicely, just missing 418...and gave a nice yank to a 600 deadlift. As mentioned elsewhere, Robert Jesurun suffered tragically before he even got to the meet...540 wouldn't go, once again it wouldn't go, then a desperate 573 try failed. Let Bob get into a meet with a clear mind, and he'll certainly do better.

181 POUND CLASS...there were two kinds of madness in this class...first, the kind of insane success that Mike Bridges represents...even though, he didn't have the best of days, he handled nearly unmen- tionable poundages and came away with another notch on his World Record belt. The second kind of madness came when you tried to figure who was going to place second...it was tighter than tight, competition-wise. Bridges opened with 755 in the squat...an easy lift, but called high. Disbelief registers on Mike's face...so...he takes it again...goes lower, and again he is greeted by some sour looking red lights. Perhaps a few sugar plum fairies start dancing in the heads of the other competitors at this point. Mike takes it again...and, thankfully, it's a good lift. Mike battles at the rebar, with whom he is very dis-satisfied. He tried an awesome 4th attempt, 804 I believe, but it was not successful. All of his benches went, well, I noticed him talking to Mike, MacDonald deadlift...maybe that had something to do with it ending with 484. In the deadlift, Mike opened with a modest 600...a routine opener, I'll near the finish at that point there was an audible snap...I can't say that it came from Mike or his bar, or the bar, or the platform, or the lift, or his left leg in what appeared to be extreme pain. It looked to be serious, folks. When it became obvious that Mike was not going to motor off the platform on his own, Tony Caripino (fresh off a 700 450 665 1815 performance at 181), Tony, decided to forego the chance to compete at the Seniors in order to handle the NBC announcing chores since the fellow who normally handle them, Larry Pacifico, had other commitments, namely, he was competing himself) picked up Mike, by himself, and started walking off the platform with Mike in his arms, only to fall down the steps, with Mike landing on top of him. (Sorry, you won't see this part on the TV show) After this little embarrassment was cleared up, Mike was carried off by two people, and a lot of his fellow lifters were shaking their heads grimly, wondering if this was the end, at least for a while, of Mike's fabulous career. But...after a few minutes Mike returned...desiring another attempt! Others pleaded with Mike to forego any other tries, he'd already won...why take a chance at a more serious tear? Mike indicated that the doctor who looked at him said there was no tear...he wanted another chance at that bar! So, they loaded it up to 722...and with lots of those present wishing he wouldn't even take the attempt and nobody that I know thinking he could make it after the pro- ble! He was simply not going to finish the contest without getting at least one record. Incidentally, the total reported for Mike on the cover of last month's issue was the aggregate of actual weights, the official total record was 1957, so Mike bumped it up just enough here to get another record!

After Bridges, trying to figure who was in what place at what time would have been impossible, even with a scoreboard. But, at the end...Dean Becker, who had about the same kind of day as he did in winning the Nationals last year, came away with 8 good attempts and a fine 1774 total. Gruzdzien was not far behind...missing a 429 bench press, but making a clutch deadlift...he didn't get the 1800 plus total he had hoped for, but was satisfied with his performance. Steve Knight verified that his El Dorado appearance was merely a workout...opening here with about 705 402 705...but actually came away with close to what he was actually capable of that day...particularly in the bench. There's a kind of perfection about Steve that is almost un-nerving...he always has his hair perfectly in place, he is always perfectly dressed for lifting or whatever occasion, his physical development is perfectly balanced...all his lifts have perfect form...the former World Championship caliber wrist-wrestler has come a long way from those 1200 totals at 165 over in Hawaii.

Scott Sazetti's third luck streak has continued into the 80s...it took 3 tries with 611 to satisfy the judges. He then on after that patience-testing episode benched a fine 495...missing 446. In the deadlift, his 661 opener will all be cooperating, his two efforts. Scott has had moving secondly and muscularity, a prototypical 181 lb. power man, and the national title should be his for the taking, should be chosen to take the trip to Idaho next summer.

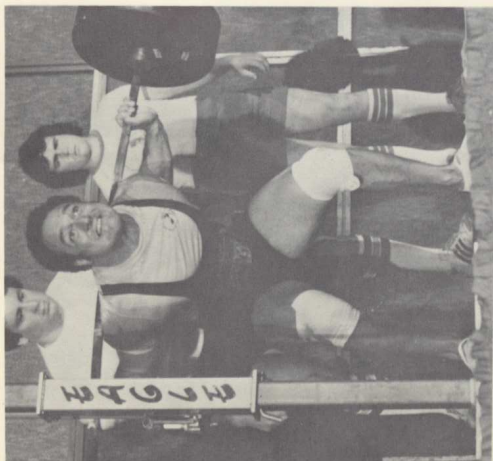
John Black is really kind of amazing, he competes at the Juniors weighing 198, right, then he goes and qualifies for the Seniors at 181 in the month between! He two meets and shows up at a lighter bodyweight in a tougher contest! He obliterated 655 on his 2nd attempt, and a jump to 699, had he made it, would have put a real shock into the rest of the



Bridges needed help to get back up with this 804.

troops in this division...but it was not to be. Despite a bizarre elbow con- dition, he managed a 402 bench, but in the deadlift missing 699 twice and got him back in the pack, his attempts would have given him 1802, and he's got the frame to carry 220...listen Fran Tarkenton...That's incredible!!! Don Haisensleider seemed very confident and capable, but when his 688 squat try started to bog down, he forced his knee into what appeared to be a very unhealthy position for a wide stance squatter. He took a big jump from his 396 bench to 418, made only his opener 600 deadlift before missing 639 and passing his 3rd. On a good day, he probably could have challenged Becker or any of the others, short of Bridges, but that was true of many of the lifters in this class. Mike Zielinski was ecstatic after his 688 squat success, and he made all his benches as well...deadlifts proved to be his downfall, though...628 and 639 were misses. Former Teenage phenom, Marty Brasch lifted impressively...made only 4 lifts, though...misses at 644, 369, and 683 kept him from moving up in the standings. Bryan Wadie experienced another episode of inexplicable trouble in the squat...possibly he was overtrained again. Another potential 1800 man, had terrible trouble in the squats...Bill Ellis, who has done much more, bombed with 611...several months ago, Corpus Christi lifters were predicting that he would do 100 lbs. more than that at this meet. Jack Wilson, had a nice PR-type total go- ing for him, but simply could not hold on to any of his deadlifts. The heat at this meet was probably a factor...though it was not as bad as last year...as Hollie Evelt once pointed out, research has shown that in cir- cumstances where people are sweating off electrolytes the grip is one of the first things that go...some lifters have better grips than others, and though most have plenty of grip to handle the weights they try, the en- vironment forced their threshold of failure downward...and some people got caught unaware. Ted Mossburger got up for this meet in fine fashion, after a year during which he hardly competed at all, but had rough luck in the deadlift as well.

190 POUND CLASS...to me, this was the one class where it seemed all manner of things might happen, particularly after the news broke that World Total Record holder Walter Thomas was out of the meet with a bad back injury. Rumors that the 800 squatter would fall abound, but much comment about the surprising 1951 total that Ernie Hantz had posted only weeks before. But name it was as disturbing as it was exciting. Rick Beard deadlift. Vince has previously been able to do some mighty im- pressive squats in training...Rich Mussey tells me he popped up with around 710 prior to this meet, but he's always had trouble getting them passed at a big meet...frequently he'd lean forward with the bar more at the bottom knowing that his back would allow him to recover position and come up with the weight, but doing that doesn't make those hips go any lower, and that's what the judges look for. After a solid opener at 650, Vinny took 683 which the judges called high, then, very coolly, he took it over...took it plenty low and let his legs do their work for a good lift, after which quite a celebration took place among the Anello handlers and fans, for they knew that he was in good position. Vinny also got a solid bench of 451, and actually pushed up 457 only to be turned down



Vince smiled his way up with this 683

for uneven extension. In a very unusual turn of events, Vince's opener deadlift of, for him, a paltry 733 was turned down, apparently for the spotters not being back...anyway, he smartly took it again...smoked it with 788...788 for the win...which he did with some ease...after that he jumped off the bar and immediately two boards landing in the words...his overjoyed handlers. A PR. Seniors victory, ticket to the Worlds...at he didn't even have to tap that power that had him to pull 825x2 at an Wadsworth, Ohio physique contest exhibition only weeks before the Seniors.

Jerry Jones has already had a fine powerlifting career, but it isn't over yet...his opener at 755 in the squat was very...he could tell that this was not going to be a normal contest for Jerry...he achieved a higher level of fitness than ever before. Next stop was 793...and Tommie Nilsson never had a chance...Jerry freight-train deadlift of 810...from these lifts a jump to the borderline divine performance of 810...but this was a bit much. No doubt in my mind that Jerry was good for 800 that day...though...and his exceptional performance shows that he is not that far off the World Record total now that he has his bench and deadlift cooking at the same time. Jerry made all 3 benches...for the first time in a long while...plus two strong deadlifts, but his try at a big 733 on his 3rd let us know that he hadn't forgotten about the capabilities of Mr. Anello. He didn't make the lift, but his fine improvement over previous totals earned him the number one spot on the alternatives for the World Championships team.

Layered with functional muscle, Ernie Frantz had to be the surprise of the year in this class...topping himself on almost every outing to the point that he was tied with the best in the World, Walter Thomas. Ernie's attempt at a 733 squat was pivotal...had he made it, he would have been in the driver's seat...missing it opened things up for Vince and Jerry. Ernie surged back in the bench press...a try at 473 would have made things close once again, but it didn't go. Ernie went for the same weight in the deadlift, but that too, was unsuccessful...Add up his attempts, my friend...it comes to 1984...he's likely to be lifting long past that date, and by that time, I'll wager he's gone over the 2000 total mark by quite a ways. Even among the many fine gentlemen in the sport of Powerlifting, Ernie stands out as the most pleasant, mannered, and sincere.

Roger Estep has been getting a lot of press lately (see him on the cover of the October issue of Muscular Development) and more will probably be on the way in the not too distant future, and he really wanted to do well in this meet in response to all the attention he's been getting, but he failed on one too many minimum training sessions in the days before the meet. Pain in the knees kept him from doing the things he needed to get his squat up. Auburn strength in the benches failed. Roger's performance characteristically low in the squat, 705. He made the lift, but rather shabby fashion...things did not look good for him. He came up for squat number 2 with the weight at 738 and was buried. It didn't look to be Roger's day at all...at this point, but...in a true demonstration of his inner character he came

back, took the 738, got mad at it, ignored the knees, and blew it away strongly. In his bench training, he was off about 60 pounds from his normal weights...the unusual problem would not respond to conventional treatments. Roger had to start low...and low it was...413, for a ridiculously easy success, then 440 for another easy success...and to 462 for another one! Had he had one more workout on the bench prior to the meet, he might have realized that his injury was history and gone for a big one in the 485-501 range at the meet. In the deadlift, Roger made his usual 672, and failed with 688. Besides, I know he still feels that he's the best 198er on earth, but his injuries don't let him prove it. Anyway, Weider wants him to come out to LA...to work out his genetic potential, so Roger should have plenty to keep him busy in the next few months without worrying about preparation for further big meets this year.



In Roman times he would have been known as 'Delifius Maximus'...Roger Estep pushes on 482.

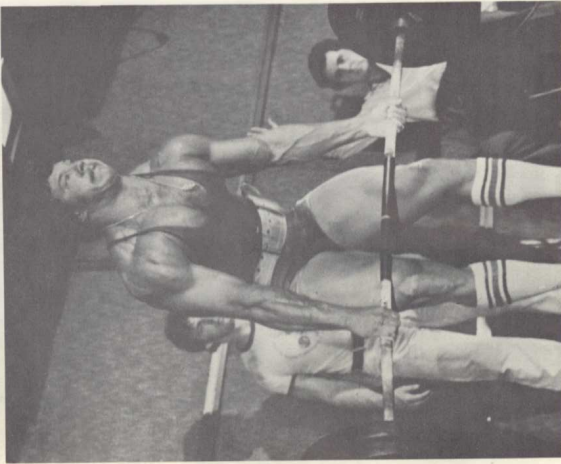
Nationals Champ, Sam Mangialardi, had shot a pretty big wad in El Dorado and gotten what he wanted...so his Seniors effort was a bit anticlimatic. One squat was all he got, but all three bench attempts went. In the deadlifts, Sammy started to show his stuff...744 went, but the 755 he needed to move up a notch was no-go. Bill Ennis put together a nice squat and fine bench to out-last Gary Sanger's 4 attempt day. Normally Bill is very quiet at meets, but after his successes in the first two lifts he did a lot of jumping and yelling. Bill is currently negotiating a deal to build equipment for Joe Weider...he and his wife Sherrie were the only husband and wife combo in National competition this year.

Sanger had attempts at 760 in the squat and 473 in the bench that were beyond his capabilities on this particular day...making them would have gone far toward moving him up to the top end of this class. Jake Boyer's weight class...he was sort of upset about his 688 squat not meeting with the judges...but he made all the other lifts he tried...by asking for 'secret' pre-meet training...like with Kuc, John had singlehandedly been responsible for Powerlifting 'taking over' the town of Leighton, Pennsylvania, where he is a teacher. The progress...he was going pretty well as Jake reports that last week they only had to throw 3 people out of town for refusing to Bulk Up!

Rich Woods found a PR total to be insufficient for the kind of placing he wanted...misses at a 688 squat and 683 deadlift were contributory causes, along with 473 pounds in the bench press...weight history bothered him at the Nationals also. The frightening potential of Jack Sideris, was apparently blunted by minor injuries as he could manage only a single attempt in the squat and bench press. Opening at 688 in the deadlift was a mistake...none of his attempts at it were close. Jack feels that the National Committee should not allow heat to be a factor at any future Senior Nationals, a unanimous sentiment as far as I can tell. Fred Hatfield put on an amazing display in the squat...738, 766, 788 were just smoked...the latter was called, apparently on purpose. I think Fred just lost his psyche on a 4th attempt. In fact, you could see it going on his 3rd attempt, from the look on his face, until he got to the bottom and realized that he was going to blow it away his third, things may have turned out differently. He's gaining strength so fast that even someone with his tremendous confidence can hardly believe it is possible. As Fred has said, he's made every training mistake in the book through the years and now that he really knows how to train, fate is making him pay for earlier indiscretions that abused his body. His book, SCIENCE OF POWERLIFTING, pro-

vides every lifter with the net benefit of his wide experience...so you don't have to go through the troubles he's experiencing now. Just take a look at the twin crescent scars atop his shoulders. He really started working on his upper body after the juniors, in order to help his benching, and you could tell the difference. A 407 success, and a decent 418 indicates that he's not too far from top form in this lift, which is incredible considering his recent surgeries. In the deadlift, Fred had been feeling particularly optimistic after some great training sessions where he had been handling well over 700 for reps. 699 popped out of his hand on his opener, as did 710 on his 2nd and 3rd. Fred thinks that there's some medical reason for the grip problem that took him out of the meet and is going to a specialist to check it out, but I stand by the opinion that the heat was responsible. In a way, it may be best that Fred didn't do too well at this meet...he needs a rest from the training grind and a year to prepare himself for what he really feels capable of (600 plus squat, 2000 total) next season.

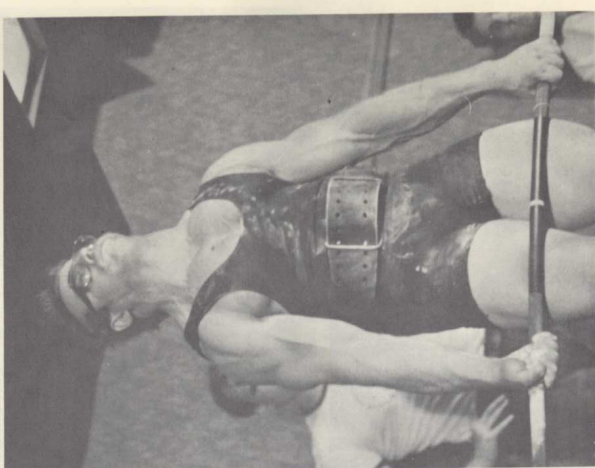
220 POUND CLASS...more fireworks in the lifting and personal drama in this class than any other. A half dozen guys had a decent shot at the title, but PL USA coverman Mark Dimiduk came out ahead. He went in very confident...Pacifico's little pre-meet remark 'It's a shame you came all this way to place 4th, Mark' didn't bother him a bit. Physically, this was a new Mark Dimiduk...he's training now with a guy who used to lift with Ray Metzger and Mark gobbled up all that information about diet, nice cuts, and a very trim waist. Mark didn't get in on the squat sideshow in this division, but came reasonably close with an attempt at 771...as well as a bench of 484. In the deadlift he put on his own little show with a nice 738 success and close try with 755...and no cramps...his new diet has eliminated that problem from his inventory. Now, he's got all he's been asking for...a chance to battle the best internationally for the World title...Mark practically promises a 2000 plus total in Arlington.



Mark Dimiduk's eyes are telling the head judge that this is as far as 755 was going to go.

Chip McCain and Larry Pacifico had this little thing going the past few months...it seems that Chip would like very much to defeat Larry and told him so. Normally this kind of talk is all gravy to Larry, but as the meet approached things got more and more personal and for Chip and Larry this met became more than a title and a trip to the World's...it was war. Chip approached each lift with a contained ferocity that was magnificent to watch. He missed his opener of 710...ignored that little miscue and jumped to 771 which he lunched about with quite a bit before gaining enough control from the ref for a start signal. He squatted it as if it were nothing, but the trouble he had getting set with the bar was worrisome. His attempt with 804 was pure terror for anyone near the platform...at least 3 times it looked like he was going to lose the bar altogether...he walked out of racks with the bar and, in herky-jerky fashion, kept on go-

ing...clear to the back edge of the platform...just on the knife's edge of going out of control...then his momentum carried him forward as the spotters scurried to cover whatever might happen. Chip made it back to the racks and slammed the bar home, knowing that he couldn't control it long enough to get the signal to squat. The sad part is that, off his easy 2nd attempt with the squat part of the lift, he could have made that 804. Chip trains with lighter weights and emphasizes reps...though he had the strength to perform the movement, the additional weight on his back, which he wasn't used to, must have driven the receptors in his tendons into shutdown. In the bench, he came up with a nice PR of 440...missing 446. His opener deadlift was enough to insure a total higher total than any other lifter internationally, so that should be win, he would automatically be on the World team. But that was all there was to be, as he tore his hand open again, just like last year and there was no way for him to hang on to the bar on his attempts at 760. As it turned out, Chip goes to show, the most important thing is not who you beat or really records you set, but who wins...that's what really counts and really satisfies a lifter.



Schneider had one of the most impressive Seniors debuts ever seen.

Dave Schneider has had a streak of erraticism in his past...a goodly share of bombing out, but his 1905 total earlier in the year marked him as a comer. Later contests, including his non-performance at the Nationals, dulled his sheen a bit. He went in to the Seniors a long shot as far as trophying out goes. His 738 opener went very easily, then, just after Dennis Reed got a World Record 788, Dave came in for an unexpected try at the new mark with a 793, which he fought out, in flawless form, for a great, successful lift. But that wasn't all...after Tony Johnson took away Dave's record by duplicating the poundage and being lighter in bodyweight, and Pacifico had made 793 an obsolete set of numbers, he came back and tried an awesome 821...he didn't actually go down with it...deciding, wisely, as did a number of lifters at the meet, that he didn't have to get crushed with it to believe that it was too heavy for him to lift. John Black's coaching paid off very rapidly for Dave (Black's should have an awesome team at the Seniors next year), and despite the fact that his job as an accountant keeps him on the road all the time, he should be a major factor in every 220 lbsers plans from now on. Dave's 418 bench pulled him even with the rest of the rest of the pack, and, in the deadlift, he literally had the title in his grasp...but couldn't hang on...771 resisting his will on two occasions. He had done 760 in front of witnesses less than 3 weeks before, so you can understand his disappointment.

Likable Dennis Reed picked the wrong day to set an official World Record in the squat...everybody else was ready also. Dennis did set a record that will probably last a while...he opened with 788, and...at the

time, that was the World Record...he missed it...then came back for another go at it...and made it...the first guy in a parade of record breakers in this class, he also gave 799 a go...to break the record that Tony Johnson had taken away from Dave Schneider, who had taken it from Dennis to begin with...got all that down spotters? there will be a test at the end of the article)... Dennis had to be content with 418 in the bench and his opener 710 in the deadlift...certainly, on a really good day, Dennis could have placed a lot higher...but that's why they have contests, to see who's best on the day of the meet. Steve Miller, who still has the 2nd highest best lift ever posted in this class (other than Pacifico)...a mark that was tied by Alumbuk, who still recovering from the injuries that kept him out of the 78 Seniors...when most took the title...if he ever gets back in that kind of shape...at full 220...he'll use a few eggs for sure.

Jim Cash was originally a 100 lb. freer at 198, but one glance at him prior to the meet made that a 100 lb. freer as he was massive as heck...looked tan, neat, healthy, and very strong...even the vascularity...looked bigger. Said to say, he wasn't near the kind of peak he reached in the Memphis meet, though he did give some big irons a push on all...75 in the squat and 810 for the win in the deadlift...20/20 hindsight...he may be a little ahead of putting together the same kind of cycle for the Seniors as he did when he totaled 1945 at 198 earlier in the year.

Doug Dicke looks 242, weights 220, and, if not for a pec tear earlier this year, might have been the real surprise of this class. He's got the physical equipment to be the Pacifico of the 80s, but at this meet he had to eat about 80 pounds on the bench and 80 in the deadlift. Larry once touted Doug as the man to beat Chip McCain in the future...now both Doug and Chip spend a lot of time thinking about how nice it would be (would have been) to beat Larry himself. On the other hand, Tony Johnson didn't want to the meet, painting mental bullseyes on other lifters...he just came to squat. The Corpus Christi crew raved about his newfound power...just ask Tony...his 733 opener was not passed, 755 got the nod but looked a little hard for Tony...but 793, which was a record for a few minutes was a beautiful lift. It's great to see Tony up there with the monster-men of this class...going lift for lift with the best squatters in the world. Tony came pretty close with a 446 bench, and has decided to leave Corpus Christi and go check in with the Grand Master of that lift, Doug Young, for further instruction...Gonna get me a bench 'sez Tony.



Tony Johnson really cooked with this 3rd attempt 793.

Jim Verhagen didn't duplicate his fine lifts of earlier in the season in this, his very first, Seniors...but lifted enough good attempts to stay in the meet...3 to be exact. Ray Moran of Michigan is a mean looking lifter...especially when he's getting set to lift. He had troubles similar to Verhagen's in the squat and deadlift, but got all his benches in. After making good 2nd attempts in the squat and bench, John Florio continued the demise of the Black's Health World team, by failing to complete any of his attempts at a 672 deadlift. Louie Simmons was obviously hurting and didn't bother proving the point to himself further by trying something that would hurt him more...he packed it in after two attempts.

The great white shark of Powerlifting...that's what Larry Pacifico is. When he enters a room, he sees everyone, everyone sees him...they all know who he is. You don't find people blocking his path as he passes through the crowd...you do find a lot of respectful howdos and handshakes. He is the biggest fish in the pond, the most successful Powerlifter in history. Nine consecutive World Championships...he beats them when he's healthy and he beats them when he's hurt...nobody's ap-

proached his record of performance yet. Every aspect of Powerlifting that he's ever dealt with has been successful...until this meet. Late news had Larry in very good shape for the meet, but in one of his final workouts, he had torn his biceps once again...not too severely, but enough to take the gleam of the nice 785 he had pulled in one workout. Larry began his lifting with a big opener in the squat...771...which was handled quite easily, then he put an end to all the record setting in this division and his own personal vendetta against the poundage of 804...which has haunted him since 1977...by making a very strong success with the weight. Larry was obviously in shape for this meet...whether it was the thing he had going with McCain, part of which was undoubtedly the rumors about who was or was not going to drop down a weight class to the 198s, or just the motivation of wanting to go out in grand fashion with 10 World titles in his pocket...he was in great shape. Sporting a highly visible mouthpiece, which he was wearing to allow protection while he gritted his teeth during squatting, benching or deadlifting...Larry went on to try 821...but once he got it out of the rack, he reconsidered things and put it back. In the bench, Larry opened with 529 easily...at missed 551 twice, which he couldn't understand, but had to accept...at the Zane meet, he indicated that he felt he had a chance at the World Record in this lift.

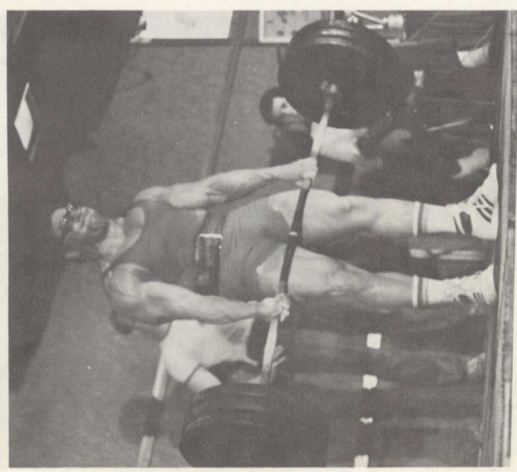
The came the deadlifts...with the bicep a concern, Larry opened low...863. He came up with the lift, got the ref's signal...replaced the bar on the platform...and started walking off the platform...he saw the red lights for the 688...he bursted the poundage up a notch...688...and came out of his hands at the top. And that's how Larry Pacifico bombed out of the 1980 Senior Nationals. What about his 3rd attempt, you say? In a dark corner of the rulebook is that little holdover from the Olympic lifting days that says if you take the minimum increase between your 1st and 2nd attempt, you don't get a 3rd attempt. Rick Gaugler rushed over the jury table to let them know what was happening, Lyle Schwartz rather reluctantly got in to the discussion that had started between Larry and various people trying to sort this out...and shook his head disconsolately while he showed Larry the passage in the rulebook covering the issue. Larry proclaimed that he never interpreted the rule that way, but deep inside he knew that he had just made the biggest mistake of his powerlifting career...meanwhile, the fans were at a loss to understand what was going on. Moments later I had the good taste not to take a picture of Larry sitting in a chair, next to his brother...his head in his hands, his body ready for one final, desperate effort, and his mind knowing that he would never get the chance...hugged by the fine print...an ironic victim.



In the midst of confusion, Larry and Lyle review the rulebook.

There are 'tides' in the affairs of men that sweep away that which has gone before and establish a new order of things...you see it in politics as one candidate is possessed of charismatic attraction and then disappears of it. This tide of emotion is comprised of thousands of components large and small, old and new, which come together in unison with enormous momentum at some special moment...to thrust someone to the forefront or tear him away. And, though there might be a reason behind each individual component...a real or imagined insult long ago, there is no explanation...no one to blame or praise...for the spectacle of them all coming together at once...we can only say that it was fate...that made 18 out of 33 National Committee members vote for the Corpus Christi Seniors bid rather than the Pacifico bid...fate that made Larry stand up as a spokesman for the athletes at the meet and state that they emphatically wanted only the class winners to be selected for the World Champion-

ship team...Fate that had Larry's brother videotape the deadlifts that cost the championship so that he may be haunted with endless comparisons of who made a good lift and who didn't for years to come...Fate that had Larry jump only 2.5 kilos, when 5 would have been just as good. Certainly Larry has been hurt by the turn of events and he is searching...madly...to identify a target for his anger, but that is the painful part...there is no single target. There is only the knowledge that, as Fate can be kind, so can it be cruel. For 9 seasons Larry basked in the sunshine of life...now there's been a change. This is not to say that Larry is finished, not by any means. There's always next year...and, perversely, part of the aftermath of the ugly USPF/IPF controversy earlier this year (which we still haven't heard the last of)...a lot of people are saving up their ammunition for the IPF Congress prior to the World Championships in Arlington this November) are loopholes that might allow him to lift in Arlington anyway, should he wish to pursue the back-door route.



This was Larry's opening deadlift, which was turned down...what do you think?

242 POUND CLASS...this division promised some quality competition without the multiple variable confusion that prevailed in the three previous classes. Pressure from McCormick and Wilson, both back from nagging injuries, made things potentially interesting, but John Kuc was dominant once again...even without a World Record deadlift. John showed us 3 beautiful squats with 755, 788, and 804...he certainly is consistent in this lift...each meet sees him pushing this lift higher and higher, and making all three attempts to boot. In the bench 473 and 501 went well, but 512 was called for uneven extension. John opened with 810 in his favorite lift...then came a jump to the only logical poundage...a World Record 870. John set the stage for another tremendous Double World Record attempt (total deadlift) as he has done many times before. He began that long pull in smooth fashion, and the bar moved well until just over the knees...at that point it became obvious that the bar was too far in front...and as he lost his balance and grip the bar came crashing down...a subsequent attempt came up only an inch or two. Heat may have been a factor, as it may have been last year, but John had won with his first attempt. The 2200 total and 900 deadlift will be challenged again in Arlington.

John's preparation for this contest was the most painful of his career...the lifts went up, but it hurt like hell to train. He was able to get rid of soreness in his knees, interestingly enough, by taking 8 600 Phosphagen alpha tablets per day along with 8 500 milligram Calcium Phosphate tabs...that cleared everything right up...and, by the way, John has his new line of KUC-POWER vitamins ready...and you can place your order for alfalfa and Calcium tablets shortly...no folks, just kidding. John is about the least commercially advertised lifter there is...in reality.

Terry McCormick obviously put in some solid training sessions prior to this meet, and got the payoff for it...a fine performance. He missed only a 782 squat...had the idea that things would have been much more interesting as I don't think many people knew...or believed...that Terry could pull that brilliant 832...if he keeps up this kind of progress, John Kuc may not be so lonely up there in Deadlift Heaven, 242 lb. division. It



Kuc squatted magnificently

was a true limit lift, in fact, he told Jim Waters that it went so slow he didn't think it would be passed. Steve Wilson, as the person, WES O M E. Gigantic arms, tiny waist, jean-busting thighs, he had hoped to see Kuc set a monstrous deadlift, but missed the 788 squat and 777 deadlift because of a severe hamstring One lift he didn't miss was a remarkable 562 3rd attempt bench press...remarkable because it was letter perfect style and back to the dicken's...but he just kept pushing and pushing and pushing...finally it was locked out. Even MacDonald raved about that lift. It was, so perfect something in the air of Sandusky, Ohio must be great, because now that Joe Weider has seen Roger, he's also interested in Steve Wilson...as an example of what real bodybuilders should look like.

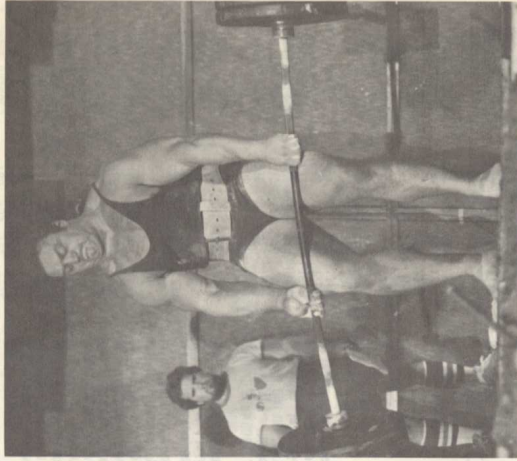
Word was that Bill Seno had retired after the last Seniors, but he surged back with a PR total at a meet in Decatur, Illinois earlier this year, and showed up again, a new member of the 2000 club. He duplicated his qualifying total, and after a shockingly easy opener in the bench, it seemed certain he would exceed the listed World Record of 573 by Mac Donald (more on that 'listed' World Record, later). But, it was not close. Bill does have an arm lock problem, probably due to calcium deposits in his elbow joints...which does, essentially, limit the range of motion that he has to perform in order to get the press passed by the judges. Mac Donald feels that this might be an advantage that he and other top benchers don't have available to themselves, but that's how the rule book reads presently.

Steve Ponzi finished just behind Bill...an auspicious national debut. Bill even accommodated Steve's 4th attempt try at 573 for a World Record, by passing one of his own, so they could both get some rest. Steve was not too far off that poundage, and is certainly a potential threat to that mark in the future...his 1994 total was a nice improvement, especially when you consider that he had to pass his third squat after tearing a muscle in his leg. Marv Phillips showed up looking immense and fit for his favorite lift...making 771 and a fairly tough 815...he was timed out on a regular time-expire on each lift...the latter two apparently being an attempt to give some of the heavier lifters a little rest between attempts. Glen Stevens, had trouble in the squats...pretty much like last year. He has handled as much as 650 in the gym...combine that with the 530 bench he made officially impressive, and his known capabilities in the deadlift and you have an impressive total...all he has to do is put it together. Holle Ego was entered but injured his triceps enough, just before the meet, to decide to come...thinking instead to save the \$500 it would have cost him to show everyone he was not at his best.

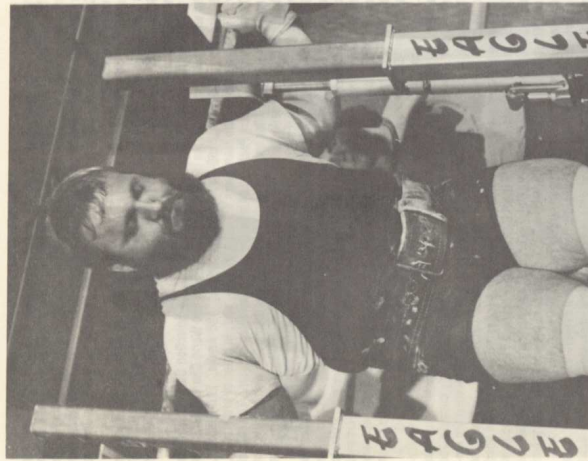
brave of him to come out and make a total, he confounded them with another try at 683...and then 710. He was 'hurin', but the 710 looked pretty easy. Gus has always felt that his back was pretty much indestructible. Lord knows he's tried everything there is to tear it down in his search for a World Record deadlift. Hopefully, he isn't seriously hurt.

Dave Keagy felt that he might be in for it at this meet, as a response to his previous activities with the National Powerlifters Association (all but dissolved at this point) and the World Cup, but such was not the case. He got elected to several positions on the National Committee in very popular fashion, and got no hassles on the platform. Joe Z thinks very highly of Dave nowadays, because in retrospect, it's clear that Dave was the only guy talking sense during the USPF/PPF conflict we've suffered through the past few months. Dave's lifting at the meet was a question mark in his own mind, as very painful bone chips in his elbows had almost driven him into retirement and a bizarre circulation problem in his lower back had kept him from doing any heavy singles in the squat. He was very pleasantly surprised with his squats, satisfied with his benches, missing only his last attempt 462...and got a good deadlift in, with only a 766 eluding him.

George Zangas had a neat comment about Luke lams...said he would be the perfect model for a TV commercial on deplatoratories....sorry I won't relate what Luke had to say to George, but I can say that Luke had a hard day in Madison. He smoked a 771 squat, but a jump to 881 was too much. His 562 bench was ramrodded up easily, but 584 stopped him cold twice. I didn't see it, but heard that Luke ripped up his opener 551 deadlift in the kind of fashion that would make you think he could have gotten 700...just to get a total in and get the meet over with....the heat, bench handoffs, etc. got the best of Luke this time.



Kaz pulled up 876 this high, and then watched his grip give way. The weeks passed since it's occurrence, eventually word got out that it had healed well and that he was in good shape. At meet time, one leg was obviously much larger than the other, but there was no symptom of this in his squats...804, 854, and 865 were all done like typical Kaz openers...very fast, almost too explosive...but the last two were called high. Knock off 60 pounds or so for that lift...then in the bench he opened with a very easy 584...and, since no one else was lifting with him...jumped directly to the World Record poundage of 639 for two close, but unsuccessful attempts...knock off 55 here, and you can see why he waited until the bar reached 876 in the deadlift before opening...because, with all the misses, that's what he needed to win. Three times he tried it and three times he pulled it very, very high...but couldn't get it all the way back before his grip gave out, and so, he bombed...quite upset about it, and the fact that he didn't get that bench record. There's plenty for him to do the rest of the year however...he's going back to the Highland Games and the Worlds Strongest Men contest wants him. Nothing has really changed...the race for the top Super in the United States is still very competitive, and there'll be plenty of opportunities to find out who's who next year.



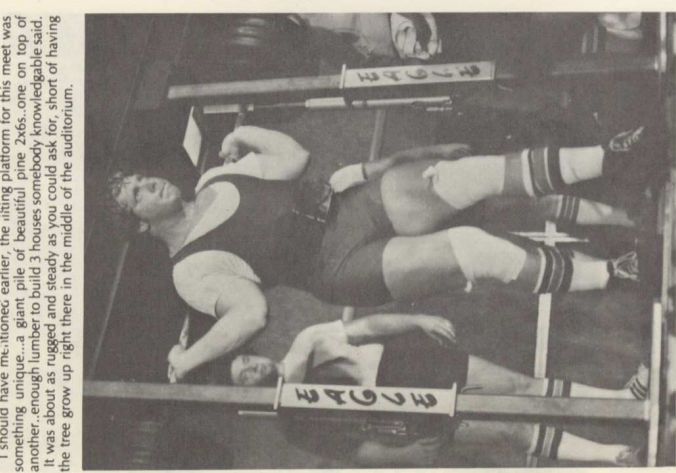
Champ Doyle Kenady gave this 914 a mighty effort, but it was just too hot. The benches I asked him what the Doctor had said...he answered with a sheepish grin because he knew what my next thought would be ('then what are you trying to do by staying in the contest?')...and said 'he thought it might be a fractured vertebra'. Stay in the contest he did, coming out for a bench 493 opener...then to 484, which he missed. He came back out for a bench 488 again...in fire in his mind...no contest results are going to be published until a 435 bench for me!...and blew it up strongly. He opened with a 622 in the deadlift, and with everybody thinking it was really



Big Dave Waddington got mighty serious around deadlift time.



The TV people really liked Larry Kidney, this interview with Carpino will likely make it on the tube.



Steve Wilson is back in fine fashion.

burden and saved the strength he would have burned up on a 3rd attempt for later exploits. In the bench, things went close to the normal Kenady pattern...making 551 and missing a 562 attempt. In the deadlift, 815 went well...gave him a bodyweight victory over Dave Waddington, who was helpless to do anything about it at this point...he added another ten kilos of insurance with 837, and then gave 876 a yank that didn't go too far, but it didn't have to...as he had posted a quality total and gotten the win already.

Lots of people were betting on Wadd to take it all this year, and he certainly came very close. He built up a tremendous lead in the squat...they didn't like his depth on 931, so he jumped from there to only 947 and made a beautiful, deep, effortless success...after all the speculation about who would be the first man to squat 1000, I think we've found our man, 947 was very easy...Dave showed his appreciation to the crowd...and lots of people wanted him to go for 1000 right then, but his handlers convinced him not to take another attempt, in hopes that he could pull a good deadlift and be in a better strategic position at the conclusion of the first two lifts. The benches did not go as Dave's plan...584 and 589 pull only his opener at 722, before the wound simply prevented him from pulling 744 a fair try on either further attempt. He had to sit back and watch the others take postshots at his total...in just the kind of situation that he had hoped to avoid. He doesn't have to be ashamed of his performance, at this meet, or earlier in the season...because he had a great chance, at this meet, of being the biggest thing in the Superheavyweight division in 1981, he's certainly one of the most powerful looking Big Men in the world.

Paul Wrean had actually put in some concentrated training for this meet and was therefore quite disappointed in the outcome. His normally busy ministerial schedule precluded much opportunity for propped lifting or rest, but this time he made time for the 3 lifts, he did 545 in training and felt his deadlifts would be something special this time. His 914 was a hard fought success, but 936 was just too much, and his new found bench power couldn't find a way around 529, even with two tries at it. In the deadlift, he seemed to have developed a habit of bunching all 350 pounds of himself really close to the bar and then trying to jerk it off the floor...826 and 832 stayed put.

Cus Rethwisch had been telling people how much he wanted a PR 837 squat at this meet and his actions spoke louder than words as he made a deadlift serious attempt with the weight, and actually came up with it...but in mid-drive that stretch of flesh between his traps and his hips decided to gyrate a bit...he came off the platform in pain, obviously injured. Before

I should have mentioned earlier, the lifting platform for this meet was something unique...a giant pile of beautiful pine 2x6s, one on top of another, enough lumber to build 3 houses somebody knowledgeable said. It was about as rugged and steady as you could ask for, short of having the tree grow up right there in the middle of the auditorium.

275 POUND CLASS...the Hackett-Kidney-Wohleber confrontation fizzled when Ernie bombed and Wohleber showed up with a leg injury. Larry started off a bit shaky himself, dumping 848 behind him...but escaping without a scratch...859 went well, but not 881. He benched nicely, missing only a PR 567, and with his opener deadlift he got a new total record at 275. Further attempts to crack the 2200 barrier with 788 were not too close, but the pressure was off in what Larry called, under the circumstances, the 'survival of the smartest'. Dave Shaw put in a creditable total, but actually had an off day...missed 755 in the squat, then thought better of it on his next try and put it back in the racks...he wouldn't drive 523 back over his eyes in the bench press...or else he would have made that easily...off of his previous form in the deadlift, he made 738, a hard 777...and missed 782. Randy Wilson was anxious to crack the Top 3 in this class, and did so, but not in the fashion he had hoped for. His squat had been going great guns after the Nationals, but he missed a try at 804...in the bench, overtraining that seemed to concentrate itself in his elbows knocked his bench way down...and in the deadlift the 722 he made was just a formality...he didn't try anything heavier as there was nothing to accomplish by doing so. Dan Wohlber came in light for the meet...took a token squat and bench, just so he could get to the deadlifts...had torn tissue in his right leg, internal bleeding had just about started, and he was in the hospital...he came on the platform for his best, so he forgot about the total. He changed up on the platform for his try at a World Record deadlift of 810. His opener on the bench was very well, but as he started to slow near the top, his grip snapped open, Ditto for his next attempt, and he passed his third. The weight was really moving for him, though, and with a secure grip he looks like he can make this weight, and probably more. Ernie Hackett had some unfortunate depth problems with 865, jumped to 903 and found no mercy there either, which was very unfortunate, as he and Kidney could have driven each other to some big lifts otherwise. He laid waste to an IHOP before the meet, and probably did the same to some other establishments, of the liquid refreshment variety, after the show was over.

SUPERHEAVYWEIGHT CLASS...it was one of the finest Super lineups of all time, with just about everybody there and in reasonable health. Doyle Kenady, just showed that, when not suddenly stricken with illness the day before the meet...as happened in 1977 and 1979, he is a hard man to beat. He opened with a strong 870...found 914 to be too much of a

THE ESTEP POSTER



Now, the cover shot from the June issue of Powerlifting USA is available as a full-size 20x24 inch poster! See Roger Estep at his muscular best! Enclose a check or money order in the amount of \$7.50 made out to Powerlifting USA for each poster you want! And send it to 'POSTER', Box 467, Camarillo, California 93010 and your order will be sent out by First Class Mail.

POWERNOTES BY CHARLES GILLESPIE... CHARLIE POINTS OUT THAT GAYLA CRAN WAS ONLY THE SECOND TO GO 7 TIMES BODYWEIGHT, PAM MEISTER WAS THE FIRST VIA 300 130 330 760... AND WALTER THOMAS, WAS BUT THE 3RD TO GO 10X BODYWEIGHT IN 3 DIFFERENT CLASSES, BEHIND GANT AND BRADLEY. CHARLIE SEZ, ALTHO ANN TURBYNE MIGHT'VE DESERVED THE TITLE OF 'WORLD'S STRONGEST WOMAN' OFF HER VICTORY AT THE WOMEN'S NATIONALS, ONE HAS TO CONSIDER THAT THERE ARE WOMEN BEHIND THE IRON CURTAIN WHO ARE THROWING THE SHOT 20 FEET FARTHER THAN ANN... THEY COULD BE AWESOMELY STRONG. CHARLIE ALSO NOTICED THAT EVEN IN A GAME OF 'POWERLIFTER', TONY FITTON BLENCHED LESS THAN THE AMERICANS... REGARDING THE SELECTION PROCESS FOR THE WOMEN'S TEAM, HE NOTED SOME FLAWS. THERE WAS QUITE A GAP BETWEEN 1ST AND 2ND IN SOME CLASSES. CHARLIE FEELS THAT PEOPLE SHOULD BE CREDITED FOR WHAT THEY DID RATHER THAN FOR WHAT SOMEONE ELSE DIDN'T DO. AS IN THE CASE OF TOP LIFTERS BOMBING OR NOT SHOWING UP... ONE INTERESTING POINT... IN THE EYES OF THE SELECTION COMMITTEE, PAUL WRENN'S 2148 TOTAL AT THE 79 SRS WAS BETTER THAN HIS 2287 IN 1978.

SENIORS PS... Much credit has to go to Fred Hatfield, Jeff Everson, and Dennis Hegge and the whole crew they assembled, for a nice job on the Seniors. The only negative aspect of the meet was the heat, and if the nation hadn't been experiencing a record heat wave, which the National Committee couldn't have anticipated when they awarded the bid last year, it would have been outstanding in almost every respect. I understand from John Pettit that the 81 Seniors in Corpus Christi is at a site where they figure they can keep the temperature down to around 80° even under heat wave conditions.

ATTENTION!!!... many of the 4th and 5th place finishers at this meet did not pick up their medals, perhaps they didn't know that awards were being given through 5th, at any rate, contact JEFF EVERSON, c/o WEIGHT ROOM, UNIVERSITY OF WISCONSIN AT MADISON, 1440 MONROE ST., MADISON, WISCONSIN 53706 and give him your correct, current address and he will mail them to you.

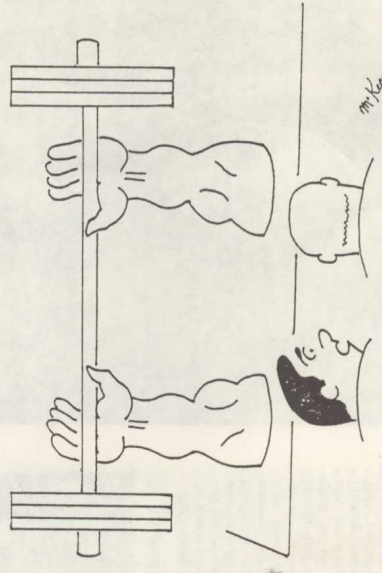
THE TEAM... mainly upon the strong recommendation of the Athlete's Reps, the Selection Committee made things simple and took only the winners of each class, so the official USA team for the World Championships is 214-Dunbar, 123-Crain, 132-Veronica, 148-Crain, 165-Gaugler, 181-Bridges, 198-Anello, 220-Dimiduk, 242-Kuc, SHW-Doyla Kennedy. The alternatives for the team were selected by vote, and, in order of preference, are as follows... Jerry Jones, Terry Macficio, Chip McCain, and Dave Waddington. The official team coaches are Luke Jones and Larry Kidney. After comparing the totals of those lifters who won but did not exceed the best total achieved during 1980 internationally in their class, it was felt that by taking the winners in 1980, we are only sacrificing a minimal amount of team championship points.

NEXT YEAR'S CHAMPIONSHIPS... the 1981 Senior National Powerlifting Championships will be in Corpus Christi, Texas, scheduled for early July. The 1981 National (formerly called the Junior Nationals) Championships were awarded to Bay Mills for early June. The 1981 National Collegiate Championships were awarded to Kutztown State in Pennsylvania for early to mid June. The 1981 National University in Indiana, sometime in February (date is tentative). The USA bid for the Women's World in 1981 will be presented to the IPF with Hawaii as the site. No bids were presented on the 1981 Teenage Nationals in the Philippines.

THE NEW CONSTITUTION... many, many hours were spent by Leigh Schaeffer, in developing this document... borrowing some from the AAU code and other documents. We went to the meeting to expect a lot of arguments and power grabs and there weren't any... review of the document went very smoothly, particularly because Joe Z, Lyle, and some others had the foresight to review the document before Friday's meeting and work out the major bugs at that time. It's a 50 page plus document, which we won't reproduce here, hopefully it will be available to the general lifting public in the very near future. Some of the major changes from the way we used to run things, namely the AAU code, are as follows... the National Chairman has become President of the Hampshire Not For Profit Corporation, the United States Powerlifting Federation. In other words, you can call Joe Z as 'il Presidente' from now on. There is now a Discipline Committee, with significant powers. The old system for accounting of travel expenses monies by athletes, which was largely ignored anyway, has been dropped. Perhaps the most significant divergence from the AAU code was the definition of a Professional as simply one who competes directly for money and nothing more. Endorsements, selling of equipment, etc. are not included under the definition of professional.

ELECTIONS... Tony Cargino and Larry Kidney were elected as Athlete's Reps for the Selections Committee. New members elected to the Executive Committee included Doyle Kennedy, Mike Lambert, Bob Packer, Paury Raider, and Fred Hatfield. Other representatives to the Selections Committee elected were Mike Lambert, Dave Kasagy, and Tony Fitton.

MISCELLANEOUS... some action was taken regarding the possibility of using a thicker bar for the squats and a thinner one for the deadlifts, within the size limits already specified by the IPF. Also, it was decided that the fee from this lifter for the USPF would be \$5, with \$5.00 going to or staying with the local association. In addition to this fee could be a service charge from the AAU which would vary from association to association, but there should only be one card to buy next year. It looks like we will probably work with the AAU for registration services, etc. in the future, if negotiations continue as they have been.



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@ AMERICAN RECORD

114	CHUCK DUNBAR	479	303*	363	1146
	MIGUEL CASTRO	41h-502*	305	ACTUAL	
	JOE STEINFELD	336	203	462	1008
	LAMAR GANT	451	308	611	1372*
	BOB LECH	485	270	524	1327*
	ERNESTO MILJAN	418	248	501	1162
	JOE COLES	418	231	440	1091
	MONTE NASON	448			
	RAY VERDONCK	501	292	473	1267
	FRAN RUEITIGER	264	435	606	1614
	JOE BRADLEY	551			
	LUIS DALE CRAIN	600	325	617	1542
	LUIS ALICEI	521	339	573	1437
	JOHN ORSINI	523	330	551	1405
	STEVE MULLER	501	297	573	1372
	JIM RUSH	501	281	557	1339
	MIKE KONIETZE	165			
	RICK GAUGLER	699	440	661	1802
	JIM ROUSE	573	435	606	1614
	BOB CLOSE	534	407	568	1509
	BOB JESURIN	573			
	MIKE BRIDGES	755	485	722	1962*
	DEAN BECKER	667	407	659	1774
	JIM GRUDZIN	644	418	683	1746
	STEVE KNIGHT	677	391	677	1746
	SCOTT SALUZZI	611	435	661	1707
	JOHN BLACK	655	402	544	1702
	DON HATSENLEDER	672	396	600	1669
	MIKE CAPASSO	611	396	661	1663
	MIKE BRASASKI	698	369	589	1658
	MARY BRASBY	622	358	633	1630
	BRYAN WADIE	644			
	BILL ELLIS	635	391	639	
	JACK WILSON	611	380	639	
	TED MOSSBARGER				
198	VINCE ANELLO	683	451	788	1923
	JERRY JONES	793	413	716	1923
	ERNE FRANTZ	705	457	738	1901
	ROGER ESTEP	789	462	672	1873
	BILL ENGLISHARD	710	413	744	1868
	GARY SANGER	722	401	644	1818
	KEITH GOYER	752	420	680	1931
	KEITH WOODS	650	457	681	1791
	RICH SIDERIS	677	451	651	1786
	FRED HATFIELD	766	407	646	
220	MARK DIMIDUK	755	473	738	1967
	CHIP MC CAIN	771	440	744	1956
	DAVE SCHREIDER	793	418	727	1938
	BOB WELLS	789	413	710	1917
	STEVE MILLER	716	442	599	1901
	JIM CASH	716	428	650	1884
	DOUG DICKE	705	479	650	1884
	TONY JOHNSON	793	424	833	1851
	JIM VERHAGEN	688	440	639	1769
	RAY WOKAN	683	435	639	1758
	JOHN FLORIO	722	424	672	
	LOU SIMMONS	722			
	LARRY PACIFICCO	804*	529	628	
	ZACK KUC	804	501	810	2115
	TERRY WC CORWICK	704	501	732	2039
	STEVE WILSON	749	562	738	2039
	BILL SENDO	744	551	710	2005
	STEVE PONZI	699	551	744	1994
	MARV PHILLIPS	815			
	GLEN STEVANS	815			
	HOLLIE EVETT				
	LARRY KIDNEY	859	556	738	2154*
	DAN SHENK	762	412	777	2011
	BANDY WILSON	762	412	777	2011
	DAN KOHLER	149	149	810	
	ERNE HACKETT	993			
	SHW				
	DOYLE KENADY	870	551	837	2259
	DAVE WADDINGTON	947	567	722	2237
	PAUL WRENN	914	501	766	2182
	GUS RETHMSCH	837	485	710	2033
	DAVE KERAGY	799	451	749	2000
	LUKE LAMPA	771	562	541	1884
	BILL WADSWATER	804	584	816	

Nutrition NEW SERIES!!! Corner

BY JACK DIGANGI R.D.

...this month, a guest contribution:

A SUPPLEMENT PROGRAM FOR THE CHEAP LIFTER

by Mark Rippetoe
Messenger from Asgard

A great many highly qualified coaches and nutritionists have written on the subject of vitamin and mineral supplementation. They have gone into great detail on the functions of the various vitamins, their immediate and long-term benefits to the lifter, and the possibility of anabolic effects from the correct application of the proper supplements. Dosages have been discussed in intricate detail, as well as the proper way and times to take them. In his books, *THE STRONGEST SHALL SURVIVE* and the upcoming *DEFYING GRAVITY*, Bill Starr gives thorough treatment to this relatively new area of concern, anabolism with vitamins.

There is, however, one glaring hole in the heretofore published volumes of supplementation information for the athlete. In all my decades of training and uncountable hours of research on the subject at hand, I have never once read any material dealing with the problem of setting up a simple, practical, workable, easy-to-buy supplement program. Well, maybe once, but an idea or two on a concise approach is in order.

There is a relatively inexpensive way to cover every angle in a mega-vitamin-mega-mineral program, one that answers all the dosage requirements and does not require a cosigner to finance. It is a simple six-part program that anyone can assemble, given a reasonably well stocked health food store or grocery store vitamin department.

Its components are as follows:

- 1. a high potency multiple vitamin
- 2. a properly formulated B-complex
- 3. a properly formulated multiple mineral
- 4. a 500 mg. Vitamin C tablet
- 5. a 400 unit Vitamin E capsule
- 6. a 500 mg. B12 tablet

These six supplements provide everything called for by the more expert advocates of mega-vitamin-mega-mineral supplementation, and it is not as expensive as a more piecemeal plan, or one of the new pret-a-program (which are usually of very low potency anyway).

The multiple vitamin is probably the least important supplement in terms of its specific formulation, in that its primary function is to provide a base for the rest of the program. It provides nutrients important to general health—vitamins A and D, for instance—but it is not of crucial interest to the lifter who wishes specifically to grow muscle tissue and improve the quality of his training sessions. With this in mind, the particular brand of multiple vitamin takes a backseat to its potency, i.e., high potency as opposed to one-a-day type. There are a number of good ones available—buy the best you can get for the money. Some ideas for implementing this idea might be helpful, and since I am usually broke and in need of cheap vitamins, I have become rather proficient at rooting out the good cheapies.

First, try to have your mother buy them for you. If this doesn't work for one reason or another, try buying them in places that one would normally omit from a vitamin-buying-place list. Sears, Montgomery Wards, Albertsons (or the local equivalent big food store), or any nationally franchised grocery store will usually sell a high-potency multiple vitamin, and some of the other supplements to be mentioned later, for that matter. Some brand names to look for might be Super Geriatric; Myadec; Super-ton; or Thompson Coaches Formula. Again, the brand is not important; get one, and get it as cheaply as possible.

In buying a B-complex, the formulation is the most important factor. It can make the difference between a good program and an ineffective one—protein anabolism in a fast, efficient, natural manner, or progress at a slow, frustratingly ineffective pace. I never found a really cheap B-complex formulated properly, so I shell out for a good one. It does not pay to skimp on an essential for a supplement as this. Do without the cheese or the extra beer for a while each month and assure the quality of your program. The health food store has traditionally been the best place to find a good B-complex.

Since the formulation of this supplement is so important, care must be taken to insure that the one you buy is the proper one. Therefore, pay attention! The following numbers are not that confusing. If they are, copy

them down and hand them to the first store clerk able to read. The tablet should have anywhere from ten to twenty times as much pantothenic acid as thiamine, and about the same amounts of thiamine, riboflavin, and niacin. An index of these might read as follows:

Thiamine (B1)	10 mg.
Riboflavin (B2)	15 mg.
Niacin (B3)	20 mg.
Pantothenic acid	100 mg.

The reason for the proportions is explained in great detail in LET'S EAT RIGHT TO KEEP FIT by Adelle Davis, and is beyond the scope of this feeble attempt.

In addition, the tablet should contain as much pyridoxine (B6) as possible, and at least 400 mcg. of folic acid. It should also include biotin and para-aminobenzoic acid (P.A.B.A.) in more than trace amounts, and equal amounts of choline and inositol. The listed index may be the ingredients of two tablets, so be aware of how the list applies. Vitamin B12 should appear on the index but is not important to consider here, as it will be dealt with separately.

The potencies listed here appear low, but three or four times the indexed dosage should be taken. The amounts should go even higher under stress conditions, i.e., peaking for a contest, periods of excessive soreness, etc. Remember—B-vitamins are concerned with converting all types of foods into materials usable by the body. They should therefore be taken with meals to achieve the maximum effectiveness; stomach upset may even occur if they are taken on an empty stomach.

Minerals are important structurally and neurologically. For most people they are the single most important factor in assuring quality training sessions free from joint pains and lack of stamina. A good multiple mineral tablet will provide all the necessary potassium, calcium, and magnesium for any sane man's training schedule. The insane need merely take more tablets (minerals are water soluble and do not build up to toxic levels). Look for a supplement containing twice as much calcium as magnesium, or about 1000 mg. calcium to 500 mg. magnesium, and about 100 mg. of elemental potassium from a chloride or a gluconated compound. After these three ingredient requirements are satisfied, the more the merrier with regards to "trace" minerals. Iron is very important, and though the multiple vitamin will provide reasonable amounts, the mineral should have some too. Also helpful are zinc, manganese, chromium, copper, and iodine. Mega Minerals is a good brand to buy, but there are many others. Stick to the guidelines and you'll get a good one.

Vitamin C has so many functions of interest to the heavy training athlete that only a fool would leave it out of a supplement program. The main problem is buying the stuff. There are many different kinds available at an extremely wide range of prices. There is Vitamin C with Rose Hips, Vitamin C from Rose Hips, Vitamin C with Acerola, Vitamin C with Bioflavonoids, and three million other types of Vitamin C with something. Our main concern is the Vitamin C itself, ascorbic acid; the other things are designed to provide factors found in citrus that are not available in synthetic ascorbic acid. These extra ingredients (usually added to synthetic ascorbic acid anyway) serve to make the supplement extremely expensive. Go ahead and buy the cheaper ascorbic acid and occasionally eat the white of the orange or grapefruit rind that you normally throw away. It doesn't taste that bad, kiddies, and even eaten irregularly it provides enough bioflavonoids to keep your capillaries happy.

Vitamin C is produced in many different potencies, from 100 mg. to 1500 mg. tablets. The most convenient form is the 500 mg. size. One-half gram is easy to keep track of. Two of them make a gram. (Again, I'll try to keep the numbers simple. I hear that weightlifters can't read—much less count.) Four grams being the recommended base dosage for heavy training athletes, eight tablets a day is the correct amount. Taken two at a time, four times a day, the level is maintained in the system. Painfully easy, no?

Now let's stop walking around behind the barn, shall we? The 500 mg. ascorbic acid tablet is the one most stores put on sale most often. I can buy them for \$1.00 per hundred at my local health food store. Grocery stores, pharmacies, and discount stores offer them at similar prices. Isn't that convenient? The right supplement also happens to be the cheapest supplement. Aren't you glad you read this article?

Next in line is Vitamin E. It would be an insult to the intelligence of the reasonably well-informed to allude to a cheap way of buying Vitamin E. There isn't one. The complexity and sensitivity of the required cold-press extraction method precludes the production of a good cheapie. It would also be an insult to this reasonably well-informed person to remind him that the only kind to buy is the natural d-alpha tocopherol, as opposed to the synthetic di-alpha type. It would, however, be perfectly proper to point out the wisdom of buying mixed tocopherols. Mixed tocopherols include alpha, beta, gamma, delta, epsilon, zeta, and zeta tocopherols.

The potency given on the bottle is the potency of the included d-alpha tocopherol, as this is the only one yet shown to be of use to humans. The others have, as yet, no known function. Two hundred years ago they didn't know what oxygen was either. The fact is that when alpha tocopherol is present in a food source, the others are too. For this reason, it is a good idea to get the mixed type of Vitamin E. The 400 unit potency is the most convenient.

Another good reason for buying the mixed variety is that d-alpha tocopherol, the synthetic form with only 40 per cent of the effectiveness of the natural d-alpha tocopherol, is seldom, if ever found in mixed tocopherols. By buying mixed you are sure of getting the proper form of the vitamin. In addition, the mixed is often times cheaper than the pure d-alpha.

Athletes have long been aware of the importance of B12, cyanocobalamin, in a supplement program for the heavy trainer. However, the Recommended Daily Allowance of Vitamin B12 is ridiculously low, in terms of athletic application. This important nutrient should be supplied generously. Of the various B-vitamins found in B-complex supplements, B12 is the one that is most often seriously undersupplied. There is no nationally distributed B-complex tablet with B12 adequate for the hard-training lifter. It is the only one in this category that is sufficiently pivotal in a vitamin-anabolic program to supplement separately. Since cyanocobalamin (B12) is synthetically produced in the same form found in nature, the quality of this water-soluble vitamin is fairly static across brand names. The tablets are pink in all potencies, and the prices vary with brand name and potency. The 500 mcg. tablet is preferred over the less potent 1000 mcg. "overkill" dosage.

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The 500 mcg. tablet allows a two-a-day application, insuring even absorption. And since the quality is uniformly high, buy the cheapest one available.

The dosages one can follow on this program are a matter of personal preference, but the most effective application is a high potency approach, with the supplements taken throughout the day. The multiple vitamin should be taken three times daily, or one with each meal, together with one indexed dosage of the B-complex per meal or with each multiple vitamin. One B12 tablet should be taken in the morning and in the evening, or with breakfast and the evening meal. The C is best taken a gram at a time, four times daily.

The Vitamin E dosage should be adjusted to fit the training schedule. On training days take it morning and night, 400 units at a time, as well as 400 units about an hour before training with a gram of C and some minerals. On the other days, 800 units a day is enough, taken morning and night. Minerals also apply mainly to training efficiency and are taken liberally on training days, sparingly (to save money) on off days.

In figuring the cost of this program, the cheapest average prices were used, with some slack thrown in to keep from being called a liar. With the dosages recommended, the total cost per month is about \$27.00, less the athletic packs, and much more potent. A decent supplementation program can be assembled by the average lifter with a little research and a nominal investment. Certainly every lifter concerned with making gains can shell out part of the monthly buzz-money for an effective, natural type of anabolic. You may be surprised at the results.

WIGHTY CHUCK ARENS...DISCUSSION AMONG LOS ANGELES JOHN ORSINI AND PAUL MAGISTRETT ABOUT BILL KAZMAIER'S 5 REPS WITH 136 LB. DUMBELLS AT THE LONDON STRONGBOM CONTEST. LED PAUL TO HANDLE THE PRESSER CHUCK ARENS HOW MUCH HE WAS ABLE TO HANDLE FOR A SNEAK. HEY THEY'RE IN THE O-BELL PRESS... 23545 WAS THE ANSWER. ONCE THEY DE... DO SOME MUSCLE MEASUREMENTS DOWN AT MUSCLE BEACH SHOULDER... PAUL MAGISTRETT... PERS. ZABO KOZELSKI HAD 19" WIDTH, 240 LB. PAUL MAGISTRETT... MEASURED OUT AT 21". BUT THIS WAS EXCEEDED BY STEVE MERJANIAN... END TO ALL THIS SILLINESS BY STRETCHING OUT THOSE CALIPEPS TO 23"... IT WAS SAID THAT WHEN PAUL ANDERSON HAD A PICTURE TAKEN STANDING NEXT TO CHUCK... HE LOOKED LIKE CHUCK'S LITTLE BABY BROTHER... THAT'S HOW HUGE CHUCK WAS.

EVERSON VICTORIOUS...JI OF WISCONSIN STRENGTH COACH AND PLUS A AUTHOR...JEFF EVERSON...WON THE NORTHERN MASCULINE BODYBUILDING CHAMPIONSHIPS... PLUS BEST ARMS... LEGS... BACK... CHEST... POSE... MOST MUSCULAR... HE AND HIS LADY FRIEND CORY... A SUCCESSFUL FEMALE BODYBUILDER... ARE CONSIDERING ENTERING SOME PAIRS COM-PETITION THIS YEAR.

DICK BURKE...SEEMS TO HAVE RECOVERED FROM HIS RECENT SURGERY... DICK SURPRISED HIS DOCTORS WHEN THEY TOLD HIM THAT HE WOULD HAVE TO TAKE A REST FROM HIS AS PART OF HIS POST-OP RECOVERY ROUTINE... WHEN THEY TOLD HIM... HE EXCLAIMED... YOU MEAN I'M GOING TO HAVE TO CUT DOWN ON MY CHARGES... HE ALREADY TA-KING?... DICK TAKES A LOT OF VITAMINS... NEEDLESS TO SAY.

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BENCH BIBLE

A comprehensive guide to bench pressing by long time powerlifter Pete Vuono, especially for beginners, but applicable to the top level trainer as well... brought to you in 6 parts.

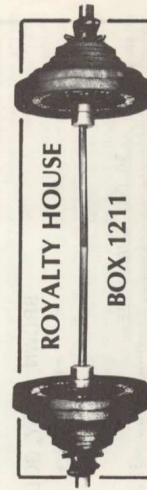
3. POWER RACK TRAINING

USING A POWER RACK HAS BEEN QUITE POPULAR AMONG POWERLIFTERS OF THE PAST AND PRESENT TO ERADICATE STICKING POINTS, AND TO HELP THE LIFTER TO OVERLOAD AND THEREFORE BECOME MORE ACCUSTOMED TO HEAVIER WEIGHTS AND TO ACT AS AND ADJUNCT TO TRAINING WITH LESS RANGE OF MOTIONS SO AS TO NOT OVERTRAIN THE BODY.

POWER RACK TRAINING HAS A FEW OTHER ADVANTAGES WHICH ARE WORTH MENTIONING TO BETTER ILLUSTRATE ITS USAGE. BY STARTING WITH LIGHT WEIGHTS AND INCREASING THEM EITHER BY BOTTOM, MIDDLE OR PRESS, THE POWERLIFTER CAN BECOME MORE ACCUSTOMED TO SCIOUSLY FOCUS HIS OR HER EFFORTS TO THAT POINT WHICH GIVES HIM OR HER THE MOST TROUBLE. THEREFORE, CONCENTRATION IS MAINTAINED AT THE LIFTER'S POINT OF STICKING AND THEREFORE HELPS TO PSYCHOLOGICALLY, AS WELL AS PHYSICALLY, BREAK THROUGH IT. THEREFORE, POWER RACK TRAINING CAN ALSO TRAIN THE MIND, NOT JUST PHYSICAL WEAK POINTS. ALSO, THE MOST POPULAR REASON FOR ITS USE IS TO PHYSICALLY TRAIN A WEAK POINT BY SETTING THE BAR APPROXIMATELY AT THE SAME AREA WHERE ONE STICKS.

THE ONLY ADVANTAGE YOU SHOULD USE THE METHOD ONLY ONCE PER WEEK. SET THE BAR AT THE POINT WHERE YOU HAVE THE MOST TROUBLE WHEN PRESSING. BE SURE TO WARM UP USING FROM YOUR BENCH PRESSES WITH LIGHT WEIGHTS. DO LOW REPETITIONS FROM YOUR TROUBLE SPOT TO LOCKOUT. ONLY DO TWO OR THREE SETS. THIS IS ALL YOU NEED. SOME OF THE GREAT LIFTERS OF THE PAST, AFTER WORKING A MEAN POINT, RAISED THE HEIGHT OF THE PINS AND CONTINUED TO DO LOCKOUTS WITH HEAVIER WEIGHTS AT GREATER HEIGHTS. THIS WAS ANOTHER WAY OF OVERLOADING AND BECOMING ACCUSTOMED TO GREATER WEIGHTS.

ANOTHER VARIATION OF THE ABOVE IS TO PLACE THE PINS AT APPROXIMATELY THE POINT WHERE YOU STICK. PRESS THE BAR FROM THIS SET OF PINS AND INCREASE THE WEIGHTS IN ONE OR TWO SETS. THIS SET. NOW HOLD THE BAR HERE FOR FIVE SECONDS. THIS WILL



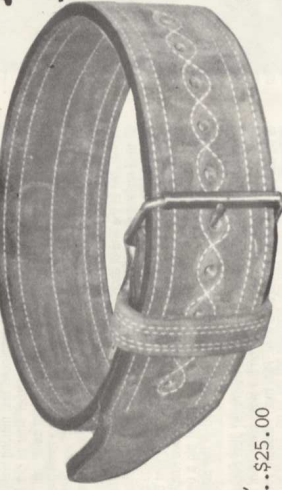
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BILL STARR'S NEW BOOK... It will be out in a few months, seems like it will be like no other book on weight training ever published... called 'Defying Gravity'. I believe. Hope you enjoyed his article in PL USA. I think he's done a major service to the sport by giving us a term with which to describe those little creatures that inhabit YMCAs and gyms all over the country... 'MULLETS'. Actually, it was Bill's friend, Mark Ripplatoe who coined the term, but Bill has made it part of our vocabulary.

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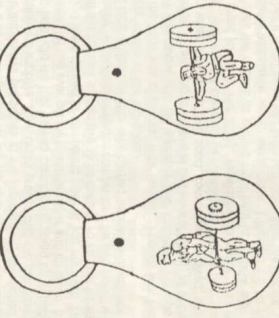
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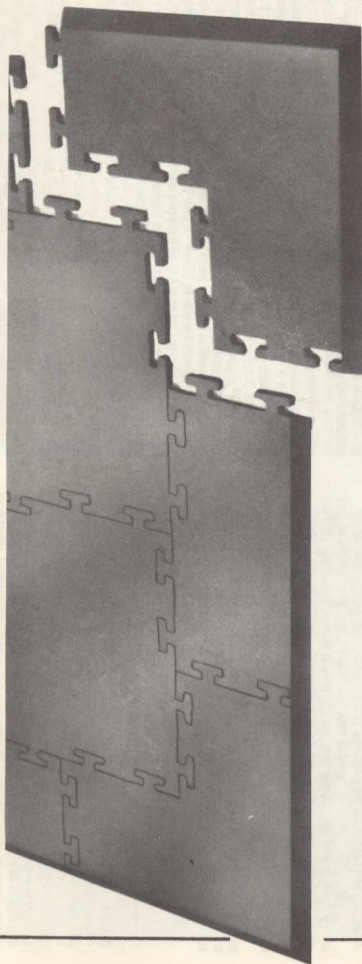
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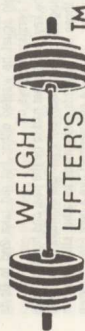
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- Available in sizes: 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, 48

Free Pair of Superwraps with Each Suit Purchased!
Help Increase Your Total

The finest POWERLIFTING SUIT AVAILABLE. The famous SPANJIAN SUPERSUITS are now offered in FOUR COLORS. Both models, Supersuit II and the Supersuit, feature the new HIGHER SIDEPANELS and WIDER SHOULDER STRAPS for GREATER BODY SUPPORT. These numbered size supersuits are exclusively available through MARATHON/A. ZANGAS, Company. The numbered sizes give you a better fit ... DO NOT Accept substitutes.

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ATTENTION

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- STRONGER • HEAVIER • LONGER LASTING •
- GREATER STRETCH WITH BETTER COMFORT •

• 1 Pair \$7.00* • 2 Pairs \$13.00* • 3 Pairs \$18.00* •

(Sold under other names, by other companies at higher prices.)
"... add pounds to your SQUAT & TOTAL."

Also ... SUPERWRAP

- 3 Pairs \$12.00* • 1 Pair \$5.00*

... the original heavy duty knee wrap cut to official length.

— ORDERS PROCESSED SAME DAY AS RECEIVED ... IMMEDIATE DELIVERY —

Indicate 1st, 2nd, and 3rd choice of color.

Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Check or Money Order must accompany orders.
 *Overseas orders add 20%.

Supersuit II	<input type="checkbox"/> Navy	<input type="checkbox"/> Blue	<input type="checkbox"/> Royal	<input type="checkbox"/> Red	\$ _____
Supersuit	<input type="checkbox"/> Natural Color				\$ _____
Superwrap II			(Quantity)		\$ _____
Superwrap			(Quantity)		\$ _____
State size or height & weight:	(Size)	(Height)	(Weight)		\$ _____
					Total

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American Teenage	114 SO	347	C. Dunbar	Nebraska State	305	K. Krueger	
Arkansas	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
California	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
Colorado	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
Florida	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
Georgia	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
Illinois	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
Indiana	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
Iowa	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
Kansas	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
Michigan	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
Minnesota	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
Mississippi	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
Missouri	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
Montana	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
Nebraska	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
Nevada	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
New Hampshire	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
New Jersey	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
New Mexico	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
New York	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
North Carolina	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
North Dakota	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
Ohio	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
Oklahoma	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
Oregon	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
Pennsylvania	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
Rhode Island	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
South Carolina	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
South Dakota	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
Tennessee	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
Texas	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
Utah	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
Vermont	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
Virginia	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
Washington	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
West Virginia	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
Wisconsin	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
Wyoming	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	

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Hawaii	114 SO	250	C. Ward	Nebraska State	305	K. Krueger	
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- GREATER STRETCH WITH BETTER COMFORT •

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. . . the original heavy duty knee wrap cut to official length.

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Name: _____ Superwrap II _____ \$ _____
 Address: _____ (Quantity)
 City _____ State _____ Zip _____ Superwrap _____ \$ _____
 (Quantity)

Check or Money Order must accompany orders.

* Overseas orders add 20%.

TOTAL \$ _____

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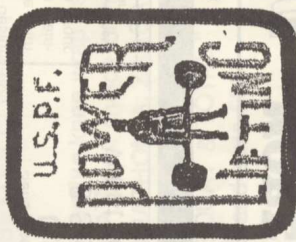
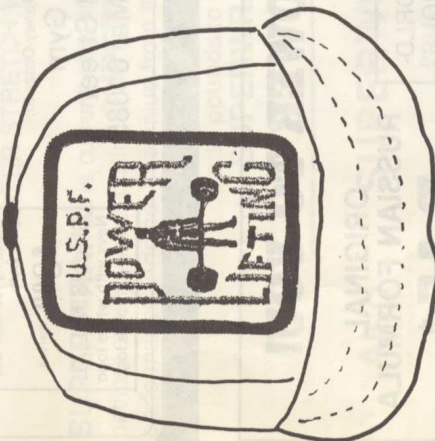
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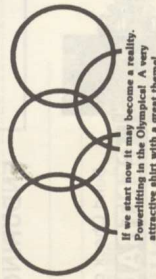
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DATE September 14th, 1980...Sunday, 1980 and Annual Deadlift Championships 3 trophies w/DL figures, and 5 trophies w/OL figures. Contact-Mitch Mitchell-3272 1/2 Midland, Michigan 48640 (517)-835-7395 or Jeff Hallada (517)-835-9590.

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DATE CORRECTION...the Ames Open is on August 16th, not August 23rd as mistakenly reported in the last Coming Events section.

ATTENTION ALL SERIOUS POWERLIFTERS! Having problems with Nutrition? Pinpoint your exact Vitamin & Mineral needs through Personalized Computer Analysis. Control your own health! Send only \$19.00 to Pro Vite, 1419 Cedar Ave., Long Beach, California 90813

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BUTLER ABOVE CLASS II POWER MEET, 30 August, contact Bruce Graser, Box 7906 RD 1, Chicora, Pennsylvania 16025

INCREASE WORKOUT ENDURANCE 21 gals, 100 lbs per cent. Acroting Beef Lube-500 lbs S&V! Send \$15.00-Lite Natural P.O. Box 30718 Santa Barbara CA 93105 Free Catalog with order, others \$1.00

MIDDLETOWN OPEN, 13/14 September, contact Tim Weidman, Greater Orange YMCA, 81 Highland Avenue, Middletown, New York 10840. This is going to be a great meet!!!

MIDDLE ATLANTIC OPEN, 23 August, contact Jerry Ring, Apprentice School, 4101 Washington Ave., Newport News, Virginia 23607

NEW POWER CLUB FORMING!! If you live nearby call Mark Stevens in Wheaton, Illinois at 668-7079

THACKERVILLE PEANUT FESTIVAL OPEN, 23 August, Larry Hinton Jr., Box 132, Thackerville, Oklahoma 73459

NOMINATIONS ARE NOW OPEN!!!!!!
As part of some unfinished business from the National Committee meeting at the Senior Nationals, PL USA is assisting in the conduct of an election of Athletes Reps to serve on the National Committee to speak for you...the lifters. If you wish to nominate someone for the job, just send in the name and address of the party you have in mind to Athletes Rep Nominations, Box 467, Camarillo, California 93010 PRIOR to September 20th, 1980. Keep in mind that Athlete's Reps have an obligation to be present, whenever possible, at National Committee Meetings...particularly the Senior National meeting...so nominate people who will be willing to serve and attend the meetings. An election will be held from the nominees for the five spots.

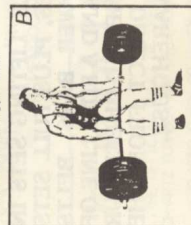
The Oklahoma AAU and the Eastside Athletic Club invite you to the Southwestern USA Open Powerlifting Championships. The place is Tulsa, Oklahoma and the date is September 20th, 1980. Trophies will be awarded for 1st through 5th place in each weight class, and there will be 1st and 2nd place team trophies. 2 Sessions/2 Platforms/AAU-IPF rules enforced/motel accommodations available. For more information, contact Dave Keener at 918-437-6298 or at the address below.

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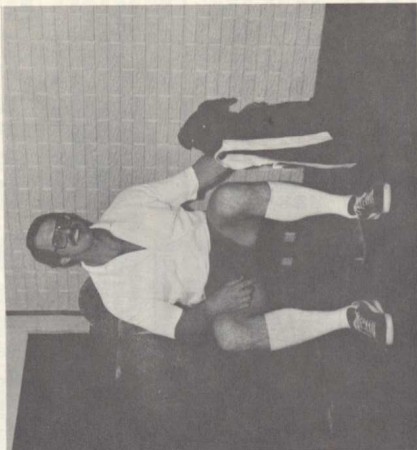
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The man responsible for this much copied innovation is shown 'Lab-Testing' the best wrap ever designed.

Exhaustive work such as this is done on a repeated basis (every evening) to insure quality and find structural weakness in new material runs.

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Now, we have the Super Wrap, the Hurricane Wrap, the Elite Wrap, and the Super-wrap II. All are copies! The original Power Wrap remains as the best product for your money. Why? We fill our orders, promptly. No excuses, no 10-12 week wait.

So, as other companies try to 'corner the market' by various and sundry written and verbal campaigns, (regardless of what some folks are saying, we have stock, are doing a good business, and are able to fill orders promptly) we will continue to serve the lifting community in the fashion they have come to expect from few enterprises.

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TRAINING WITH JOHN KUC

FOR THE BENCH PRESS JOHN'S ROUTINE IS LIKE SO... MONDAY IS HIS LIGHT DAY...HE'LL WARM UP WITH 2 SETS OF 15 REPS WITH 135, THEN 225x10, 300x3, 420x2...FOLLOWED BY SINGLES WITH 450, 480, AND 475, STRIVING TO INCREASE THE WEIGHT OF THOSE SINGLES AS THE CONTEST APPROACHES.

ON WEDNESDAY, THE HEAVY DAY, HE USES THE SAME WARMUP PATTERN UP TO DUMBBELLS WITH 40, THEN HE'LL GO FOR SOME HEAVIER SINGLES...STARTING OUT THE BENCH WITH FOUNDAGES LIKE 450, 475, 480...HE'LL STRIVE TO END UP WITH 500/510 BY MEET TIME.

PRIOR TO HIS RECENT COMEBACK, JOHN HAD TAKEN AN EXTENDED LAYOFF OF TWO, BUT HE HAD A MAINTENANCE WORKOUT THAT ALLOWED HIM TO STAY IN GOOD ENOUGH SHAPE TO COME BACK RATHER EASILY WHEN HE WROTE...TWICE A WEEK HE WOULD HIT THE DEADLIFTS WITH 5 SETS OF THREE WITH A FOUR SE IN THE 500-600 RANGE, NEVER HEAVIER THAN THAT...HE WOULD DO SOME ONE REPS PER WEEK, 4 SETS OF 10-15 REFS WITH 475-500 LBS. IN THE BENCH HE WOULD DO SETS OF 10,

8,6,4,3,1,1...LEADING UP TO A SINGLE WITH AROUND 450...FOLLOWED BY 5 SETS OF 6 WITH 350...PLUS SOME BODY-BUILDING TYPE ARM WORK. FOR HIS FEELINGS ABOUT OTHER LIFTERS...JOHN HAS GREAT RESPECT FOR THE BALANCED LIFTING OF TERRY MC DONALD, AND GUYS LIKE MARK JOHNSON AND STEVE WILSON. JOHN HAS GREAT RESPECT FOR JOHN WONG'S BOOK AND STYLING AND PURPOSES FOR HIS CREATIONS. JOHN WORKS THAT MARY PHILLIPS AND LARRY SIDNEY AND LUCY IAMS COMBINE THAT CHARACTERISTIC WITH SOME TREMENDOUS LIFTING.

THOUGH NEVER HAVING SEEN DON REINHOUT AT HIS BEST, HE'S ALWAYS LIKED HIM...HE RESERVES HIS HIGHEST RESPECT FOR DOYLE KENADY...AND GIUS BETHWISCH SAYING THAT NO ONE PUTS MORE INTO THE SPORT...BRIDGES SIMPLY AMAZES JOHN, AND HE IDENTIFIES THE NAME PACIFICCO WITH SUCCESS AND EFFICIENCY OF LIFTING.

OF COURSE...JIM WILLIAMS IS ANOTHER LIFTER FOR WHOM JOHN HAS GREAT REVERENCE, NO ONE MATCHED HIM FOR THICKNESS AND DEVELOPMENT THROUGH THE CHEST AND SHOULDERS...JIM WEIGHED 350 AND WAS SHORTER THAN DAVE SHAW IS, SO YOU CAN IMAGINE THE KIND OF MASSIVENESS JOHN IS TALKING ABOUT.

SOME OF THE THINGS THAT CONCERN JOHN INCLUDE THE USE OF EXCESSIVE AMOUNTS OF DRUGS BY SO MANY LIFTERS AND THE WAY THAT SOME RECORDS HAVE BEEN 'BROKEN' LATELY, PLUS THE PETTY ASS POLITICS THAT SEEM TO DOMINATE BOTH THE ADMINISTRATION OF THE SPORT AND THE TELEVISION END OF THINGS...DESPITE THESE THINGS, WHICH SIMPLY DISGUST HIM, JOHN DERIVES A LOT OF SATISFACTION FROM HIS SPORT...IT MAKES HIM DIFFERENT, LIKE A GUY WHO WALKS AROUND WITH A SHAVED HEAD...YOU CAN JUST HEAR PEOPLE SAYING TO THEMSELVES...WHAT THE HELL IS HE...JOHN LOVES BEING FRONT OF AN AUDIENCE...EXCITING THEM AND DOING WHAT THEY WANT HIM TO DO...WHICH IS, PULL A WORLD RECORD D-LIFT.

THE "Elite" POWERLIFTING WRAP!!!

--STRONG, LONG-LASTING, AND THE NEW WRAP OF THE CHAMPIONS!

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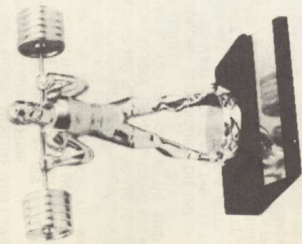
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MIKE MACDONALD...MOVIE STAR? Mike has been contacted by a party in New York in hopes that he will appear in a new "Star Wars" type movie. Mike and one other big name lifter are up for speaking role consideration in this production, which will feature a lot of young people as well as the lifters. They want Mike at 181 for this one...more on this as it develops.

THE ZANE MEISTER...went very smoothly and was great entertainment...some of the up and coming women sported spectacular physiques. In the Power end of things, Doug Young cracked some ribs some weeks before the meet and could not perform, but Larry Pacifico, who was going to emcee the second half of the show anyway, was right on cycle for the Seniors and became the ultimate substitute. Looking quite muscular under the stage lights, Larry showed why those veins were standing out on the top of his delts...benchling 535 with no problem, then going for 575...which would have been an unofficial, but very entertaining, exhibition record. It came very close, and you could see that Larry really wanted to get it, and was putting the heat to that bar, but it seemed out of the groove.

Pam Meister, at 105 bodyweight, pulled some impressive deadlifts, ending with a hard, slow success with around 350. Pam is very popular in the L.A. area now and gave the crowd another type of visual show with her new hairstyle...partially died the most crimson of reds.

Arnold was there, and did a masterful job as Master of Ceremonies...even threw a biceps shot to show that he still had some of the old stuff. Many other bodybuilding figures were present...some of the top names, perhaps to check out Frank Zane's posing exhibition...Frank was in great shape, the same excellent cuts and posing, but now he has greater size. Hopefully, this will be the first of many more body/Power shows promoted by the Zanes...best of luck to them in their future endeavors.

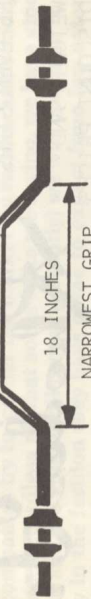
TELEVISION NEWS...didn't find out in time to let you know last issue, but late word was that the Women's Worlds was televised on July 19th, the Auburn meet on July 26th, the World Cup on August 3rd. It was stated at the Senior Nationals that the first segment of the 1980 Senior Nationals would be shown on August 24th on NBC...with another segment scheduled for sometime in December. NBC had indicated that they will not negotiate with the USPF for future national championships...instead they will limit themselves to IPF events. Be sure to write in to the network and tell them, pro or con, what you think of their telecasts of Powerlifting...addresses follow: NBC, Dick Auerbach, Thirty Rockefeller Plaza, New York, New York 10020. CBS, 51 W. 52nd St., New York, New York 10019. Please write in...it definitely helps to justify future broadcasts of the sport, and will provide feedback leading to improved presentations in the future.

ERRATA...Bob Carlson's lifts of 611, 402, 661, 1675 at 220 should have been on the TOP-100 list for that class, but PL USA had some trouble getting the results of the Region 7 meet, where he did that lifting, in time for the list.

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WORLD GAMES I

July 25 - Aug. 2, 1981

It's being called the biggest sports event in Northern California history...as many as 1300 athletes from 40 countries including Canada, Australia, Venezuela, Cuba, Brazil, Korea, Great Britain, Mexico, Bulgaria, Spain, Russia, Sweden, France, Yugoslavia, Columbia, West Germany, Israel, Switzerland, Japan, Yugoslavia, and New Zealand are expected to participate in at least 12 different non-Olympic sports. Powerlifting is one of the charter sports of this new federation, spearheaded by the GAISSF (General Assembly of International Sports Federations), and the format for the competition will be three 11 man teams, one each from a different zone of the World (the Americas, Europe, Asia).

To help keep politics out of the World Games, athletes will be housed by sport, rather than by country. There will be no flags raised or anthems played, nor will team scoring be kept...according to Games leader, Dr. Un Yung Kim. The majority of the events will be held in the Santa Clara and San Jose area, with the athletes being housed at the University of Santa Clara. Major figures involved with the World Games include Olympic Champion Bill Toomey and Executive Director, Hal Uplinger...former CBS television producer for NFL football games and pro basketball player. Television coverage of the games seems assured.

Concept for the World Games arose in 1974 responding to the rise in new sports becoming part of the Olympic Games. It is not meant to interfere with any other athletic endeavor, instead it's basic motivation is to promote international understanding and friendly competition on a wider base than ever before. The date for the Games is very close to our Senior Nationals, and a special arrangement for team selection is to be worked out by our National Committee, probably at the World Championships in Arlington, Texas.

MIKE SHACKELFORD...Mike has earned several PL USA TOP 100 achievement patches...which is truly remarkable considering he had polio as a child and was discharged from a Crippled Children's Hospital in 1965. Last year he ruptured two discs and paralyzed his legs. After a week, one leg came back...but it took him 3 months to save up enough for surgery (double laminectomy) to restore the other leg. Also, his right biceps tendon had torn loose from its attachment...this wasn't noticed until it was too late for surgical re-attachment. Still, after the surgery and some Electro Galvanic stimulation, he is squatting more than ever before. His deadlift is down about 30 pounds, but he's working hard to keep that lift on the TOP-100 list. Next time you don't train because of some minor aches and pains, perhaps this little tale will put things in perspective for you.

USE YOUR HEAD! Training information and tips published in POWERLIFTING USA are designed for use by healthy, fit individuals. Before starting any program of physical activity it is recommended that one obtain a physical exam from a doctor.

ONE MAN'S OPINION

Larry Pacifico

Just a note about the Women's Worlds. It was unfair to make believe that Jan Todd beat Ann Turbyme. Ann is no doubt the strongest female Powerlifter over 180 lbs. She could have taken whatever she wanted to out-total Jan. I was there and saw it all. And besides, Jan was 2 inches high on her squat for a World Record. And I was told I was being kind. Hope you print this.

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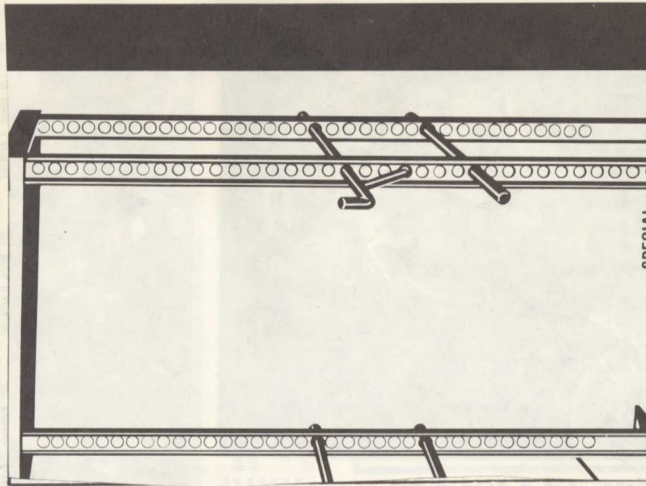
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WORLDS STRONGEST MEN COMPETITION is scheduled for the week of August 18-23 at the Playboy Club in Great George, New Jersey. This is a beautiful resort with golf, pool, tennis, etc...just about an hour and a half outside of Newark. This year the stakes have been upped...\$20,000 for 1st place...ranging down to around \$1500 for the 10th place finisher. Those invited include Don Reinhardt, Bill Kazmaier, Larry Hedlund, Wayne Coleman (aka Bill Graham...now weighing 305 with 23 inch arms), Geoff Capes (British strongman), Gene Durr (winner of the Frenchman), son of the Strongest Man contest), Bishop Doyle (Canadian shot putter and weight lifter), Cleve Dease (at this writing, some of the above had made formal commitment to participate). Some of the events have been changed once again...apparently they will be pulling a big disc up truck instead of a tram this time, there will be an event like you used to see at county fairs, using a sledge hammer to drive a disc upward for height. They've also planned a clean and press event using logs...as well as a weight toss, and some kind of rowing event, along with your favorites, the wheelbarrow race, refrigerator race, and some kind of deadlift. Hope to have some more information for you on how it went in the next issue of PL USA.

Cools
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1980 World Powerlifting Championships

November 7-9, 1980
Rodevay Inn, Arlington, Texas



Competition		Class		Reserved		Gen. Adm.	
Friday, Nov. 7	15:00 Noon	59KG / 54KG	\$ 8.00	Nov. 7	\$ 5.00	Nov. 7	\$ 5.00
Saturday, Nov. 8	5:00 P.M.	60KG / 57KG	8.00	Nov. 8	5.00	Nov. 8	5.00
	9:00 A.M.	75KG	8.00	Nov. 9	5.00	Nov. 9	5.00
	3:00 P.M.	80KG	8.00	Weekend Pass	18.00		18.00
	7:00 P.M.	90KG	18.00				
Sunday, Nov. 9	10:00 A.M.	100KG					
	5:00 P.M.	110 110 + KG					

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P. O. BOX 4292
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PHONE (817) 647-2115

Accommodations

The Rodevay Inn will be the site of all events and will be the home of all lifters and officials during their stay at the hotel. Room reservations should be made immediately for lifters and officials. Special rates are available for spectators at special rates up until 14 days prior to the event. Contact the Promoter for Reservations.

Tickets

Reserved tickets will be sold on a first come - first served basis for seats in the first 15 rows. They are \$8.00 per day or \$18.00 for a weekend pass. General admission seats will be available for \$5.00 per day or \$10.00 for a weekend pass. Tickets will be mailed promptly upon receipt of check or money order and the coupon below.

T-Shirts

The Standard Meet T-Shirt displaying the emblem on this brochure is now available for \$5.50 each in sizes: Small, Medium, Large, and Xtra-Large. The Standard Meet World Championship Carcature T-Shirt is available for \$6.00 each. These very special shirts will be collectors items. Order in sizes: Small, Medium, Large or Xtra-Large.

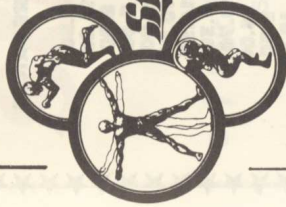
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Triple 144 - 148	Departure Date	Nov. 8	5.00
Arrival Date	Departure Date	Nov. 9	5.00
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City	City		
State	State		
Zip	Zip		
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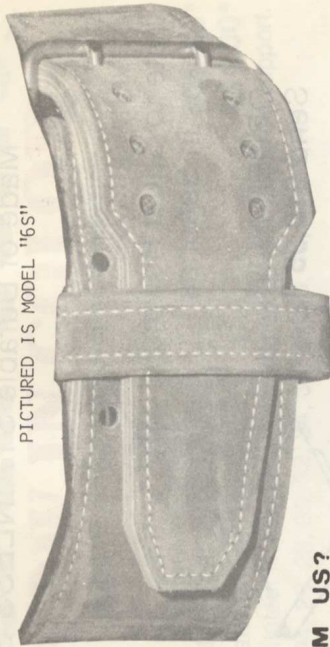
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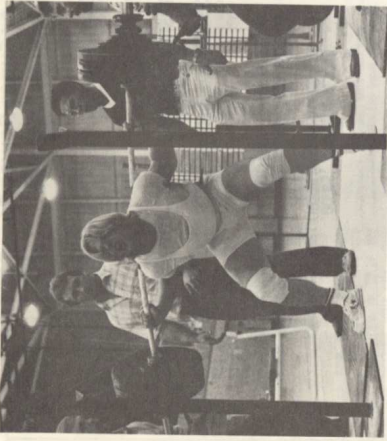
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 THE AFFAIR WILL BE EXPANDED TO
 TWO DAYS. ON BEHALF OF THE CLUB &
 THE LIFTERS WHO PARTICIPATED, I
 THANK YOU ALL FOR YOUR SUPPORT.
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 S. OSBEL-JONES
 ASSISTANTS: B. BISSSELL, C. PRATT
 PHOTOS: B. BISSSELL

UTEP OPEN. They had a real battle at 198, as shown above in the picture of Gabe Shivers (left photo) by Roy Jones and Roy Koprovec's 620 deadlift (right photo by Gary Bissell). Gabe was leading going into the lift, but Roy pulled out the stops and got the victory. He had some real troubles on the squat, lost his footing on the first attempt, got the 615, then blew his suit on the third try. Thanks to Gary Bissell for the pictures and commentary. Lifters in the Border Association are just getting started in Powerlifting...as evidenced by the fact that two of them went to the National Collegiate and were almost not allowed to lift because the official checking in AAU cards had never heard of the Border Association...and didn't believe it existed. Made them wonder why they even bothered buying the card in the first place.

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PL USA offers readership!!! Bill Nelson of Honolulu reports that all the people out there are really irate because of my bad taste in ethnic jokes published on P. 38 of the April issue. Well, people, consider this a retraction...Sorry 'bout that.

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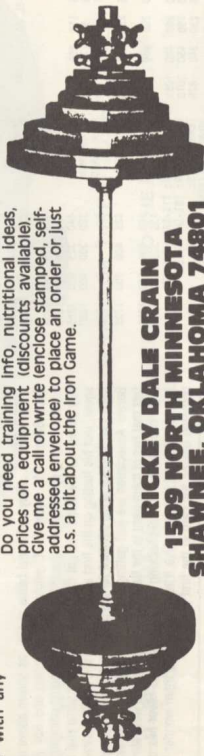
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D. GARDNER	107.5	62.5	122.5	282.5	250	375	S. WILLIAMS
C. SARGENT	165	100	175	340	300	425	C. CLAYTON
C. CASSEYER	82.5	32.5	102.5	285	270	375	E. WARREN
B. MEIER	145	62.5	122.5	282.5	250	375	M. SHIM
M. SHANER	102	65	140	280	200	315	A. DUTTON
G. GILL	202.5	160	230	400	335	500	J. GEDNEY
C. WOODRASKA	170	122.5	202.5	350	300	425	D. SPOOL
A. BERNARDI	170	122.5	202.5	350	300	425	D. FRANTZ
J. GRANHAM	205	165	235	400	335	500	L. ZAPPA
T. POLWART	177.5	110	215	382.5	300	425	M. MOORE
R. VELAOS	102.5	62.5	122.5	282.5	250	375	M. ORTH
R. SCOTT	102.5	62.5	122.5	282.5	250	375	E. TUDOR
D. JONES	202.5	160	230	400	335	500	E. THORND
J. GRANHAM	205	165	235	400	335	500	E. THORND
T. POLWART	177.5	110	215	382.5	300	425	T. WOE
R. VELAOS	102.5	62.5	122.5	282.5	250	375	M. HARRISON
R. SCOTT	102.5	62.5	122.5	282.5	250	375	C. BISHOP
D. JONES	202.5	160	230	400	335	500	S. MAHER
J. GRANHAM	205	165	235	400	335	500	J. WELCK
T. POLWART	177.5	110	215	382.5	300	425	M. STERNBERG
R. VELAOS	102.5	62.5	122.5	282.5	250	375	THANKS TO THE SPORTS FITNESS INSTITUTE FOR RESULTS
R. SCOTT	102.5	62.5	122.5	282.5	250	375	
D. JONES	202.5	160	230	400	335	500	
J. GRANHAM	205	165	235	400	335	500	
T. POLWART	177.5	110	215	382.5	300	425	
R. VELAOS	102.5	62.5	122.5	282.5	250	375	
R. SCOTT	102.5	62.5	122.5	282.5	250	375	
D. JONES	202.5	160	230	400	335	500	
J. GRANHAM	205	165	235	400	335	500	
T. POLWART	177.5	110	215	382.5	300	425	
R. VELAOS	102.5	62.5	122.5	282.5	250	375	
R. SCOTT	102.5	62.5	122.5	282.5	250	375	
D. JONES	202.5	160	230	400	335	500	
J. GRANHAM	205	165	235	400	335	500	
T. POLWART	177.5	110	215	382.5	300	425	
R. VELAOS	102.5	62.5	122.5	282.5	250	375	
R. SCOTT	102.5	62.5	122.5	282.5	250	375	
D. JONES	202.5	160	230	400	335	500	
J. GRANHAM	205	165	235	400	335	500	
T. POLWART	177.5	110	215	382.5	300	425	
R. VELAOS	102.5	62.5	122.5	282.5	250	375	
R. SCOTT	102.5	62.5	122.5	282.5	250	375	
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J. GRANHAM	205	165	235	400	335	500	
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R. VELAOS	102.5	62.5	122.5	282.5	250	375	
R. SCOTT	102.5	62.5	122.5	282.5	250	375	
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J. GRANHAM	205	165	235	400	335	500	
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R. SCOTT	102.5	62.5	122.5	282.5	250	375	
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R. VELAOS	102.5	62.5	122.5	282.5	250	375	
R. SCOTT	102.5	62.5	122.5	282.5	250	375	
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J. GRANHAM	205	165	235	400	335	500	
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R. VELAOS	102.5	62.5	122.5	282.5	250	375	
R. SCOTT	102.5	62.5	122.5	282.5	250	375	
D. JONES	202.5	160	230	400	335	500	
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R. SCOTT	102.5	62.5	122.5	282.5	250	375	
D. JONES	202.5	160	230	400	335	500	
J. GRANHAM	205	165	235	400	335	500	
T. POLWART	177.5	110	215	382.5	300	425	
R. VELAOS	102.5	62.5	122.5	282.5	250	375	
R. SCOTT	102.5	62.5	122.5	282.5	250	375	
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J. GRANHAM	205	165	235	400	335	500	
T. POLWART	177.5	110	215	382.5	300	425	
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R. SCOTT	102.5	62.5	122.5	282.5	250	375	
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J. GRANHAM	205	165	235	400	335	500	
T. POLWART	177.5	110	215	382.5	300	425	
R. VELAOS	102.5	62.5	122.5	282.5	250	375	
R. SCOTT	102.5	62.5	122.5	282.5	250	375	
D. JONES	202.5	160	230	400	335	500	
J. GRANHAM	205	165	235	400	335	500	
T. POLWART	177.5	110	215	382.5	300	425	
R. VELAOS	102.5	62.5	122.5	282.5	250	375	
R. SCOTT	102.5	62.5	122.5	282.5	250	375	
D. JONES	202.5	160	230	400	335	500	
J. GRANHAM	205	165	235	400	335	500	
T. POLWART	177.5	110	215	382.5	300	425	
R. VELAOS	102.5	62.5	122.5	282.5	250	375	
R. SCOTT	102.5	62.5	122.5	282.5	250	375	
D. JONES	202.5	160	230	400	335	500	
J. GRANHAM	205	165	235	400	335	500	
T. POLWART	177.5	110	215	382.5	300	425	
R. VELAOS	102.5	62.5	122.5	282.5	250	375	
R. SCOTT	102.5	62.5	122.5	282.5	250	375	
D. JONES	202.5	160	230	400	335	500	
J. GRANHAM	205	165	235	400	335	500	
T. POLWART	177.5	110	215	382.5	300	425	
R. VELAOS	102.5	62.5	122.5	282.5	250	375	
R. SCOTT	102.5	62.5	122.5	282.5	250	375	
D. JONES	202.5	160	230	400	335	500	
J. GRANHAM	205	165	235	400	335	500	
T. POLWART	177.5	110	215	382.5	300	425	
R. VELAOS	102.5	62.5	122.5	282.5	250	375	
R. SCOTT	102.5	62.5	122.5	282.5	250	375	
D. JONES	202.5	160	230	400	335	500	
J. GRANHAM	205	165	235	400	335	500	
T. POLWART	177.5	110	215	382.5	300	425	
R. VELAOS	102.5	62.5	122.5	282.5	250	375	
R. SCOTT	102.5	62.5	122.5	282.5	250	375	
D. JONES	202.5	160	230	400	335	500	
J. GRANHAM	205	165	235	400	335	500	
T. POLWART	177.5	110	215	382.5	300	425	
R. VELAOS	102.5	62.5	122.5	282.5	250	375	
R. SCOTT	102.5	62.5	122.5	282.5	250	375	
D. JONES	202.5	160	230	400	335	500	
J. GRANHAM	205	165	235	400	335	500	
T. POLWART	177.5	110	215	382.5	300	425	
R. VELAOS	102.5	62.5	12				

ALL-TIME RANKING LIST FOR AMERICAN LIFTERS

Complete through 31 December 1979..... Compiled by Herb Glosbrenner

52kg/114

SOUTHERN MARYLAND OPEN-6/21/80
GREAT MILLS, MD

79 1. Dunbar, J.	485	303	365	1151	76 51. Veresio, R.	330	245	345	885
79 2. Redding, J.	360	250	440	1050	75 52. Patterson, B.	260	220	355	815
79 3. Kueick, T.	360	220	440	1020	75 53. Ruvalo, A.	240	200	375	815
79 4. Heath, D.	360	220	440	1020	75 54. Rapasa, D.	275	195	355	815
79 5. McLean, R.	374	220	424	1019	75 55. Horne, J.	250	190	375	815
79 6. Millward, R.	360	200	440	1000	75 56. Dilbeck, J.	250	225	355	815
79 7. C. Knick, G.	352	225	474	1097	75 57. Gomez, J.	310	195	310	810
79 8. Caciopka, J.	352	248	369	969	75 58. Walker, G.	270	185	350	805
79 9. Steinfield, J.	352	248	369	969	75 59. Ferrara, T.	270	185	350	805
79 10. Ramsey, R.	335	190	415	940	74 61. Rutsky, B.	270	195	355	800
79 11. Selegner, R.	335	190	415	940	74 62. Bradford, R.	260	160	380	800
79 12. Paventti, N.	335	210	370	935	74 63. Zauray, J.	300	160	340	800
79 13. Ellis, M.	303	226	402	931	74 64. Burgado, B.	285	212	303	800
79 14. Saurin, B.	303	226	402	931	74 65. Irish, J.	315	165	320	800
79 15. Saunders, B.	315	200	385	900	74 66. Shiljo, M.	265	155	380	800
79 16. Mercer, R.	315	200	385	900	74 67. Sackett, J.	240	220	340	800
79 17. Mesker, J.	290	215	390	895	74 68. Metz, C.	295	170	345	800
79 18. Snyder, S.	290	215	390	895	74 69. Tucker, C.	285	170	345	800
79 19. Sandoval, M.	305	230	360	895	74 70. Peres, J.	275	185	340	800
79 20. Sanders, B.	290	190	415	895	74 71. Regan, J.	281	195	325	799
74 21. Spring, R.	314	204	374	892	74 72. Coulet, G.	250	215	350	795
74 22. Champ, M.	270	260	360	890	74 73. Benfield, J.	275	185	355	795
74 23. Humint, G.	270	260	360	890	74 74. Ferguson, J.	250	170	375	795
74 24. Hopkins, R.	250	240	395	887	74 75. Stearns, J.	270	170	350	790
74 25. Lopez, J.	250	240	395	887	74 76. Clovis, J.	250	205	350	785
74 26. Seiber, R.	325	200	375	885	74 77. Waskiewicz, B.	240	215	350	785
74 27. Spide, M.	325	200	375	885	74 78. Clark, J.	225	225	355	785
74 28. Santini, M.	292	242	352	881	74 79. Thomas, J.	230	180	375	785
74 29. Strain, M.	292	242	352	881	74 80. Pickle, J.	248	182	352	782
74 30. LeSling, M.	350	175	340	865	74 81. Nickles, F.	240	170	370	780
75 31. Pollard, T.	270	175	410	855	74 82. Pfeifer, D.	280	170	350	780
75 32. Hartley, S.	280	210	365	850	74 83. Medina, J.	255	195	330	775
75 33. Walsh, S.	315	195	335	850	74 84. Ledesma, M.	250	190	350	775
75 34. Streeter, B.	275	230	345	850	74 85. Grimm, M.	275	125	375	775
75 35. Kahn, J.	255	195	340	850	74 86. Chang, V.	250	215	305	770
75 36. Beverland, B.	390	230	240	850	74 87. Weeks, J.	270	165	330	765
75 37. Hoover, R.	390	230	240	850	74 88. Jordan, R.	245	230	290	765
75 38. Mier, J.	340	175	335	845	74 89. Hall, J.	260	145	350	765
75 39. Bleher, P.	315	250	280	845	74 90. Talavera, J.	260	200	305	765
75 40. Mooney, C.	245	170	425	840	74 91. Donnelly, J.	275	190	300	765
78 41. Givens, R.	285	195	360	840	74 92. *Meister, J.	300	130	330	760
78 42. Peterson, J.	270	195	350	840	74 93. Orier, A.	240	180	340	760
78 43. Landry, J.	275	195	350	840	74 94. Lupo, J.	260	180	340	760
78 44. Cimline, R.	358	242	237	837	74 95. Villa, J.	245	190	325	760
78 45. Dales, R.	300	190	345	835	74 96. Sutton, T.	270	170	320	760
78 46. Goude, K.	260	195	380	835	74 97. Dayton, D.	250	180	325	755
78 47. Sehaids, J.	305	180	350	835	74 98. Edwards, K.	265	150	340	755
78 48. Fink, A.	280	200	350	830	74 99. Inzer, J.	245	190	320	755
78 49. Durachta, T.	300	170	360	830	74 100. Nyaceto, S.	245	190	320	755
79 50. Cameron, S.	300	170	360	830					

56kg/123

79 1. Gant, J.	418	308	617	1344	79 51. Waskiewicz, B.	350	260	400	1010
79 2. Bradley, J.	455	315	525	1295	79 52. McNeil, C.	375	210	420	1005
79 3. Leach, R.	462	270	512	1245	79 53. *Melio, R.	350	295	415	1000
79 4. McLean, R.	446	264	525	1234	79 54. Trujillo, R.	305	240	455	1000
79 5. Clark, A.	420	240	540	1200	79 55. Verlander, B.	345	220	435	1000
79 6. Barnazzani, J.	415	280	485	1180	79 56. Cole, J.	320	230	450	1000
79 7. Nunez, J.	480	245	495	1180	79 57. Peters, J.	350	250	400	1000
79 8. Nunez, J.	480	245	495	1180	79 58. Verdonck, R.	370	230	400	1000
79 9. Benoit, J.	405	265	480	1140	79 59. Coles, J.	345	225	435	1000
79 10. Kucipka, G.	425	310	460	1141	79 60. Collina, J.	330	235	435	1000
79 11. Kasick, T.	400	270	470	1140	79 61. Ray, M.	330	215	450	995
79 12. Cross, M.	390	225	510	1125	79 62. Cangemi, E.	375	200	450	995
79 13. Mumford, L.	460	290	370	1120	79 63. Raposo, D.	360	230	415	995
79 14. Thayer, J.	400	285	465	1115	79 64. Yoshida, D.	325	305	365	991
79 15. Hading, J.	440	235	465	1115	79 65. Martinez, J.	360	240	450	990
79 16. Hading, J.	410	220	475	1100	79 66. Hartman, J.	300	240	370	990
79 17. DeSantis, N.	396	264	440	1102	79 67. Lopez, J.	365	240	425	990
79 18. Bowers, J.	380	285	450	1100	79 68. Probstbaum, S.	295	315	345	990
79 19. Schmitz, J.	380	285	450	1100	79 69. Jones, J.	350	240	400	990
79 20. Tollman, J.	360	275	450	1085	79 70. Harvley, S.	350	240	400	990

(next page)

79 21. Scelfo, V.	440	200	445	1085	79 71. Rybicki, C.	314	226	441	981
69 22. McKim, M.	365	265	450	1075	71. Hain, G.	350	200	445	975
69 23. Mackett, L.	365	260	450	1075	73. Mercer, J.	350	205	420	975
71 24. Sappenfield, R.	335	245	475	1070	73 74. Glass, F.	355	185	455	975
66 25. Hernandez, E.	350	265	425	1060	75 75. Barant, J.	350	185	455	975
79 26. Castro, M.	350	205	425	1060	75 76. Pykes, L.	350	235	440	975
79 27. Hopkins, R.	402	226	424	1052	77 77. Trujillo, R.	355	185	440	975
79 28. Martin, J.	380	248	424	1050	77 78. Knell, J.	355	215	405	975
67 29. Jones, D.	380	270	400	1050	72 79. Givens, R.	360	220	390	970
71 30. Rangi, G.	345	280	425	1050	78 80. Korba, M.	350	205	430	965
74 31. Leak, J.	345	235	470	1050	79 81. Benfield, J.	360	220	395	965
44 32. Dunbar, G.	325	285	415	1025	68 82. Melendes, J.	350	180	440	960
79 33. Mason, M.	385	217	424	1047	77 83. Inzer, J.	340	220	400	960
67 34. Westy, J.	350	235	500	1045	77 84. Dier, J.	340	220	400	960
79 35. Salas, J.	375	270	400	1045	78 85. Morris, J.	310	180	470	960
74 36. Bojazi, J.	347	242	451	1041	79 86. Wodraska, R.	350	230	380	960
79 37. Snell, K.	375	255	435	1035	79 87. Lofling, M.	380	205	375	960
79 38. Wally, W.	375	230	425	1030	79 88. Brown, G.	360	245	385	960
79 39. Heath, B.	400	220	410	1030	79 89. Ramsey, J.	425	230	300	955
79 40. Marino, G.	360	240	430	1030	72 90. Gurgel, M.	315	220	420	955
69 41. Trujillo, P.	325	275	425	1025	72 91. Greenway, W.	275	240	440	955
70 42. Castillo, R.	325	285	415	1025	74 92. Davy, J.	305	240	410	955
74 43. Kuribayashi, L.	325	260	415	1025	78 93. Corke, J.	310	215	430	955
77 44. McDowell, K.	380	205	440	1025	68 94. Gonzalez, F.	300	250	400	950
77 45. Shyles, S.	345	240	435	1020	69 95. Gonzalez, F.	335	255	360	950
78 46. Leak, J.	340	225	450	1015	70 96. Millers, W.	310	225	415	950
78 47. Scholtz, J.	330	235	450	1015	70 97. Myamoto, B.	325	225	400	950
79 48. Rodriguez, O.	390	245	380	1015	69 98. Boxworth, S.	305	215	425	945
69 49. Perkins, G.	330	275	405	1010	75 99. Moore, R.	345	185	415	945
72 50. Alexander, W.	340	200	470	1010	75 100. Bautista, R.	340	255	350	945

60kg/132

79 1. Bradley, J.	525	335	600	1460	76 51. Schultz, J.	370	280	485	1135
79 2. Gant, J.	419	308	622	1410	76 52. Brehner, J.	400	250	485	1135
79 3. Millan, B.	514	270	535	1317	67 53. Welch, J.	350	250	535	1135
79 4. Kurbayashi, L.	451	325	540	1317	67 54. Welch, J.	395	290	455	1130
79 5. Kurbayashi, L.	450	314	562	1311	71 55. Miller, R.	385	270	475	1125
79 6. Hernandez, E.	450	314	562	1311	70 56. Benezet, J.	375	260	490	1125
79 7. Riley, J.	430	310	535	1275	77 57. Curmick, K.	415	265	485	1125

79	47.	Dykes, R.	405	280	460	1140	1080	79	97.	Scalfy, V.	400	285	595	1320	1290	79	71.	Pyra, J.	445	315	630	1390	1290	79	51.	Burter, C.	505	290	525	1320	1290	79	72.	Cale, A.	495	265	570	1290	1290	79	73.	Medeiros, B.	479	308	501	1289	1289	79	74.	Zuglin, M.	515	290	480	1285	1285	79	75.	Arthur, M.	465	270	550	1285	1285	79	76.	Wamaley, B.	430	210	540	1280	1280	79	77.	Ely, R.	480	275	525	1280	1280	79	78.	Smokers, J.	460	280	540	1280	1280	79	79.	Phillips, M.	450	355	475	1280	1280	79	80.	Sulzer, R.	468	305	507	1278	1278	79	81.	Schnebel, J.	452	308	518	1278	1278	79	82.	Lee, J.	450	280	545	1275	1275	79	83.	Williams, R.	415	270	515	1275	1275	79	84.	Magiera, G.	485	370	515	1275	1275	79	85.	Pellegrino, J.	440	355	500	1275	1275	79	86.	Topogoin, J.	480	295	510	1275	1275	79	87.	Haro, J.	465	341	468	1275	1275	79	88.	Bernazzani, J.	475	270	525	1270	1270	79	89.	Posey, R.	440	305	525	1270	1270	79	90.	Riley, P.	400	320	550	1270	1270	79	91.	Orzel, J.	430	290	550	1270	1270	79	92.	Bojazi, J.	430	290	550	1270	1270	79	93.	Organzini, R.	455	310	500	1265	1265	79	94.	Mintz, L.	415	345	505	1265	1265	79	95.	Thayer, E.	440	320	505	1265	1265	79	96.	Fursten, T.	435	297	429	1265	1265	79	97.	Pyra, J.	435	325	510	1260	1260	79	98.	Nazari, B.	425	325	510	1260	1260	79	99.	Deary, B.	420	310	518	1260	1260	79	100.	Grodecki, R.	460	290	510	1260	1260	79	51.	Galarzi, S.	556	314	600	1471	1471	79	52.	Jones, D.	573	286	611	1471	1471	79	53.	Hale, R.	525	290	555	1470	1470	79	54.	Peterson, V.	545	335	585	1465	1465	79	55.	Hoody, J.	525	315	570	1465	1465	79	56.	Hall, J.	555	315	590	1460	1460	79	57.	McClawerty, J.	525	350	564	1460	1460	79	58.	Wright, J.	570	350	560	1460	1460	79	59.	Ingrojo, J.	525	350	580	1455	1455	79	60.	Carroll, D.	485	391	578	1455	1455	79	61.	Ellott, M.	578	308	574	1455	1455	79	62.	Phillips, J.	529	391	544	1455	1455	79	63.	Joym, J.	515	325	610	1450	1450	79	64.	Smith, J.	540	350	578	1449	1449	79	65.	Baltmist, C.	512	358	578	1445	1445	79	66.	LeFontaine, N.	590	345	590	1445	1445	79	67.	Clark, C.	560	300	585	1445	1445	79	68.	Ely, R.	525	325	585	1445	1445	79	69.	Smokers, J.	570	310	606	1444	1444	79	70.	Pyra, J.	450	250	480	1190	1190	79	71.	DeCraen, R.	300	295	475	1070	1070	79	72.	Metlan, L.	455	325	550	1070	1070	79	73.	Metlan, L.	455	325	550	1070	1070	79	74.	Metlan, L.	455	325	550	1070	1070	79	75.	Metlan, L.	455	325	550	1070	1070	79	76.	Metlan, L.	455	325	550	1070	1070	79	77.	Metlan, L.	455	325	550	1070	1070	79	78.	Metlan, L.	455	325	550	1070	1070	79	79.	Metlan, L.	455	325	550	1070	1070	79	80.	Metlan, L.	455	325	550	1070	1070	79	81.	Metlan, L.	455	325	550	1070	1070	79	82.	Metlan, L.	455	325	550	1070	1070	79	83.	Metlan, L.	455	325	550	1070	1070	79	84.	Metlan, L.	455	325	550	1070	1070	79	85.	Metlan, L.	455	325	550	1070	1070	79	86.	Metlan, L.	455	325	550	1070	1070	79	87.	Metlan, L.	455	325	550	1070	1070	79	88.	Metlan, L.	455	325	550	1070	1070	79	89.	Metlan, L.	455	325	550	1070	1070	79	90.	Metlan, L.	455	325	550	1070	1070	79	91.	Metlan, L.	455	325	550	1070	1070	79	92.	Metlan, L.	455	325	550	1070	1070	79	93.	Metlan, L.	455	325	550	1070	1070	79	94.	Metlan, L.	455	325	550	1070	1070	79	95.	Metlan, L.	455	325	550	1070	1070	79	96.	Metlan, L.	455	325	550	1070	1070	79	97.	Metlan, L.	455	325	550	1070	1070	79	98.	Metlan, L.	455	325	550	1070	1070	79	99.	Metlan, L.	455	325	550	1070	1070	79	100.	Metlan, L.	455	325	550	1070	1070	79
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79 47. Dykes, R. 405 280 460 1140 1080 79 97. Scalfy, V. 400 285 595 1320 1290 79 71. Pyra, J. 445 315 630 1390 1290 79 51. Burter, C. 505 290 525 1320 1290 79 72. Cale, A. 495 265 570 1290 1290 79 73. Medeiros, B. 479 308 501 1289 1289 79 74. Zuglin, M. 515 290 480 1285 1285 79 75. Arthur, M. 465 270 550 1285 1285 79 76. Wamaley, B. 430 210 540 1280 1280 79 77. Ely, R. 480 275 525 1280 1280 79 78. Smokers, J. 460 280 540 1280 1280 79 79. Phillips, M. 450 355 475 1280 1280 79 80. Sulzer, R. 468 305 507 1278 1278 79 81. Schnebel, J. 452 308 518 1278 1278 79 82. Lee, J. 450 280 545 1275 1275 79 83. Williams, R. 415 270 515 1275 1275 79 84. Magiera, G. 485 370 515 1275 1275 79 85. Pellegrino, J. 440 355 500 1275 1275 79 86. Topogoin, J. 480 295 510 1275 1275 79 87. Haro, J. 465 341 468 1275 1275 79 88. Bernazzani, J. 475 270 525 1270 1270 79 89. Posey, R. 440 305 525 1270 1270 79 90. Riley, P. 400 320 550 1270 1270 79 91. Orzel, J. 430 290 550 1270 1270 79 92. Bojazi, J. 430 290 550 1270 1270 79 93. Organzini, R. 455 310 500 1265 1265 79 94. Mintz, L. 415 345 505 1265 1265 79 95. Thayer, E. 440 320 505 1265 1265 79 96. Fursten, T. 435 297 429 1265 1265 79 97. Pyra, J. 435 325 510 1260 1260 79 98. Nazari, B. 425 325 510 1260 1260 79 99. Deary, B. 420 310 518 1260 1260 79 100. Grodecki, R. 460 290 510 1260 1260 79 51. Galarzi, S. 556 314 600 1471 1471 79 52. Jones, D. 573 286 611 1471 1471 79 53. Hale, R. 525 290 555 1470 1470 79 54. Peterson, V. 545 335 585 1465 1465 79 55. Hoody, J. 525 315 570 1465 1465 79 56. Hall, J. 555 315 590 1460 1460 79 57. McClawerty, J. 525 350 564 1460 1460 79 58. Wright, J. 570 350 560 1460 1460 79 59. Ingrojo, J. 525 350 580 1455 1455 79 60. Carroll, D. 485 391 578 1455 1455 79 61. Ellott, M. 578 308 574 1455 1455 79 62. Phillips, J. 529 391 544 1455 1455 79 63. Joym, J. 515 325 610 1450 1450 79 64. Smith, J. 540 350 578 1449 1449 79 65. Baltmist, C. 512 358 578 1445 1445 79 66. LeFontaine, N. 590 345 590 1445 1445 79 67. Clark, C. 560 300 585 1445 1445 79 68. Ely, R. 525 325 585 1445 1445 79 69. Smokers, J. 570 310 606 1444 1444 79 70. Pyra, J. 450 250 480 1190 1190 79 71. DeCraen, R. 300 295 475 1070 1070 79 72. Metlan, L. 455 325 550 1070 1070 79 73. Metlan, L. 455 325 550 1070 1070 79 74. Metlan, L. 455 325 550 1070 1070 79 75. Metlan, L. 455 325 550 1070 1070 79 76. Metlan, L. 455 325 550 1070 1070 79 77. Metlan, L. 455 325 550 1070 1070 79 78. Metlan, L. 455 325 550 1070 1070 79 79. Metlan, L. 455 325 550 1070 1070 79 80. Metlan, L. 455 325 550 1070 1070 79 81. Metlan, L. 455 325 550 1070 1070 79 82. Metlan, L. 455 325 550 1070 1070 79 83. Metlan, L. 455 325 550 1070 1070 79 84. Metlan, L. 455 325 550 1070 1070 79 85. Metlan, L. 455 325 550 1070 1070 79 86. Metlan, L. 455 325 550 1070 1070 79 87. Metlan, L. 455 325 550 1070 1070 79 88. Metlan, L. 455 325 550 1070 1070 79 89. Metlan, L. 455 325 550 1070 1070 79 90. Metlan, L. 455 325 550 1070 1070 79 91. Metlan, L. 455 325 550 1070 1070 79 92. Metlan, L. 455 325 550 1070 1070 79 93. Metlan, L. 455 325 550 1070 1070 79 94. Metlan, L. 455 325 550 1070 1070 79 95. Metlan, L. 455 325 550 1070 1070 79 96. Metlan, L. 455 325 550 1070 1070 79 97. Metlan, L. 455 325 550 1070 1070 79 98. Metlan, L. 455 325 550 1070 1070 79 99. Metlan, L. 455 325 550 1070 1070 79 100. Metlan, L. 455 325 550 1070 1070 79

Table with columns for names, numbers, and other identifiers. Includes names like 'Garola, G.', 'Weber, S.', 'McCallin, C.', etc. and numbers like '595 360 511 1587', '74 45 300 1575', etc.

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100kg/220

110kg/242

100kg/220

110kg/242

100kg/220

110kg/242

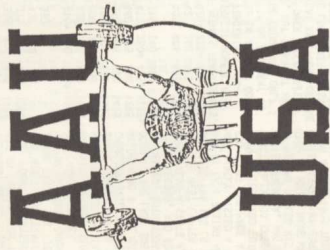
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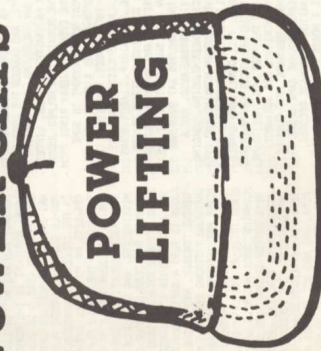
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