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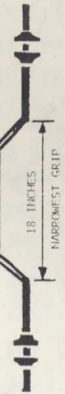
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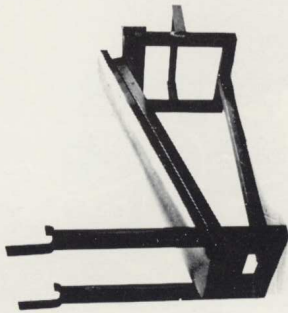
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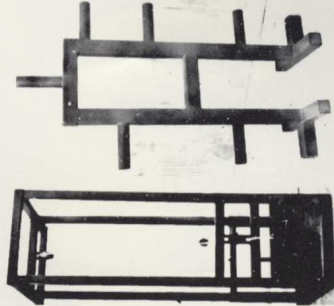
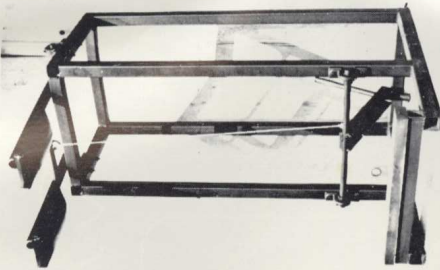
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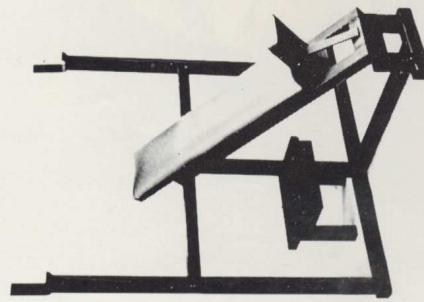
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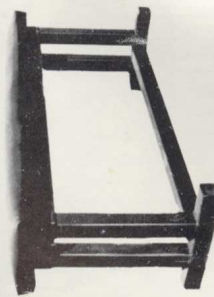


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THE 1980 WORLD POWERLIFTING CHAMPIONSHIPS

by Mike Lambert

This meet came close to becoming the World's that Wasn't. The culmination of the ongoing USPF, IPF, NPA, etc. scuffles of recent months resulted in the serving of several summons for lawsuits and other legal actions at the meet site, while marshals stood by, with chains and padlocks ready to secure the closed out. With the alternative being the contest from taking place until things at the NPA and USPF representatives sat down and compromised. What they came up with was this...the NPA team was to lift as guest lifters at the World Championships, they would not place in the regular competition scoring. They would want now would their placings figure into team competition scoring. They would be allowed to set World Records however. It was agreed that there would be no recriminations against NPA lifters by the USPF, and the NPA would dissolve as an organization effective the day after the World Championships. Additionally it was agreed that Jan Todd would not serve as Managing Editor of the USPF publication, The Powerlifter.

The IPF accepted this compromise and the championships went ahead in more or less normal fashion. Informally, it was made clear to me that many IPF member nations were very upset with having a 'gun held to their heads' as to whether the championships would even take place, and it seems likely that the United States will not be the site of another World Championships for many years to come. In fact, India will be the host of the 1981 Championships and West Germany the year after that, and I believe I heard mention of Australia, at least showing interest, for sometime further down the road. With a clash of so many interests and personalities, somebody was bound to get the short end of the stick. Terry Todd was banned by the IPF for two years and Joe Zarella received a lesser reprimand. After all was said and done the lawsuits were dropped (including one that had Lambert's name on it) and my impression is that the parties concerned have split out all the vitriol that had been boiling up inside of them, and that nearly everyone realizes what a waste of time all the hassles of 1980 have been...most have come away with a commitment to concentrating on things that lead to the betterment of the sport, rather than the personal power struggles that have distracted the attention of the sport's leadership all over the world. All this trouble could have been, and should have been avoided...that's the painful reality of this futile series of events.

The meet site itself was beautifully decorated, certainly adequate for the crowd of a little less than 1000, and the people involved made a very sincere effort to have all the nationalities feel comfy. Naturally there were some difficulties, as at any meet, and the promoters did lose quite a bundle of bread on this one, so I encourage you to take advantage of the offer elsewhere in the magazine to purchase Official 1980 World Championship key chains (\$3.00), belt buckles (\$5.00), patches (\$3.00)...and especially, get a copy of the Souvenir meet program...it's on-line, along with all the results of previous World Championships...very interesting articles by Clay Patterson, Ken Leistner, Bill Starr, etc. It's as big as a copy of PL USA and it's a great memento of the biggest contest of the year as well as being a valuable reference information source that you will use in the years to come. Send your order to Strength Systems, 3600 Pioneer Parkway, No. 11, Arlington, Texas 76013.

In the lifting...the 1145 had a script much like last years...Inaba had to be the favorite. Dumber would come out smoking after him...Bhairo of Great Britain had to be watched carefully. Despite the lack of pre-meet suspense, there was excitement and World Records aplenty to keep the crowd from getting too comfortable in their seats. The twin Domains of Dumbard...squat and deadlift...were introduced on by a grinning Inaba. Chuckie showed his common trait of missing a lift and then storming back to blow it away...with a WR squat of 507, but in between attempts Inaba made a strong lift himself with the same WR poundage...and when he lost the mark to Chuckie's lighter bodyweight, he came back on a 4th attempt to make a sensational 512, which Chuckie missed on his 4th attempt. Inaba cuts quite a figure...on and off the platform. Despite the language and culture barrier, when you see this man you know immediately that he is a Somebody.

On the bench press Chuckie got some revenge. Inaba failed 264, but Chuckie nailed 306 on a third for a WR, as well as a tremendous 314 on a 4th attempt. In the deadlift Chuckie cruised...making all three attempts, and left the platform realizing that he could have done more. Once in his own domain, the deadlift...Inaba scuttled...missing attempts at 507 and 512, but still ending with a WR total of 1251. I'd say he is good for a lot more pounds on his total and several more championships in the future. Chuckie came close to that very special 1200 barrier...which had to be pleasing, and did demonstrate that he is the only logical lift to the overall dominance of Hideaki Inaba in this division.

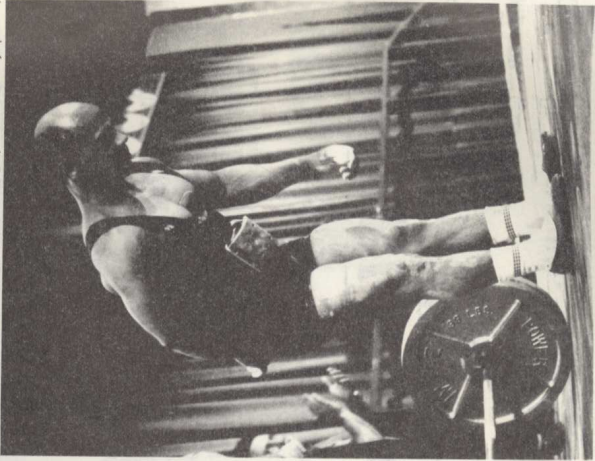
Not to be forgotten, Bhairo was close enough to try the 473 DL he needed to overtake Chuckie...and he made a creditable effort at it. One of the most dependable international competitors on the British squad...he is predictably steady and



'Dai Ichi'...Number One among Japanese powerlifters, Hideaki Inaba. photo by In Joo Lambert

always improving. His 1162 total was a matched by that of Phil Stringer, the other British 114er, in his recent local Power League match in England, so the Brits have the happy circumstance of quantity and quality in this weight class. Behind the top 3 was a pack of tough competitors fighting it out very closely for the remaining team points. Veteran Aimo Tuomisto, guided in the Finnish manner, with hair as white as snow...but forth a balanced total to barely exceed the line performances of Cairns, MacVicar et al. Puerto Rico's Edgardo Massaret showed that our neighbors in the South may provide some respectable Continental competition for the USA in the future.

Lamar Gant was selected to the USA team in the 123 lb. division, but did not enter that class. He came in weighing 141 and went 132, leaving Precious McKenzie to do battle with mere mortals like Finland's Juhan Niemi and Japan's likable Hiro Isagawa. Precious was his normal buoyantly joyful self...rewarding the adoring crowd with a gleaming smile after breaking his own World mark in the squat. The bench and deadlift were less inspiring as he made only openers,

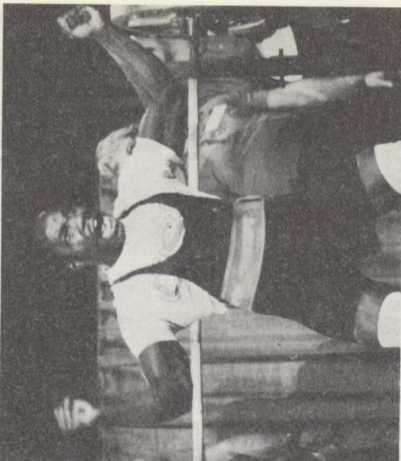


Precious politely bowed to the appreciative crowd after his final deadlift. He has reportedly 'retired' once again. Lambert photo

but the total was more than enough to handle Niemi, who showed excellent balance in the 3 lifts. This, combined with his effective mental attitude and productive form on the lifts, could lead to a World Championships in the next couple of years, even against the famed Precious.

Hiro Isagawa had a disappointing contest...just prior to the competition he was violently ill with a flu-like malady, which clearly affected his squatting, where his starting attempt was all he got, but he seemed to bounce back in the bench...and, on a 4th, he tried a WR 325. The peculiar assault made on the bar that seemed full of quality competitors...impressing your editorship were the international competition very soon...their commitment to fine lifting is evident. Remove Lamar and Joe Bradley from the 132 lb. class competition, and you would have had another very closely contested division like the previous two...all remarkable strength athletes from the competition...in fact, as strong as either of them was, I suspect marshal's best chains and locks on the door of the auditorium would have been no barrier at all. It was the ultimate spectacle...two true Superstars in the same class at the same time. Of course, due to the Guest lifter status of the NPA lifters...Joe was there, but he wasn't there, if you know what I mean. His name did not appear on the scoreboard and reportedly the TV people had instructions not to televise the NPA people, but there is not a shadow of doubt that Lamar knew Joe was there. Lamar looked like the same likable champion we've all seen before, but he squatted like Joe Bradley used to...can you believe it, Lamar used his Erector set leverage to power up all three attempts, but the effect quickly wore off as the current and previous World Record holder showed us a whole new dimension of the word SQUAT. He opened light and comorably...and went to an even easier 3rd attempt of 617!...which he made sensationally...Then, to the utter disbelief of the audience...Mighty Joe Bradley called for a 4th attempt of Six Hundred and Fifty pounds...yes sir!!!...Six Hundred and Fifty pounds...a mere percentage point or two less than FIVE TIMES BODYWEIGHT!!! You're probably not going to believe me...I wish you could have been there to see it for yourself...but he made the lift easily...with a tremendous explosion out of the bottom. Now you know...all those gym rumors about Fred Hatfield even dared to mention the realistic possibility of Joe squatting 700 at the U.S. Invitational on December 6th...and, after witnessing the pathetic effect that 650 lbs. had on Mighty Joe's body, I had to nod in my head...but I have at least.

In the bench press Lamar showed more sensational improvement, ending with a solid 352 (I wonder what he might have totaled at 123 when in this kind of condition), while Joe actually lattered. A 369 World Record...some later!, but he main as just reports and not records for the time being. Joe did not have much success in the deadlift, with 562 being his effective limit for the day. Hatfield has had him narrow his stance in hopes that he will get back on track with this lift. This left things just the way Lamar would have preferred. He pulled a WR DL of 628 to total 1554...just a notch-bigger DL, 683 I believe it was, in order to crash and then went on to try a mind-bogger DL, 683 I believe it was, in the contest, the 1600 barrier in total. He pulled and pulled, and his arms seemed to stretch and stretch, but the magic wasn't there for quite that much weight. Keep in mind...these men are Featherweights...going for lifts that would be new World Records in the next higher division, and succeeding with some of them!

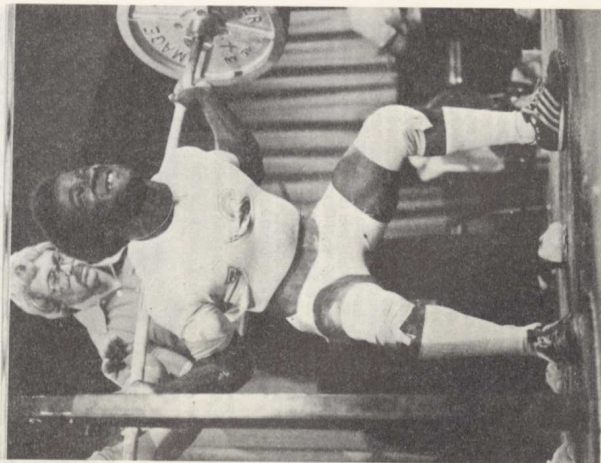


After the squats, Lamar let the audience know how he felt. photo by In Joo Lambert on Planet Earth, the matching between Lampela and Verdonck went, predictably, down to the wire. Ray tied his PR total, but left some pounds on the platform, with a 3rd attempt DL that was about 10 kilos less than he has an actual ability on that day. Kullervo Lampela was not in WR DL form and Ray's extra strength could have served him well, but 3rd place in the Championships of the World is plenty to be proud of. Still...he has to be wondering...if Lamar had gone 123, and had pulled 495...get 'em next year. Ray, Newcomer to the British team, Tony Galvez, showed lots of Punk Rocker fire and was not far off the pace...neither was Canada's Gord Catterston.

Lots of lifting fans looked forward to the 67.5 kilo/148 lb. class because the handicap sheet indicated nothing short of a headbanger. 3 very legitimate candidates for victory appeared on stage for introductions. Britain's Eddie Pengelly, Canada's Jimmy Moir, and Ricky Dale Crain of the USA, who has had everything there is to win...except a World Championship. The wheat and chaff started to separate in the squats...with Crain finding the greatest success and a World Record in the event with 628 pounds. Steady Moir cranked out 606, but missed 622. Meanwhile, Eddie Pengelly took three tries just to get one in...595 is a fine lift under any other circumstance, but the scent of blood was in the water as far as Britain's hopes.

In the bench, Eddie surged back...making all 3, as did the ever-steady, ever-improving, and now...very dangerous Mr. Moir. Crain began to worry after his 319 opener was tailed on a technicality...with worry turning to deep concern when his 330 met with a Silent Majority of red lights. Ricky's concern was well founded, as Moir continued to pile up pounds on his total with cool consistency...falling with a 606 DL once, he came back for a solid success and a 1603 total...only the second lightweight past that mark in history. With pressure being a familiar and often unpleasant companion, Crain opened at a very high 285 kilos. The lift was nothing at all for him, but there was a very long way for him to go. The fearless Pengelly, with his father in the crowd, latched on to 644 3 times...and 3 times it would not go. With the kind of hush reserved only for true powerlifting tragedy, the crowd registered its concern for the fallen champion. Now the stage was set...for Ricky Dale Crain...the man who had grasped all the rings but this last one...the most important one. The bar was loaded to 661 pounds...an substantial improvement over what had proved to be a most resistant record. If ever a man had the opportunity to crack, to wit under the pressure, or to prove to himself and the world how great he really was...this was the moment. Ricky Dale laid hands on many a monumental deadlift, and many times it failed to budge an inch. This was a different story. The pull was hard...slow...and beautiful. It was an absolute limit lift. Ricky had just enough in him to grab the Golden Ring. As the lift was locked out, with hundreds of backs in the audience likewise contracted in sympathy with Ricky's tremendous effort, the tension did not ebb. After the down signal, Rick eyes jumped to the judges light standard...and as the seconds unexpectably ticked by without an in-

Bradley's squats got easier as the weight went up. Lambert photo



dication, Rick's hands reached out to the display...in aggressive entreaty. Finally, the lights came on...all white...and Rick proceeded to set another World Record...in the Vertical Leap. It was one of the most spontaneously true displays of human emotion in the Championships. At last...Rickey Dale Crain was a World Champion.



Rickey Dale put it all together for a WR 628 SQ. photo by In Joo Lambert
With Pengelly a dnf, two Swedes grabbed the opportunity presented. Stefan Nentis and Thomas Sjöström took nearly identical attempts, with the latter's edge in the deadlift proving to be the deciding factor. Jerry Marentette's extreme wide stance style in the squat and deadlift was a beautiful expression of a different way of thinking in PL, with his best lifts...he could have been in the medals. Notable was the lifting of Bill Keir, a lifter who's over the age of 40 and last year at Dayton seemed comfortable in the role IPF official. He was in very tight physical condition and lifted quite neatly.



Rick Gaugler squeezed out this 639 but could not manage anything further. Lambert photo

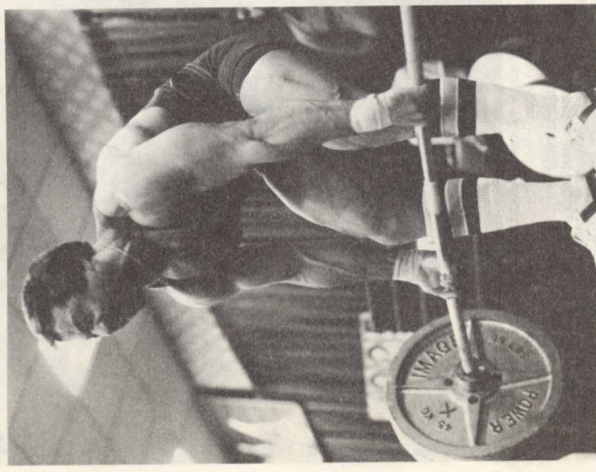
In the Middleweights, which has not seen much action internationally the past year, the clear favorite was Rick Gaugler. Rick's personal concern about the NPA/USPF situation and rumors that Bridges would be returning to this weight division had driven him to some tremendous workouts. While shoulder difficulties bothered him, slack in the bench was more than taken up by progress in the squat. The consistent word from those who should know was that Rick was going to do something incredible on his home state platform. Those dreams quickly turned to dust as Rick simply had a bad day...missing higher attempts in the first two lifts before meeting with some success in the deadlifts. Having a much better day was Sweden's Lars Backlund, who squatted a fine 650 and came reasonably close with a 435 bench try...still, his 617 deadlift left just enough of an opening for Canada's former World Champ, Dr. Mauro DiPasquale, to swoop down and turn the Swede's medal to bronze. Mauro's 672 DL was mighty close to the current, very stubborn, World Record of 694, but he chose to go for the whole works, taking 722 in a try to beat Rick that failed. On the NPA side of things, Jim Housse jumped his squat up to 622 and tried a bit more...but in the bench he was truly remarkable, breaking the record of the immortal Mike Bridges...twice!! His success with 468 made me think that 475 might be possible. His jump to 479 seemed unwise, but he gauged himself with perfection...the bar took a very long time to lock out, but to his enormous credit, Jim didn't back off for a second. With the bar in the rack and the crowd roaring World Record approval, Jim began to twitch and lurch about the bench. His right hand had cramped from the extreme effort and he actually had to peel his own hand from off the bar...then he took a look at those lights, and let those beary whites of his do some beaming. He totaled a fine 1736, which was just exceeded by Rick on the USPF team.



Jim Housse smiled each of his bench presses up. Lambert photo

There were lots of big stories in the 181 lb. class, the absence of Ron Collins, the presence of Mike Bridges and Tony Carpino of the NPA (there was an effort to get Mike back on the USPF team, so he could formally win the World Championship that was obviously his for the taking, but it came to no avail...of all the NPA members, Mike was the one who had really stuck his neck out and been burned by the series of events that took place), and the performance of the lifters. With Bridges and Carpino well ahead of anyone else on the platform, it was if two separate competitions were taking place. West, Flore (who looks great at this bodyweight), and Tahminen each took their shot at victory, but West...who has been blessed with good fortune throughout his career, came through once again. Any one of the three lifts missed by Flore would have done him lots of good...his benches looked particularly impressive. Max Stamm, utterly unrecognizable from last year's competition due to his heavily revamped musculature, let some people know that West Germany is now putting out very capable Powerlifters, as did newcomer Charlie Husty of Canada. Kumpuniemi had troubles getting any deadlift other than his opener past the judges scrutiny, which cost him 5th place points for his native Finland. Bruce Maddell's explosively vocal pre-lift preparations seemed a bit subdued over previous competitions, and he could not make the additional attempts he needed to get up into 5th place himself. Tanguen and Janos look like good prospects for the future and last year's best mustache award winner, Louis Loncke, showed up much improved. The Belgians, like many other nations, are getting stronger and stronger with each year of experience. Tony Fitton came up with an interesting bit of trivia about Spain's lone entry into the contest, Mr. Ricardo De La Cruz. It turns out that the very articulate Senor (painful injuries led to his bombout) is a Civil Engineer who was closely involved with the moving of the London Bridge from Britain to Arizona. Now, for the other competitors...Bridges and Carpino. Tony looked very tight and was lifting well until his 3rd attempt squat with 705, during which he felt something tear in his thigh. As he lay on the platform, they attempted to cut him

out of his suit, but that proved unnecessary as Tony was, with the aid of some spotters, able to motor off pretty much on his own. He came back limping for the benches and deadlifts, and estimated that he had to give away at least 20-30 pounds on each of the latter lifts due to the injury. Still, an 1818 total is the second highest ever recorded for this class in World Championship competition...and, if revenge were a motive, Tony certainly demonstrated who the better man was on this day between himself and Bill West, who had beaten him controversially in the 1976 World Middleweight contest. Tony's leg swelled up and turned quite purple after the meet, but it should heal up in satisfactory fashion.



Carpino hobbled up and pulled this 663 with little trouble. Lambert photo

Mike Bridges showed up at the contest in his normal calm and quiet manner...looking huge and powerful at 179 bodyweight, and proceeded to routinely duplicate the lifts he made at 198 (actual bodyweight 183) a month earlier, with a little extra muscle and mustard on the squat. He opened with a World Record 788...very comfortable and jumped to 832 for another WR. I never claim the capability to look through the lens of a camera, but it was obvious to me that Mike was making an effort to go quite deep on each squat attempt. Mike went on to try a heavier attempt, 848 I believe, but that was a bit much. You must consider the fact that Mike is continually following himself most of the time...an unusual hardship imposed by his own greatness, and when he has more control of his rest time, as may be the case at the U.S. Invitational in Phoenix, he could succeed with even more weight. In the benches, Mike made 501 very comfortably, the 2nd all-time performance by anyone other than Mike MacDonald in this class, and he went straight to 518 for a new World Record since Mac's 522 was done on a pound set. This was a bit much, but Mac's official WR mark of 512 is in danger should Mike continue to reside in the lightweightweight division. Mike's mastery of the Sumo Deadlift was clearly demonstrated via his super attempt with 738 pounds, resulting in a new World Record total, exceeding the old mark (his own) by over 100 pounds, exceeding the next best total posted by someone other than himself by over 200 pounds...and defeating the official winner of this class by over 350 pounds. There has never been a lifter like Mike Bridges, he is clearly the best the World has ever seen, and I'm sure there will much more to come.

The 198 class was an exciting one...with previously unconsidered names entering the picture in a big way. But, once again, Vince Anello's careful juggling of attempts led him to victory, albeit narrowly this time. Vince had to take his 650 squat twice to get blessing from the judges...a higher jump met with no success, but the rats wouldn't allow that, so he lifted over, planted his goopy feet on what he needed to win...810 and tried no more, perhaps he was exhausted after his victory celebration on the platform, where he let everyone know that this was World Championship victory number 4 for him. As always, Vince's parents made the trip. His mom has a delightful way of referring to everyone but Vince by their last name, and cheering her son on in the same deadpan exhortation ("Come on Vince, you can do it, Vince"), whether it's his opener in the squat or the victory pull. Vince's unlikely competition for 1st place was Swede Conny Nilsson.



Bridges lifts were beyond any kind of reality. Lambert photo

Although Conny was well known as a squatter, his total had seemed to stall in the low 1800s in recent years. He squats very deep and very straight-backed...and the 771 he made put him number one in that event (within the 181 lb. class competition)...along with that lift he benched effectively...ending with a 516, but which he knew, happily, would force Vince to a max effort in order to win. Conny's 1907 total was a beautiful achievement...air and away, a new European record. As good as the Swedish contingent felt about titling Max Stamm, a tough sorrow they felt for their other entry in the class, Kenneth Madsen. A tough performer in the 181s for a few years, his more difficult 198s led to a remarkable transformation...lean, yet hugely muscled in the traps, delts, and pectorals...rippled off his belt and smashed it, the platform, I wondered why...then it hit me, although he had done a beautiful looking squat, starting with an easy 760, none of them had been pleased. I hadn't really paid much attention to the lights as his attempts had looked so good. Many people commented on his very poor luck...he had planned to open with 482 in the bench and 661 in the deadlift...and had he made those and his second attempts, he would have totaled well over 1900.

Jerry Jones opened his 190 lb. class with 760, went to the bottom with it, blew out his suit...started up the lift anyway, but the spotters grabbed it before we had a chance to see whether he could have remarkably risen with it despite the equipment failure. He was granted another attempt, but as is often the case when a lifter goes through jumps in the squat...Jerry lifted adequately in the other two lifts but without the big jump in the squat. Jerry lifted adequately in the other two lifts but was not in the position for the victory. You have to remember that Jerry's preparation for this competition was not as extensive as he might have liked, since he was placed on the team only when Bridges went with the NPA. New Zealand's rugged looking and very personable Gary Bunt showed that last year's performance in Dayton was no indication of his capabilities (he was injured), and he came into 4th place with little difficulty. As lean as John Kuc is at 242, so is Gary at 198. It must be nice for coach Bruce Cameron to think what Gary might come up with at 220 or 242. Another unfortunate casualty in this class was Australia's John Capolla, who failed several times in his favorite lift with 683, a slippery platform being no small factor. He actually had stickum sprayed on the bottom of his lifting slippers and was carried onto the platform by a spotter, but the rats wouldn't allow that, so he lifted over, planted his goopy feet on the deck, and yanked...well, the weight wouldn't go.

There was lots of nice lifting by the other lifters in this class, with Myhus and DeGrauwe showing definite potential. Despite having never seen Mr. William Monaghan before, I had no need of being told he was from Ireland, as he possessed the prototypical appearance of his nationality. He lifted nicely and, if of age, could do some damage on the International Masters scene. The NPA entries for this weight class were Fred Hatfield and Ernie Franz. Ernie blew out a suit, and did not make any big lifts after that incident, but he is



Vince Anello with the pull that won it all...810... photo by In Joe Lambert certainly capable of pressing the best of them on one of his good days. Fred, on the other hand, had a beautiful day and revealed in every moment of it. Fred showed no trace of the slight tentativeness that hurt him in Madison, and squatted with total confidence and impunity... ending with a WR 826 that had Bridges nodding his head out in the audience. Fred fired up the crowd like no other lifter, and when they cheered he roared right back at them. In the bench he managed a good 429 despite two very serious shoulder operations in the past few years. His earlier training had included a triple with 440 or so, so there's lots more in store from Fred if he can continue his recovery. His opening deadlift provided him with a 1934 total, which would have won the World Championships had he been officially competing for that title. He also tried a 727 in order to



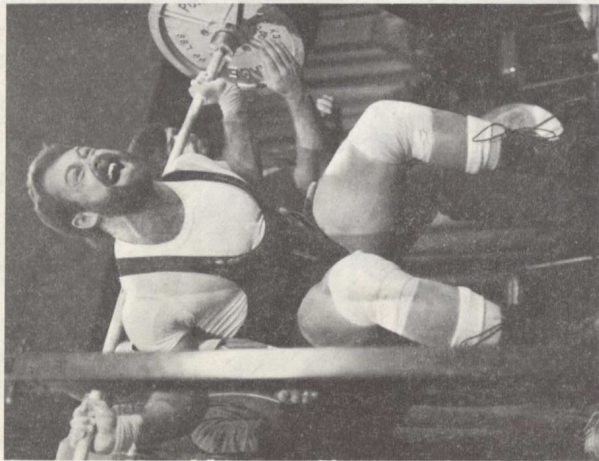
Fred Hatfield drives up a World Record 826 squat with little difficulty. Lambert photo

become the heaviest man in history to total ten times bodyweight, but did not get his shoulders back to the satisfaction of the judges. After his final attempt led to non-success, Fred implored the referee with a loud 'Come on, Baby!' I think the referee would have liked to disqualify Fred from the competition at that point, but realized that, as an NPA lifter, he wasn't really in the competition to begin with.

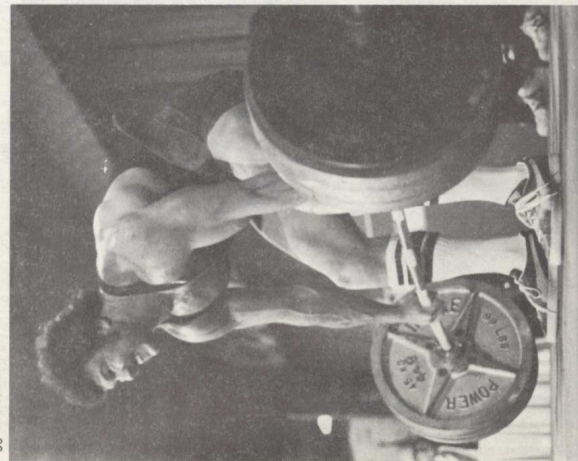


Kenny Mattison is the man we should all be watching for next year's competition. Lambert photo

The 220 lb. class seems to be one of the very toughest, internationally. With the advent of lifters like Great Britain's Tony Stevens, it is becoming even worse for contenders to the throne. Fortunately the United States has little to worry about... without Pacifico the perennial in there, we still came up with the two next best lifters of all time in the division. I had mentioned to both Chip and Mark Dimiduk out in the lobby that it was about time somebody else totaled over 2000 in this weight class, and they both came through like champions. Mark appeared very confident and capable on the platform, and the fact that his total was comprised of nothing more than his previous record indicates that Larry's longtime tag team partner for his 2155/2150 may be a candidate for the Enhanced Records list. Mark squatted 788 capably, but 804 was a bit much, after that he was well ahead of the official pack. Tony Stevens bumped Kiviranta, Yvander, and Noble down a notch or two. Through their customary positions and showed potential for future improvement. I thought his deadlifts were especially remarkable. The Finns were certain that Kiviranta would win the title, but he floundered in the squat, despite numerous tirades from his coaches which sounded something like "Ja-Bee-Na-Na-Ja, Bee-Na-Na" which, very loosely translated, means "be strong! (I should hope so)!" His rugged success of 771 in the deadlift brought many cheers. Yvander has had a phenomenal recovery and looked to be in for the same at this meet until a last ditch effort with 771 was valiantly fought out for a success in the squat. Noble showed a slight quate recovery from his earlier knee problems, but as many times as it was too little too late. Peter Perry cracked some Canadian records, bringing a 738 squat, which was apparently not deep enough, but it came up very easily. Big Susuma, Yoshida, secretary of the Japanese Powerlifting Association, totaled a bit under his expectations, but benched nicely. His wife may be a factor in the Women's Worlds at 97 lbs. this year. Also notable was the performance of Luis de Almeida of Brazil, particularly his 661 squat with no super suit in evidence. I know that Chip McCain was very ambivalent about lifting for anything less than the USPF team in the Worlds, but when the chance came to compete it was very hard to resist. He had been taking some big poundages out of the rack during recent training, so the problem that plagued him in Madison in getting set with the weight was nearly nonexistent. Thus, he came through nicely with a tremendous WR effort of 810 in the squat. The extremity of his desire to make this lift transfigured his friendly face into one of total aggression against steel. It was magnificent, and certainly essential to his 2038 total, to exceed Dimiduk's production. Chip certainly didn't have anything to spare in the deadlift. He took 788 on his opener, pulled it all the way to the top... looked to have the lift made when at the last conceivable instant his grip snapped open and the bar came

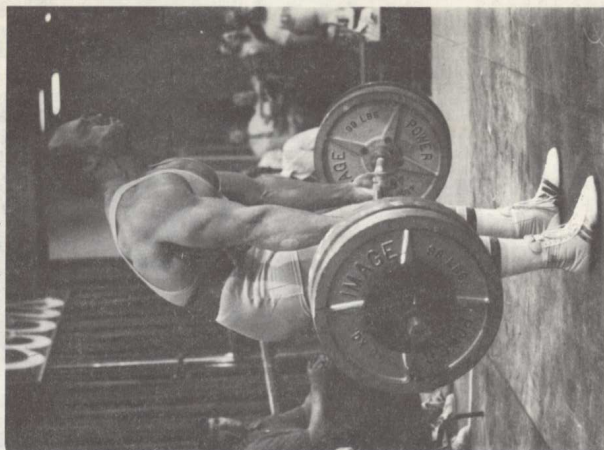


McCain was really on...blowing away each attempt in the squat. Lambert photo
Crashing down. At this point, memories of Chip's grip problems at the past two Senior Nationals were recalled in detail, but Chip was really on, a woman's be denied once more... he pulled it up again and held on tight for, solid success. Chip made certain that his lifts would qualify him for the Seniors and plans to take a little vacation for a few months in order to prepare for next year's second biggest meet.



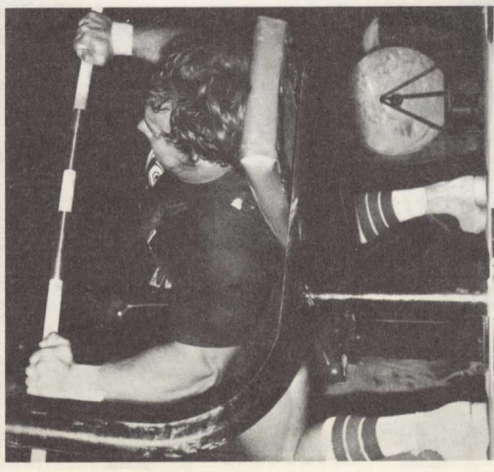
Dimiduk finished this 760 DL nicely to give him 2000 plus. Lambert photo

In the 242's John Kuc came in looking huge yet lean and made, in typical fashion... all three squats... finishing with a stupendous 832... which, again typically, was a conservative attempt. Hey, it's great to see John bench 500 and deadlift 870... but his progress in the squat is incredible. When he started winning at 242 years ago, he was benching 490 and deadlifting around 850, but he was only squatting in the low 7 hundreds... he is steadily making himself into a World Record squatter with a frame that is notably disadvantaged for this particular lift. If he ever decides to go 275, which many people have recommended, I think he could exceed the 2350 total he made at a full Superheavyweight. John followed up his great performance in the squat with solid benching, making 501 and missing 507 only due to uneven extension. John's training for this meet had been very painful... lots of minor injuries and lots of DMSO, an aggravated swelling and discoloration in his calf from the pounding squat workouts he was performing, and loads of mental discomfiture over the NPA/USPF issue. Still, he forced himself to new heights in the deadlift, ending with a remarkable workout performance of 825x3. And, in an effort to become the first man in his weight division to crack the 2200 barrier, he latched on to a World Record 870 and pulled with every ounce of his might, but the weight was elusive. John replaced the bar on the platform, uncertain of whether he had actually made the lift, but the lights were white and history had been forged from his own two hands. Take a minute to appreciate what John Kuc has done in the past couple of years... he has returned from legendary success years ago to exceed his former level of greatness time and again. He is within a hair of being the heaviest deadlifter of all time, despite a bodyweight penalty of nearly 50 per cent. He has met the challenge of every possible competitor head on, and performed nobly on each occasion. I think he represents what every powerlifter wants to be and ought to be... tough minded, unafraid of pain and hard work, consistent, in top physical condition, keeping himself well above the politics of the sport, possessed of no conceit whatever... universally respected by his competitors... both the friendly and the envious. I don't know what he has in mind to top this performance, but I know that if it's within the scope of possibility, he'll be there to do it.



How's this for some awesome lat-trap-delt structure, highlighted while John Kuc pulls his WR 870 DL. Lambert photo
Finland's somber Hannu Saarelainen made no predictions going into the meet, but lifted very well... showing signs that a 2100 plus total is in the cards on a good day. Britain's Arthur White, the most confident athlete at the meet, struggled with his squats... which had been moving well recently, and left himself in big hole when it came time to overtake Hannu. Arthur's 793 was quite easy... and he probably was good for around 832, but he jumped instead to a poundage so high that even John Kuc stuck around to watch... 892. He budged it a bit, but it was clearly far too much for anyone short of the Bionic Man to handle. Norway's Reidar Steen, looking like a miniature Larry Kidney, benched very nicely and pressed for 3rd with a 1951 total... identical to that of Arthur White's. Joe MacGowan missed weight in the 220's and conveniently pulled his way into 5th place... over the very tall and still-growing Jan Kalleberg. Steve Wilson was

The lone NPA entry and used his opportunity to do one thing... out the pressure on John Kuc. He squatted 771 easily, went to 810 and came up with it strongly, but it must have been a tad high. A repeat with the same poundage could not be completed, in the bench Steve continued his threat to Macdonald's unbroken string of World Records in 4 different bodyweight classes, moving 578 pretty convincingly, but just short of completion. In the deadlift, disaster struck, the audience knew it before Steve did, however. His 749 opener went smoothly, but to the horror of those watching, his right biceps tore loose from its lower insertion about 3/4 of the way up, crumpling up into a huge knot just before the shoulder. Steve continued pulling, oblivious to the incident and the referee gave him the down call quickly, as much to signal the completion of the lift as to indicate his concern that Steve not tear the muscle tissue any further. Steve began walking off the platform when he realized the situation and began staring at his now disfigured arm in shock, he regained his sense of the situation long enough to turn and look at the lights, which, in the surprise of the moment, had not been turned on yet. The lift was good, but the condition of the lifter was not, he was taken to the hospital, left for home the next day, and the following day was operated on, apparently with some success, but Roger Estep relates that Steve was still in great pain. Steve has had more than his share of bad luck over the years, he was on his way to a WR total just after moving up to the 242 class when he was forced to leave a meet due to the sudden illness of his daughter, he has more than once been in excellent shape only to be struck down by a severe sciatic nerve problem, and for this meet his hip was in such discomfort that he could only train under medication. It's a shame that once again he has been stopped from demonstrating his true capability... which I estimate at 2150 plus.



Wilson drove 578 this high and a little beyond. Lambert photo

Doyle Kenady won the Supers with no trouble, and stated that he did not compete against Waddington at all. He, in fact, wasted a couple of attempts in the squat and deadlift, just so Dave would have some time to rest. Doyle's deadlift of 843 was quite smooth, but a try at the World Record poundage of 887 was beyond him. Andy Kerr proved more than adequate in taking second place points behind John Heinenon of Finland proved unnecessary as the contest progressed. Heinenon is a true giant... should have been cast as Big Foot on the Six Million Dollar Man, because he looks the part. Tamer Chaim of Brazil just teased the crowd with 3 National records in the squat, all of which looked like openers. West Germany's Hans-Otto Whorlie was just over the 242 limit and possesses a gigantic set of thighs. He reminded me strongly... in mannerisms and facial set, of Gus Rehwisch.

Dave Waddington's appearance on the NPA team was no political statement... it was done mainly to insure that he could state that at least once in his life he lifted on the World Championship platform. You may recall that Dave won the Supers in 1977, albeit with a low total, and was not selected for the team... and he placed a solid second this year at the Seniors when only winners were taken... so perhaps you can understand his frustration. With no team points to worry about, Dave's only concern was to lift big, and he definitely tried some big lifts. He came up strong, eyes closed, with a 975 WR squat. This was apparently ruled out for death. At the behest of Larry Pacifico, he went back out and went for 981... but as he took the bar out of the rack it seemed to squeeze the breath out of him. He was unable to catch his wind and while on the way down with the



Doyle sealed World Championship number 2 with this 843. Lambert photo

ponderous weight he blacked out and dumped the bar backwards. Unfortunately a spotter caught the bar right across the thigh and went crashing to the platform in horrible pain as Dave staggered off, unaware that someone had even been hurt. The audience assumed that the leg had been broken, but professional examination revealed that was not the case... nevertheless it was a very severe bruise, and after the accident there was a lot of talk about how to avoid such incidents in the future... ranging from mandatory racks out on the platform to



Wilson drove 578 this high and a little beyond. Lambert photo

ing the lifter more leeway in dumping the weight at his discretion without any responsibility for the spotters to grab it.

Dave benched nicely... even though the missed squat had taken a lot out of him. He tried the magic 600, and showed that he's not far from success with that Elite poundage. In the deadlift, the toll of the dumped squat was paid... when Dave managed but 736. Dave wasn't bragging on his total, but it did represent some quality lifting. He's still the best bet to get a Grand in the squat.

With all its pros and cons, that was the World Championships. I think it all came out very well, considering the fact that either the USPF or the NPA could have shut the whole thing down through legal action. (Incidentally, the South African team showed up but was not allowed to lift... they had not considered the necessity of bringing an attorney along with the team!) Instead, Keagy and Pacifico sat down with Zarella and Lyle Schwarz and worked out things... gave in on some points, compromised... worked together in the best interests of Powerlifting. That took a lot of guts and concern for the sport by everyone involved. It was frankly, the amazing lifting transcended the political difficulties and put them into proper perspective... reminding all of us how great it is to watch displays of raw strength through the precise forum that Powerlifting provides. This meet set a World Record for World Records... exceeding that of even Gus Rehwisch's line here a couple of years ago... something like \$1 by my unofficial count, making it the greatest batch of lifting ever seen. CBS taped the show, but no one was allowed on when it would be shown... keep your eyes on the TV Guide so as not to miss it.

There was a big bash courtesy of Coors, the major sponsor of the meet, after the final lifting and lots of fun was had by all. Somehow everyone made it back to the hotel one piece. Terry Keady, Lyle Harris, Canadian lifter Terry Young, George Zangas, Tom Todd, Larry Kidney, Haimu Saaralainen, and John Coppola demonstrated how to void a contract. I was particularly interested in the fact that the crew for the trip back to the States had the sturdy stage and all the decorations, chairs, tables, etc. all cleaned up and stacked away less than an hour and a half after the last DL bid decked out in time to take his bow at the Coors party. Many people deserve thanks, but topping the list would be John Pettitt, Tom Keighner, Clay Patterson, and the Roadway lin staff.

Consideration also ought to go to all the IFF officials who showed up... having traveled great distances at considerable expense, to be present at the Championships. Oh yeah, before I forget... the USA won the team title, and the USA either the USPF or NPA team would have had enough points to do the job. When comparing the theoretical team point distribution if both USA teams had been the scoring the USPF team would have won by a slight margin, however, the NPA team had only 9 lifters, with a full ten team they could have won... proving that the USA has outstanding depth, once could probably dream up another team or two of USA lifters who would have done almost as well.

Next year, INDIA. Certainly the most exotic site for a World Championship ever considered and one that could be a land of many contrasts... not the least of which being the wealth of the very rich and the poverty of the very poor, and that the Indians are likely to pull out all the stops for this contest or they will not undertake it at all. Right now regular air fare to India from the states would run around \$1600.00, but look for cheaper flight to be organized which would rock that figure down considerably. In the mean time, settle back in your easy chair, recycle your mind, because as of the day after the meet in Arlington, we have begun a new season of Powerlifting... and, believe it or don't, it's probably going to be even greater than this past one!

ATTENTION, as mentioned earlier, you still have the opportunity to get some quality souvenirs of this the greatest championship of Powerlifting. Key chains (\$3), Belt buckles (\$5), Patches (\$3), all incorporating the meet logo and commemorating the event are available from STRENGTH SYSTEMS, 3600 Pioneer Parkway, Suite 11, Arlington, Texas 76013 (817-261-6106) along with the special meet program, which, if you order now, will include a set of the 1980 meet results, providing you with a complete record of World Championship competition in all classes since the very beginning of the sport... plus it contains lots of photos, some interesting original articles, a very readable kilo conversion chart, and much more. Get yours today, only \$2 postpaid.

FROM CHIP MCCAIN

I would like to share my reflections of the 1980 World Championships with your readers. For those of you who could attend, you are aware of the high quality of up and directing of the meet, and Tom Keighner and John Pettitt were responsible for the setting up and directing of the meet, and should be given recognition for 7 sessions of lifting without a single visible hitch.

My main concern in this letter is the USPF-NPA controversy. I did not attend the IFF congress, so my feelings are only gut reactions or hearsay. Personally, I was very embarrassed to try to explain to our foreign guests why the U.S. was fighting among ourselves, and why we were threatening court injunctions to stop the whole meet. The foreign lifters came here as a team to represent their country, stuck together and helped each other, and even bothered to print their sweats in English as a gesture to the U.S. This was my first international meet and I was quite let down by the lack of team spirit and patriotism we had. I would like to stress that we should all put our heads together this next year and settle our differences. I would like to see us back together again like we were in

Australia, when the whole team helped Doc Rhodes psych up for his 655 DL to win. That's what makes it worth it, to me anyway.

I also want to congratulate Mark Dimiduk on his first world title. He is an incredible competitor, and is just as gentlemanlike when he wins or loses... a quality of a champion. As I know, we have similar goals: I would like to sincerely apologize if I detracted anything from his victory. I mean that, Mark.

Last, thanks to Luke Evans and Larry Kidney, two excellent coaches who helped all the U.S. lifters. Their non-political attitudes helped morale and made the lifters feel at home as much as possible under the circumstances.

Sincerely,
Chip McCain

WORLD POWERLIFTING CHAMPIONSHIPS	NOV. 7-9, 1980	ADLINGTON, TEXAS	J. TAITENEN	FIN 638 396 672 1703
			M. STUMP	KG 628 380 650 1668
			V. KUMPIETI	FIN 536 325 577 1509
			H. IMABA	NOR 595 347 573 1515
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TELL THE JUDGE

PL USA encourages lifters and officials to consider contributions to this department. The major criteria for publication is that the material submitted provide some kind of insight to the readership regarding the rules. So that lifters and officials alike can understand each other better, and furthermore, so that contests can be conducted as smoothly as possible...for the benefit of the participants and the fans.

THIS MONTH we have a very incisive look at the squat rules by Jim Waters who has taken the time to photograph training partner Leon Real in various squat positions illustrating proper depth. Leon held on to overhead racked bar in Jim's power rack to maintain the measured position long enough for photographs to be taken at various heights. Measurements with respect to the knee were taken before the leg was wrapped.

Jim is, of course, an International Referee and a serious student of the rule book. Controversy about the squat is always raging, but the only controversy in the rules as far as Jim can see resides in the interpretation of the phrase "until the surface of the legs at the hip joint is lower than the tops of the knees." The I.P.F. interpretation of the surface of the legs at the hip joint is the crease at the top of the thigh when the leg is bent. Jim talked to some IPF officials at the Worlds and found that some of them interpreted "tops of the knees" as the top of the knee bone itself, and others interpreted it as the muscle next to the knee bone. At any rate, Jim set up his measuring grid, utilizing both interpretations and measuring the top of the thigh at the crease by inserting a pencil and measuring to the bottom edge for each photograph. Each series shows one squat that is 1/4 inch high, one that is right at parallel, and one that is below parallel. Once you've studied the pictures, remember...there are at least 11 other rule infractions, per the IPF rule book, that could lead to red lights on the squat...thus the argument about whether a lift was low enough or not may not be pertinent.

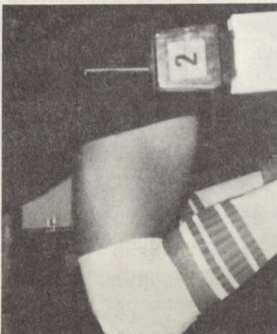
Jim has gained a reputation as one of the strictest referees, but he backs up his judgments through the rule book. He recently lifted in his first meet in 11 years and received 27 white lights...from judges/lifters who hadn't been very happy with his calls in the past...obviously, he practices what he preaches.

LIFTERS, if you have a question about the rules, send it in...I'll try to get it answered by the best referees I can find. **OFFICIALS**, if you have an understanding of a rule that seems to escape most lifters, share your knowledge...it's appropriate to get comments from lifters in response. I'll do so. **ANYBODY**, if you've been involved in a dispute about the rules, PL USA will try to reach the other parties involved, listen to what they have to say, and draw some conclusions...that's what **TELL IT TO THE JUDGE** is all about.

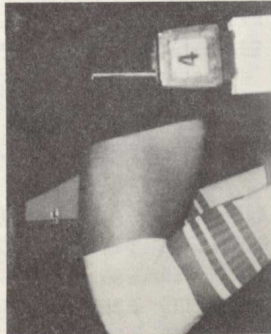
EDWARD HUDSON MEMORIAL MEET...named after Hal Hudson's father, this meet drew a resurgent Bennett Clayton, who went 810 440 760 2010...with the squat being made on a 2nd (832 called for depth on 3rd) and the other two lifts were openers. He's looking for a WR SQ and 500 BP by the Texas States in February.

INDIANA STATE DATE CHANGE...it will now be March 7/8, contact Jon Smoker, 30174 Wolf, Elkhart, Indiana 46516. Jon, incidentally, will be publishing a volume of poetry in 1981.

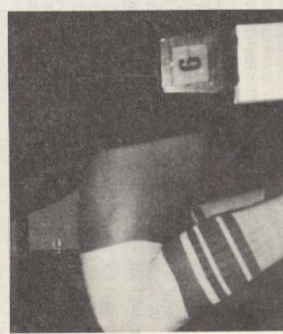
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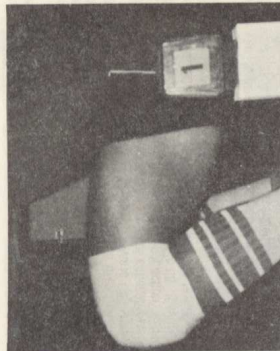
Picture No. 2. One quarter of an inch above the top of the muscle at the knee.



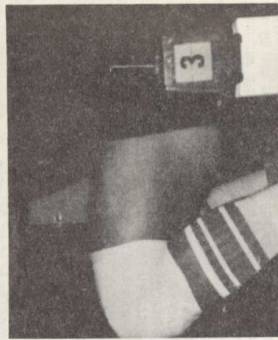
Picture No. 4. Same measurement as the top of the muscle at the knee.



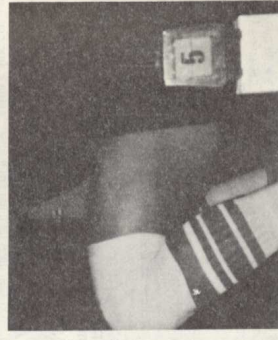
Picture No. 6. One eighth of an inch below the top of the muscle at the knee.



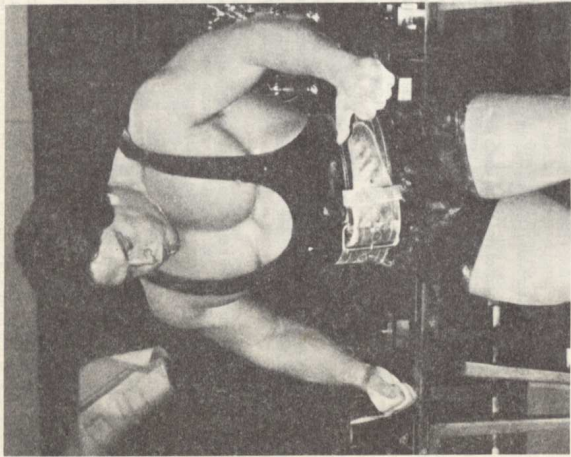
Picture No. 1. One quarter of an inch above the top of the knee bone.



Picture No. 3. Same measurement as the top of the knee bone.



Picture No. 5. One eighth of an inch below the top of the knee bone.



THIS YOUNG GIANT...is Jeff Magruder of Redmond, Washington, the fastest rising bench presser in the World of PL, right now. His 560 at 216 is right up there with Padino at his best, and he is tentatively planning an official shot at Macdonald's WR 576.5 this February. photo by Dennis Colohan.

ANNOUNCEMENT

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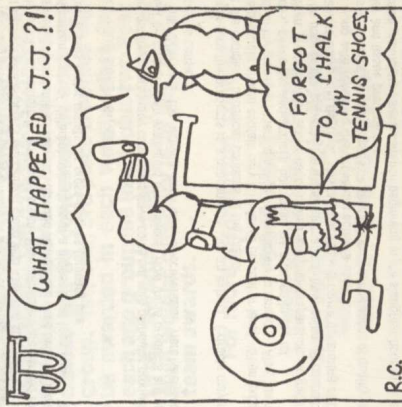
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LORNA PULLS BIRTH...premier American Female discus thrower, Lorna Griffith pulled a new Women's World record in the 181 lb. class deadlift with an effort of 446. Lorna's meet drew over 2 dozen female competitors...a fine turnout for a local meet.

BIG LIFTS IN HAWAII...Gus Betsch drew an incredible crowd of 1000 to the venerable Nuuanu YMCA for the State Power meet...where some incredible lifting was seen. 97 lb. Laurie Okami blasted out 3 new World Records in the bench press...with attempts of 132, 143, and a 4th attempt that weighed out at 144.8 pounds. Another female World Record fell in the 148 lb. class...where Aloha Marquis squatted with an actual weight 311 (Bob Packer, international referee, was flown in to officiate the meet along with island cardholders Mike Scott and Gary Watanabe. Dwayne Feby blew up an 843 squat (looked good for 870), benched 534, and totaled 2033 at Super...edging Big Gus, who had just returned from Paris...where he exhibition squatted 804 on a whippy Eleko bar.

GIANT TEMPLE HILLS MEET...Willie Morris set they had 181 lifters at this year's contest, highlights included Iain Burgess's 1210 total at 132, Clyde Wright's 1500 on bench at 148, and the gigantic new Power Elite version of Mark Chiller who went 800 460 770 2030 at 242. Also impressive was newcomer Shuler Lorenzo Barrett, 650 525 600, and good for scats more. Mason Dixon's Bob Miller looked fantastic as he led his 30 man squad with a 715 370 715 180 performance at 275.



Raw Glandular Supplementation

by Mike Di Vito

As most lifters understand, the glandular systems are directly involved in every body function and process. Specific nutritional support of these glands and tissues by natural (vs synthetic) means is of the greatest importance to the lifter. It insures better health and growth.

The history of the use of tissue based products dates back before the birth of Christ. Hindus, Greeks and even the Far Eastern countries believed that eating the tissues and organs from freshly slaughtered animals had tremendous beneficial effects. For example: raw adrenal aids in the functioning of the adrenal gland; raw thyroid aids the functioning of the thyroid, etc.

In the mid 1800's, doctors began to work with endocrine gland material using human test subjects. Tremendous changes in subjects were noted with small amounts of gland and tissue used in these experiments. Twentieth century industry was able to extract the most beneficial parts of these glands for human use. Finally, with the onset of modern technology, synthetic forms of hormones were developed. This new panacea had a catch, however, as undesirable side effects surfaced. Even today, as many lifters and athletes take synthetic hormones to increase their totals, the quantities taken are so great that the long term side effects will probably not manifest themselves until future years.

Today, in most all sports, the use of anabolic steroids is as common as taking Vitamin C. Short-sighted ambitions and lack of proper education on the use of these products will only lead to potential harm for many lifters.

Now there is an ANABOLIC ALTERNATIVE: the use of raw glandular concentrates. Oral supplementation of glandular and tissue based concentrates together with proper rest, diet and training techniques can yield impressive and lasting results with NO ILL SIDE EFFECTS.

HOW ARE GLANDULARS DIFFERENT THAN SYNTHETIC HORMONES?

First, we must simply discuss how an anabolic works on a body's endocrine system. Located near the center of the brain is an organ about the size of a pea called the Hypophysis (pituitary). There are two sides of the pituitary: the posterior and the one we are concerned with, the anterior. This is where a major hormone, FSH or follicle stimulating hormone is produced. FSH stimulates the testis for our discussion. We will only consider testosterone.

Testosterone promotes the growth and function of the epiphyseus, vas deferens, prostate, seminal vesicles and penis. Its major contribution as far as lifters are concerned, is its ability to increase muscular growth. When the lifter orally or injectably uses steroids, the increased amount of testosterone registers in the body as surplus. By means of a feedback system, the body directs the pituitary to stop stimulating the testicles to produce testosterone since there is already too much.

Since the lifter taking steroids will usually stay on them longer than necessary, the body's natural testosterone production tends itself on a definite low. The possibility of a drop of the glandulars is greatly increased. Recovery of such condition is long and difficult if possible at all. Other organs are also affected: liver and kidneys, for example. For more information on the dangerous and complicated side effects of synthetic steroids, consult a PHYSICIAN'S DESK REFERENCE.

ORAL SUPPLEMENTATION OF RAW GLANDULARS

Unlike synthetics, raw glandulars will support target glands and tissues. If the target is weak or functioning below normal, they will build and strengthen, not shut off, hormone output. What this means to the lifter is that the body will be able to naturally produce its highest amount of a specific hormone or substance without harmful side effects. I will caution those who have had surgical removal of the organ that this is not a substitute for a missing organ. Raw glandulars are derived from either sheep, pig or cattle as sources. Specific animals are used because the activity of certain parts of different animals is at a higher level than others. This ultimately means better results for cross-species (human) use.

GETTING YOUR MONEY'S WORTH

In the last five years many companies have come out with glandular products. One must be careful when evaluating the choices. How these products are produced will determine the activity level and effectiveness. Here are some guidelines to consider:

1. Make sure the products is a concentrate, not an extract. Extracts may not contain the complete beneficial contents of the gland.
2. The products should contain very little fat (5 percent or less). When excess fat is left in the glandular, there is a high susceptibility to rancidity. Also, toxins, herbicides, pesticides and artificial hormones are retained in the fat.
3. When producing an active concentrated enzyme preparation, a method should be used which prevents the glandular material from being introduced to temperatures above 100 degrees. This overheating will cause denaturing of the protein along with rendering the active components useless.
4. My research shows these 3 items as the most important indications of quality raw glandular and tissue preparations.

Since all glandulars have a common beginning in the slaughter houses, it is in the production that the differences develop. There are basically four methods us-

ed in the preparation of glandulars. All excess external fat must be removed. It is the removal of inter-muscular fat, water and finally the drying process that will determine biological activity.

METHOD 1

In this method, isopropyl alcohol is used as a solvent to remove fatty tissue. Then the gland is dried at high temperatures. This is a fairly inexpensive method but it has two outstanding faults. First there is the risk of someone getting sick from the solvent. Secondly, the high heat renders the active enzymes unusable for the most part.

METHOD 2

The salt precipitation process produces a somewhat lower potency per gram. It also contains undesirable quantities of salt. In this method, considerable amounts of heat have been used resulting in a greater denaturing and a lower enzyme level.

METHOD 3

Freeze drying or lyophilization. Here glands are dried under low pressure at cold temperatures to remove water. It removes little if any fat or fat soluble residues and toxins. It does leave active enzymes, but it is so high in fat that the chances of rancidity and oxidation are greatly increased.

METHOD 4

The last method is the one I personally feel is the best for producing quality glandular material. First of all, it yields the highest activity level. Secondly, there is little if any chance of oxidation. And thirdly, the organic solvent used has no side effects. This process is called the Azetrophic Process. It employs a specific organic solvent/water mixture that is used to remove fat and keep intact the glandular substance at reasonably low temperatures (under 100 degrees F). This complicated process assures you of a product with a high activity level, low in fatty tissue and the best choice for the best possible gains.

In working with lifters and bodybuilders, I have found the following to be the best for suggested use:

MALE:

Raw Orchi (testicle), Raw Adrenal (adrenal), Raw Heart (Heart), Raw Thyroid (thyroid free).

FEMALE:

Raw Ovary, Raw Uterus, Raw Mammary, Raw Adrenal, Raw Thyroid, Raw Heart

Suggested dosage of 3 to 8 tablets daily with meals. They may be chewed (except Pancreatase enzymes). I also prefer a cycle of six to eight weeks on then three to four weeks off. In closing, I recommend that raw glandulars are not to be taken every day for the rest of your life. Their main function is to correct a dietary or metabolic deficiency.

For those who would like any further information, please, contact me: Mike DiVito, c/o Life Natural Foods, 906 Linden, Carpinteria, CA 93013.

How to Make Weight..Easily!

by Tony Carpio

Neither PL USA nor Tony's physician endorse the use of the diuretic Lasix, however, the principles of electrolyte replenishment revealed in this article seem applicable to most weight loss practices used by Powerlifters...both through non-prescription diuretics and dietary means.

Tony's method of dropping weight leads to several important advantages...no cramps, plenty of energy on lifting day, and no worries about whether you can drop that last pound during the one-hour weigh-in period. Tony starts the diuretic the day before the lift, which is not typical. But as the diuretic action begins and continues, he takes in 4 oz. of a prescription electrolyte replacement known as K-Lyte with his meals. He eats in smaller amounts...and limits his intake to high protein products...lean meat, cottage cheese, and what he calls 'dry carbs'...like Granola bars. He also chews a lot of gum and expectorates when possible. He's found that gums like Gatorade gum and sour apple flavor gums are the most productive and feels that he can lose up to 2 pounds overall via this method. After weighing in Tony drinks, slowly, another 4 oz. of K-Lyte, some Gatorade, and has a few small sandwiches.

He arrives at the meet having made weight before the weigh-in starts, with a high energy level from the carbs he's eaten, and suffers from no cramps since he's replaced his electrolytes. Tony and his doctor have come to the conclusion that there is little danger in a healthy individual using 5 per cent of bodyweight...it does not dehydrate him. Using diuretics gets rid of water and does while he is in the process of dropping the weight via diuretic action. Loss of electrolytes can lead to muscle weakness as well as cramps. Non-prescription 'water pills' typically used by pregnant women have a mild diuretic effect and limiting your fluid intake and restricting food intake to lean meats, etc. will also aid in dropping weight for a meet.

PS: Tony's injury at the Worlds was due to his use of a new style of wrapping his knees, which put him out of normal position.

Startin' Out

A special section dedicated to beginning lifters.

What follows is the deadlift routine of Rocky Amrose, himself a beginner...revealing several important lessons that he has already learned.

The deadlift is by far my best and favorite lift. In my opinion, no other lift demonstrates or measures overall strength as much as the deadlift. My workout for this lift, follows my opinion in so far as it is extremely stretching.

To warm up for this workout, I usually start out by really stretching out every muscle area I can think of, with special attention given to the back.

The best exercise for your back is what I call back flies. These can usually be done by yourself if a back fly bench is available. If not, they can still be easily done with a little assistance. Just lie on your stomach, and to the ground. Lock your hands behind your body, and have someone anchor your legs. Then, in a rocking motion, bring your body upward and then down again. Keep this rocking motion up for as long as you can. This same exercise can be done by bending over a bench while someone is holding your legs. This second way, also gives you a further rock forward and really stretches out your back.

An exercise to help you with your grip is wrist curls. I do them with both hands on one straight bar and also with dumbbells alternating hands each set. I do anywhere from 15 to 20 reps with both hands, and 25 to 30 with alternating hands. The difference is the amount of weight used on the different bars. With the dumbbells, I use 30-35 lbs., the single bar I use 60-75 lbs. When you get done doing a set of these, your forearms should be burning. Believe me, this will definitely help to strengthen your grip. I have never had to use straps in any way to assist me with any lift. (Remember, straps are not allowed in competition.)

Leg exercises are very important, particularly leg extensions and leg curls. As for the deadlift itself, the first thing you should do is to find a stance that suits your body and is comfortable and also keeps you well balanced.

I prefer a normal stance with my feet about 8 inches apart. To decide where to put them in reference to the bar, I usually look straight down and allow the bar to just cover the tip of my feet or my sneakers or lifting shoes (Compensate for high top footwear).

Your arms should be straight at your sides as you squat straight down to the bar. Get a firm grip on the bar and stand up, letting your legs and hips do the work. Bring your body to a full upright position. A good deadlift will nearly scrape your legs on the way up. Keep in mind, that if you rock your back to pull the lift to its legal limit, the lift is no good.

Another stance used is the sumo stance. This is done by spreading your legs wide and gripping the bar from between your legs rather than on the outside as in my stance. As I said, you have to decide on what suits you.

My workout goes like this: 135 - 110 reps, 185 - 5 reps, 225 - 4 reps, 275 - 4 reps, 325 - 2 reps, 325 - 1 rep, 350 - 1 rep, 275 - 3 reps, 225 - 3 reps, 185 - 3 reps, 135 - 10 reps.

On the day I wish to try for a new max, I cut out 185, 205 and 225, and then cut the number of reps in half. (Where possible) on the rest of the lifts. You will also notice that in all of my workouts, I use a pyramid system of climbing high and then coming back down in lbs. This is very important if you want to keep your body in shape and avoid possible strains/injuries. The only time I do not follow this method is when I do a contest routine.

After I have completed the above workout, I then do the following workout to increase my strength and endurance:

1. Bentover rows (3 sets/10 reps/135 lbs (while standing on a bench
 2. Cornerer shrugs (3 sets/10 reps/150 lbs progressive/add 25-50 lbs each set,
 3. Shoulder shrugs (3 sets/10-15 reps/135 lbs)
 4. Back flies (3-4 sets/20 reps progressive)
 5. Wrist curls (4 sets/25-30 reps with dumbbells)
 6. Leg curls (3 sets/10 reps/60 lbs progressive)
 7. Leg extensions (3 sets/10 reps/60 lbs progressive)
- Remember, there is also the warm up before the deadlift, which includes steps 4 thru 7. Most important though, take it slow, don't try to become an instant strong man overnight. That's not only dangerous, it's stupid!

Rocky Amrose
35 Pearson St
Rochester, NY 14612

Now, on to the recommendations of a more experienced lifter, Tom Barausch, who is pursuing graduate study in Illinois with the goal of becoming a strength coach in mind. Hopefully, his professional, as well as practical, knowledge will get a lot of you lifters who are just Startin' Out...headed in the right direction.

Now more than ever, powerlifters are developing a 'body-building' type of physique. Here is some of the reasoning for this type of weight-training. The primary movers, (muscles directly involved in the action), are aided by synergists, (muscles which aid in the movement), and the stabilizers, (muscles which provide stabilization of the joints involved in the movement). By developing and strengthening the proper muscles, the concentric, eccentric, and isometric phases of the lift will be stronger and more efficient. In return, the more weight you will be able to lift in the squat, bench press and deadlift.

Writing weight-training programs for individuals is very difficult. One exercise may benefit ten individuals, while on the other hand, it may do nothing for you. As a beginning lifter, you should try several different exercises and programs. We'll keep records are a good idea, not only to evaluate your progress, but to find out what exercises do the most for you.

Here are some common sense rules to follow, which are neglected by many:

1. Follow a flexibility program along with your weight training.
2. Always warm-up prior to lifting.
3. Do not miss any days, (excluding very rare exceptions).
4. Be a smart lifter, not only during the meet, but in your daily workouts.
5. Whenever you begin a new exercise, use a light weight. This will condition your muscles and joints for the new movement. Also, your form will not be sacrificed in order to complete the repetitions.
6. DO NOT STRAIN. There is a big difference between straining and giving your best effort. I am referring to the person who for 3-5 seconds or more tries to finish a lift. The repetition becomes isometric rather than an isotonic movement. This type of lifting will lead to injury. Just remember, the next time you attempt the repetition, it will probably go.

Terms defined:

1. Concentric - shortening of the muscle while overcoming the resistance.
2. Eccentric - lengthening of the muscle while resistance overcomes the muscle.
3. Isometric - No movement, muscle does not shorten during contraction.
4. Isotonic - Movement, shortening and lengthening of the muscle.

Tom Barausch, NSCA

All of you intermediate level and above lifters possess a wealth of information and experience that has benefited your success and PL USA encourages you to share your valuable information, through this column in PL USA, with the lifters who are just getting involved in this great sport. If you'd like to contribute anything to keep young lifters from making the same kind of errors that you yourself may have made, drop us a line at Box 467, Camarillo, CA 93010.

1981 OPEN TEENAGE Powerlifting Championship Augusta, Georgia

February 28, 1981 at the Augusta Hilton Convention Center in Augusta, Georgia. 3 age categories will be contested...14-15, 16-17, 18-19. The 114-123-132-148-165-181-198-220-242-275-SHW weight classes will be contested in each age group. 1st, 2nd, 3rd place trophies will be awarded in each weight class for each age group (99 in all), plus two Best Lifter awards, 114-181, 198-SHW in each weight category (6 in all). Plus, 3 team awards.

For more information, contact:

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Nutrition Corner

BY JACK DIGANGI R.D.

A STATEMENT BY THE A.D.A. ON NUTRITION AND PHYSICAL FITNESS:

This is a statement by my professional affiliation, the A.D.A. on both nutrition and physical fitness for the general public and the intense, competing athlete. I'm going to limit this article to the athlete.

An athlete will generally expend from 3,000-6,000 K cal. per day. The A.D.A. recommends an increase of the B vitamin Thiamin (B1) to compensate for the additional calories. The requirement figures out to be 0.5 mg. per 1,000 K cal. To meet this excess requirement, the A.D.A. suggests the choices be made from the fruit and vegetable group and the bread and cereal group. A moderate amount of fats and sugar are recommended to enhance the palatability of the diet. Also, suggested was for the 5,000-6,000 K cal per day intake that five to six meals may be more preferable than three.

Studies by Irwin(1), Bergstrom and Hultman(2) and the American College of Sports Medicine(3), indicated that there is no benefit to excess protein on performance or activity.

The protein need for the development of muscle mass is well covered by a diet in which the protein furnishes from 10-12 percent of the calorie intake. Balance studies by Consolazio(4) have revealed that for the vigorous training athlete, about 100 gms of protein is sufficient to cover their needs.

The A.D.A. recommends that the competing athlete be concerned about replacing water during heavy training. Not only does the athlete lose water by sweating, but also by respiratory loss.

The effects of dehydration are well established. Fatigue, deterioration in performance, a rise in body temperature, a reduction in volume of extracellular fluid and urinary volume, a decrease in circulatory function which includes a lower blood volume, blood pressure, pulse rate, and if dehydration continues circulatory collapse. Studies show that 5 percent weight loss leads to impaired performance, 7 percent may lead to hallucinations, and a 10 percent weight loss can lead to heat stroke and circulatory collapse. The A.D.A. does not endorse dehydration for the sake of weight loss, but rather to restrict calories to burn body fat.

ELECTROLYTE NEED

The principal electrolytes of concern are sodium, potassium and chloride. During and after profuse sweating, these elements must be corrected. The A.D.A. suggests replacement of these electrolytes be derived from foods rather than salt concentration. Additional table salt at the table or foods seasoned with salt are concentrated. However, an excessive amount of sodium intake can lead to a potassium depletion. The safe and adequate intake of potassium is 1875 to 5625 mg (48 to 144 mEq). The average American diet yields about 1950 to 5850 mg (or 50 to 150 mEq). The A.D.A. suggests potassium, like sodium, should be derived from the diet and only a physician, who has the necessary laboratory indicators, administer electrolyte supplements.

The A.D.A. views carbohydrate loading or glycogen loading beneficial to some athletes.

The A.D.A. does not recognize the value of ergogenic products. Among these include wheat germ, wheat germ oil, vitamin E, vitamin C, lecithin, honey, gelatin phosphates, sunflower seeds, bee pollen, kelp, or brewer's yeast. Although the A.D.A. does recognize that some athletes derive benefits from these foods during their particular endeavor. However, investigations have shown no better performance with the use of vitamin C and vitamin E and the testimonial claims are not supported by scientific evidence.

The A.D.A. does not advocate the use of beer, wine, or distilled alcoholic beverages as a source of energy, a muscle relaxer or as an ergogenic aid. Alcohol is a readily available source of calories (7 K cal per gram). It is a depressant of the central nervous system. Alcohol will accentuate fatigue by increasing the production of lactic acid, slow reaction time, interfere with the voluntary and involuntary reflexes and coordination. Additionally, alcohol has a diuretic effect that will increase the loss of water which may lead to dehydration.

The A.D.A. believes that more research is needed to reveal the usefulness of caffeine as a stimulant to fatty acid mobilization. The basis of this statement stems from the fact that with improved fat utilization, the depletion of glycogen is returned and subsequently endurance is enhanced. However, studies show conflicting results. Some studies favor ingesting caffeine an hour before the activity to enhance fat oxidation and thus spare glycogen. Yet, some show no support for the use of caffeine.

The suggested intake of caffeine is about 1 to 2 mg per pound of body weight. For example, a person would need about 150 to 300 mg of caffeine. However, the effects of caffeine may vary from person to person.

If you would like a list of foods containing sodium, potassium and caffeine, just send a self-addressed, stamped envelope.

Strongly yours,

J. P. Digangi, R.D.
116 Hanson Place
West Monroe, LA 71291
318-396-3245

- (1) Irwin, M.I. and Hegsted, D.M.: A Conspectus of Research on Protein Requirements of Man. J. Nutr. 101: 385, 1971.
- (2) Bergstrom, J. and Hultman, E.: Nutrition for Maximal Sports Performance. 3: American College of Sports Medicine.
- (3) Position Statement: Med. Sci. Sports 7: vii, 1975.
- (4) Consolazio, C.F.: Protein Metabolism During Intensive Physical Training in the Young Adult. Am. J. Clin. Nutr. 28:29, 1975.

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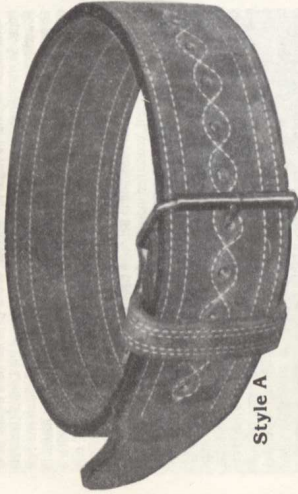
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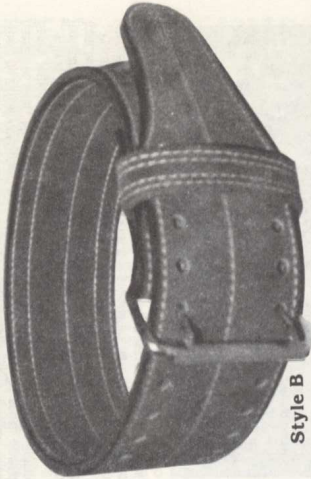
WOMEN-get help developing your own personalized strength training program from a competitive woman powerlifter. For more information send a self addressed, stamped envelope to Cherie Ennis, Weightlifters Warehouse, 5542 South Street, Lakewood, California 90713.

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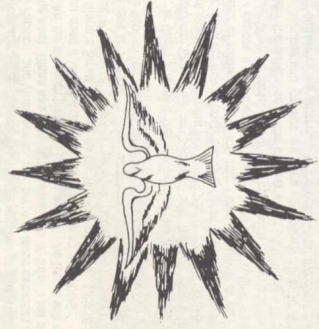
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COMPUTERPOWER...Clycone Open meet director, Mary Kalura, utilized the services of a TERAK Mini-computer, CRT terminal, and printer to provide all scoring, including team scoring... and formula point totals. The lifters used the printouts to figure their next attempts and the information was used to make award presentations less than 5 minutes after the completion of each session. A similar system was used at the World Championships in Arlington. Lifters needed only to look at a TV screen in the warmup room to see how many attempts before their next lift. Powerlifting is a sport of numbers...and numbers are just what competitors like to chew up and spit out...look for more and more of this type of sophistication in future meets...it should do lots to end confusion and queues at the scores table.

HEY, I'm Alive!...Willy Bils relates the story of fellow Seattle Pler Scott Smith, who had bests of 550/350/675 at 220 before a car wreck that punctured his aorta and one lung. He died on the operating table, but was revived. The doctors told him that if he didn't have the strength of a powerlifter, he would have died...and they also told him he would never PL again. Little surprise that he's gone 400/290/550 only 7 months after the incident, and serves as a great inspiration to those in the Pacific NW.

ANOTHER BIG MAC?...Jeff Magruder continues to make sensational progress...benchng 543 in a local BP contest and making 560 weighing 218 at Doyle Kenady's Record Breakers meet November 15th...hopetully we'll have a photo of him in a future issue.

**Official I.P.F.
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**More from
Ken Leistner**

As all of you know, I get mail, a lot of mail, each and every month. After a month or contest where I get in neat lots of new faces and usually say nice things about most of the lifters, I usually get nice letters. Well, after taking great pains to point out the great things done by the spotters, leaders, expeditors, etc., at Madison, I was really hit broadside by Miss Mary Edridge, the cute blond that served as the official scorekeeper and the unofficial recipient of much unnecessary abuse. Years neglected to say anything about one of the people who made the Madison Yearning a special time to those of us who are not lifters or coaches, we rarely take the time to thank those who round us up for our opponents to meet after the meet. None of the lifters or coaches was courteous enough to thank Mary for anything. None of the lifters or coaches was the "Pacific incident" some information was put forth that Mary was, or might have been in some way, responsible for, as was a coaching error. I may folks. She sat in the hot seat for two days and did a wonderful, and most efficient job.

Lack of courtesy and consideration ran rampant at Madison, or so I am told. If my information is in error, I offer my sincerest apologies. If not, our sport once again takes two steps forward and three back. I was told that a number of lifters, some of them well known top competitors, skipped out on the hotel bill at Madison. Right on guys! With continued behavior such as this, we'll be holding one day championships on some high school athletic field and unloading in the bushes because no administrator/proordinator is going to take the chance of housing what he sees as uncouth, distrustful maniacs for a two or three day period, at least he won't without full payment up front. This is the general type of behaviour that has kept many amateur sports behind the eight ball in terms of public acceptance.

I spoke with Ernie Frantz the other evening. Ernie needed some quick advice to get him through the Worlds. 'Yeah, Ernie, I'll give you all you need to know about squatting, benching and Dling lots of weight, and while I'm at it, I think I'll give you some secrets about developing some musculature, my man. Oh yeah, anyone believes that one? Do you really think I'm about to tell Ernie how to do all of those things he already does so wonderfully well? Actually, we spoke about his new suits. Ken, as a lifter who has been around a long time, I know what a guy goes through to become a good lifter, and how much it costs. I decided to try and give the lifters a lifting suit, developed by a lifter who knows what's needed, at a reasonable price, and one that will hold up to the stress of training and competition. Bryan Wade and I had spoken a few days earlier, and he had first told me about Ernie's suits saying how great the fit was, and 'it's well priced!' Ernie is such a genuinely fine individual, that I'd probably buy a suit from him just to get him off the ground in a new venture, but from what I hear, he has a terrific new product and I encourage everyone to try one of his suits out. If you don't like it, hell, tell him. He's the kind of guy who will talk to you for twenty minutes, listen to all your complaints, and then rectify them. As if it myself, I don't think anyone will be disappointed in them. I just got one myself and as I've said many times in print, John Pettitt is my personal lifting suit tailor. I like the Elite suit. The Super Suits look like I've never really used one. Ditto for the Miracle Suit. Ernie's entry looks like it will be more than competitive with the other makes. Remember, by a lifter, for a lifter and by a man that does not B.S. around either.

(editors note) We are aware of a technicality in the design of Ernie's suit. Please discuss this with him before purchasing. I was going to talk about pulling routines, this month, comparing the advantages and disadvantages to cleans, stiff-legged deadlifts, shrugs, etc. in short, should one train for the DL, doing DL only, or should one take the other road, working hell out of the pulling muscles, without Dling very much in training. Instead, I want to present a few excerpts from a very long letter I wrote to Bryan Wade recently. I advocate it only to stimulate some heavy thinking of the part of the readers, devil's advocate if you will. I believe the excerpts will pretty much speak for themselves. As always, this is no way purports to be the last word or even the first in training for PL greatness. I do think that some will be offended, others delighted, others' red rather bewildered. So be it. The recent improvement of Bryan, Dennis Reed, and Sam Mangiarulli among others, all of whom are training in a more or less similar routine. In fact, Sam trained high reps - 10s-on the DL for his most recent meet. In fact, Sam trained high reps - 10s-on the DL for his most recent meet, has moved me to write this now, and hold off on the pulling discussion, and a continuation of Dave Shaw's training methods. The ideas come from many people, although some of them may look at the distillation and say 'hey, that ain't me talking.' It's not meant to be. It's just another approach among many. Without further interruption. You seem to respond well to the work you do and I agree that you have to 1) limit the number of movements (exercises) done, especially if you're at your class limit or a few pounds (of muscle tissue) open and 2) not lift too often/too heavy. As long as you leave one of your days open to lift 'light', you'll be okay. 90 per cent of single max may be too much on light the day...the cumulative effects may be too great (in terms of eventual damage).

Be careful not to burn out on DL lockouts, something I often do and something that tends to ruin my form when I come off the floor. Once every 10-14 days, all

out on those, I feel, is plenty. High pulls are good, my only negative thought re them is the following (perhaps influenced by old age and increasing wisdom): as one who has dabbled, quite successfully, in Olympic lifting, one who 'grew up' as a football player doing lots of cleans and pulls for 'explosiveness', and one who has been tight with Bill Starr for 15 years and who had the opportunity to train in York when it was still YORK, I have come to the conclusion that ballistic movements, cleans, pulls, jerks, snatches, etc., impose stress on the connective tissue (CT) that as often as not, will break, in time if not immediately, to damage. Remember that momentum transferred to the bar, will cause speed of movement that momentarily exposes the CT to forces much greater than the actual weight of the bar due to that momentum. I feel the risk, over time, is too great, and more importantly, unnecessary, as literally 'throwing' a weight will not bring about the gains in strength that 'lifting' a weight will. I used to have this discussion at least once a week for 8 months with Arthur Jones, but did not accept it for many years until I tried it all ways. My lifting background really prejudiced me. However, today, this is how I feel. I often present routines calling for cleans (and always preface it with remarks pertaining to proper form, & few non-Olympic lifters do it right) but even with great form, the risk of injury is high. I also believe one must train very intensely to stimulate strength gains, alone. Jones, but as your training has shown (and all lifters experience firsthand), there is great difference between grinding out six all out reps and a heavy max, or near max single. I found this out when doing 350x30 and 380x1!!! The research involving the SAID principle has demonstrated that the biochemical changes that occur when doing singles/doubles is different than that of doing 6-8-10-15 reps, although momentary level of intensity could be identical. And although no one knows what causes muscle/strength increases, I believe, as does Arthur, that it is totally chemical/enzymatic in nature. Thus one must get those heavy x1, x2 in all the lifts. One also needs lots of recovery time, again, chemical in nature, for gains and more than 3 workouts per week despite 'split routines' is a physiological joke. Some, like me, often need more rest and can only take 2 workouts per week, or, as I've done best, on 10 per month. This varies, BUT WITHIN THE STATED PARAMETERS. Gary is right about limiting assistance work. For regaining proper muscular balance, injury rehab, etc., a particular exercise(s) may be necessary, but anything over and above the lifts 'NOT' necessary, only cuts into the ability to properly 'train' the proprioceptors. Also, the heavy reps in the lifts are need to properly 'train' the proprioceptors. Without this, the natural defense mechanisms (stretch reflex, etc.) will prevent, literally, completion of a lift that is within the ability of the involved muscles.

I'm beginning to believe that your routine, or one like it is best. Try this. Heavy day x1, and then a 'light' day, at 80 or 90 per cent x1 or x2. Heavy day, bench and squat, same for light day. Can add injury prevention (curls, leg curls, adductor/abductor movements if possible) exercises for 2-3 sets, high intensity. Second week, heavy day, all three lifts, light day, bench and squat. On 'mid-day' that 2nd week, Maudit's pulverizer, Double Chest or Double Shoulder. Shrug. Do injury prevention work on two free weight days. On Nautilus, one two at out sets, 8-10 reps, after stretching, warmup, etc. Stretch on all days. Run 3-4 miles per week, or bike, this, to me is also (in my theory anyway). Week 3 or 4, 100 reps per week, of one DL work, don't know, go 80 per cent x1 for 3 100 reps again week 2, etc. may be better, in fact, go 80 per cent x1 for 3 singles wk 1, 100 per cent x1 wk 2, and no DL wk 3. Repeat 3 week cycle to finish out 6 weeks.

Now, what does all of this mean in English? If the foregoing is true, and I'm not convinced that all of it is, remember, this is to be a lesson in simulation only, we can formulate a sensible routine like this: 1) Stick to the lifts used in competition, only two or three days a week to insure the ability principles fully; prevent, in doing other specific exercises only if recovering from an injury, attempting to overcome a definite imbalance of muscle strength (ex: hamstring/quad strength which will affect DL position) 3. Train heavy, 90 to 100 per cent on 'light' days, and/or doubles on heavy day. Train lighter, at 80 to 90 per cent on 'light' days, again for singles (multiple singles perhaps), or doubles. 4. The squat, up to wearing wraps. Elite suit, Morris power belt, will probably be very different form from one done with the competitive attire, and if done with less than 80 per cent of max, in fact, as far as the stretch and clean and jerk go. Bulgarian researchers have determined that the mechanical and neuromotor pattern for an attempt done with less than 85 per cent of max is definitely different from that used in higher max attempts.

I discussed this approach with Steve Knight last evening and he asked the obvious: 'How about injuries?' Training with these kinds of loads does present some problems and one would have to carefully monitor progress and abilities. It not up to snuff? For whatever reason, the prudent trainee would have to intelligently backoff that workout, however, the reps should still be in the one to two range. Bryan pointed out, and with absolutely no negative intent, that Sam had DL'd 720 for 10 prior to the meet and still singled with 720. Sam is one of our greatest lifters, terribly under-rated, I feel, and I suspect if any of his stuff is at all true, that most of this DL's differed in form, from what his max single looks like. Sounds good in theory anyway, you might want to take that heavy day, and back off to 60 per cent or so on the light days, sort of an active recovery day. I'd recommend running, biking, swimming, etc. on non-lifting days as a means to get some cardiovascular working, and burn excess calories.

I don't wish to go deeply into the 'overall exercise' vs. the 'non-explosive' at this time, that was to be part of the overall article on pulling. However, this one point will, I believe, get much attention. I was more or less raised on the power clean and yes, I sure did get awful strong, in the clean and in the DL with

TOP 100

FEATHERWEIGHTS (132 1/2 lb./60 kg.)

For USA lifters competing from November 1979 through October 1980

TOTAL

1465	Bradley, J. 4/19/80	1466	Bradley, J. 4/19/80
1467	Milan, E. 3/22/80	1468	Milan, E. 3/22/80
1469	Zaric, F. 3/22/80	1470	Zaric, F. 3/22/80
1471	Veronica, R. 3/19/80	1472	Veronica, R. 3/19/80
1473	Hummel, G. 4/19/80	1474	Hummel, G. 4/19/80
1475	Veronica, R. 3/19/80	1476	Veronica, R. 3/19/80
1477	Hummel, G. 4/19/80	1478	Hummel, G. 4/19/80
1479	Veronica, R. 3/19/80	1480	Veronica, R. 3/19/80
1481	Hummel, G. 4/19/80	1482	Hummel, G. 4/19/80
1483	Veronica, R. 3/19/80	1484	Veronica, R. 3/19/80
1485	Hummel, G. 4/19/80	1486	Hummel, G. 4/19/80
1487	Veronica, R. 3/19/80	1488	Veronica, R. 3/19/80
1489	Hummel, G. 4/19/80	1490	Hummel, G. 4/19/80
1491	Veronica, R. 3/19/80	1492	Veronica, R. 3/19/80
1493	Hummel, G. 4/19/80	1494	Hummel, G. 4/19/80
1495	Veronica, R. 3/19/80	1496	Veronica, R. 3/19/80
1497	Hummel, G. 4/19/80	1498	Hummel, G. 4/19/80
1499	Veronica, R. 3/19/80	1500	Veronica, R. 3/19/80

DEADLIFT

582	Bradley, J. 4/19/80	583	Bradley, J. 4/19/80
584	Milan, E. 3/22/80	585	Milan, E. 3/22/80
586	Zaric, F. 3/22/80	587	Zaric, F. 3/22/80
588	Veronica, R. 3/19/80	589	Veronica, R. 3/19/80
590	Hummel, G. 4/19/80	591	Hummel, G. 4/19/80
592	Veronica, R. 3/19/80	593	Veronica, R. 3/19/80
594	Hummel, G. 4/19/80	595	Hummel, G. 4/19/80
596	Veronica, R. 3/19/80	597	Veronica, R. 3/19/80
598	Hummel, G. 4/19/80	599	Hummel, G. 4/19/80
600	Veronica, R. 3/19/80	601	Veronica, R. 3/19/80

BENCH PRESS

365	Bradley, J. 4/19/80	366	Bradley, J. 4/19/80
367	Adriano, A. 12/28/79	368	Adriano, A. 12/28/79
369	Zaric, F. 3/22/80	370	Zaric, F. 3/22/80
371	Veronica, R. 3/19/80	372	Veronica, R. 3/19/80
373	Hummel, G. 4/19/80	374	Hummel, G. 4/19/80
375	Veronica, R. 3/19/80	376	Veronica, R. 3/19/80
377	Hummel, G. 4/19/80	378	Hummel, G. 4/19/80
379	Veronica, R. 3/19/80	380	Veronica, R. 3/19/80
381	Hummel, G. 4/19/80	382	Hummel, G. 4/19/80
383	Veronica, R. 3/19/80	384	Veronica, R. 3/19/80

SQUAT

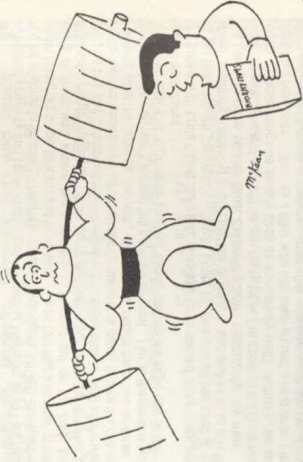
573	Bradley, J. 4/19/80	574	Bradley, J. 4/19/80
575	Veronica, R. 3/19/80	576	Veronica, R. 3/19/80
577	Hummel, G. 4/19/80	578	Hummel, G. 4/19/80
579	Veronica, R. 3/19/80	580	Veronica, R. 3/19/80
581	Hummel, G. 4/19/80	582	Hummel, G. 4/19/80
583	Veronica, R. 3/19/80	584	Veronica, R. 3/19/80
585	Hummel, G. 4/19/80	586	Hummel, G. 4/19/80
587	Veronica, R. 3/19/80	588	Veronica, R. 3/19/80
589	Hummel, G. 4/19/80	590	Hummel, G. 4/19/80
591	Veronica, R. 3/19/80	592	Veronica, R. 3/19/80

The City of Champions...Pittsburgh...is looking for another sport to dominate. And the Pittsburgh YMCA team hopes to do it in Powerlifting. Jim Pat-...Pumps that his team has also made up a bit of poetry for the Mulletts in their gym. Pump and go ...you re in, you re out...that is what it's all about."

The NEW ENGLANDS...meet director Rich Labbe is looking forward to 120-125 lifters and 2-3 thousand fans for this year's New England championship meet. 5 states, roughly 1/8 of the United States, will be the drawing area for the meet and Rich will be going all out for all of them. Contact Rich at 53 Ticonic St., Waterville, Maine 04901 (207) 872-5720 for further info.

SOVIET MIND POWER...Dr. G. K. Knovitch, who uses acupuncture in his own clinical work (see his advertisement in the Classified Ads), reports that the Soviets have used a form of laser acupuncture to enhance the performance of their athletes, including weightlifters. Former Russian psychologist, Dr. Gregory Raport, states that the technique was used to treat depression, anxiety, and fatigue.

BIG GUS IN PAR-EE!!!...at the invitation of Serge Nubret, Big Gus Reithwich journeyed to Paris. France recently to perform a squinting exhibition at one of Serge's outpouring extravaganzas. Oooh...La...Lal!!!



"REMEMBER NOT TO GO HEAVY, CHUCK, YOU'RE TRIPLE CRITICAL TODAY!"

it. I also hurt my wrist and shoulder(s) a few times, and developed some ligan-...ment problems in the knee due to jumping my feet out when catching the bar. Perhaps pills would have eliminated these problems, I don't know. I still recom-...mend clean to a lot of the locals, even in the light of the above information. I'll get into all of that when we next discuss the matter.

I'm not using any examples as an endorsement. I've said many times that the great have all the equipment to be great and would be no matter what. And many of the following have used all kinds of methods to get to the top. Still, published routines of George Frenn, Bill West, Mike Bridges, Roger Estep, Ricky Crain and others indicate that they trained hard and heavy on low rep (1 & 2) work, with great success. More in January and the very best of everything to all PL USA readers in this new year.

BIG ATTENDANCE REQUESTED...Jeff Copland will be putting on an invitational meet in the Bronx in the latter part of February and Ken Leisner is one of the invited luminaries!

Coming Attractions...Paul Whitney has two big meets coming up...the 4th Annual Midwest Bench Press meet (December 13th) where Dan Goddard will try for a big meet at 242 and the 5th Annual Red River Open, which will be a meet for the lifters, including local television coverage. For further information contact Paul at the Fargo-Moorhead Heavy WLC, 4000 St. Avenue South, Fargo, North Dakota 58103 or call Paul at the Y (701-293-9622).

TIME TO VOTE!!!...the ballots for the election of Athlete's Representatives to the USPF National Committee are due in to PL USA, Box 467, Camarillo, CA 93010 prior to 1 January 1981. This is your chance for direct representation of your views on the National scene, so don't neglect this opportunity...send in the ballot (or a copy) that appeared on page 18 of the November issue of PL USA now!

New Featherweight Phenom...Tim McCarthy reports that young Mark Winfield recently squatted 350 in training, merely 1 inch high...looks like there'll be a new name up near the TOP of the 132 list next time it's updated.

OUTSTANDING FEMINE PERFORMANCE...Candice Pardue actually qualified for the Teenage Nationals and lifted as the only woman in the meet. She bench pressed an Official World Record of 75 kilos (165 pounds) in the 114 pound class (update your record lists folks). As her brother Sam Pardue says 'she has been blessed very well.'

BOUNTY...PL USA will pay for a copy of Dave Willoughby's 1970 book 'THE SUPER ATHLETES'...if you have a copy that you will part with, let us know at Box 467, Camarillo, California 93010 immediately.

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Do Not accept substitutes! These suits are custom sized to fit for greater support.

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Marathon Nutrition SuperPak. A Monthly Nutrition Program.

As powerlifting becomes more of a science, vitamin and mineral supplements become just as important to you as your training routines. Your daily allocation of vitamins A, D, E, B-Complex, C-Complex, minerals and necessary enzymes in convenient single pack without sacrificing potency. The B-Complex and C-Complex vitamins are sustained released over a 6-8 hour period for optimum utilization of these most important nutrients throughout your day. The minerals are in an ortho molecular** base to provide maximum assimilation of Calcium, Magnesium, Iron, Zinc and other essential minerals the body requires. A proper balance of the important oil soluble vitamins E, A and D are provided to complete your nutrition program. Enzymes are also included to insure proper assimilation of all nutrients.

Each packet contains eight tablets:	600 I.U.
Vitamin E (of Alpha Tocopherol)	25,000 I.U.
Vitamin D (Fish Liver Oil)	1,400 I.U.
B-Complex	400 mcg.
W/STRESS FACTORS SUSTAINED RELEASE*	125 mg.
Vitamin B1 (Thiamine HCl)	125 mg.
Vitamin B2 (Riboflavin)	125 mg.
Niacinamide	125 mg.
Vitamin B5 (Pantoic Acid)	125 mg.
Vitamin B12 (Cobal. Conc.)	125 mcg.
Biotin	125 mcg.
Pantoic Acid (Calc.)	125 mg.
Choline Bitartrate	125 mg.
Inositol	125 mg.
VITAMIN C BIOFLAVONOID FACTOR SUSTAINED RELEASE*	1,000 mg.
Natural selected Rose Hips	500 mg.
Vitamin C (Ascorbic Acid)	500 mg.
Lemon Bioflavonoid	50 mg.
MINERAL COMPLEX ORTHO MOLECULAR**	1,000 mg.
Calcium (Oyster Shell)	150 mg.
Iodine (Kelp)	16.5 mg.
Iron (Peptonate)	40 mg.
Copper (Gluconate)	2 mg.
Zinc (Gluconate)	15 mg.
Potassium (Gluconate)	90 mg.
Manganese (Gluconate)	10 mg.

**In an ortho molecular base of: Magnesium Oxide, Ferric Oxide, Calcium Oxide, Potassium Oxide, Aluminum Oxide, Phosphoric Acid, Sodium Chloride, Sodium Oxide, Sulphuric Acid, Molybdenum, Manganese Oxide, Chromic Oxide, Vanadium Oxide, Nickel Oxide, Barium Oxide, Copper Oxide and Zinc Oxide.

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* Sustained release is a process to allow a slow gradual release over an extended time period (6 to 8 hours).

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Potassium 99 mg. tablets

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Multi-One with Stress Factors

A One-a-Day High Potency vitamin and mineral

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A One-a-Day multi-vitamin and mineral tablet featuring 100 mg. B-Complex formula. sustained release.*

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High potency B-Complex formula

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Maxi-Mins High potency mineral complex

Two tablets contain:

- Calcium 1000 mg. • Magnesium 500 mg. • Zinc 22.5 mg.
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- Chromium 20 mcg. • Betaine HCl 100 mg.
- Glutamic Acid HCl 100 mg. • Vitamin D 400 IU

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Vitamin E 400 IU d'alpha or mixed tocopherols

90/\$6.95 180/\$12.95 360/\$23.95

Vitamin E 1000 IU d'alpha tocopherols

High potency vitamin E

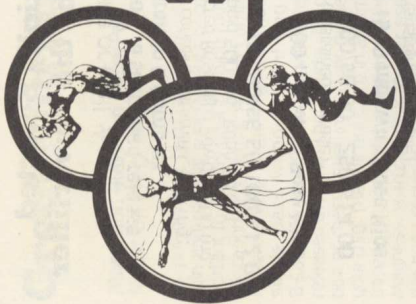
50/\$7.75 100/\$14.50 250/\$35.00

*Sustained release is a process to allow a slow gradual release over an extended time period (6 to 8 hours).

★If you would like a complete list of Marathon Nutrition Vitamin, Mineral and Glandular Supplements, check here. □

PRODUCT	SIZE	QTY.	PRICE	EXT.	PRODUCT	SIZE	QTY.	PRICE	EXT.
SuperPak					Super Bio-C w Bioflavonoids				
2-Gram Liver					Vitamin C 1000 mg. w/R H				
MULTI-ONE					Vitamin C 1500 mg. w/R H				
ONE DAILY FORMULA 100					Milk Egg Protein	16 oz.			
B-Complex					2 Gram Fructose Tabs				
Maxi-Mins					1 Gram LIVER TAB				
Vite E d'Alpha	400 IU				YEAST TABS	500 mg.			
Vite E MIXED	400 IU				Potassium	99 mg.			
Vite E d'Alpha	1000 IU				TOTAL			\$	

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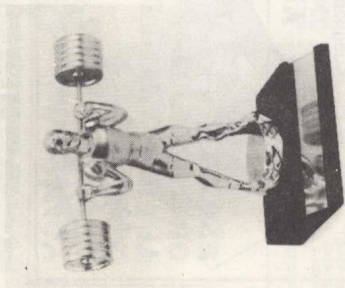
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World Masters Good Guys and Gals. Meet Director Jay McVeagh would like to thank the following people for their contribution to his meet... wife Rosie McVeagh, Herb Gowing, Bud Mucci, Don Wilson, Jim Waters, Don Haley, Bob Packer, Juan Santana, Bill Decker, Wayne Oyatuso, Kevin Meskew, Rich Wulstein, Dan Wulstein, Gary Williams, John Hunimek, Billy Pope, Dave Trunnell, John Wright, Kim De Silva, Kim DeMonteverde, Rich Abbott, Michael Markarian, Rodney Phelps, David Palvenine, Roger Croft, Sherri Williams, Lynn Hegeson, Kate Hill, Sandi Van Allman, Ruth McClune, Dorothy Trunnell, Anita Wulstein, Paula Phooft, Joan Phelps, Jeannine Eldridge, Mary Eldridge, Pamela Williams, Mrs. Bob Seymour...and everyone else who helped.

BELOW...when's the last time you saw a Category I International Referee loading at a contest? Bob Packer did it at the World Masters plus another stint at the Worlds in Arlington. (Lambert photo)



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One of the Real Masters...William Boone, who used to deadlift against Bob Peoples back in 1947-48, making 700 in a contest and doing 750 in training...is thinking about a comeback at age 66. After only 4 workouts he tripled 520 and should be good for 600 soon!

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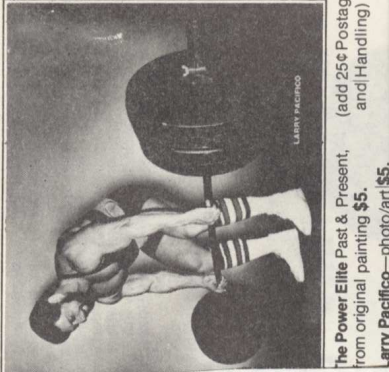
MoValley Brickbats— Glen Allen of Missouri State Prison has sent an open letter to Nate Frasier, MoValley Association Chairman and a recent appointee to Region 8 Chairman regarding the comments that have been passed back and forth in disputes about the scheduling and sanctioning of meets in the area, pointing out that these matters might best be resolved privately rather than through the printed media. The art of compromise is a noble one, certainly it could have done wonders in extirpating ourselves from the national/international difficulties we have faced recently. In the long run, it's better to take a few personal lumps for the betterment of the sport, than to take personal remarks too seriously.

HOW TO BID ON THE 1982 NATIONAL COLLEGIATES... National Collegiate Chairperson, Dr. Billy Jack Taiton will submit a recommendation to the USPF National Powerlifting Committee from bids submitted at the Thursday night business meeting held prior to the 1981 National Collegiate Championships on March 19th. So, if you are interested in the meet, come to the 1981 meet and be prepared with a detailed plan of your proposal, letters of confirmation from the host school and the powerlifting chairman of the host association...and go for it!

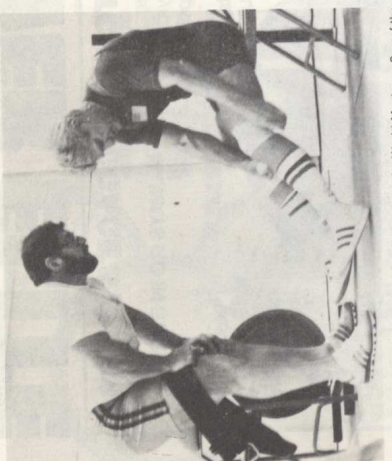
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MERRY CHRISTMAS AND A HAPPY NEW YEAR FROM POWERLIFTING USA MAGAZINE



ABOVE— Larry Pacifico coaching Mac Richards at the World Masters. One of the first things that Larry did after 7 hours of hand surgery was call a stunned Mac up and congratulate him on his lifting the day before. According to Mac, "this is perhaps the Larry Pacifico some people don't know."



BELOW— Larry's damaged digit seems to be healing nicely, the stitches you see in this photo have since been removed, but the metal pin, sticking out from the fingertip, will remain a bit longer. It will take a few months to determine the true extent of limitation, if any, that this accident will have on Larry's lifting. (Lambert photos)

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223	B. DURNAL	293	D. KUCERA	313	140	300	750	470	385	550	1405
224	J. ENRES	294	D. KUCERA	314	140	300	750	525	225	510	1260
225	S. PASER	295	D. KUCERA	315	140	300	750	550	345	540	1335
226	D. KUCERA	296	D. KUCERA	316	140	300	750	550	345	540	1335
227	D. KUCERA	297	D. KUCERA	317	140	300	750	550	345	540	1335
228	J. SMITH	298	D. KUCERA	318	140	300	750	550	345	540	1335
229	D. KUCERA	299	D. KUCERA	319	140	300	750	550	345	540	1335
230	D. KUCERA	300	D. KUCERA	320	140	300	750	550	345	540	1335
231	D. KUCERA	301	D. KUCERA	321	140	300	750	550	345	540	1335
232	D. KUCERA	302	D. KUCERA	322	140	300	750	550	345	540	1335
233	D. KUCERA	303	D. KUCERA	323	140	300	750	550	345	540	1335
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236	D. KUCERA	306	D. KUCERA	326	140	300	750	550	345	540	1335
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255	D. KUCERA	325	D. KUCERA	345	140	300	750	550	345	540	1335
256	D. KUCERA	326	D. KUCERA	346	140	300	750	550	345	540	1335
257	D. KUCERA	327	D. KUCERA	347	140	300	750	550	345	540	1335
258	D. KUCERA	328	D. KUCERA	348	140	300	750	550	345	540	1335
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263	D. KUCERA	333	D. KUCERA	353	140	300	750	550	345	540	1335
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ABOVE: 50 yr. old Manny Leiva, who set 4 Texas Masters' records at the Southwest Classic in El Paso. photo by Gary Bissell.

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210	165	260	635	110	K	282.5	215	275	772.5
225	127.5	240	592.5	110	K	282.5	215	275	772.5
230	140	217.5	567.5	CARIN	287.5	197.5	272.5	757.5	757.5
235	140	217.5	567.5	CARIN	300	170	272.5	742.5	742.5
240	125	235	530	ADESSO	300	170	272.5	742.5	742.5
245	125	235	530	ADESSO	300	170	272.5	742.5	742.5
250	125	235	530	ADESSO	300	170	272.5	742.5	742.5
255	125	235	530	ADESSO	300	170	272.5	742.5	742.5
260	125	235	530	ADESSO	300	170	272.5	742.5	742.5
265	125	235	530	ADESSO	300	170	272.5	742.5	742.5
270	125	235	530	ADESSO	300	170	272.5	742.5	742.5
275	125	235	530	ADESSO	300	170	272.5	742.5	742.5
280	125	235	530	ADESSO	300	170	272.5	742.5	742.5
285	125	235	530	ADESSO	300	170	272.5	742.5	742.5
290	125	235	530	ADESSO	300	170	272.5	742.5	742.5
295	125	235	530	ADESSO	300	170	272.5	742.5	742.5
300	125	235	530	ADESSO	300	170	272.5	742.5	742.5
305	125	235	530	ADESSO	300	170	272.5	742.5	742.5
310	125	235	530	ADESSO	300	170	272.5	742.5	742.5
315	125	235	530	ADESSO	300	170	272.5	742.5	742.5
320	125	235	530	ADESSO	300	170	272.5	742.5	742.5
325	125	235	530	ADESSO	300	170	272.5	742.5	742.5
330	125	235	530	ADESSO	300	170	272.5	742.5	742.5
335	125	235	530	ADESSO	300	170	272.5	742.5	742.5
340	125	235	530	ADESSO	300	170	272.5	742.5	742.5
345	125	235	530	ADESSO	300	170	272.5	742.5	742.5
350	125	235	530	ADESSO	300	170	272.5	742.5	742.5
355	125	235	530	ADESSO	300	170	272.5	742.5	742.5
360	125	235	530	ADESSO	300	170	272.5	742.5	742.5
365	125	235	530	ADESSO	300	170	272.5	742.5	742.5
370	125	235	530	ADESSO	300	170	272.5	742.5	742.5
375	125	235	530	ADESSO	300	170	272.5	742.5	742.5
380	125	235	530	ADESSO	300	170	272.5	742.5	742.5
385	125	235	530	ADESSO	300	170	272.5	742.5	742.5
390	125	235	530	ADESSO	300	170	272.5	742.5	742.5
395	125	235	530	ADESSO	300	170	272.5	742.5	742.5
400	125	235	530	ADESSO	300	170	272.5	742.5	742.5
405	125	235	530	ADESSO	300	170	272.5	742.5	742.5
410	125	235	530	ADESSO	300	170	272.5	742.5	742.5
415	125	235	530	ADESSO	300	170	272.5	742.5	742.5
420	125	235	530	ADESSO	300	170	272.5	742.5	742.5
425	125	235	530	ADESSO	300	170	272.5	742.5	742.5
430	125	235	530	ADESSO	300	170	272.5	742.5	742.5
435	125	235	530	ADESSO	300	170	272.5	742.5	742.5
440	125	235	530	ADESSO	300	170	272.5	742.5	742.5
445	125	235	530	ADESSO	300	170	272.5	742.5	742.5
450	125	235	530	ADESSO	300	170	272.5	742.5	742.5
455	125	235	530	ADESSO	300	170	272.5	742.5	742.5
460	125	235	530	ADESSO	300	170	272.5	742.5	742.5
465	125	235	530	ADESSO	300	170	272.5	742.5	742.5
470	125	235	530	ADESSO	300	170	272.5	742.5	742.5
475	125	235	530	ADESSO	300	170	272.5	742.5	742.5
480	125	235	530	ADESSO	300	170	272.5	742.5	742.5
485	125	235	530	ADESSO	300	170	272.5	742.5	742.5
490	125	235	530	ADESSO	300	170	272.5	742.5	742.5
495	125	235	530	ADESSO	300	170	272.5	742.5	742.5
500	125	235	530	ADESSO	300	170	272.5	742.5	742.5

SOUTHWEST CLASSIC-11/8/80

WOMEN'S CLASS/MALONE FORMULA

A. PHILLIPS	250	85	195	435	
K. MICHEL	155	85	195	435	
132	SILVA	305	195	325	825
P. PATTON	350	220	370	940	
P. PATTON	260	220	370	830	
148	HARRISON	470	240	475	1185
C. MILDIX	415	245	440	1100	
H. GORDON	360	250	420	1030	
H. GORDON	400	320	450	1170	
E. PHILLIPS	340	320	450	1110	
E. CHAVEZ	310	195	400	905	
G. SPECTER	315	185	375	875	
166	BRADY	275	180	350	805
M. RODRIGUEZ	435	345	440	1220	
G. BISSSELL	350	240	430	1020	
B. FOSTER	325	240	400	965	

NEW JERSEY DISTRICT MEET-10/18-19/80

52	K	100	132.5	305
53	K	100	132.5	305
54	K	100	132.5	305
55	K	100	132.5	305
56	K	100	132.5	305
57	K	100	132.5	305
58	K	100	132.5	305
59	K	100	132.5	305
60	K	100	132.5	305
61	K	100	132.5	305
62	K	100	132.5	305
63	K	100	132.5	305
64	K	100	132.5	305
65	K	100	132.5	305
66	K	100	132.5	305
67	K	100	132.5	305
68	K	100	132.5	305
69	K	100	132.5	305
70	K	100	132.5	305
71	K	100	132.5	305
72	K	100	132.5	305
73	K	100	132.5	305
74	K	100	132.5	305
75	K	100	132.5	305
76	K	100	132.5	305
77	K	100	132.5	305
78	K	100	132.5	305
79	K	100	132.5	305
80	K	100	132.5	305
81	K	100	132.5	305
82	K	100	132.5	305
83	K	100	132.5	305
84	K	100	132.5	305
85	K	100	132.5	305
86	K	100	132.5	305
87	K	100	132.5	305
88	K	100	132.5	305
89	K	100	132.5	305
90	K	100	132.5	305
91	K	100	132.5	305
92	K	100	132.5	305
93	K	100	132.5	305
94	K	100	132.5	305
95	K	100	132.5	305
96	K	100	132.5	305
97	K	100	132.5	305
98	K	100	132.5	305
99	K	100	132.5	305
100	K	100	132.5	305

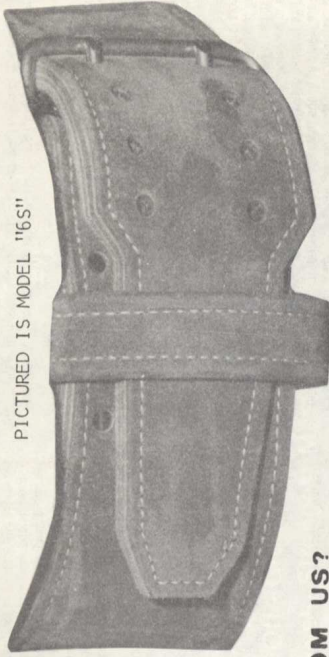
SOUTHERN TIER OPEN-ELIMTRA, NY
 10/18/19/80

123	M. UNDERWOOD	150	70	205	425
132	M. GABAK	360	210	415	985
133	J. LAMORE	300	240	360	900
134	J. LAMORE	300	240	360	900
135	R. SHORES	250	170	330	750
148	J. WICK	490	290	500	1280
149	J. WICK	330	260	360	950
150	J. STALLWORTH	330	260	360	950
151	J. LESZIK	295	200	400	895
152	T. MUDRY	300	245	300	845
153	M. LEKORSKI	250	170	415	830
154	J. FORTINO	335	280	-	-
155	R. BLUM	445	-	-	-
156	J. JALOVEC	575	365	575	1515
157	M. PHILLIPS	565	400	540	1505
158	P. CRISGERA	570	330	570	1470
159	J. PATTON	485	280	495	1260
160	J. PATTON	465	255	450	1170
161	S. NOWACKI	380	240	510	1150
162	R. SCHULTZ	435	285	440	1140
163	J. KEENAN	300	240	480	1020
164	P. CASTALIONE	325	240	350	915
165	L. CLARK	305	205	355	865
166	J. BURKE	400	170	330	700
167	B. CLARY	550	345	570	1465
168	J. SORRITORI	520	360	535	1445
169	J. LAMANA JR.	520	320	510	1350
170	P. CORTEZ	430	345	570	1345
171	S. WARTER	485	320	520	1325
172	M. MAGNUSKY	420	330	470	1210
173	M. BRUNELLE	435	320	450	1155
174	B. MELTZER	370	270	500	1140
175	D. SWIDER	350	245	410	995
176	M. MCMAINE	350	210	410	970
177	L. RECK	430	325	440	1195
178	T. KULONCZ	445	-	-	-
179	R. NATHAN	590	400	630	1620
180	P. POTTS	535	410	635	1680
181	V. PETERSON	645	400	630	1675
182	R. MUSSEY	640	380	630	1650
183	J. MCALLISTER	590	385	500	1575
184	J. UNDERWOOD	500	315	550	1350
185	C. O'BRIEN	540	370	470	1380
186	P. ENEL	500	300	470	1270
187	D. D'ARCANIELLO	640	390	635	1665
188	F. AZAR	600	400	600	1600
189	M. PAMELZIK	550	370	565	1485
190	M. DESERIO	500	370	565	1485
191	R. BOOTS	530	315	535	1380
192	D. STEFANO	550	375	475	1400
193	V. ROBINSON	590	320	470	1380
194	D. LYLE	540	350	470	1360
195	B. GAUDETTE	445	-	-	-
196	G. STEVANS	750	500	750	2000
197	M. DEPRIMO	560	330	560	1450

BELOW...1st place winner in the 220s at the Southern Tier Open. Pete D'Acangelo, photo by W. Evans of the Sports Section.

B. STAVANTS	560	325	635	1420
T. GALANTE	485	375	605	1365
R. GALICCI	470	295	510	1275
R. NYN	500	260	475	1235
J. GENTILE	640	400	640	1680
J. LOFTIS	620	385	575	1580
B. DEAN	470	350	530	1350
B. DEFRANK	385	215	425	

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5 N	2	Natural	10-12 mm	\$49**
6 N	3	Natural	12-13 mm	\$59**
4 S	1	Suede	10-12 mm	\$49**
5 S	2	Suede	11-13 mm	\$59**
6 S	3	Suede	12-13 mm	\$69**

ALL BELTS ARE 10 CM WIDE WITH HEAVY DUTY, DOUBLE PRONG BUCKLES.

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4. WRITE FOR MORE INFORMATION ABOUT OTHER CUSTOMIZING OF BELTS.

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 ADDR. _____ city _____ state _____ zip _____
 Waist size _____ Model no. _____ Color _____ Chrome buckle _____

CENTRAL CALIF. OPEN/NOVICE/MASTERS
10/4/80-LEBEC, CA (KILLOS)

114. - OPEN DIV

J. CAHN	102.5	102.5	137.5	342.5	OPEN	247.5	255**	255	757.5
M. RYAN	92.5	70	112.5	275	M. MACDONALD	160	295	690	160
M. JOHNSON	82.5	47.5	117.5	247.5	D. WISH	160	295	690	160
G. SHOLLOCK	130	97.5	225	452.5	G. RILEY	182.5	252	655	182.5
H. ISAGAMA	BMB				T. HAMMER	242.5	160	232.5	635
1-48 NOVICE					B. CHAVES	215	130	245	590
R. SAJZA	142.5	115	185	452.5	ZOO NOVICE	277.5			
R. SOUZA	142.5	120	187.5	459	T. PINAKO	242.5			
K. TANAKA	152.5	115	160	427.5	J. ROBERTSON	195	155	250	600
J. HENNINGSEN	137.5	100	167.5	405	M. BILLS	202.5	167.5	230	600
M. RICHES	77.5	60	122.5	280	B. KENNEDY	192.5	135	185	572.5
J. PENITE	200	142.5	227.5	570	S. HALL	192.5	135	185	572.5
H. ELINSKI	197.5	110	205	472.5	T. KEEPP	157.5	BMB		
R. ARBOTT	127.5	102.5	222.5	452.5	G. FOSTER	255	167.5	250	672.5
165 NOVICE					R. MOJEE	195	150	235	580
J. WOTCHA	185	110	200	475	S. KOENIGMP	65	65	332.5*	482.5
G. WOLFGANG	160	107.5	205	472.5	G. MAUER	BMB			
F. RESTREPO	142.5	95	165	452.5	K. SOMMER	165	137.5	267.5	570
M. ORAVE	142.5	105	197.5	445	G. GILBERT	185	147.5	227.5	560
F. HENIA	132.5	110	170	412.5	M. LAMBERT	235	175	272.5	582.5
H. RIEDEL	115	105	182.5	402.5	275 NOVICE	245	177.5	205	627.5
OPEN	192.5	150	232.5	574.5	R. VANUNEN	240	122.5	247	610
H. BARSZAN	192.5	150	232.5	574.5	S. DEAR	170	117.5	200	487.5
R. FERNANDO	200	125	200	525	OPEN	285	205	290	780
181 NOVICE					M. ROBINSON	285	205	290	780
G. RESTREPO	205	165.5	210	577.5	MASTERS	ON	SCHWARTZ & MASTER FORMULA		
J. GONZALES	172.5	125	237.5	535	F. ELORINDE	237.5	132.5	320	590
C. STARFORD	195	135	195	525	R. BLAIR	220	205	220	645
R. SANCHEZ	160	100	205	495	B. HUGHES	130	77.5	167.5	375
H. CASTANEDA	160	125	185	460	B. CHAVES	215	130	245	590
G. LESTER	BMB				G. TORBERG	142.5	135	210	427.5
OPEN	150	105	260	705	M. MACK	147.5	102.5	185	435.5
D. MALLARD	150	182.5	242.5	590	M. MARBLE	137.5	117.5	190	445
D. OSBORN	200	142.5	205	547.5	P. O'BRIEN	167.5	112.5	182.5	482.5
198 NOVICE					BEST LIFTER NOVICE: JERRY PREINCE				
R. KING	197.5	185	227.5	635	BEST LIFTER OPEN: STEVE FOSTER				
R. WITTEBERG	182.5	155	220	557	MARCO JAY MC VEIGH FOR RESULTS				
R. CAZACUS	182.5	125	215	522.5	** STATE RECORD				
R. LYNN	187.5	110	215	512.5	** WORLD RECORD				

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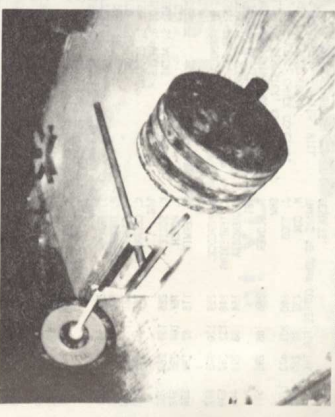
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 Scottsdale, Arizona
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B. WELLS 126 209 418
123

L. SERRANO 132 88 231 451
J. FONG 303 187 388 848
T. SHILAO, JR. 297 214 325 837
J. EDWARDS 297 187 336 821
J. EDWARDS 214 209 275 688
148 B. AKINS 190 82 192 485

352 286 440 1080
D. ALBERT 374 226 424 1025
J. GADAYAN 341 259 424 1025
R. ZODIA 352 220 365 959
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G. ATATT 264 242 358 865
R. GRANMOLT 242 196 213 654
165 M. CALOREA 446 308 463 1218

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424 314 451 1190
R. RODESALO 396 282 463 1151
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M. VESTARO 242 - - -
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R. MONTVOIA 402 286 457 1146
242 PHOENIX 523 325 512 1361
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A. GILLUM 429 330 512 1273
E. PAGE 469 275 463 1096
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D. HORRIGAN 457 451 518 1427
J. HERRING 297 303 474 1074
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S. JACKSON 330 475 418 1225
F. BEELER 551 485 407 1444
E. BROCK 407 286 143 921
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HY: CHICO CRICHLOW
MAY: B. WELLS
WOMEN: 2ND: B. WELLS
3RD: S. AKINS

MASTERS DIV
1. LEONOR 365 248 374 986
2. LEONOR 336 273 368 992
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M. RIDER 355 240 480 1075
S. WARD 350 200 430 960
165 S. PHILLIPPY 560 340 540 1440

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181 M. MCCARTHY 410 285 005 1100
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D. TYDALL 45 440 135 620
220 J. LOGSTON 690 400 640 1730

J. KIRK 515 325 660 1400
242 W. HADDMAN 490 315 430 1235
J. DAMSON 505 360 670 1635
R. GUFFEY 600 325 600 1525
275 BENNETT 685 485 680 1750
J. MAGEE 600 420 635 1655

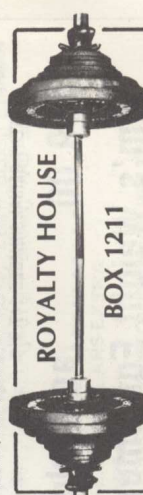
TEAM CHAMPIONS: LOGSTON'S BAR-
BENDERS-29 PT'S M. MCCARTY
* NEW STATE RECORD
THANKS TO HERB GLOSSBRENNER FOR
RESULTS.

ATLANTA WOMEN'S OPEN-10/11/80
ATLANTA, GA
97# M. SMITH 137 82 203 423
D. BAGWELL 132 55 187 394
D. MCKENZIE 115 49 132 297
105 L. LIND 99 82 154 335
D. LIND 99 55 154 308
L. DAY 209 121 270 600
D. HORNE 209 104 231 544
J. JOHNSON 203 110 209 522
Q. BURGESS 203 71 231 473
D. JONES 259 121 319 699

S. PUGH 165 99 248 512
M. BRAXTON 181 93 198 473
C. MCCAMBRIDGE
S. TAYLOR 292 165 374 831
M. THOMPSON 220 110 303 633
K. JOHNSON 181 110 259 450
P. CLEARMAN 149 60 209 412

K. SOCIE 286 159 286 732
M. ROACH 187 104 286 578
M. KERMIT 115 82 198 396
165 T. PEACOCK 259 110 303 672
K. TERPELING 248 132 259 639
M. MENDOLA 154 86 203 445
181 T. GLOYER 236 88 286 611

SHM 548 203 473 1220
J. DODD 132 60 209 412
M. WELLS 132 60 209 412
THANKS TO JOHN COFFEY FOR THESE
RESULTS.



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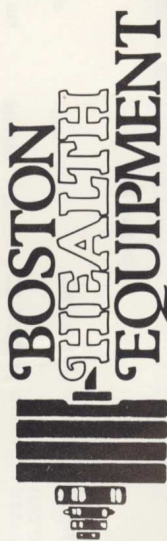
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