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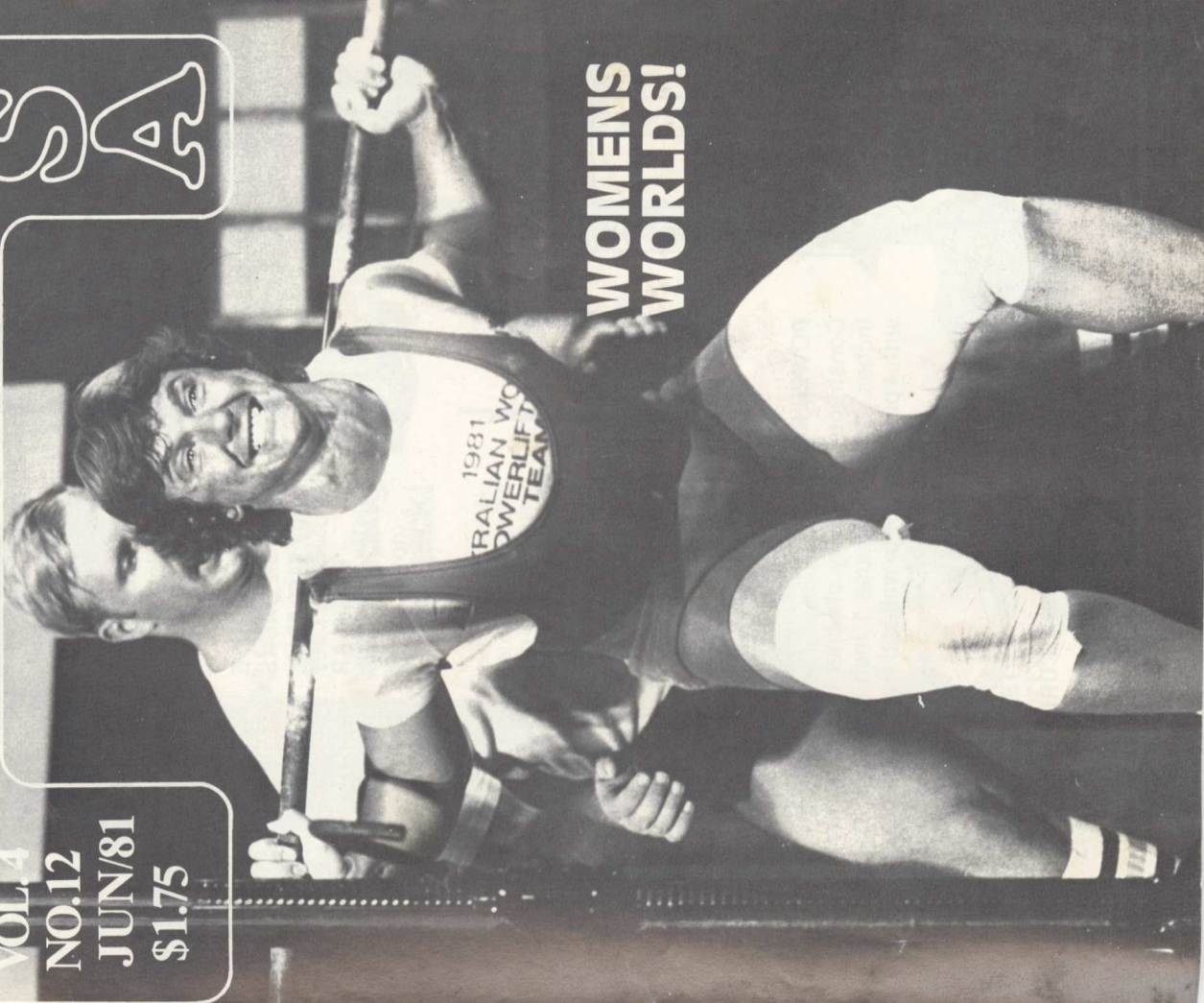
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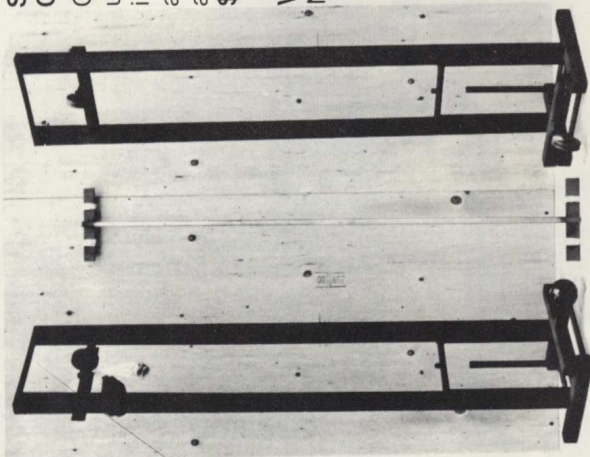


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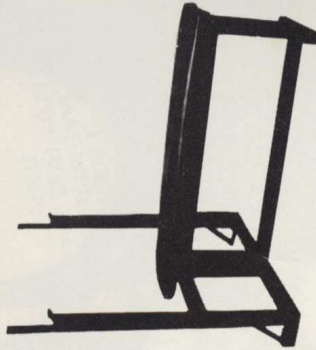
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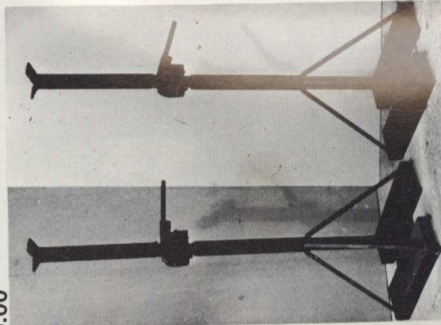
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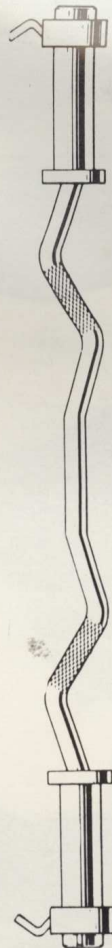
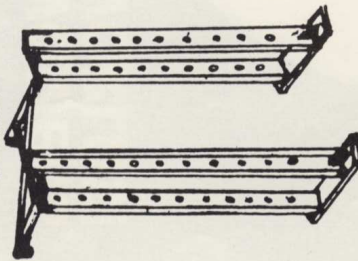
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NEXT MONTH....what you've been waiting for, the Jr. Nationals
ON THE COVER....top Woman lifter in the World right now, Bev Francis of Australia with a World Record squat on the way up

WOMENS WORLDS
by Tony Fitton, International Editor

Hawaii.....a cosmopolitan island resort that thousands of tourists choose each year to unwind and relax in its beautiful, tropical, and scenic landscapes and air of island paradise. A great place to relax and unwind, and a great place to see the scenery, flora and fauna which is exotic and interesting. Into the beautiful scene and rugged, into this haven in the early part of May with a difference. 46 ladies congregated a cosmopolitan group with those same characteristics as describe the islands, there not to languid disposition, but there in demonstrate and prove once again that women can be strong, will be stronger, and indeed decide which of them were to be the strongest in the world. They were present for the continuation of the Women's World Powerlifting Championships began last year in Lowell, Massachusetts, now being hosted in the second year in Honolulu at the Sheraton Waikiki.

The rooms, corridors, ballrooms, (and yes even bars) of the Sheraton Waikiki hotel are no strangers to the incongruities of an accumulation of strength athletes. Gus Reithwisch, Hawaii's most powerful resident force since the extinction of tidal waves, has been impressive to some of the greatest powerlifting events ever staged, holding them for the last four years at this same majestic hotel. And the women were to break from this tradition in only minor details. The strength, excitement, determination, and perhaps eccentricities were all there. The elations and disappointments present, as always, though manifested on occasion with differently displayed emotions. In fact the only real difference was physical - the anatomical dissimilarities between the sexes and the change in Supersuits partnering differently shaped bodies and not always providing perfect accords with the pudgy torso of the women competing. It held to far less formal appearance. Yes, women's powerlifting has been well and truly consummated with all the qualities that make our sport great and each world championship add a new and even greater dimension to ponder with pride. So, as previously white bodies reddened or browned in the Hawaiian sun, shades even alien to these natural extremes were about to be encountered as weights never before lifted by women would be straining against, successfully completed or given their very best effort.

While the lifters gave the best of their efforts for the occasion the organization lacked some purpose

and enthusiasm. The responsibility for the meet was accepted by Dave Johns, of Bockhiding fame, and he seemed a bit more interested in providing a lift from than staging a world championships worthy of its gallant participants. The one, and only, poster I saw for the contest contained many photos of bodybuilders, both men and women, in fact the guest posters that closed the show including Johns himself, Sergio Oliva, Suzie Green and others, and a pencil line drawing of a woman deadlifting. Few concessions were shown towards the competitors. Facilities were minimal, there was no scoreboard or programs and the audience was diminutive, swelling somewhat for the second days action. Regardless, Gus Reithwisch helped out wherever possible to alleviate or circumvent problems ably assisted by Roz Basile, who, along with others of the Australian team, had arrived in Hawaii at least a week ahead of the lifting. Again on the day of the championships more help was forthcoming from Mike Scott and Gary Watanabe and lifters from their gym The Power Pit in Peat City, along with Natalie Kahn, Bill Nelson, Tommy Kono, Ray DeLaCruz and others. Regardless of the apparent problems and delayed start, as soon as the clock was started on the very first attempt of the world championships the girls and their lifting took over.



Donna Wicker pulled off a lifters dream. From the middle of the pack a few years ago to World Champ.

From last year's 37 official entrants 18 returned to do battle once again on powerlifting's premier platform. Almost without exception all the returning lifters improved on their previous year's performances, some very impressively, and complemented by the new faces the overall standard was decidedly higher. The only class with a totally fresh line-up was the first class consisting of 97 pounders.

Collette Marentette of Canada reduced down from her 105 pounds of last year and increased her total by 44 pounds but met strong opposition in finishing fourth, a good performance nevertheless and I trust she will continue to race for many years to come.

The 105 and 114 pound classes this year seemed to be somewhat of an intersection of power exchanges. Sue Roberts, last year's 105 pound champion moved up to the 114's and Terry Dillard, last year's 114 pound champion moved down to the 105's. Ironically last year Terry had to eat an extremely heavy breakfast to ensure she weighed over 105 pounds while this year she had to resort to weight reduction make it. Whatever the reason well and good, the lifters of the world championships maintained their world championship titles in commanding if contrasting fashions.

Terry Dillard has been competing consistently in the top powerlifting events longer than any other woman lifter. So much so that one might think she gives the appearance of just routinely sweeping up world records and titles without so much as a grimace, grunt, groan or grin. With her long hair held in bunches at the sides she saunters onto the platform, backs out a squat, does what she knows she has to do with it, and saunters off, bunched slightly as she goes. "That was Terry Dillard with a world record 308 squat", announced Mike Scott on the microphone. So it was, though you could be excused for not realizing it, her concentration deep, her dedication and love for the sport entrenched. This code, however, is soon broken afterwards as she breaks into smiles and laughter at the slightest perverse quip. She's a stabilizing and reassuring influence to those who know her and as soon as the recurring problem she's been experiencing with her back is recalled I'm sure she'll take the records towards the ozone layer where her cool approach will be appropriate for close attempt at 341 in the deadlift is just the 'tip of the iceberg'!

In contrast to Terry, Sue Roberts, who gained for herself and Australia the 114 pound world title, comes out looking more inclined to brimstone than ozone. The common expressions of 'fired up' or 'smoking just don't fit the context of her lifting. She comes out as hot as wild. You just know her power to succeed with any given attempt, and with 8 successes out of 9 she didn't fall too short, even causing a fourth attempt world record lift of 363 pounds to be set. Her 154 bench press was beyond even her own expectations, but was powered by motivation derived from overheating some harp, chance aside remark from one of



Hisako Yoshida brought hubby and the kids from Japan, performed all motherly duties, and brought home a rather medley impressively.

she's concerned it seems definitely these girls are becoming capable of handling. In fact making 97 pounds took on nightmarish proportions for Donna Wicker, the American entrant, as the battle with the scales went right down to the last few minutes. Emerging victorious from the delicate balance of the beam she stepped right into her 'Miracle Suit' and straight into the fray against the tough opposition of world record holder on the squat.

It's a credit to Donna's will and presence of mind that she equalled the 236 she made at the Nationals and conserving energy for her third attempt and only 11 pounds to the superior lines-touting squating of Yoshida, who also equaled her best when 248 with both girls benching 99. Yoshida's balancing act of victory was still unbalanced. With Yoshida's deadlift completed at 281 Wicker came out for 297 to focus that one big pull on weight gauging and concealment from ultra violet rays she took on a lemuric appearance, eyes straining from the sockets, as she pulled the big weight. Slowly but surely she bar reached where it had to go and Donna Wicker followed Joan Fruth's size three footsteps into World 97 Pound Champion history. Suzanne Smith, the British lifter, looking but not lifting as one would expect a 15 year old, definitely a very creditable 561 and definitely looks a prospect to mark for next



EASY... said Aussy Sue Roberts the heavier and possibly envious competitors. Sue, like Terry, has the determination and dedication to be around and on top a long while and it is the difference with which these abilities are expressed on the platform that makes powerlifting so much fun. Off the platform Sue is equally as affable as her partner in perfection. The night of her success she allowed herself to be talked into a drink excusing herself by saying she only drinks alcohol once per year (her previous drink was after winning last year's world title). However she was again persuaded the night after indicating perhaps that two world titles demanded two nights of absolution. Therefore, by the way she should be destined for a ten night binge, and I'd drink to that Denise Perez nee Robinson of the year before was possibly one of the most improved lifters. From lifts of 195-82-264 at 114 in 1980 she

enough insight though as she just stayed ahead of the two Canadian girls Kati Bogias and Josie Gingras who tied on total 5 pounds behind her. Josie Gingras for all her effervescence and buoyant charm seemed to make an ill-advised increase on the deadlift to 336 after her opener and only ultimate success with 308. Nevertheless with the sheer pleasure she displays after every successful lift, hopping and skipping off the stage, anyone would excuse her anything.



Another routine victory for Terry made 253-110-303 this year at 105 and left a lot more unaccounted when she got tired with an increased squat and then rose with an increased 303 though not quite from an impressive position. The multi-lingual Perez is a chatty and interesting lifter and one that should continue to serve Canada proud as should Claudette Dione who showed great poise under duress in her first world championships to succeed with her 253 deadlift after missing her first two tries.

Sue Elwyn in the 114's lifted cautiously well considered diagnosis of a badly injured back that might terminate her lifting career, totalling more than she did at the Nationals and muscling out a new world record bench press of 170. Sue seems a eccentric at the best of times but upon donning a pair of smallish dark glasses to wear throughout the meet to counteract the glare of the television lights, she conjured the impression of a little blind mouse. She obviously had



Sue Elwyn celebrated her World Record between Coach Nate Foster and Ref Bud Mucci.

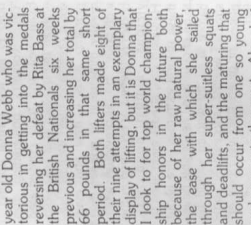
She had pulled 396 at the Nationals when she had needed to, bristling to the occasion of competition, so even without the record total the world title was just reward. Angie Rountree turned in a good performance and some hefty deadlifting as runner-up. This strong and athletic looking lifter may possibly be moving back to New Zealand from her present residence in Australia, hopefully she will keep lifting and return with medals wherever she settles. Maria Collis proved herself the strongest of the Brazilian team in gaining third, a team with a full complement of lifters and a most complimentary enthusiasm and looks. With men's international powerlifting just developing in Brazil and women's already seemingly destined for bigger and better things it speaks well of influence and dedication.

The lifting in the 132-pound class was an overall high standard. When Canada's Rhonda Peterson's 749 total exceeded her only sixth this year it would have put her into third place the previous year, but that's going to be an ongoing trend as women march on from strength to strength. Nevertheless, Rhonda stepped up from the 123's of last year to 95 pounds the stronger for it lifted in a manner the Canadians are known for - with strength, spirit and style. One rung further up the ladder of placings was the incombustible Ana-Maia Yllionmaa of Finland. Ana-Maia specializes in no one thing, but participates in almost every athletic endeavor you can think of from ballet to cross country skiing. Her trip from Finland took her via San Francisco, Whereas I would probably have rooted out the seedier parts of the liberal city, Ana-Maia played volleyball and went mountain climbing and apparently tore some calf muscle in the process which proved troublesome on the lifting platform. In contrast, my pursuit would have caused nothing more than a touch of distiller's droop (I still can't develop a liking for American beers). Regardless Ana-Maia gave a creditable performance missing only one bench and deadlift despite the apparent pain. The closest match-up in the class was between the two British entrants Rita Bass and Donna Webb. It was the 16 year old Donna Webb who was victorious in getting into the medals reversing her defeat by Rita Bass at the British Nationals six weeks previous and increasing her total by 60 pounds in that same short period. Both lifters made eight of ten lifts and made an exemplary display of lifting, but it is Donna that I look for in the future, both in ship honors in the future, both because of her raw natural poise, the ease with which she sailed through her super-suitless squats and deadlifts, and the maturing that should occur from one so young and so new to the sport. Ahead of these in second place was Heidi Wittesch of Australia, a tall and statuesque beauty whose second

place was Heidi Wittesch showed them how love to powerlifting or possibly first being on the beach where she looks eminently at home. Active at first with weights to assist her national standard discus throwing and occasional shot putting, she is now concentrating more on powerlifting and is coached personally at home by Yuris Stems, their country's national men's and now women's coach for many years. A relationship which seems to have paid off well as she increased her total by almost 100 pounds over last year, and was just a fraction short of being in real contention for this year's world title won by America's Eileen Todara. Eileen is a solid and skillful protagonist of her sport, an earmark of the Frantz stable in Chicago where she sometimes trains, and with her 192 world record bench press and a world title under her belt she should develop with even more world class.

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Pam Meister returned to bigtime PL behind the NBC microphone.

The 132 pound class concluded meant celebrations and relaxing for others another possibly restless night awaiting their debut or return to the world powerlifting stage. Even for some in the lighter classes their duties were not complete, N.B.C. had summoned half a dozen or so of them to the beach the following morning. Notables such as Terry Dillard, Sue Roberts, Heidi Wittesch, Denise Perez, Claudette Dione and others rose relatively early under the circumstances, gently cleared the cobwebs from heads in the first stages of embalmment, donned bikinis as requested and proceeded to the beach. Where, if having missed out previously on the trip, they got



le, in fact it was just the beginning. The second day's lifting started with less delay and more organization than had the first, commencing at the 148 pound class. Brazilians Sonia Florezano and Aparecida Martinez, wife of their coach, manager and mentor, presented themselves with useful aplomb while Ann Connolly of Canada, much improved from her 611 total of last year, secured second place with her total of 727. Gaining excellent lifting form, Ann's seasoned full striding forward was supported by dedicated lifters from another American 'second' following away weight making effort Jennifer Weyland opened the squat making an easy 374, equalling her world record set at the nationals, before missing her final attempt at 402. Recovering to her full self for the bench press she opened according to plan with the world record poundage of 231 only to miss the groove. A repeat went the way it should have the first time, with ease to arm's length. Inspected by the three international referees, Vic Mercer (I.P.F. President), Gary Watanabe and Fumio Seki, the lift was declared good. Moments later somewhat of a foray transpired. It was brought to the attention of the referees that Jennifer was wearing what had been classed at costume inspection as an illegal patch on her lifting suit, a seemingly offensive USA Elite classification patch. Nate Foster, the USA team coach, had taken care of the team's costume inspection and had been told the patch was illegal and that it

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16 yr. old Donna Webb... awesome Todara lifted smoothly all the way



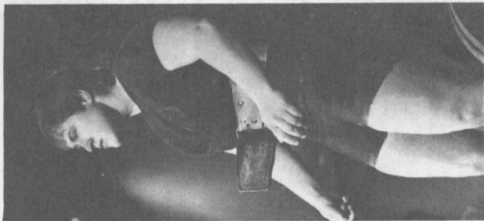
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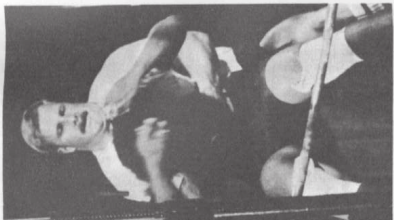
16 yr. old Donna Webb... awesome Todara lifted smoothly all the way

should be removed. Jennifer had known nothing at all about it. Nate Foster had forgotten either to tell her or to remove it, even while he unavoidably stared at it many times as he handed the bar out for Jennifer's warm ups. His memory remained unjuggled. A lengthy discussion ensued between the referees and all concerned the outcome decision being that Jennifer was to be disqualified from the contest. With anger remaining uncontrolled, if shakily, at the devastatingly inaudible turn of events, she sat independently in the sidelines mulling things over in her mind. Finally she vented her anger inoffensively through by severely trashing the chair in front. Ironically Mrs. Vic Mercer was sat two rows in front and received the chair's back in her neck as it vaulted the intermediate row. Realizing we cheer's imminent attack on Mrs. Mercer, Jennifer sprang up and, relieved, she told me what had happened. My being told that she was still being told by Jan Todd, the team manager, but more especially from Jennifer's mother who had travelled to Hawaii to see the contest. An extremely articulate and legally educated lady she was thoroughly disgusted at the disgraceful inordinance of the whole affair and questioning the civil legality of it all made it quite clear that she would carry the matter further. Another discussion followed, much briefer, and Jennifer was effectively reinstated, the world record would stand but because the bar had increased beyond her planned 242 third attempt she apparently forfeited it. Jennifer's reaction was simple. In the 165 pound class so that nothing she crushed an empty coke can against her own and got changed for the deadlift, adrenalin involvement and finally returned to the platform to register a personal best of 424. Jennifer's combined three lifts amounted to an extremely admirable 1030 total and with it the

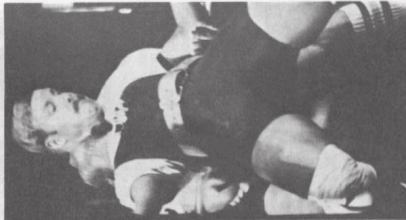


Pia showed maximum intensity on each lift and could have won it all. Realizing we cheer's imminent attack on Mrs. Mercer, Jennifer sprang up and, relieved, she told me what had happened. My being told that she was still being told by Jan Todd, the team manager, but more especially from Jennifer's mother who had travelled to Hawaii to see the contest. An extremely articulate and legally educated lady she was thoroughly disgusted at the disgraceful inordinance of the whole affair and questioning the civil legality of it all made it quite clear that she would carry the matter further. Another discussion followed, much briefer, and Jennifer was effectively reinstated, the world record would stand but because the bar had increased beyond her planned 242 third attempt she apparently forfeited it. Jennifer's reaction was simple. In the 165 pound class so that nothing she crushed an empty coke can against her own and got changed for the deadlift, adrenalin involvement and finally returned to the platform to register a personal best of 424. Jennifer's combined three lifts amounted to an extremely admirable 1030 total and with it the

way's three entrants last year was reduced to one this year in the form of Tove Ericson and what a class she found herself involved with, but she nonetheless enjoyed her lifting, the experience and the opportunity to compete in surroundings far removed from her native Nordic fjords. Again Canada emerged with a proficient caliber lifter making her debut, one of the three new faces on their team, and what a pleasant and memorable first appearance it was by the comely Eileen Cookson. With readily established, balanced lifting her 319-159-341 lifts should project in to greater weights with ease. Terry Pomey's lifting, representing the USA, gave the impression at the onset of overconfidence and/or underestimation of other competitors. A 35 pound jump from her first attempt 374 squat was toly or without hindsight and she hardly came close controlling it party in which she was competing. It left far too much to recover to the deadlift, even though she was the world record holder and in the final all or nothing effort with 451 the weight proved too heavy. Pia Henrette Greneman, the surprise strong Swede, knew she was the top spot, chose her poundages well and never let up as she made eight successful lifts and pushed the competition all the way. Her third placing was willfully deserved and I'm sure her efforts will be continued next year just as earnestly. In Judith Oakes of Britain and Pam Matthews of Australia we seemed to have two lifters of relatively unknown strength surpassing themselves in their quest for their current ultimate and the position that would bring. Judith Oakes improved 88 pounds the total she set six weeks previously in the British Nationals with solid and nicely balanced lifting leaving the final and decisive deadlift to Pam Matthews. Pam, whose appearance both facially and physical-



Terri Pomey dumped one squat forward, and one backward. Thanks to Lt. Cary Spinger's spotting she was not injured.



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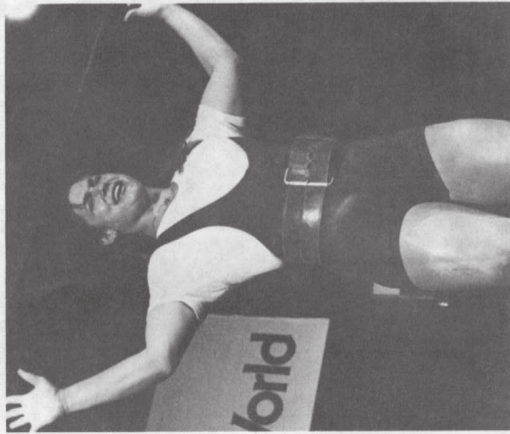


Francis rammled up World Record benches in decidedly unladylike fashion by remembling that of team mate Bev Francis proved comparable in strength as well, but still could not quite pull the poundage of 435 that Judith Oakes had 'bequeathed' her. So, in the best climactic tradition Britain, in it's first appearance in a world championships, had a world champion in the most able body of Judith Oakes.

The 181 pound class had been eagerly awaited all year long, and though small in number of contestants it was as big in total poundages lifted as one had dared imagine. Ginette Gardner, though unfortunate to be in a class with comparison to Bev Francis and Vicki Gagne, lifted precisely and sensibly to register a much improved total over her last year's total.

However, it was the anticipation of another Bev Francis onslaught that filled most people's minds, and expectations heightened even more so this year by a strong opponent in Vicki Gagne, especially as she came closer than many had envisaged to pushing the unique Australian Titaness. Each traded world records in the squat with all poundings in excess of 451, Vicki completing hers at 462 and Bev go-

*500...AT LAST...Vicky Gagne



WOMEN'S WORLD CHAMPIONSHIPS

11/12 May 81 Honolulu, HI

67 lb. class					
D. Wickes-USA	236	99	257	632	
H. Yoshida-JAP	248	99	281	628	
S. Smith-GB	220	121	220	561	
A. Amadori-CAN	196	82	253	534	
A. Amadori-BR	99	95	185	319	
105 lb. class					
T. Dillard-USA	388*	126	314	749	
C. Prince-CAN	253	110	303	666	
C. Prince-CAN	222	104	292	578	
G. Bodec-AUS	181	104	292	578	
E. Nunes-BR	110	55	198	383	
114 lb. class					
S. Roberts-AUS	308	154	352	815	
S. Elyen-USA	259	170*	314	743	
J. Bogas-CAN	275	165	297	738	
R. Uehara-JAP	220	121	248	589	
I. Ribeiro-BR	187	104	253	545	
127 lb. class					
J. Oakes-USA	347*	170	352	820	
A. Rowntree-AUS	252	132	352	716	
M. Collis-BR	253	143	308	705	
132 lb. class					
S. Francis-USA	284	126	286	677	
E. Tedore-USA	314	192*	347	653	
H. Whites-AUS	303	181	341	626	
H. Whites-GB	289	137	358	604	
R. Blain-GB	250	126	303	579	
A. Williams-FIN	256	154	330	771	
R. Petersen-CAN	275	154	319	749	
146 lb. class					
J. Weyland-USA	374	231*	424	1000	
A. Connolly-CAN	275	143	308	727	
S. Francis-BR	220	99	264	572	
S. Francis-BR	154	77	242	473	
165 lb. class					
J. Oakes-USA	487	203	407	1019	
P. Matthews-AUS	353	225	407	897	
P. Matthews-AUS	335	225	385	831	
T. Pomey-USA	374	170	385	931	
E. Constance-CAN	319	159	341	820	
181 lb. class					
B. Francis-AUS	473*	330*	462	1267*	
V. Gagne-USA	462	270	501*	1224	
S. Francis-AUS	286	132	374	793	
200 lb. class					
W. Swaidler-USA	457	248	507*	1212	
G. Mulhall-AUS	473	270*	462	1206	
J. Mercer-GB	440	185	407	1013	
M. Amadori-BR	344	216	286	684	
J. Mercer-GB	286	121	286	684	

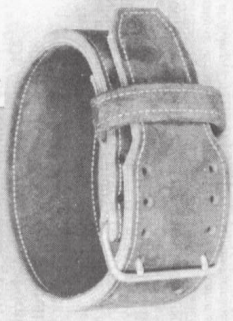
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4S3

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3N1	1		Nat.	7-mm	chrome	3"	none	28.00
3S1	1		Suede	9-mm	chrome	3"	1	42.00
4N1	1		Nat.	7-mm	zinc	4"	none	31.00
4N2	2		Nat.	11-mm	zinc	4"	1	51.00
4N3	3		Nat.	13-mm	zinc	4"	1	61.00
4N2C	2		Nat.	11-mm	zinc	4"	2	55.00
4N3C	3		Nat.	13-mm	zinc	4"	2	65.00
4N2CD	2		Nat. Dyed	11-mm	chrome	4"	2	61.00
4N3CD	3		Nat. Dyed	13-mm	chrome	4"	2	71.00
4S1	1		Suede	10-mm	zinc	4"	1	54.00
4S2	2		Suede	12-mm	zinc	4"	1	64.00
4S3	3		Suede	13-mm	zinc	4"	1	74.00
4S1C	1		Suede	10-mm	chrome	4"	2	60.00
4S2C	2		Suede	12-mm	chrome	4"	2	70.00
4S3C	3		Suede	13-mm	chrome	4"	2	80.00
4S1CD	1		Suede } with insert color	10-mm	chrome	4"	2	69.00
4S2CD	2		Suede } with insert color	12-mm	chrome	4"	2	79.00
4S3CD	3		Suede } with insert color	13-mm	chrome	4"	2	89.00

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Gale Mulhall, the dimpled Tigress presented with monumental edifices, Sue Roberts and Bev Francis receiving the best lifter awards clean sweep for Australia. With a notable absence of powerlifting's 'top brass' in non-attendance, the most sorely missed being the inimitable form of Joe Zarella a name previously synonymous with any major women's event, it was reassuring to have in attendance and hear the encouraging words of I.P.F. President Vic Mercer. A coup of uncertain significance might have been achieved between Joe and Vic Mercer as was initiated between Vic and Jan Todd in the event of a tentative embrace and hasty kiss in presenting Jan with the team trophy for the winning USA team. I doubt Joe and Vic would have risen to such heights of intimacy, but something might have been achieved.

Finally on the contest itself, a tribute to all the lifters. Out of 46 lifters there was not one bomb out, underlining the dedication and self respect all the competitors have for their new and greatly expanding sport. With such enthusiastic participation women's powerlifting can't fail but to grow, grow, grow and take with it athletes held in high regard the world over. Four lifters successfully defended their 1980 world titles, Terry Dillard, Bev Roberts, Jennifer Daland and Bev Francis. Already these are the best taking on the best in the world, such as Colleen Lary Pacific, Hilda In-sha and John Kuc. I just look forward to the day the pressures of winning their 6th, 7th, 8th, 9th and 10th world titles fall upon the shoulders of these fine pioneers of a great sport.

Sander won and deservedly so with a marvelous final all out deadlift effort in which she needed and got 507 tapping every accessible muscle fiber in so doing. I feel Gale Mulhall, who left strength untapped in both the squat and the deadlift, is going to be the one to look out for in the future to astonish present conceptions of women and strength. Gale lifted with a fearless and natural power seldom seen, breezing through squats and deadlifts and eclipsing Ann Turbyne's 265 world record bench press with her second attempt of 270 and just missing a 281 final attempt. Wanda's final effort of the day that both won the title and deadlift ever made by a woman was a repeat of the ability she displayed at the nationals. Focusing all her efforts and confidence into one very important lift upon which everything hangs and to see it through in great style. It's an ability few seasoned lifters have mastered with the same self-assurance evident in this exceptional lifter, especially with it being developed in such a relatively short period of time. Both present very exciting prospects for powerlifting's future.

Jo-Ann Marshall of Canada was at her world championship strongest, but was down on which she knew she was disappointed. However, the effort she displayed in her plans for next year when she will be her assumed bigger and better and join in the fun. Britain's Janis Kerr, a long time national and international caliber field athlete, and wife of Andy Kerr the European Superheavyweight Powerlifting Champion, has been associated with weights one way or another for a long while, developing a considerable strength base for her tall frame and relatively light (198) bodyweight. Her lifting is reflected in her determined attitude, always giving every attempt her



Wanda waited and wondered and after the magic lift she fell forward on the platform as lights came up while. Bodybuilder Ernie Santiago was one of the many line spotters.

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The Biomechanics of Powerlifting

by Tom McLaughlin, Ph.D.
 Director, Biomechanics Laboratory
 Dept. HPR, Auburn University
 Auburn, Alabama 36830

Dr. Tom McLaughlin's credentials as a researcher in the field of Powerlifting are impressive. He has had articles published in MEDICINE AND SCIENCE IN SPORTS, RESEARCH QUARTERLY, JOURNAL OF BIOMECHANICS, AND THE ENCYCLOPEDIA OF PHYSICAL EDUCATION, FITNESS, AND SPORTS and he has made presentations to such groups as the AMERICAN COLLEGE OF SPORTS MEDICINE, THE AMERICAN SOCIETY OF BIOMECHANICS, AND THE INTERNATIONAL CONGRESS OF SPORTS SCIENCES. Following graduate studies at the University of Illinois at Urbana-Champaign, he became an Assistant Professor at Auburn University, Director of the Interdisciplinary Biomechanics Laboratory, and was a co-founder of the National Strength Research Center, where he is now Director of Biomechanics and member of the Executive Committee.

The BENCH PRESS, Part 1

In only recent years, the bench press has become the most frequently used weight training exercise. However, it wasn't until after World War II that it's popularity skyrocketed due to several factors among them: continued development and the overall development quality for the upper body. This growth in popularity was considered the most widely performed weight training movement according to the National Health Spa Association. Whether for Powerlifters, athletes, or recreational lifters, almost any weight training program today includes or centers around the bench press as a primary movement for the chest and upper extremities. Despite the incredibly widespread use of the bench press, there are no biomechanical studies of the bench press recorded in the literature to date. Due to this scarcity in the literature, a number of us began several years ago at Auburn University to fully investigate the bench press movement (this group includes Nels Madson, Ph.D., Department of Mechanical Engineering and Bill McLeod, Ph.D., Bioengineer and Director of Research for the Hughston Orthopedic Clinic).

Three major research goals that we are working toward are to find: 1) How best to perform the bench press to optimize a lifters muscular force potential; 2) How the lift should be performed to best work individual upper body muscles of importance to the lifter, orthopedist, or therapist; and 3) What stresses are placed on the body (particularly the shoulder) in the lift, and how these can be minimized to allow safer lifting.

To date, we have made some progress toward all three lines of research, but as yet have only published or presented a few of our findings (see (1), (2)). There is obviously a lot of work remaining to

answer these deceptively complex questions. Let me say first of all that unlike narrow stance squats and deadlifts, a two-dimensional (2D) biomechanical approach to analyze the bench press is not feasible. All one can determine from such a 2D bar's velocity (like the bar's acceleration) is the kinematics of the arms as moving in a complex three-dimensional (3D) pattern. He can be gained from standard two-dimensional approach regarding the kinetics or muscle involvement of the lift. For this reason, we have developed and utilized three-dimensional musculo-skeletal modeling techniques (see (1), (3)) to completely analyze the bench press movement. However, one must first start somewhere, so let's look at some 2D bar kinematic results that we have thus far.

To date, about 120 bench trials of National and World class powerlifters recorded on high speed cinematographic film collected at the 1974, 1978, and 1979 U.S. Senior Nationals, 1979 Worlds, and the 1980 World Series have been subjected to 2D or 3D biomechanical analysis. An additional 40 film trials of beginners and intermediate, along with lab studies (using high speed film with synchronous ENG muscle monitoring) of the current World Superheavyweight bench press champion and others have also been analyzed.

When comparing beginners and intermediates to the high skilled bench pressers, we have noticed a number of interesting differences. First, the peak vertical acceleration on the bar on the way down to the chest is uniformly greater (at least 3-5 times) for the less skilled. By simple mechanics it can thus be shown that the net force the less skilled lifters arms have to support is considerably in excess of the weight loaded on the bar.

For example, a novice bench

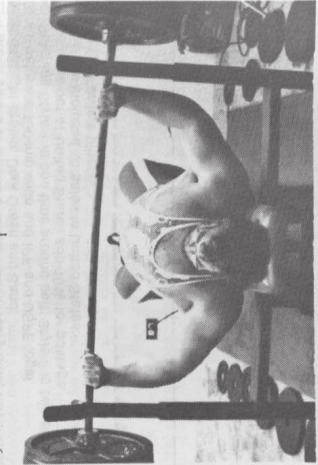
1980, while his lift jumped significantly. Bridges is a clear example of 'smooth' form, since low acceleration type bench presses visually appear as being smooth and effortless. Watching Mike bench, it is clear that he has mastered this aspect of the lift.

When someone does allow acceleration to jump during the descent, he can expect very high loading of his muscular system and his shoulder joint. An example of this was Larry Pacifico's bench press injury in the 1978 Seniors. A comparison with his 523 at that meet with this 529 at the 1979 Seniors, showed that the bar's vertical acceleration on the way down bar reached his chest in his injury in 1978. The loading on his body during this lift was effectively in excess of 1000 pounds. OUCH! It is incredible that some lifters with high descent acceleration, like Lars Hedlund, for example, can stay injury free for very long.

A point I'll discuss later, when I return to the bench press (along with many other points alluded to here) will be that not only do high skilled bench pressers have low accelerations in the descent, but also try to minimize their acceleration on the way up. Think about that a bit, Deadlift.

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- (3) McLaughlin, T.M., and Miller, N.R., "Techniques for the Evaluation of Loads on the Forearm Prior to Impact in Tennis", Journal of Biomechanics, 1980, Volume 102, Number 4, 1980, 701-710.



During his stay at Auburn, Lars Hedlund bent several Olympic bars from the impact of accelerating the bar to his chest. Dussia Johnson

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Startin' Out

A special section dedicated to beginning lifters.

Steve Wyatt is a pupil of Dean Best, from whom he has received nothing but good advice and great friendship. After 2 years of successful training, the following points are deemed most important by Steve in the quest for power.

CHECKLIST FOR SUCCESS

in Strength Training/Steve Wyatt

1. Keep your workouts as simple and basic as possible. Make great use of movements that work large muscle groups: squats, deadlifts, cleans, bench presses... don't overdo the supplemental exercises.
2. Keep in-the-Gym training time to a minimum, say 90 minutes, 3 times a week, including warmup, stretching, and warm down.
3. Recuperation is the key to successful strength training - sleep and proper nutrition coupled with avoidance of overtraining are necessary.
4. The only reasons for not making solid strength gains are overtraining or under-training, and there are few examples of the latter.
5. There are absolutely NO shortcuts - Nothing substitutes for just plain hard work.
6. The rewards come to those who try harder, longer. Be a smart lifter... think in long run terms.
7. Finally, being a weight lifter or powerlifter gives you a responsibility to your fellow athletes and the sport itself. Treat them both with respect... you are part of a greater whole, remember that.

As for specific workouts the following 3 day schedule has proven very successful for us at Mountaineer. Gains of 200 pounds in the total have been realized within a 12 month period by myself and my training partner with this method. Others have made similar gains.

MONDAY - Heavy squats, 6 sets of 5 reps to a Max set of five, followed by a ten rep back-off set. Leg curls... 3 sets of 10-12 reps, light (50-60%) benches for 5 sets of 5 reps... snugs afterwards and stretching before the workout everyday.

WEDNESDAY - Alternate Deadlifts with cleans week by week. On Deadlift day we include rack work and snugs. Keep reps in the 5-6 range. On clean days include high pulls and lat work. Finish off with 3 sets of 10 Reverse curls.

FRIDAY - Heavy Bench Presses, 6 sets of 5 reps, 1 set close grip benches 6-8 reps, extension for triceps, flies, and/or dumbbell incline presses for a couple of sets, bicep curls 3x6 and Olympic style squats, 4 sets of 10 reps - feet close, bar high on traps.

NEVER SACRIFICE STRICT FORM FOR A FEW EXTRA POUNDS OF WEIGHT

BULK BOYER...likable Jake had planned to invade Texas and make them forget the Alamo. This year, but after the Wilkes-Barre contest was cancelled from under his plans he took a few squats to get a heavy workout out of his system, he got 700 for 4 reps but on the last one he went too deep and suffered a knee injury, now diagnosed as a rupture of the knee capsular tissue, synovial fluid (inflammation), and lig which he may face an operation. Jake wants to wish all competitors, especially his friends in the 135 lb. class, the best of luck at the Seneca.

Bulk is also interested in bidding on the 1982 National Teenage Powerlifting Championships... Powerlifting has to be attractive to our young lifters for us to keep growing as a respectable sport. Along with his co-meat director, Mr. Fred Kneeder, Jake has already received a letter from the Governor of Pennsylvania, Dick Thornburgh, who wants to show all out of state visitors why "You've Got a Friend in Pennsylvania" and who thoroughly endorses the efforts to win the championship bid.

Despite his injury problem, Jake remains his old self, advising me to take care and "hold down the West Coast" as he's got the East Coast "Eating Steel!"

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Mighty Joe Bradley, seen here with his most recent World Record, a 644 squat at 148. It wasn't too long ago that Joe was a beginner himself. Photo courtesy Joe

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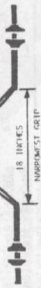
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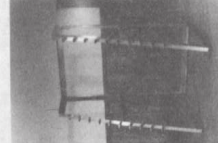
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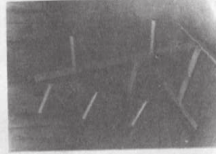
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....and another Record lift!!



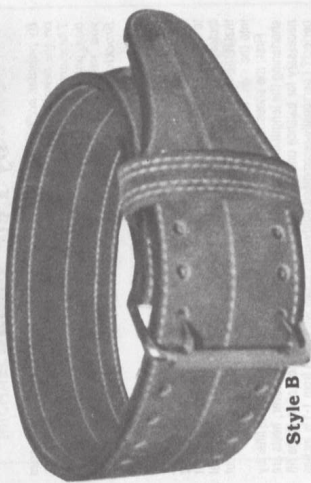
In a photo courtesy of Larry Pacifico, we see Eric Stuber and Steve Daugherty pulling up 1452 to crack the mark of the Patterson's. They will be applying to the Guinness Book as well. Larry is thinking of holding the first National 2 Man Deadlift Championships in January and may have NBC interested in the idea. He's considering 5 weight divisions...Men up to 200 lbs., Men up to 275 lbs., Men over 275, Women up to 150, and Women over 150...and perhaps a mixed class. IF YOU ARE INTERESTED in this competition, drop Larry a line at P.O. Box 14152 N.R. Br., Dayton, Ohio 45414...he'd like to gauge the nationwide interest in this project before proceeding.

Big Liftin'!...overseas. Scotland's Mike Duffly has burst on the scene with lifts of 738 446 611 1796 at his National Championships, erasing Ron Collins name from the European record board for the squat. Jay Piekut, of Las Vegas, is now a light Super at 284 and went 722 507 626 2055 in his latest meet. He continues to make PR after big PR in the DL. The Ambridge VFW's Jerrold Blum Memorial meet was cancelled this year. Unfortunately for the many lifters who make this their big meet of the season, Mark Dimouk is coming back satisfactorily from what was for a while a very worrisome pec tear... sustained in Hawaii...his squat and deadlift are going well though.

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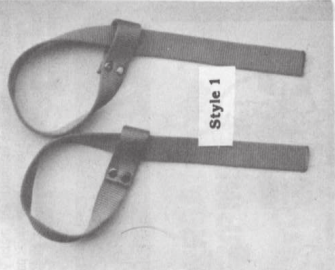
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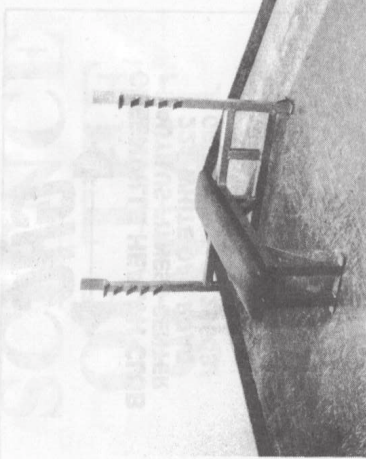
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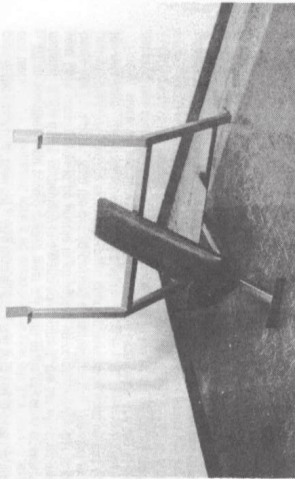
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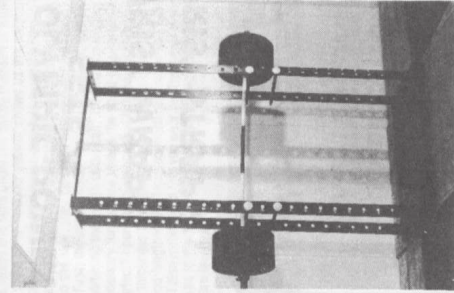
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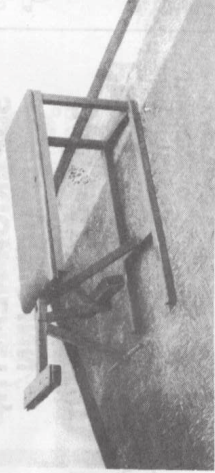
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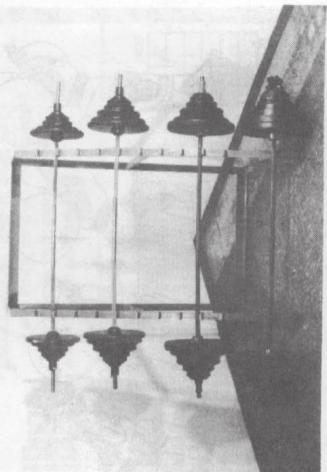
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INJURIES WHAT TO DO ABOUT THEM!!
'MAINTAINING YOUR SANITY WHILE INJURED'
by Ron Fernando/PL USA Training Editor

The title may sound ridiculous, but stop and think - how many times have you sustained either a painful or minor injury and then get washed away in a tidal wave of self pity, only to have your good sense replaced by a burning desire to 'make a comeback' with the result being, sadly, more injuries. Injury prevention is a sport in and of itself. Too many of us, caught in the maelstrom of our gym successes, tend to forget about doing the 'unimportant' exercises that may make the difference in a powerlifter's career. I recently learned the hard way about the ABC's of injury prevention AND of maintaining one's cool when injured. At my last contest, I severely tore my right pec attempting a 314 bench. Actually, the weight flew to arms length after the referee's clap, but right at the very top I heard a series of noises that would have put a bowl of Rice Krispies to shame. The pain was so great that I had to dump the weight, and, of course, lost the lift as it happened before the ref's signal. I immediately put ice on the area and continued in the meet, but foolishly attempted to do some light benches a few days later. I reasoned to myself that the affected area needs blood--so why not do lots of reps (12-25) with a light weight? Well, things were going just fine until my 'snap, crackle, pop' symphony up in my pec, and once more, I was relegated to the sidelines. I tried everything - ice, nightly applications of Icy Hot, which did nothing more than smell the place up, and DMSO. I was even toying with the idea of renting or buying one of those ultra-sound devices. Visions poured through my mind of my upper body resembling that of an undernourished Mahatma Gandhi - of having to buy 'medium' or heaven forbid - 'small' t-shirts, when good sense and the sage advice of His Editorship Mike Lambert intervened. Basically, I would like to share this advice with the readers of PL USA because I know that there are many of you out there who have either had nagging injuries or are dealing with it now. Before I start, let me make this disclaimer - this advice should not supersede any competent medical diagnoses - but can be used in conjunction with properly supervised care. There - now on the good stuff!

There is one word that describes how to heal up from any injury (save those that need surgical care) - REST. The temptation might be there to start 'light' but as I had foolishly experienced, light soon turns into medium and medium soon turns into a great deal of pain. Do not be afraid to rest the affected area - even if it is for 6 months. That may seem like an eternity, but since PL is a sport that can be literally come until you are one step from the grave, 6 months is but a tick on

the powerlifting clock. Second, work around the injured area. This is vital, since the smaller support muscles are often neglected in a power program and are usually the first to give out in a crucial max attempt. In the bench press, if the injury is to the pec area, you still have a wide variety of upper body moves that can be done which will not only strengthen the supporting muscles but will help the lifter keep a sense of accomplishment about that section of his workout. I was able to do, with no pain, all the shoulder, tricep and lat work I wanted to do. I basically continued my workouts as scheduled, but on my bench days, I substituted seated presses and presses behind the neck. I also purchased an adjustable incline bench (90 deg. 30 deg) and slowly began to inch the angle towards that of a bench press. This took some time, as often I was able to do 45-50 deg. inclines with no pain but if the board went ever so slightly below 45 deg. I could not move the weight and the old pain came back. I solved this dilemma by simply sticking with the high inclines and presses behind the neck until I was sure that I could safely bench press 185 for reps with no pain. I was surprised to find that after my 'rehabilitation' program I was able to come back and do 305 with 225 (touch and go) on the bench with NO PAIN. I also added a very important exercise which I had neglected the past couple of months - bent rows. Bent rows are, as far as I am concerned, the number one assistance move in any powerlifters program. Regarding the bench, a thick set of upper back muscles help to act as a cushion when lowering the weight and will help prevent injury to the pecs. So, as strange as it is, a medical fact that antagonistic muscle groups (the pecs) have to be worked equally or the weaker group will not be able to hold up the bar during a stressful situation which results in the stronger group bearing the brunt with significant damage. A good analogy would be to have a strong oak door with strong hinges. Sooner or later the string will break, causing the door to fall and damage the hinges. The same is true of the frontal delt muscles is hurt, then one has far fewer exercises to choose from than traps exercises. Here, patience must be exercised to the utmost. The squat, knee injuries may be avoided if the lifter does between 6-10 sets of leg curls per week. Again, the principle of the supporting antagonistic muscles comes into play. The exercises here are crunches, leg raises and hyperextensions. A strong midsection will keep the body tight and erect during the crucial descent of the squat. The deadlift, do not forget to work some sort of bicep move, not necessarily to the extent of a bodybuilder, but perhaps 3 sets done twice per week would suffice. Small price to pay for helping to avoid a torn biceps.

In summary, let Mother Nature heal your wounds as much as possible (unless you really need urgent medical attention) and BE PATIENT. Work around the injured area - use your heads, people, there are a million exercises out there which will give you a good workout and keep your muscles ready for the real battles to come. PS: I recently did a 330x2 in the bench and should be singling at around 355-360 within 4-6 months.

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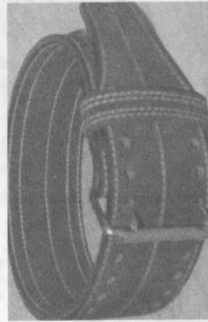
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123/56KG	
132/60KG	
148/67½KG	3:00 P.M.
165/75KG	
181/82½KG	
SUNDAY, JULY 12th	
Class	Competition
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PSYCHOLOGICAL ASPECTS OF POWERLIFTING
by Jud Biasolotto, Ed.D. and Ed Ritter, Ph.D.

What has psychology got to do with weightlifting? A hell of a lot! Psychological factors are not necessarily the most important factors in weightlifting competition; it just turns out that they usually are. As psychologists, the importance that we attach to psychological factors may have been anticipated, but we are also realists, and we realize that performance is affected by many other factors such as nutrition, body build, and sheer physical strength. We have considered these.

All relevant factors (that is, factors which make a difference in performance) are important, yet obviously they are not equally important, and it is legitimate to ask about the comparative effects of such influences. Theoretically, at least, it would be possible to write a powerlifting equation with terms properly weighted to reflect the average contribution of each factor to the performance of a particular lift. We're not going to do this - we can't, and at this point in time, neither can anyone else. But, we can demonstrate the importance of psychological factors in another way. Read on.

If you are a competitive powerlifter, you have a lot in common with other lifters. The nature of the task guarantees this. The tasks select individuals with certain combinations of abilities and traits because only such individuals have a reasonable chance to experience success. Others, who lack these characteristics, will anticipate failure and either not attempt the tasks or give up out of frustration. That is, there is a kind of natural selection operating in the gym which results in the 'survival' of those who are fit (not necessarily the fittest).

If you are a competitive powerlifter, you have tremendous strength, you are training many hours a week with heavy weights, you use the best equipment, you watch what you eat, and you are probably taking anabolic steroids. BUT SO IS EVERYONE ELSE! So, although a given factor may contribute heavily to performance, there may be almost no individual differences with respect to that factor. In other words, it becomes a constant. Take the use of anabolic steroids as an example. Competitors who were among the first to start using these drugs had an advantage. The drugs clearly increased their strength. When this became common knowledge, many lifters started taking such drugs in order to stay competitive, and other lifters simply retired. Consequently, individual differences that existed when a user was competing against a non-user were wiped out at a rapid pace. We know that this is somewhat of an oversimplification because different lifters use different dosages, and drugs may interact with other variables so that the effect on competitors taking drugs would not be exactly the same. But the point is, you get what you want. Advantages are minimized by assigning individuals to rather narrow weight classes.

Let's take a closer look at psychology. We believe that psychology still has a 'secret weapon' status in the sport of powerlifting (and all other sports for that matter). That is, most lifters are not paying much attention to psychological factors, nor do they know how to use psychology to enhance performance. Applying psychological principles is not as easy as swallowing pills. What makes psychology so very important to weightlifting is that it is a highly relevant but also very neglected variable. There are enormous individual differences in the extent that lifters utilize psychology to enhance performance. Therefore, it can be crucial: it can be the main determinant of success or failure. Consider a hypothetical, yet conservative, example. Even if all other factors are roughly equal on these factors (or have scores which tend to balance out) then the remaining psychological 10 percent will be the crucial determinant of who wins, and the main explanation of individual differences in performance. This is why we say - as realists, that you cannot afford to neglect psychological factors. Even if you were so physically strong that you could make record breaking lifts in spite of deficiencies in other factors, your neglect of psychology would cause you to fall significantly below your potential.

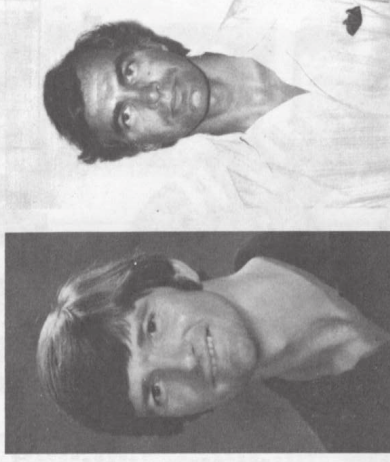
To be a champion, or (what is probably a nobler aspiration) to be the best that you can be, you cannot afford to dismiss a possible ten percent, or more, load increase. Being able to consistently exceed your lifts by five percent more than otherwise could add twenty five pounds or more to your deadlift alone; and, as you know, most contests are won by small differences in totals. Even in training, the weight difference between a 'good' and 'bad' day are very small.

With this in mind, we can further appreciate the numerous testimonials by world class powerlifters concerning the key importance of one's mental state. The following comments are typical:

1) 'The great lifters have great minds.' 2) 'Lifting is 95 percent mental - you have to be totally consumed by it - at least 90 percent of the coaches and lifters I've talked to will tell you the same thing. 'You have to have your mind under total control if you are going to make it in this game.' 'If you don't have it upstairs, you'll washout.' 3) 'It's my mind that has kept me from being great; if I could get my mind right, I would be great - the mind controls it all.'

From what has been said so far, one might get the impression that psychological factors are primarily important during competition. This is not true. Waiting to take one's turn on the platform makes psychological factors especially salient, but the fact is that in order to compete successfully, you must train successfully. Successful training is more arduous and requires even more psychological strength.

You know the training routines that will progressively increase strength, but if you are not motivated to use them, they'll be of no benefit. That is, you need to learn how to effectively control yourself. It is our contention that you need psychological coaching in learning how to control your mind just as you need to be coached, formally or informally, when you developed your physical skills. In this column, we will deal with a wide range of psychological factors including: motivation, emotion, hypnosis, as an ergogenic aid, stress and its management, and the application of behavior modification to weightlifting. Next month, we will read off with an article on behavior control.



Dr. Biasolotto is an Assistant Professor at Albany State College in Albany, Georgia. He has extensive research in the field of sports psychology, and has done extensive work with professional athletes. He is a drug free Elite Powerlifter who has been ranked in the All Time TOP TEN listings for the 132 lb. weight class.

Dr. Ritter is an Associate Professor at Albany State. He has published research in several journals and extensive experience teaching cooperative-behavioral techniques of self control. Ed too pumps a lot of iron, but not so much of it at one time. He spends about ten hours per week in his program of weight training for physical fitness.



CONGRATULATIONS, the Man behind the Super Suit, George Zangos, got a personal record 617 squat at the Nevada Open contest. At the same meet, Jim Gradstein, at 181, squatted 644, injured his thigh on a 677, and semi-stiff legged a 699 deadlift. George told him he could have done a 722. Jim is hoping for some quick healing of the injury and for some good luck at the Seniors this year. photo by Gary Menaker

SAM COLELLA, longtime lifter and captain of the LAPD Powerlifting team is coming back magnificently from heart bypass surgery. He'll have a desk job now, after several years of working on the street.

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CUSTOM DESIGN T-SHIRTS — **QUANTITY DISCOUNTS** — **DEALERS WELCOME**

IF YOU NEED TRAINING INFO, NUTRITIONAL IDEAS, PRICES ON EQUIPMENT (discounts available), GIVE ME A CALL OR WRITE (envelope stamped, self-addressed envelope) TO PLACE AN ORDER OR JUST B.S. A BIT ABOUT THE IRON GAME. BEFORE YOU BUY FROM ANYONE ELSE CALL OR WRITE ME.

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*** * * * ***

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CUSTOM DESIGN T-SHIRTS — **QUANTITY DISCOUNTS** — **DEALERS WELCOME**

TOP 100

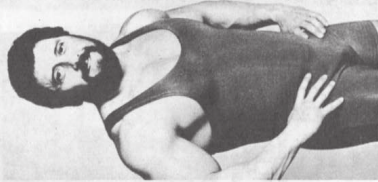
HEAVYWEIGHTS (242 1/2 lb./110 kg.)
 For USA lifters competing from May 1980 through April 1981

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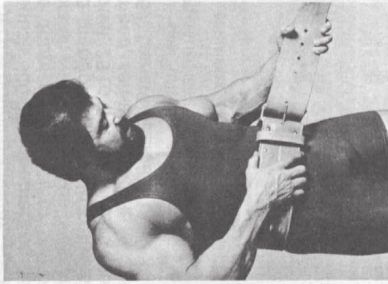
1000s of these patches have been sold. Order today...each time a color warmup or gym bag is updated it becomes harder and harder to make it. So, if you qualify now...ORDER NOW. Send your check to POWERLIFTING USA, BOX 467, CAMARILLO, CA 93010.

SQUAT	BENCH PRESS	DEADLIFT	TOTAL
851 Reed, D 3/28/81	584 Macdonald, M 11/15/80	870 Kuc, J 11/6/80	2303 Kuc, J 11/6/80
852 Peticola, L 10/4/80	585 Wilson, S 3/29/81	875 McCormick, T 7/13/80	2099 McCormick, T 7/13/80
853 Kuc, J 11/6/80	586 Wilson, S 3/29/81	884 Chailat, M 2/21/81	2084 Wilson, S 5/17/80
854 Phillips, M 7/13/80	587 Peticola, L 10/4/80	890 Rosenstam, F 11/8/80	2077 Chailat, M 2/21/81
855 Wilson, S 3/29/81	588 Peticola, L 10/4/80	895 Peticola, L 10/4/80	2042 Reed, D 3/28/81
856 Wilson, S 3/29/81	589 Stein, J 3/7/81	896 Wilson, S 3/29/81	2039 Stein, S 8/28/81
857 Wilson, S 3/29/81	590 Stein, J 3/7/81	897 Wilson, S 3/29/81	2017 Capachione, M 6/8/80
858 Jackson, A 12/7/80	591 Miller, S 3/22/81	898 Reed, D 12/7/80	2011 Chayon, B 11/15/80
859 Miller, S 3/22/81	592 Miller, S 3/22/81	899 Schneider, D 12/14/80	1994 Peticola, L 10/4/80
860 Miller, S 3/22/81	593 Miller, S 3/22/81	900 Schneider, D 12/14/80	1984 Peticola, L 10/4/80
861 Miller, S 3/22/81	594 Miller, S 3/22/81	901 Miller, S 3/22/81	1984 Peticola, L 10/4/80
862 Miller, S 3/22/81	595 Miller, S 3/22/81	902 Miller, S 3/22/81	1984 Peticola, L 10/4/80
863 Miller, S 3/22/81	596 Miller, S 3/22/81	903 Miller, S 3/22/81	1984 Peticola, L 10/4/80
864 Miller, S 3/22/81	597 Miller, S 3/22/81	904 Miller, S 3/22/81	1984 Peticola, L 10/4/80
865 Miller, S 3/22/81	598 Miller, S 3/22/81	905 Miller, S 3/22/81	1984 Peticola, L 10/4/80
866 Miller, S 3/22/81	599 Miller, S 3/22/81	906 Miller, S 3/22/81	1984 Peticola, L 10/4/80
867 Miller, S 3/22/81	600 Miller, S 3/22/81	907 Miller, S 3/22/81	1984 Peticola, L 10/4/80
868 Miller, S 3/22/81	601 Miller, S 3/22/81	908 Miller, S 3/22/81	1984 Peticola, L 10/4/80
869 Miller, S 3/22/81	602 Miller, S 3/22/81	909 Miller, S 3/22/81	1984 Peticola, L 10/4/80
870 Miller, S 3/22/81	603 Miller, S 3/22/81	910 Miller, S 3/22/81	1984 Peticola, L 10/4/80
871 Miller, S 3/22/81	604 Miller, S 3/22/81	911 Miller, S 3/22/81	1984 Peticola, L 10/4/80
872 Miller, S 3/22/81	605 Miller, S 3/22/81	912 Miller, S 3/22/81	1984 Peticola, L 10/4/80
873 Miller, S 3/22/81	606 Miller, S 3/22/81	913 Miller, S 3/22/81	1984 Peticola, L 10/4/80
874 Miller, S 3/22/81	607 Miller, S 3/22/81	914 Miller, S 3/22/81	1984 Peticola, L 10/4/80
875 Miller, S 3/22/81	608 Miller, S 3/22/81	915 Miller, S 3/22/81	1984 Peticola, L 10/4/80
876 Miller, S 3/22/81	609 Miller, S 3/22/81	916 Miller, S 3/22/81	1984 Peticola, L 10/4/80
877 Miller, S 3/22/81	610 Miller, S 3/22/81	917 Miller, S 3/22/81	1984 Peticola, L 10/4/80
878 Miller, S 3/22/81	611 Miller, S 3/22/81	918 Miller, S 3/22/81	1984 Peticola, L 10/4/80
879 Miller, S 3/22/81	612 Miller, S 3/22/81	919 Miller, S 3/22/81	1984 Peticola, L 10/4/80
880 Miller, S 3/22/81	613 Miller, S 3/22/81	920 Miller, S 3/22/81	1984 Peticola, L 10/4/80
881 Miller, S 3/22/81	614 Miller, S 3/22/81	921 Miller, S 3/22/81	1984 Peticola, L 10/4/80
882 Miller, S 3/22/81	615 Miller, S 3/22/81	922 Miller, S 3/22/81	1984 Peticola, L 10/4/80
883 Miller, S 3/22/81	616 Miller, S 3/22/81	923 Miller, S 3/22/81	1984 Peticola, L 10/4/80
884 Miller, S 3/22/81	617 Miller, S 3/22/81	924 Miller, S 3/22/81	1984 Peticola, L 10/4/80
885 Miller, S 3/22/81	618 Miller, S 3/22/81	925 Miller, S 3/22/81	1984 Peticola, L 10/4/80
886 Miller, S 3/22/81	619 Miller, S 3/22/81	926 Miller, S 3/22/81	1984 Peticola, L 10/4/80
887 Miller, S 3/22/81	620 Miller, S 3/22/81	927 Miller, S 3/22/81	1984 Peticola, L 10/4/80
888 Miller, S 3/22/81	621 Miller, S 3/22/81	928 Miller, S 3/22/81	1984 Peticola, L 10/4/80
889 Miller, S 3/22/81	622 Miller, S 3/22/81	929 Miller, S 3/22/81	1984 Peticola, L 10/4/80
890 Miller, S 3/22/81	623 Miller, S 3/22/81	930 Miller, S 3/22/81	1984 Peticola, L 10/4/80
891 Miller, S 3/22/81	624 Miller, S 3/22/81	931 Miller, S 3/22/81	1984 Peticola, L 10/4/80
892 Miller, S 3/22/81	625 Miller, S 3/22/81	932 Miller, S 3/22/81	1984 Peticola, L 10/4/80
893 Miller, S 3/22/81	626 Miller, S 3/22/81	933 Miller, S 3/22/81	1984 Peticola, L 10/4/80
894 Miller, S 3/22/81	627 Miller, S 3/22/81	934 Miller, S 3/22/81	1984 Peticola, L 10/4/80
895 Miller, S 3/22/81	628 Miller, S 3/22/81	935 Miller, S 3/22/81	1984 Peticola, L 10/4/80
896 Miller, S 3/22/81	629 Miller, S 3/22/81	936 Miller, S 3/22/81	1984 Peticola, L 10/4/80
897 Miller, S 3/22/81	630 Miller, S 3/22/81	937 Miller, S 3/22/81	1984 Peticola, L 10/4/80
898 Miller, S 3/22/81	631 Miller, S 3/22/81	938 Miller, S 3/22/81	1984 Peticola, L 10/4/80
899 Miller, S 3/22/81	632 Miller, S 3/22/81	939 Miller, S 3/22/81	1984 Peticola, L 10/4/80
900 Miller, S 3/22/81	633 Miller, S 3/22/81	940 Miller, S 3/22/81	1984 Peticola, L 10/4/80

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CALIFORNIA ARM WRESTLING CHAMPIONSHIPS

Saturday, June 20, 1981. Weigh-in at 9:00 AM for the up to 150 pound class, and the 150-180 pound class, competition starts at 11:00 AM.
Sunday, June 21, 1981. Weigh-in at 9:00 AM for the 180-210 pound class, and the over 210 pound class, competition starts at 11:00 AM.
ENTRY FEE: \$10.00 if postmarked by June 17, 1981 and \$15.00 after that date. Mail entries to **Ralph Gardner, D.C., Aztec Chiropractic Health Center, 6280 Jackson Drive Suite 8, San Diego, California 92119.**



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3rd Annual SOONER CLASSIC POWERLIFTING CHAMPIONSHIPS

Saturday, July 25, 1981
Held at the Holiday Inn's New 'Holiday' Convention Center
Oklahoma City, Oklahoma (I-40 and Meridian)
Standard Weight Classes and a Women's Division
Trophies for 1st-5th, 3 Outstanding Lifter awards (114-148, 165-198, 220-SHW)
2 Team Trophies, Team Entry Fee \$20.00
Individual Entry Fee \$15.00, July 18th Entry Deadline, Late Entry Fee \$5.00

for entry forms or information:

MARLON FISHER
1403 E. ROBINSON
NORMAN, OKLAHOMA 73071
405-321-1852

4TH ANNUAL GREENWICH OPEN NOVICE-3/21/81 GREENWICH, CT

SO	BP	DL	T
133	190	130	280
134	200	140	290
135	210	150	300
136	220	160	310
137	230	170	320
138	240	180	330
139	250	190	340
140	260	200	350
141	270	210	360
142	280	220	370
143	290	230	380
144	300	240	390
145	310	250	400
146	320	260	410
147	330	270	420
148	340	280	430
149	350	290	440
150	360	300	450
151	370	310	460
152	380	320	470
153	390	330	480
154	400	340	490
155	410	350	500
156	420	360	510
157	430	370	520
158	440	380	530
159	450	390	540
160	460	400	550
161	470	410	560
162	480	420	570
163	490	430	580
164	500	440	590
165	510	450	600
166	520	460	610
167	530	470	620
168	540	480	630
169	550	490	640
170	560	500	650
171	570	510	660
172	580	520	670
173	590	530	680
174	600	540	690
175	610	550	700
176	620	560	710
177	630	570	720
178	640	580	730
179	650	590	740
180	660	600	750
181	670	610	760
182	680	620	770
183	690	630	780
184	700	640	790
185	710	650	800
186	720	660	810
187	730	670	820
188	740	680	830
189	750	690	840
190	760	700	850
191	770	710	860
192	780	720	870
193	790	730	880
194	800	740	890
195	810	750	900
196	820	760	910
197	830	770	920
198	840	780	930
199	850	790	940
200	860	800	950
201	870	810	960
202	880	820	970
203	890	830	980
204	900	840	990
205	910	850	1000
206	920	860	1010
207	930	870	1020
208	940	880	1030
209	950	890	1040
210	960	900	1050
211	970	910	1060
212	980	920	1070
213	990	930	1080
214	1000	940	1090
215	1010	950	1100
216	1020	960	1110
217	1030	970	1120
218	1040	980	1130
219	1050	990	1140
220	1060	1000	1150
221	1070	1010	1160
222	1080	1020	1170
223	1090	1030	1180
224	1100	1040	1190
225	1110	1050	1200
226	1120	1060	1210
227	1130	1070	1220
228	1140	1080	1230
229	1150	1090	1240
230	1160	1100	1250
231	1170	1110	1260
232	1180	1120	1270
233	1190	1130	1280
234	1200	1140	1290
235	1210	1150	1300
236	1220	1160	1310
237	1230	1170	1320
238	1240	1180	1330
239	1250	1190	1340
240	1260	1200	1350
241	1270	1210	1360
242	1280	1220	1370
243	1290	1230	1380
244	1300	1240	1390
245	1310	1250	1400
246	1320	1260	1410
247	1330	1270	1420
248	1340	1280	1430
249	1350	1290	1440
250	1360	1300	1450
251	1370	1310	1460
252	1380	1320	1470
253	1390	1330	1480
254	1400	1340	1490
255	1410	1350	1500
256	1420	1360	1510
257	1430	1370	1520
258	1440	1380	1530
259	1450	1390	1540
260	1460	1400	1550
261	1470	1410	1560
262	1480	1420	1570
263	1490	1430	1580
264	1500	1440	1590
265	1510	1450	1600
266	1520	1460	1610
267	1530	1470	1620
268	1540	1480	1630
269	1550	1490	1640
270	1560	1500	1650
271	1570	1510	1660
272	1580	1520	1670
273	1590	1530	1680
274	1600	1540	1690
275	1610	1550	1700
276	1620	1560	1710
277	1630	1570	1720
278	1640	1580	1730
279	1650	1590	1740
280	1660	1600	1750
281	1670	1610	1760
282	1680	1620	1770
283	1690	1630	1780
284	1700	1640	1790
285	1710	1650	1800
286	1720	1660	1810
287	1730	1670	1820
288	1740	1680	1830
289	1750	1690	1840
290	1760	1700	1850
291	1770	1710	1860
292	1780	1720	1870
293	1790	1730	1880
294	1800	1740	1890
295	1810	1750	1900
296	1820	1760	1910
297	1830	1770	1920
298	1840	1780	1930
299	1850	1790	1940
300	1860	1800	1950

Due to technical error in leading 2 1st place trophies were awarded in the 220 lb class. M. McGuffee, Superior; M. B. Romanelli, D. club; Announcers: Pat, Bira, R. Jenker. Thanks to Frank Trilli for results.

CONNECTICUT STATE CHAMPIONSHIPS-4/12/81 PLAINVILLE, CT

SO	BP	DL	T
114	480	360	575
115	490	370	585
116	500	380	595
117	510	390	605
118	520	400	615
119	530	410	625
120	540	420	635
121	550	430	645
122	560	440	655
123	570	450	665
124	580	460	675
125	590	470	685
126	600	480	695
127	610	490	705
128	620	500	715
129	630	510	725
130	640	520	735
131	650	530	745
132	660	540	755
133	670	550	765
134	680	560	775
135	690	570	785
136	700	580	795
137	710	590	805
138	720	600	815
139	730	610	825
140	740	620	835
141	750	630	845
142	760	640	855
143	770	650	865
144	780	660	875
145	790	670	885
146	800	680	895
147	810	690	905
148	820	700	915
149	830	710	925
150	840	720	935
151	850	730	945
152	860	740	955
153	870	750	965
154	880	760	975
155	890	770	985
156	900	780	995
157	910	790	1005
158	920	800	1015
159	930	810	1025
160	940	820	1035
161	950	830	1045
162	960	840	1055
163	970	850	1065
164	980	860	1075
165	990	870	1085
166	1000	880	1095
167	1010	890	1105
168	1020	900	1115
169	1030	910	1125
170	1040	920	1135
171	1050	930	1145
172	1060	940	1155
173	1070	950	1165
174	1080	960	1175
175	1090	970	1185
176	1100	980	1195
177	1110	990	1205
178	1120	1000	1215
179	1130	1010	1225
180	1140	1020	1235
181	1150	1030	1245
182	1160	1040	1255
183	1170	1050	1265
184	1180	1060	1275
185	1190	1070	1285
186	1200	1080	1295
187	1210	1090	1305
188	1220	1100	1315
189	1230	1110	1325
190	1240	1120	1335
191	1250	1130	1345
192	1260	1140	1355
193	1270	1150	1365
194	1280	1160	1375
195	1290	1170	1385
196	1300	1180	1395
197	1310	1190	1405
198	1320	1200	1415
199	1330	1210	1425
200	1340	1220	1435
201	1350	1230	1445
202	1360	1240	1455
203	1370	1250	1465
204	1380	1260	1475
205	1390	1270	1485
206	1400	1280	1495
207	1410	1290	1505
208	1420	1300	1515
209	1430	1310	1525
210	1440	1320	1535
211	1450	1330	1545
212	1460	1340	1555
213	1470	1350	1565
214	1480	1360	1575
215	1490	1370	1585
216	1500	1380	1595
217	1510	1390	1605
218	1520	1400	1615
219	1530	1410	1625
220	1540	1420	1635
221	1550	1430	1645
222	1560	1440	1655
223	1570	1450	1665
224	1580	1460	1675
225	1590	1470	1685
226	1600	1480	1695
227	1610	1490	1705
228	1620	1500	1715
229	1630	1510	1725
230	1640	1520	1735
231	1650	1530	1745
232	1660	1540	1755
233	1670	1550	1765
234	1680	1560	1775
235	1690	1570	1785
236	1700	1580	1795
237	1710	1590	1805
238	1720	1600	1815
239	1730	1610	1825
240	1740	1620	1835
241	1750	1630	1845
242	1760	1640	1855
243	1770	1650	1865
244	1780	1660	1875
245	1790	1670	1885
246	1800	1680	1895
247	1810	1690	1905
248	1820	1700	1915
249	1830	1710	1925
250	1840	1720	1935
251	1850	1730	1945
252	1860	1740	1955
253	1870	1750	1965
254	1880	1760	1975
255	1890	1770	

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"The finest knee wrap available for competition or training"

- 3 Pairs \$18.00 • 2 Pairs \$13.00 • 1 Pair \$7.00
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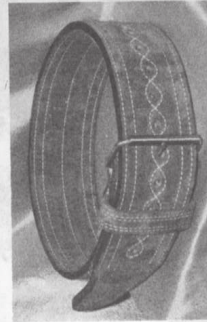
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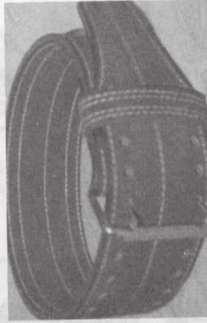
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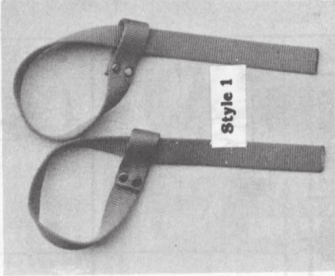
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Style (A) Deluxe Suede Covered belt with stitching twice around belt, once down center, and around holes.\$75.00



Style (C) Double thickness belt has stitching once around belt, down center and around holes (not pictured).....\$60.00
 Style (D) Single thickness belt with double row of holes (not pictured).....\$30.00



NEW! Training Straps! Heavy washable nylon ... won't stretch. Blue, yellow, green, red or white. Style 1.....\$4.00

BOB's Custom Lifting Belts — Send for yours today — another fine value from The MARATHON Co.

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NOW IN COLOR

Proven in International and National Competitions

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FREE Pair of **SUPERWRAP™ II** with each suit purchased

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• **SIZES AVAILABLE: 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, 48**
 The numbered sized suits give a more accurate fit for greater body support during the squat. Do not accept substitutes.

The finest **POWERLIFTING SUIT AVAILABLE**. The famous **SUPERSUIT** by **Spanjian** is offered in **FOUR COLORS**. Both models, **SUPERSUIT™ II** and the **SUPERSUIT™**, feature the same design, **HIGHER SIDEPANELS** and **WIDER SHOULDER STRAPS** for **GREATER BODY SUPPORT** in the **SQUAT**.

"Increase Your Squat and Total with a **SUPERSUIT™**
 Often Imitated — Never Equalled."

The **MARATHON Co.** is the **exclusive worldwide source of the SUPERSUIT™ by Spanjian**. Distributor inquiries on **SUPERSUITS™** and **SUPERWRAPS™**, foreign or domestic, welcomed. Also team, school and wholesale discounts available.

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

IMPORTANT

Please indicate 1st, 2nd and 3rd choice of color by numbering the appropriate box. Also give height and weight for proper fit. If you are certain of your size, indicate in appropriate column of the adjacent order form. Any additional information may be given in Special Instructions section below the Order Form.

Navy Blue Royal Blue Scarlet Red

Supersuit™ II

Natural
 Supersuit™

Name: _____

Address: _____

City _____ State _____ Zip _____

Check, Money Order, MasterCard or Visa must accompany orders.

Card No. _____ Exp. Date _____

*Overseas orders add 20%. Calif. residents add 6% Sales Tax.

Item	(Height)	(Weight)	(Height)	(Weight)	(Height)	(Weight)
	Suit Size	Suit Size	Suit Size	Suit Size	Suit Size	Suit Size
	QTY.	QTY.	QTY.	QTY.	QTY.	QTY.
	EXT.	EXT.	EXT.	EXT.	EXT.	EXT.
SUPERSUIT™ II						
SUPERSUIT™						
SUPERWRAP™ II						
SUPERWRAP™						
Special Instructions for Belts or Suits						
						Total

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NEW! At last a simple way to get a DEEP-DARK-BROWN TAN!
 All natural vitamins + Aloe Vera!
 A Sun-Tan forms when Ultraviolet Rays stimulate pigment-producing cells in the skin to produce **MELANIN** which is your body's own natural brown pigment. The more natural Melanin in the skin, the **Darker** your complexion, plus Melanin is your body's best sunscreen!

OUR SUN TAN PILL PRODUCES MELANIN PIGMENT! Real Melanin for a real tan. NOT A DYE OR FAKE ORANGE TAN BUT A REAL DEEP DARK TAN!

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 USA



JAPAN NATIONAL CHAMPIONSHIPS		5/3/81-TOKYO, JAPAN (KILUS)	
52 kg	57 kg	62 kg	67 kg
L. Koo-gil	523	303	534
165	418	275	451
D. Hwang-ki	402	231	429
155	152	248	529
J. Deer-I	402	231	429
181	407	264	473
F. D'Almeida	437	254	473
181	381	247	418
E. Jernan	341	297	418
181	341	297	418
B. Guegan	330	214	341
181	330	214	341
H. Izagawa	205	145	210
181	195	125	200
T. Kubo	195	125	200
181	195	125	200
H. Sakachi	202	100	220
181	202	100	220
C. Ho	210	127.5	190
181	210	127.5	190
H. Nameda	210	127.5	190
181	210	127.5	190
67.5 kg	232	155	235
181	232	155	235
M. Drestler	501	385	518
181	501	385	518
R. Tahan	381	247	418
181	381	247	418
J. Maritas	501	385	518
181	501	385	518
C. Knapp	418	289	451
181	418	289	451
B. Stevens	551	385	518
181	551	385	518
M. Drestler	435	303	518
181	435	303	518
C. Knapp	655	391	644
181	655	391	644
B. Dornally	540	347	556
181	540	347	556
E. Ueda	225	152.5	235
181	225	152.5	235
F. Fobas	551	358	551
181	551	358	551
C. Knapp	529	319	573
181	529	319	573
F. Iremale	529	319	573
181	529	319	573
A. Armel	529	319	573
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A. Armel	529		

Power suit Ten

By Strong-Lon of California
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Northridge, California 91325
(213) 343-4821

T.M.



(Proven at International and National Competitions)

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Worlds Thickest - Strongest Material

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- You can wear a (body size) Strong-Lon Power Suit
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City _____ State _____ Zip _____

State _____ Size _____ Height _____ Weight _____ Hips _____

Power suit Ten

Indicate 1st, 2nd, and 3rd Choice of Color

Black Purple
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 Maroon

State _____

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MEGA B-125	60 tabs 9.40	Stero-Glan, 5 tabs pro	
Sustained Release	90 tabs 13.70	vide: pituitary 150 mg,	
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Sustained Release	30 tabs 9.60	150 mg, pancreas 150	500 tabs 26.00
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NIACIN 1000 mg			
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1000 mg	60 tabs 9.00	Argentina Beef Liver	300 tabs 11.95
Sustained Release	90 tabs 13.10	20 grain plus B-12	90 tabs 8.15
Super C 2000 mg		Adrenal 150 mg	
Sustained Release	60 tabs 7.90	Orchic 150 mg	
Vitamin E 1000 IU	90 tabs 17.40	(raw testicle)	90 tabs 5.75
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Dyno Vites (Ultimate Vit-	60 tabs 11.40	Pituitary 35 mg	90 tabs 7.20
amin Mineral formula)	90 tabs 8.25	Prostate 150 mg	90 tabs 6.95
Mighty Minerals	180 tabs 15.50	Spleen 250 mg	90 tabs 3.60
		Thymus 140 mg	90 tabs 5.50
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Mega Zinc 100 mg	90 tabs 9.95		
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tol and methionine	50 tabs 6.50		
formula)	100 tabs 12.00		
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600 mg (for improved			
digestion)	90 tabs 5.40		
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erage, 90% Pro (deli-			
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1. Current Age, Height, Weight
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3. Detail the form you use and width of grip used
4. How long you have trained and a list of previous injuries
5. Typical day's diet of food and supplements
6. Type of work activity
7. Best current bench press and your sticking point
8. Do you have use of a cambered bar?
9. Any other information you feel important

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15 Mar 81 - MENTOR, OHIO
Open Division (kilos)

11-14-OPEN	15-17	18-20	21-23	24-26	27-29	30-32	33-35	36-38	39-41	42-44	45-47	48-50	51-53	54-56	57-59	60-62	63-65	66-68	69-71	72-74	75-77	78-80	81-83	84-86	87-89	90-92	93-95	96-98	99-101	102-104	105-107	108-110	111-113	114-116	117-119	120-122	123-125	126-128	129-131	132-134	135-137	138-140	141-143	144-146	147-149	150-152	153-155	156-158	159-161	162-164	165-167	168-170	171-173	174-176	177-179	180-182	183-185	186-188	189-191	192-194	195-197	198-200	201-203	204-206	207-209	210-212	213-215	216-218	219-221	222-224	225-227	228-230	231-233	234-236	237-239	240-242	243-245	246-248	249-251	252-254	255-257	258-260	261-263	264-266	267-269	270-272	273-275	276-278	279-281	282-284	285-287	288-290	291-293	294-296	297-299	300-302	303-305	306-308	309-311	312-314	315-317	318-320	321-323	324-326	327-329	330-332	333-335	336-338	339-341	342-344	345-347	348-350	351-353	354-356	357-359	360-362	363-365	366-368	369-371	372-374	375-377	378-380	381-383	384-386	387-389	390-392	393-395	396-398	399-401	402-404	405-407	408-410	411-413	414-416	417-419	420-422	423-425	426-428	429-431	432-434	435-437	438-440	441-443	444-446	447-449	450-452	453-455	456-458	459-461	462-464	465-467	468-470	471-473	474-476	477-479	480-482	483-485	486-488	489-491	492-494	495-497	498-500	501-503	504-506	507-509	510-512	513-515	516-518	519-521	522-524	525-527	528-530	531-533	534-536	537-539	540-542	543-545	546-548	549-551	552-554	555-557	558-560	561-563	564-566	567-569	570-572	573-575	576-578	579-581	582-584	585-587	588-590	591-593	594-596	597-599	600-602	603-605	606-608	609-611	612-614	615-617	618-620	621-623	624-626	627-629	630-632	633-635	636-638	639-641	642-644	645-647	648-650	651-653	654-656	657-659	660-662	663-665	666-668	669-671	672-674	675-677	678-680	681-683	684-686	687-689	690-692	693-695	696-698	699-701	702-704	705-707	708-710	711-713	714-716	717-719	720-722	723-725	726-728	729-731	732-734	735-737	738-740	741-743	744-746	747-749	750-752	753-755	756-758	759-761	762-764	765-767	768-770	771-773	774-776	777-779	780-782	783-785	786-788	789-791	792-794	795-797	798-800	801-803	804-806	807-809	810-812	813-815	816-818	819-821	822-824	825-827	828-830	831-833	834-836	837-839	840-842	843-845	846-848	849-851	852-854	855-857	858-860	861-863	864-866	867-869	870-872	873-875	876-878	879-881	882-884	885-887	888-890	891-893	894-896	897-899	900-902	903-905	906-908	909-911	912-914	915-917	918-920	921-923	924-926	927-929	930-932	933-935	936-938	939-941	942-944	945-947	948-950	951-953	954-956	957-959	960-962	963-965	966-968	969-971	972-974	975-977	978-980	981-983	984-986	987-989	990-992	993-995	996-998	999-1001	1002-1004	1005-1007	1008-1010	1011-1013	1014-1016	1017-1019	1020-1022	1023-1025	1026-1028	1029-1031	1032-1034	1035-1037	1038-1040	1041-1043	1044-1046	1047-1049	1050-1052	1053-1055	1056-1058	1059-1061	1062-1064	1065-1067	1068-1070	1071-1073	1074-1076	1077-1079	1080-1082	1083-1085	1086-1088	1089-1091	1092-1094	1095-1097	1098-1100	1101-1103	1104-1106	1107-1109	1110-1112	1113-1115	1116-1118	1119-1121	1122-1124	1125-1127	1128-1130	1131-1133	1134-1136	1137-1139	1140-1142	1143-1145	1146-1148	1149-1151	1152-1154	1155-1157	1158-1160	1161-1163	1164-1166	1167-1169	1170-1172	1173-1175	1176-1178	1179-1181	1182-1184	1185-1187	1188-1190	1191-1193	1194-1196	1197-1199	1200-1202	1203-1205	1206-1208	1209-1211	1212-1214	1215-1217	1218-1220	1221-1223	1224-1226	1227-1229	1230-1232	1233-1235	1236-1238	1239-1241	1242-1244	1245-1247	1248-1250	1251-1253	1254-1256	1257-1259	1260-1262	1263-1265	1266-1268	1269-1271	1272-1274	1275-1277	1278-1280	1281-1283	1284-1286	1287-1289	1290-1292	1293-1295	1296-1298	1299-1301	1302-1304	1305-1307	1308-1310	1311-1313	1314-1316	1317-1319	1320-1322	1323-1325	1326-1328	1329-1331	1332-1334	1335-1337	1338-1340	1341-1343	1344-1346	1347-1349	1350-1352	1353-1355	1356-1358	1359-1361	1362-1364	1365-1367	1368-1370	1371-1373	1374-1376	1377-1379	1380-1382	1383-1385	1386-1388	1389-1391	1392-1394	1395-1397	1398-1400	1401-1403	1404-1406	1407-1409	1410-1412	1413-1415	1416-1418	1419-1421	1422-1424	1425-1427	1428-1430	1431-1433	1434-1436	1437-1439	1440-1442	1443-1445	1446-1448	1449-1451	1452-1454	1455-1457	1458-1460	1461-1463	1464-1466	1467-1469	1470-1472	1473-1475	1476-1478	1479-1481	1482-1484	1485-1487	1488-1490	1491-1493	1494-1496	1497-1499	1500-1502	1503-1505	1506-1508	1509-1511	1512-1514	1515-1517	1518-1520	1521-1523	1524-1526	1527-1529	1530-1532	1533-1535	1536-1538	1539-1541	1542-1544	1545-1547	1548-1550	1551-1553	1554-1556	1557-1559	1560-1562	1563-1565	1566-1568	1569-1571	1572-1574	1575-1577	1578-1580	1581-1583	1584-1586	1587-1589	1590-1592	1593-1595	1596-1598	1599-1601	1602-1604	1605-1607	1608-1610	1611-1613	1614-1616	1617-1619	1620-1622	1623-1625	1626-1628	1629-1631	1632-1634	1635-1637	1638-1640	1641-1643	1644-1646	1647-1649	1650-1652	1653-1655	1656-1658	1659-1661	1662-1664	1665-1667	1668-1670	1671-1673	1674-1676	1677-1679	1680-1682	1683-1685	1686-1688	1689-1691	1692-1694	1695-1697	1698-1700	1701-1703	1704-1706	1707-1709	1710-1712	1713-1715	1716-1718	1719-1721	1722-1724	1725-1727	1728-1730	1731-1733	1734-1736	1737-1739	1740-1742	1743-1745	1746-1748	1749-1751	1752-1754	1755-1757	1758-1760	1761-1763	1764-1766	1767-1769	1770-1772	1773-1775	1776-1778	1779-1781	1782-1784	1785-1787	1788-1790	1791-1793	1794-1796	1797-1799	1800-1802	1803-1805	1806-1808	1809-1811	1812-1814	1815-1817	1818-1820	1821-1823	1824-1826	1827-1829	1830-1832	1833-1835	1836-1838	1839-1841	1842-1844	1845-1847	1848-1850	1851-1853	1854-1856	1857-1859	1860-1862	1863-1865	1866-1868	1869-1871	1872-1874	1875-1877	1878-1880	1881-1883	1884-1886	1887-1889	1890-1892	1893-1895	1896-1898	1899-1901	1902-1904	1905-1907	1908-1910	1911-1913	1914-1916	1917-1919	1920-1922	1923-1925	1926-1928	1929-1931	1932-1934	1935-1937	1938-1940	1941-1943	1944-1946	1947-1949	1950-1952	1953-1955	1956-1958	1959-1961	1962-1964	1965-1967	1968-1970	1971-1973	1974-1976	1977-1979	1980-1982	1983-1985	1986-1988	1989-1991	1992-1994	1995-1997	1998-2000
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OHIO CLASSIC
15 Mar 81 - MENTOR, OHIO
Open Division (kilos)

11-14-OPEN	15-17	18-20	21-23	24-26	27-29	30-32	33-35	36-38	39-41	42-44	45-47	48-50	51-53	54-56	57-59	60-62	63-65	66-68	69-71	72-74	75-77	78-80	81-83	84-86	87-89	90-92	93-95	96-98	99-101	102-104	105-107	108-110	111-113	114-116	117-119	120-122	123-125	126-128	129-131	132-134	135-137	138-140	141-143	144-146	147-149	150-152	153-155	156-158	159-161	162-164	165-167	168-170	171-173	174-176	177-179	180-182	183-185	186-188	189-191	192-194	195-197	198-200	201-203	204-206	207-209	210-212	213-215	216-218	219-221	222-224	225-227	228-230	231-233	234-236	237-239	240-242	243-245	246-248	249-251	252-254	255-257	258-260	261-263	264-266	267-269	270-272	273-275	276-278	279-281	282-284	285-287	288-290	291-293	294-296	297-299	300-302	303-305	306-308	309-311	312-314	315-317	318-320	321-323	324-326	327-329	330-332	333-335	336-338	339-341	342-344	345-347	348-350	351-353	354-356	357-359	360-362	363-365	366-368	369-371	372-374	375-377	378-380	381-383	384-386	387-389	390-392	393-395	396-398	399-401	402-404	405-407	408-410	411-413	414-416	417-419	420-422	423-425	426-428	429-431	432-434	435-437	438-440	441-443	444-446	447-449	450-452	453-455	456-458	459-461	462-464	465-467	468-470	471-473	474-476	477-479	480-482	483-485	486-488	489-491	492-494	495-497	498-499	500-502	503-505	506-508	509-511	512-514	515-51
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FOR THE RECORD

This section is reserved for any and all kinds of lifting records...everyone is encouraged to send in regional, state, association, meet, club, school, gym records...ANY kind of records. Send to P.O. Box 467, Camarillo, CA 93010.

OKLAHOMA HIGH SCHOOL RECORDS		CONNECTICUT HIGH SCHOOL RECORDS		HAWAII STATE RECORDS		BRITISH COLUMBIA RECORDS		WORLD RECORDS (AS OF JUNE 1975)		WORLD RECORDS (WORLD RECORDS)	
50	100	150	200	250	300	350	400	450	500	550	600
330 D. Jay	570 J. Masek	810 J. Masek	1050 J. Masek	1300 J. Masek	1550 J. Masek	1800 J. Masek	2050 J. Masek	2300 J. Masek	2550 J. Masek	2800 J. Masek	3050 J. Masek
330 D. Jay	570 J. Masek	810 J. Masek	1050 J. Masek	1300 J. Masek	1550 J. Masek	1800 J. Masek	2050 J. Masek	2300 J. Masek	2550 J. Masek	2800 J. Masek	3050 J. Masek
330 D. Jay	570 J. Masek	810 J. Masek	1050 J. Masek	1300 J. Masek	1550 J. Masek	1800 J. Masek	2050 J. Masek	2300 J. Masek	2550 J. Masek	2800 J. Masek	3050 J. Masek

ILLINOIS STATE COLLEGIATE 4/25/81-CHICAGO, IL

50	100	150	200	250	300	350	400	450	500	550	600
350 J. Frick	550 J. Frick	750 J. Frick	950 J. Frick	1150 J. Frick	1350 J. Frick	1550 J. Frick	1750 J. Frick	1950 J. Frick	2150 J. Frick	2350 J. Frick	2550 J. Frick
350 J. Frick	550 J. Frick	750 J. Frick	950 J. Frick	1150 J. Frick	1350 J. Frick	1550 J. Frick	1750 J. Frick	1950 J. Frick	2150 J. Frick	2350 J. Frick	2550 J. Frick
350 J. Frick	550 J. Frick	750 J. Frick	950 J. Frick	1150 J. Frick	1350 J. Frick	1550 J. Frick	1750 J. Frick	1950 J. Frick	2150 J. Frick	2350 J. Frick	2550 J. Frick

SOUTHEASTERN OPEN & NOVICE 4/18/81 CHATTANOOGA, TN		HAHN INVITATIONAL 18 APR 81 HAHN AFB, GERMANY		WEST MIDLANDS CHAMPIONSHIPS 4/12/81-KILOLS		GREAT LAKES OPEN 4/12/81 LONDON ONTARIO CANADA(KILOLS)	
50	100	150	200	250	300	350	400
350 J. Frick	550 J. Frick	750 J. Frick	950 J. Frick	1150 J. Frick	1350 J. Frick	1550 J. Frick	1750 J. Frick
350 J. Frick	550 J. Frick	750 J. Frick	950 J. Frick	1150 J. Frick	1350 J. Frick	1550 J. Frick	1750 J. Frick
350 J. Frick	550 J. Frick	750 J. Frick	950 J. Frick	1150 J. Frick	1350 J. Frick	1550 J. Frick	1750 J. Frick



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...**\$55.00**...

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We said the suit was scientifically designed - here's why

THE MATERIAL - special heavy duty polyester contains no elastic to rot or stretch out. The finish of the material prevents any biting in on the straps or legs. Virtually rip proof.

THE PATTERN - designed originally and exclusively for Powerlifting by a World Record holder. Not a converted wrestling suit as seen on the market. Because of unique stretch properties of the fabric, the suit is cut so that the most stretch is horizontal, the least vertical. This allows you to put the suit on easier, yet offers the most supportive resistance while squatting.

The Elite Suit does not give a false sense of security. While other suits are tight only at the straps or seams, the Elite Suit has extra material taken out of the hips and legs to really support.

THE CROTCH - engineered at the University of Texas Physics Lab, the 'saddle seat' offers the ultimate in stress distribution in the crotch. The back seam spans across the butt from leg to leg, to eliminate sharp corners that cause blowouts.

THE GUARANTEE -unconditionally guaranteed for 3 months from shipping date against ripping or defects in workmanship.

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