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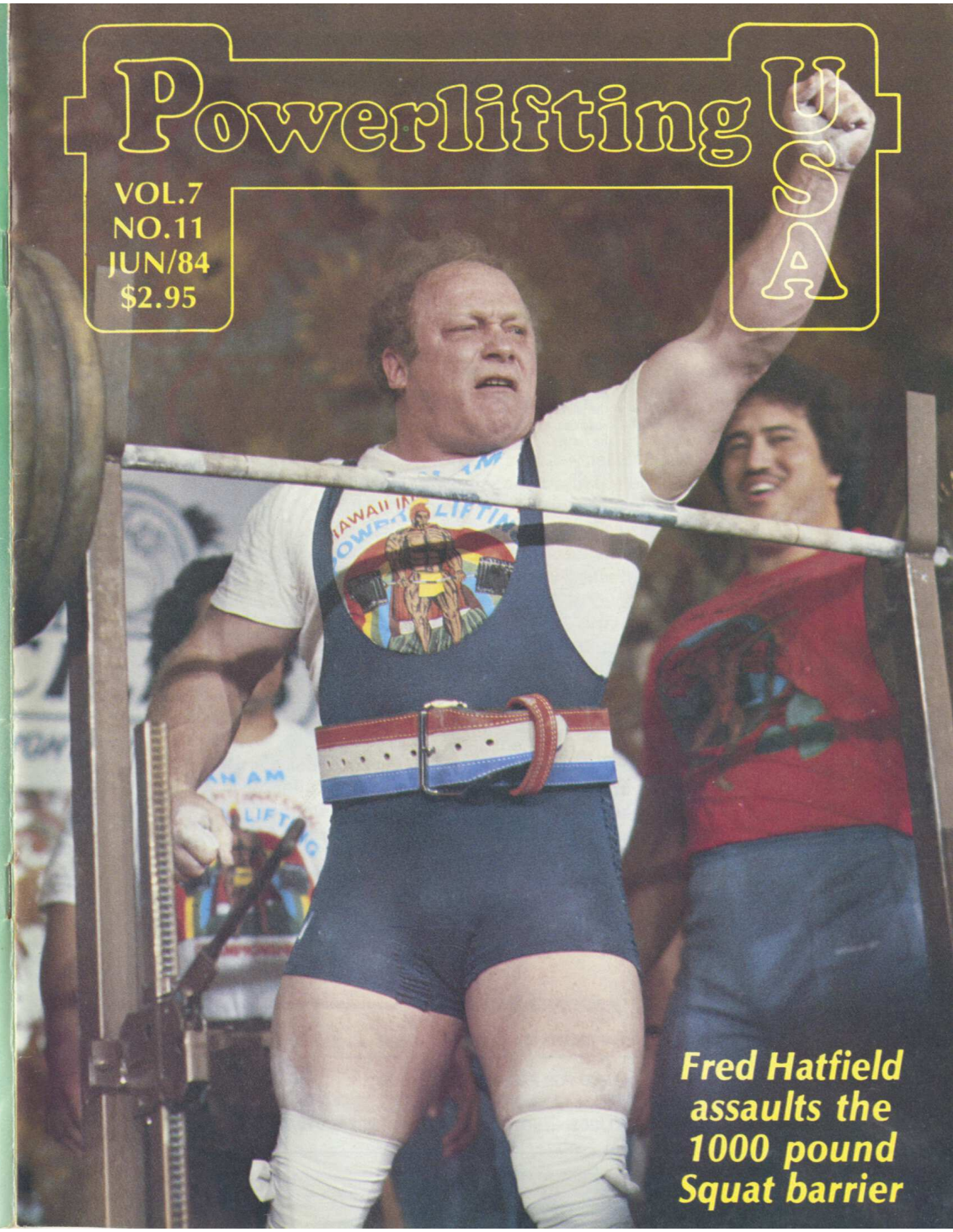

Fred Hatfield assaults the 1000 pound Squat barrier

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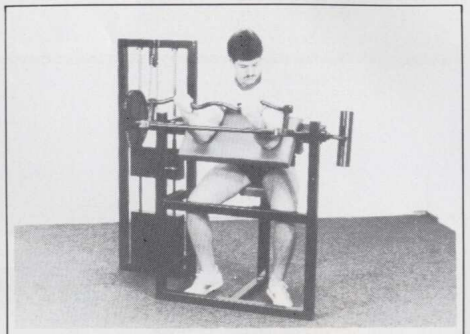

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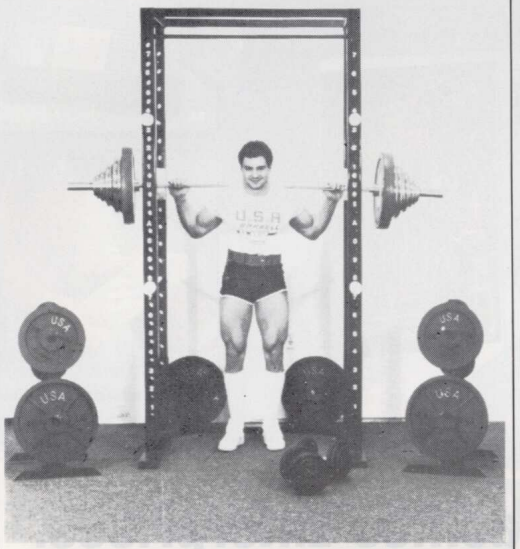

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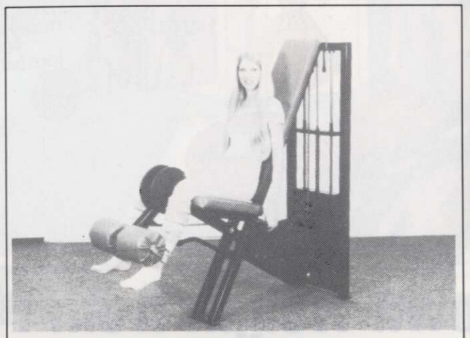

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ON THE COVER....Dr. Squat, Fred Hatfield, salutes the flag at the Hawaii Invitational after squatting over 900 lbs.

NEXT MONTH.....flash coverage of the Women's Worlds

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THE HAWAII INVITATIONAL

by Mike Lambert

The Hawaii Invitational is always a unique competition that brings out the best in the elite performers of the Powerlifting world. Nearly 50 World Records have been set at previous editions of this meet. Without the pressure that the National or International Championship platform puts on a competitor, but with the psyche-building aspect of huge, appreciative audiences, the reinforced stage that promoter Gus Rethwisch uses each year offers up some tantalizing prospects for record busting that fires the imagination of lifter and fan alike.

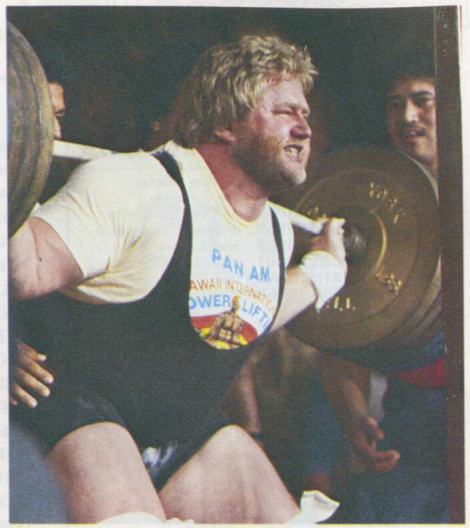
This year's competition had several top female competitors from Hawaii entered. Lori Okami exceeded the listed world record for the bench press in her division, after a strange collapse with her opener. It was thought that she might be the first to break the 200 pound barrier in this division, and that may still be true, but it will have to wait until another meet. Valerie Chung lifted triumphantly after being told not too long ago by a doctor that her lifting days were over due to a back injury, and Sandy Lee gave the Hawaii State record in the deadlift a go. Tall Donna Delleree lifted superbly and achieved her goal of becoming the first Hawaiian woman to break the 400 pound barrier in the deadlift, and she's a Master lifter besides!.

Jeff Madsen of New Zealand was hoping for a shot at Inaba's recently set world record in the deadlift, and Gus reported that he had done 460x3 in training prior to the contest. He gave 496 two valiant tries, shaking so violently with both of them as he stalled short of lockout that I thought the bar would come flying out of his hands. Smiling Hideaki Inaba of Japan, owner of the most World Powerlifting Championships (10) in history, was really on, missing only a bench. He was just 4 pounds over the 114 limit. The audience truly appreciated his greatness and he enjoyed their response as well, even to the extent of throwing a couple of bodybuilding shots as the trophies were presented.

Dale Yoshizu has long been one of Hawaii's finest lifters, and he demonstrated (in a new weight class) that he has many big lifts yet to come. His 341 bench press was excellent. Garrett Okubo is another amazing teenage prodigy from the islands, just as 181 class winner Blane Chong was a few years back.

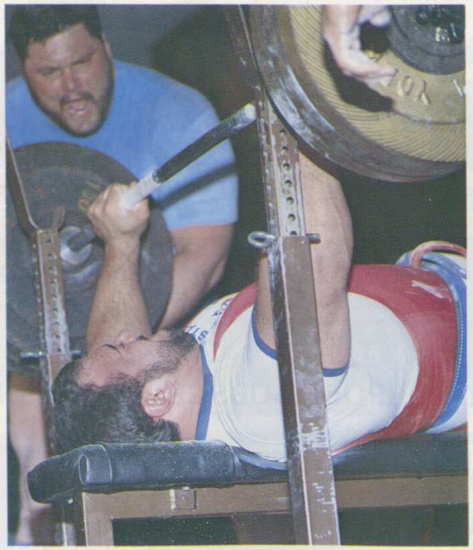
At 198, Joe Walden came back to the scene of his great lifting of the past when he was stationed in the islands, and blitzed a tremendous total at 198, with some advice from Mike Scott, who has coached a lot of lifters to greatness. Also in the 198s was a fearsome looking newcomer in Ikehara, and Master lifter Frank Medeiros, who was gunning for a 500 plus deadlift. Local lifter Ernie Martin, an honors student in Sociology at the University of Hawaii, has had a rough time of it in some of the previous HIPC meets, but got a good total in on this day.

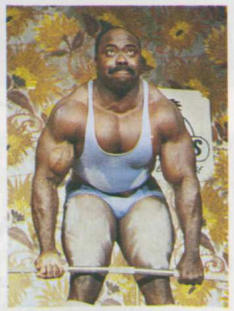
Joe Ladnier was set to lift in the Georgia Championships until just prior to the HIPC meet when some crossed wires got unraveled and he got the invite from meet promoter Gus Rethwisch to get on over and do the big lifts he was planning on Oahu. Joe lost his easy 821 first attempt on a technicality, and took it over dutifully. Then, trying to make up lost ground in his quest for a 2200 plus total, he went all the way up to 892. Getting set up with the world record exceeding weight was a battle, as it was whipping around a lot, but Joe refused to let it get out of control and steadied it out. The lift was a solid one, but it was not passed, possibly due to depth or a technicality of some other sort. So much for setbacks, as Joe went on to bench a big 545 and deadlift a pleasing 771, proving that if he had better luck in the squats, 2200 plus would have been his. Joe weighed light in the class and seems to have much more of a total within himself. Steve Miller lifted comfortably, just missing the 2000 day that should be routine for him in the meets to come.



Dave Waddington made the biggest squat of the meet, a super fine 970.

Fred Hatfield had been eating as much as possible to pack on the pounds for his assault on the 1,000 pound squat, but 250 seemed to be his limit, and by meet time the Hawaiian humidity had melted away 4 pounds of that hard gained bodyweight. Fred does not feel comfortable under this kind of "load", and plans to drop down to 220 (and possibly even 198 the year after that) for this year, but the quest for the One Grand Squat demanded extreme measures. His 826 opener in the squat was as easy as one would expect, and the jump of almost 100 pounds to a world record exceeding 920 (an actual weight of 918 and change was annouced) was also very comfortably done to the "Wow" of the crowd. Fred decided to go right for the 1,003 on his 3rd attempt. With the bar loaded right to the collar ends, it was time. Fred fired the crowd up, and they came right back with their cheers and fired him up. As he backed out with the bar it became clear just how much weight was involved; One Thousand Pounds is a ponderous mass of iron, indeed. Fred kept his cool and at no time felt overburdened by the weight. He took it down and started up with it well under control, but it proved to be a couple of dozen pounds or so in excess of what he was capable of. 970 would have been in the bag. The rest of the meet was no anticlimax for Fred, as he benched solidly and got an excellent deadlift of 766 pounds, after missing it at first on a grip slip. In doing so he produced one of the finest totals ever at 275. Dave Shaw made some familiar lifts of 810 in the squat and 501 in the bench, and after a conservative opener of 771 in the deadlift, he jumped to a gigantic 848, and instead of stalling with the weight at what has often been his sticking point, he ripped it through and up to completion with much to spare, to cap off an excellent total, though it was not enough to overcome Hatfield's 110 pound subtotal advantage. Local teenage lifter Alston Awong went for a big squat himself, a teenage record breaking 804, but was a bit off. He could be an Hawaiian Superheavyweight of the future, building on the legends of that weight division that have risen from the islands in years gone by.





***Super Lifting**..at left, Fred Hatfield backs out with 1,003 pounds on his back; above, Ted Arcidi smashes out that final attempt with 666 pounds; and right, Dave Shaw pulls in his big 848 deadlift with sensational style.*

In the Supers there were more entries than any other two classes combined, and that's where more spectacles of lifting were expected. On top at the end was Dave Waddington of Sandusky, Ohio who squatted a very good 970, and passed his 3rd, saving something for the bench and deadlift, which led to a fine 2237 total, and a nice lead-in to the Seniors competition this year. Andy Kerr had hoped for 2204 this meet (or this year), but after a very long flight from Great Britain he played it conservatively. The result was a nine for nine performance that promised much more, particularly so in the deadlift. Steve Sandersen of "Biggest Thighs in Powerlifting" fame, did exhibit an awesomely powerful looking set of wheels and a pretty tough lifting attitude overall. 914 would have been a PR squat, but it was too much after all Steves' traveling, and with that big jump in weight out of the overall tally, he cruised to a 2,000 even total.

After his great lifting last year, Ted Arcidi was invited back, with Gus anticipating more brain boggling bench pressing. Though it was not easy for Ted at first, he did not disappoint Gus or the crowd. His perfunctory opener in the squat was taken over due to a minor infraction, and with that detail out of the way, Ted focused in on his favorite thing; big, heavy, explosive bench pressing. His reported 23 inch arms had done such things as 590x4 for 2 sets, 600x3, and 635x3 in training for this meet, as well as 375 in the easy curl triceps extension, according to Gus. His opener at 606 verified his credentials in this meet. It was an eruption of power, after which Ted mentioned aside that he could have done 5 reps with it. 666 was the next lift on the agenda, and it was the lift he had been planning on for a long time. Bill Kazmaier's 661 World Record Bench Press has been unchallenged since it was set, and it was Ted's goal to exceed that mark.

When Ted gets fired up for a big lift, it is a sight to see. He sort of twitches, as if the power he is about to release can hardly keep from boiling over and he runs around so fast one can barely keep a camera focused on him. Finally, his back is jerkily positioned on the bench, feet planted on the floor, and amidst a frenzy of various noises the 666 pounds of cold iron is eased into the grip of his outstretched arms. As is his style, the descent to his chest is abrupt, and the blast back upward just as abrupt. With eyes closed tight, he drives from one groove to another...faster than you can see. BUT, the lift is turned down! Perhaps he nicked the rack, or maybe the bar was a little uneven at the finish. Ted takes the decision quietly and quickly leaves the platform. Soon, word comes that he will try the weight again. As the minutes tick off, tense expectation again builds in the audience. Now, Ted charges out again for his 3rd attempt and with the same agitation and crowd responds similarly. He rams the bar up again; this one looking even better, but once again, it is not passed. Ted scoots off to the warm-up area before the questioning groans of disappointment have exited the throats of the spectators. Just as most are writing it off as a bad break, a surprise announcement is made; Ted will try a 4th attempt at the same weight! After taking the allowable time, the situation tenses up again, and Ted leaps up the steps to platform, fired up as never before. He sets up, takes the weight, brings it down and forces it all the way up again. This time it is successful! Ted sprints to the edge of the platform in celebration, rips off his lifting belt, and heaves it out into the audience, as a tribute to their support for him. Then, he practically sprints off the stage and into the far reaches of the warmup facility. 3 singles with 666 in less than 10 minutes time...what a performance!

Unfortunately, Gus Rethwisch did not have a great day, tearing a quad on his 2nd squat and pulling a leg biceps on a rugged deadlift try after his 1st attempt went awry. A PR bench was some consolation, along with the knowledge that he had once again put together a classic Hawaii Invitational competition. His training lifts had included 870x2 in the squat and an 865 deadlift. At last report, his injuries are healing properly.

Another disappointed lifter was Lee Moran, who was massive as can be imagined on a lifter of his frame, but who later explained that he just felt weak that day. The squats were a surprise, but the real shocker was his opener and 2nd attempt with 600 in the bench, which were not close.

With a heritage as memorable as the Hawaii Invitational, it is a major task simply to meet the standard, and Gus certainly put together the package to do that and more with this year's edition of the competition. There were great lifts made, and those that were missed just make next year's possibilities that much more intriguing. Aloha!

Powerlifting on TV...if you would like to have seen the Hawaii meet or other such top level powerlifting contests on television, write and tell the television network executives how you feel about the matter. For example, one person to contact would be Sean McManus, Vice President of Program Planning and Development, NBC Sports, 30 Rockefeller Plaza, New York, New York 10020.

Hawaii Invitational Powerlifting Championships

1 April, 1984 • Honolulu, Hawaii

WOMEN	Bwt	SQ1	SQ2	SQ3	BP1	BP2	BP3	ST	DL1	DL2	DL3	Total
105 lb.												
Lori Okami	105	159	-----	-----	~~187~~	187	~~198~~	347	220	~~341~~	-----	567
132 lb.												
Valerie Chung	130	286	308	~~319~~	154	170	~~181~~	479	325	347	~~358~~	826
148 lb.												
Sandy Lee	144	286	303	~~319~~	132	137	148	451	303	325	~~347~~	777
165 lb.												
Donna Delleree	163	275	303	314	154	~~170~~	~~170~~	468	363	402	~~407~~	870
MEN												
114 lb.												
Jeff Madsen	113	385	407	~~418~~	165	176	181	589	462	~~496~~	~~496~~	1052
123 lb.												
Hideaki Inaba	118	496	518	534	242	253	~~259~~	788	485	507	518	1306
132 lb.												
Dale Yoshizu	132	451	479	490	314	330	341	832	457	473	~~490~~	1306
148 lb.												
Garrett Okubo	146	540	~~573~~	~~606~~	308	336	~~347~~	876	236	507	~~540~~	1383
181 lb.												
Blane Chong	180	600	~~639~~	~~639~~	341	~~358~~	~~363~~	942	633	~~694~~	-----	1576
198 lb.												
Joe Walden	195	639	699	~~738~~	424	468	-----	1168	622	666	~~688~~	1835
Adrian Ikehara	193	567	606	~~622~~	~~352~~	352	~~380~~	959	562	~~600~~	~~600~~	1521
Frank Medeiros	189	341	369	391	248	270	~~286~~	661	451	479	~~490~~	1140
220 lb.												
Ernest Martin	214	650	~~738~~	-----	363	385	402	1052	573	633	~~655~~	1686
242 lb.												
Joe Ladnier	235	~~821~~	821	~~892~~	501	529	545	1366	705	749	771	2138
Steve Miller	241	716	~~766~~	~~766~~	507	523	~~540~~	1240	705	749	~~771~~	1989
275 lb.												
Fred Hatfield	246	826	920	~~1003~~	485	501	~~512~~	1421	733	~~766~~	766	2188
Dave Shaw	271	771	810	~~826~~	479	501	~~512~~	1311	771	848	-----	2160
Alston Awong	275	705	755	~~804~~	418	451	~~479~~	1207	501	600	~~633~~	1807
SHW												
D. Waddington	317	920	970	-----	523	~~545~~	545	1515	688	722	~~738~~	2237
Andy Kerr	294	705	749	771	507	529	540	1311	744	804	826	2138
S. Sanderson	317	832	~~914~~	~~914~~	473	501	~~523~~	1333	650	666	~~688~~	2000
Ted Arcidi	286	~~501~~	501	-----	606	~~666~~	~~666~~	1107	600	-----	-----	1708
						4th	666					
Gus Rethwisch		788	~~859~~	-----	479	501	518	1306	~~766~~	~~854~~	-----	
Lee Moran	305	909	~~970~~	~~970~~	~~606~~	~~606~~	-----					

POWER PROFILE

a detailed PL USA look at some of the best lifters in the world

The Man is an Animal

..what makes Freddy run?... as told by Jeff Everson, L.P.T.

The infamous and acerbic-witted Rickeee Wayne was lending his comments on none other than powerlifting's favorite father, fabulous Freddy Hatfield. Yeah, the one and onliest yabba-dabba-do Flintstone Freddy. The unlikely place for this lively banter, was the Weider lunchroom, a space so incredibly tiny, there is room for only one all-in-one bench blaster, a box of BD-BU tablets and a couple of back issues of *Your Physique* scattered aimlessly about.

I had corralled Joe (not an easy task, mind you) and was informing him of a Hatfield tale told to me only a night earlier. On hand was Joe's right arm and literary hitman, the oft-quoted, accurately verbose, Rickeee! Two unflappable characters, if ever.

The night before, after just settling in with a bottle of liquid horsehoofs, the phone rang with Fred on the sending end, 'Jeff, I'm really scared. Something very strange is happening to me.' Now, mind ya reader, such statements normally conjure thoughts of broken bones, bloody urine, lumps in the breast, black moles, black holes or what have you. But, this was Dr. Squat on the line; a man who has laughed at doom, sneered in the face of catastrophe.

So say I, 'Well, what's the problem, Fred?' His answer, 'Jeff I had to tell someone; I just deadlifted 850 pounds and damn near made 900 pounds.' No mind that he was wearing straps, this was a feat of strength even Fred found hard to fathom. After all, his baby is you know what, not the deadlift. That's reserved for Orangutans. So, when I related this to Joe (a closet powerlifter at heart), even he was taken back. 'The man is an animal,' sayeth Wayne. Animal, indeed, thought I.

Only a fortnight of strained ligaments ago, eight of my fellow, injury prone bodybuilding co-patriots had stumbled around trying to assist Fred in replacing 825 pounds to the rickety squat rack at Gold's in Reseda. Fred had just dunked with that number three times. Just 1 slim week later, Fred collided with 916 pounds of record busting tonnage at the Pacific West Invitational in Seattle, a collision Fred won! Subsequently, he went on to a 918 and change at the Hawaii meet and a valid try at over 1,000, and two weeks after that, he shattered the 900 barrier in the 242 lb. class with a 903. So, of late he has exceeded world squat records 3 times in two weight classes to go along with his existing world marks at 198 and 220, and he once held the mark at 181. He has produced record breaker squats over 5 weight divisions. Notwithstanding that the squat is his baby, Fred was genuinely surprised at his recent deadlift prowess. When it comes to hoisting big weights, there is little that surprises this man.

I've watched Dr. Squat train and strain, competing since 1977. That was just after ending his days of Olympic lifting, and many snatchless bombouts. Why is this man so strong? Whadda he got that I ain't got? You all know about those seemingly bizarre training methods, right? Compensatory acceleration, disinhibition training (joint jerking), explosive jumping and yanking, plyometrics, isokinetics and ad infinitum. Listen, our man does train this way. On top of this, I have rarely ever seen him do more than 3 sets of any exercise following warmups. Most of his precious training time is spent with every Tom, Dick and Harry (nerds all) in the gym who desire 5 extra pounds on their reverse simplex quad thrust. Fred's always on top of things with the latest method, gleaned from the deepest recesses of his mind.

It's just the drugs you say? Balderdash and poppycock! (No, those aren't new German brands). I've seen his fridge and it's a lot barer than most peoples! (Except for the brewskies). Now, nutrition, that's a horse of a different color. Ever-trusty sweet roll and coffee prior to training. Brewskies and home cooked grub for dinner (usually some kind of Joy Davis-Hatfield delight such as Mississippi Mud Pie™).

Fred is an explosive guy which may make his training and lifting a whole new ballgame. He has vertical jumped 38 inches. Or to put it another way, the man can sky! In fact, Fred is so explosive, he reaches top speed in the 40 yard dash after his second step and starts to tie up at 10 yards. (Come to think of it, I can't remember the last time Fred ran 40 yards). Fred takes full advantage of his explosiveness in his training. It's not the type of lifting I would recommend for anyone, except perhaps my old bosses at Wisconsin. It would be wonderful to see them drop 500 lbs. on their chest that fast.

For Fred, training is, as training goes. He does high bar squats and stiff leg deadlifts in the off season and switches to low bar squats and regular deadlifts in season. He does squats and deads the same training day. Bench presses, dumbell benches and dumbell rows on the other training day. Never more than 3 training sessions a week. Little if any assistance work, reps always in the 3-5 range. Simple, but effective.

All this despite constant diligence to academia, family (recently married and moved to CA), three major job shifts, editing a new sport magazine, promoting meets, and hawking his way to his first million. Actually, Fred and I are in a close race to see which of us becomes millionaires first. As it stands right now, we are both losing the race badly.

Fred's lifting continues to slide forward and upward. 918 squat, 501 bench (525 in training), and 850 deadlift at 249 pounds, that's around 2275 pounds in case you weren't adding. If Fred chose to cease and desist in his quest for the pot of gold at the end of the rainbow (an unlikely chance), or at least not getting entrapped in half-brained schemes, such as running Levis through southern Bulgaria, perhaps he, and not Inaba, would have ten World Championships to his name.

So what is the bottom line on this enigma, the man that acid-tongued Rickeee refers to as 'The Animal?' Da king of Da jungle is, as Bert Lahr (the Wizard of Oz lion) said, full of something very special: 'What makes the elephant bare its tusk in the dusky dusk? What makes the muskrat guard its musk? What makes the Hotentotts so hot? Whadda they got that Freddy's got? COURAGE!!

Oh, and I suppose just a tad of genetics too.

***Dr. Squat**...Fred Hatfield sets up for a successful deadlift pull at the 1984 Hawaii Invitational, where he made a solid 766 and posted one of the highest totals ever in the 275 lb. class, while weighing just over the 242 lb. limit.*

NOTE....Jeff Everson's new book THE STEROID SECRET..Fact or Fiction will not be available until July, as he has some new research material on STH that he wants to include in the volume.

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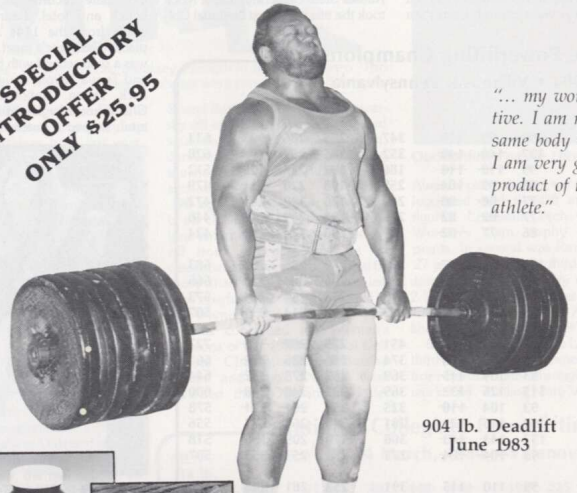

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The NATIONAL COLLEGIATES

by Jeff Temple

Villanova University and meet director Joe Slabinski spared no expense or imagination in creating a splendid and functional venue for the 1984 National Collegiate Powerlifting Championships. The two platform competition took place in the spacious Villanova field house with plenty of seats, adequate warmup facilities and it even went off according to schedule. A low level rope with red, white and blue flags separated the spectator area from the lifters and officials. This was an aid to the competitors and a convenience for those viewing the meet. A slight malfunction of the computer system caused a few minor problems on Friday, the first day of lifting, but that was apparently straightened out and things went smooth from then on. The judging seemed super strict; no gifts were given at this meet. The awards were large plaques, unique in design, and were presented from first to fifth along with All-American certificates. The women's competition was first off on Friday morning and featured more than double the amount of lifters from last year.

44 kg./97 lb. class: A senior at Kansas State University, Jamie Mock took the title in her first National Collegiate outing. Aleatha Mills of the University of Alaska benched a record 137 for a higher subtotal, but when the bar got on the floor, Jamie pulled her own record 303 deadlift for the win. Robin Werfel of Syracuse was third.

48 kg./105 lb. class: This class was all Laurie Green from McNeese State University who set National Collegiate records in the squat, bench and total. Laurie dropped down from the 114s and a third place in last year's meet. Lisa Melea was a solid second with balanced lifts and Tanya Talton, daughter of Billy Jack Talton, National Collegiate Chairman, though upping her 1983 total, slipped a notch to third.

Jamie Mock took the 97 pound class

52 kg./114 lb. class: This was a showcase for Bettina Altizer, the outstanding lifter in the lighter classes. In the process of winning, she set new records in the squat and bench, eclipsing the squat record by 7.5 kilos. Terri Hutter made a repeat of her '83 performance in getting second. Terri incidently was the first of many Temple lifters to mention the inspired coaching of Linc Gotshalk. During the final awards presentation, Mr. Gotshalk received the "Coach of the Year" award, which seemed well

105 Winner...was Laurie Greene with records in squat, bench, & total

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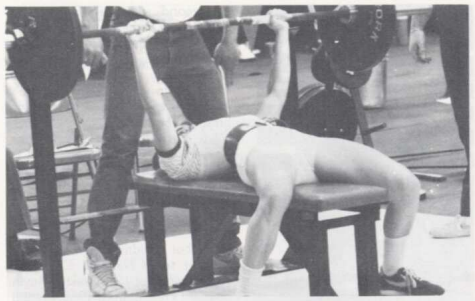
WOMEN												
97 lb.												
Jamie Mock	43.8	209	231	248	-99	99	-110	347	275	286	-303	633
Aleatha Mills	43.6	-203	203	214	137	-148	-148	352	275	-292	-292	628
Robin Werfel	44.0	187	-198	-203	99	-110	-110	186	192	214	225	512
Shana Eaton	42.6	-159	159	-181	88	99	-104	259	198	220	-231	479
Sharon Buckley	44.0	176	-187	187	77	-88	-88	264	176	192	209	473
Carolyn Baffa	43.4	137	154	-170	77	-82	82	236	192	209	-236	446
Melina Winford	43.2	121	132	-143	66	77	-82	209	198	214	-220	424
105 lb.												
Laurie Greene	48.0	242	275	-292	121	-137	-137	396	270	286	-303	683
Lisa Melea	48.0	-264	270	-281	99	-100	110	380	286	-303	-303	666
Tanya Talton	47.8	192	203	214	104	-115	-115	319	253	-264	-264	573
Anita Porche	46.8	-148	-159	187	93	-104	104	292	198	214	-231	507
114 lb.												
Bettina Altizer	51.6	270	297	308	137	143	-148	451	275	-297	-308	727
Terri Hutter	52.0	275	-286	-286	93	99	-104	374	-286	286	-292	661
Kathleen Terry	48.6	236	-264	264	93	104	-115	369	253	275	-292	644
Kim Crain	50.6	225	242	-248	115	126	-132	369	231	-248	-248	600
Sue Hernandez	51.8	181	203	220	93	104	-110	325	253	-281	-281	578
Wendi Lyons	51.4	132	148	165	104	115	-121	281	248	264	275	556
Barbara Cohen	50.8	159	176	-198	132	-143	-143	308	170	209	-136	518
Judy Reed	52.0	165	-181	82.5	93	-104	-104	275	231	-253	-253	507
123 lb.												
Jeanne Golding	55.6	242	275	-292	99	110	115	391	253	281	303	694
Mary VanGraitis	55.0	248	264	-275	126	132	-137	396	264	281	-297	677
Rosalyn Parhams	52.4	220	231	-236	110	115	-121	347	292	303	-308	650
Amy Kaplan	55.2	225	-236	-242	121	126	-132	352	270	-286	-292	622
Tina Arrington	55.2	-209	209	225	99	110	-115	336	242	259	270	606
Trudy Hughes	55.8	220	-242	-242	110	115	121	341	242	264	-281	606
Katie Haynes	54.8	192	-198	198	-176	176	-181	374	-225	225	-248	600
Patricia Tull	55.0	-225	-225	225	93	-99	-99	319	236	248	-259	567
Sandra Kemp	55.6	176	-209	-209	77	88	93	270	187	214	-253	485
Susan Gerhardt	52.8	-198	-198	-198								
132 lb.												
Pauline Hoehn	59.6	275	314	330	132	143	148	479	286	308	-325	788
Delisa McFarlane	57.5	203	242	-264	-115	115	-126	358	-286	303	-330	661
Amy Garbers	59.6	209	236	253	99	115	-121	369	242	286	-297	655
Carol Fitzwater	59.8	181	203	-220	99	110	-115	314	275	-297	297	611
Tina Robinson	59.8	181	203	-214	93	104	-110	308	275	-286	-286	584
Penny Silzer	60.0	214	-231	-231	104	-115	-115	319	236	253	264	584
Darlene Snow	59.2	198	-236	-236	-121	126	-137	325	-286	-286	-286	
T. Campbell	58.8	-105	-110	-110								
Stacy Elliott	59.4	-225	-225	-225								
148 lb.												
Robin Newell	66.6	308	330	341	137	148	154	496	369	402	-413	898
Robin McKinney	64.4	248	275	-286	115	126	-132	402	259	292	308	710
Donna Longing	67.2	270	292	-303	115	126	-132	418	270	292	-303	710
Nancy Elberty	65.2	-253	275	-300	104	121	-132	396	264	292	303	699
Eve Hemmans	65.6	198	214	-225	104	-121	121	336	303	314	-319	650
Val Condio	66.6	203	-220	-220	110	-126	-126	314	269	-281	-281	578
Karen Hand	66.6	-253	-253	-253								
Beverly Rogers	67.4	-240	-240	-240								
165 lb.												
Margret Murphy	73.0	363	-402	-402	165	181	-192	545	352	380	402	947
Kathryn Lind	72.0	341	-374	-374	170	-181	-181	512	358	391	-424	903
Anita Moss	67.6	248	264	281	115	126	132	413	292	314	-330	727
Elizabeth Lind	68.4	225	-242	242	121	-132	-132	363	303	319	-352	683
181 lb.												
Sheryl Batliner	81.0	330	369	-380	176	198	201	573	314	-341	-358	887
Jennifer Creel	80.0	253	-275	275	115	126	-132	402	292	303	-314	705
198 lb.												
Lisa Noble	88.2	369	396	418	181	198	214	633	352	374	-391	1008



Katie Haynes...showed record breaking strength in the bench press. This photo and all the National Colleigate photos were provided by Jeff Temple.

60 kg./132 lb. class: Pauline Hoehn from Indiana University, up two weight classes from last year, again dominated and set a Collegiate squat record (330.5) on her way to winning by over 100 pounds. She was fourth in the Women's Nationals in January. The real contest was for second, taken by Delisa McFarlane of the Air Force Academy with her second attempt 303 deadlift over Amy Garbers of Purdue.

67.5 kg./148 lb. class: Robin Newell of the University of Tennessee, formerly Robin Piascik, mesmerised the crowd with a record deadlift of 402 giving her a total record of 898. A well known 132 pounder in her home state of Florida, Robin recently moved up to the 148's with an appreciable increase in strength. She was Outstanding Lifter in the heavier classes. As in the previous class, the real contest was for second. Robin McKinney of the U.S. Naval Academy was behind by 7.5 kilos at subtotal but made three well chosen attempts to tie Louisiana Tech's Donna Longing and win on bodyweight.

75 kg./165 lb. class: Kutztown's Margaret Murphy was much improved over last year and won with a new record bench. Kathryn Lind from Vermont College of Norwich beat out Lafayette's Anita Moss for second.

82.5 kg./181 lb. class: Only two contestants entered this class but Sheryl Batliner from Indiana University still set a National Colleiate record squat and deadlift on her way to first. Jennifer Creel put the finishing touches on Louisiana Tech's win for second.

Jeanne Golding...1st place in the 123s with one of the unique awards.

90 kg./198 lb. class: Lisa Noble of the University of Texas-Austin, the lone entrant in the class, didn't slack off from setting records in all catagories and improved her total by more than 100 pounds over last year's performance. Lisa was third in the Women's Nationals.

Thus concluded the Women's Sessions of the 1984 National Collegiate Championships. Bettina Altizer and Robin Newell were awarded their Outstanding Lifter Awards, giant plaques with the meet logo and gold deadlift and squat figures. Louisiana Tech won the Women's team trophy with 41 points. In second was Purdue with 27 points, Temple in third with 24. deserved. Kathleen Terry was only 2.5 kilos behind Hutter at subtotal time, but the U.S. Military Academy lifter eventually settled for third.

Outstanding Female Lifters...Robin Newell (left) and Bettina Altizer.

56 kg./123 lb. class: Last year's third place finisher, Jeanne Golding from Purdue came through for the win in '84. Trailing Mary Vangraitis of Lafayette, Jeanne made 3 for 3 in the deadlift, ending with a hard-fought 303 for first. Mary was fifth in the 114's last year and raised her total by 88 lbs. Two Temple lifters, Rosalyn Parhams and Amy Kaplan battled for third and fourth respectively. Also in this class was Ohio States' Katie Haynes. Looking more like a model than an awesome bencher, Katie pressed a National Collegiate record 181¾, which was one of the heaviest benches of the entire women's session.

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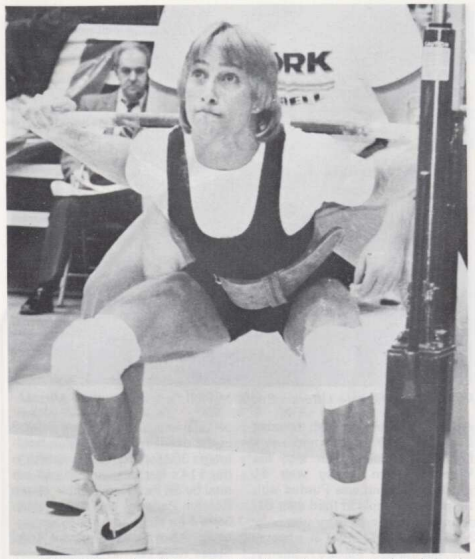
MEN												
114 lb.												
James Morgan	51.4	402	-440	-440	198	225	-248	628	374	402	418	1047
Joe Catalfamo	51.8	352	369	-380	192	209	-214	578	391	424	440	1019
John Padova	51.4	336	-358	-358	220	220	236	573	336	-363	363	936
Kevin Jones	51.4	-330	-330	330	-203	203	-209	534	352	369	-380	903
Eric Campbell	51.8	275	-297	297	165	-170	170	468	374	402	402	810
Brian Webb	51.8	-186	-186	303	-187	187	192	496	-352	352	369	865
Ken Hayashi	51.8	308	-358	-363	159	-165	-----	468	336	369	-402	837
Heip Hguyen	50.8	303	-336	-336	181	192	-198	496	319	-352	-352	815
Anthony Sano	51.6	270	-297	-297	-203	203	-214	473	314	341	-363	815
Robert Wiegert	50.8	253	281	-292	159	170	-181	451	336	-352	-352	788
Geoff Clark	51.4	-236	236	264	137	-148	-148	402	330	352	-369	755
Kendall Irvin	51.8	-352	-352	-352								
123 lb.												
Jerry Richards	55.4	352	369	-380	220	236	248	617	407	-457	-457	1025
Tim Misewicz	55.6	374	-407	-407	198	214	220	595	374	407	424	1019
Matt Machtay	55.8	369	-391	-396	225	236	-242	606	-374	374	-402	981
Tim Smith	55.6	352	-374	-374	198	209	214	567	369	391	407	959
John Brant	56.0	-286	286	314	170	-187	-187	485	352	-391	-391	837
Ed Dracup	55.2	286	-303	-303	198	-209	-209	485	341	-352	-352	826
132 lb.												
Richard Pell	60.0	485	501	-512	220	251	-236	733	457	473	-485	1207
Ronald Fogal	59.6	374	424	-440	253	275	-286	699	374	418	440	1140
Michael Abellera	59.6	374	402	413	248	270	-281	683	424	-451	451	1135
Scott Werner	59.6	374	396	-418	253	281	286	683	402	424	440	1124
T. VanBodegom	59.8	424	-440	440	214	231	236	677	402	435	-451	1113
Michael Doss	59.8	374	402	413	231	253	-264	666	402	-440	440	1107
Dino Davis	58.8	380	413	-424	225	-248	-248	639	413	451	-462	1091
Tim Cunningham	59.0	347	374	-402	209	-220	-220	584	341	-385	-402	931
148 lb.												
Joseph Braca	67.0	429	468	-----	-314	-325	325	793	545	-573	-573	1339
Lane Thomas	67.2	473	-501	-507	297	325	-341	799	473	501	-518	1300
Clarence Wilcox	67.0	462	479	-501	275	292	-303	771	473	496	-512	1267
Ivan Pawlowicz	65.0	435	485	-507	242	-264	-264	727	435	473	-496	1201
Donnie Jackson	66.8	440	-468	-468	248	-264	-264	688	490	-512	-512	1179
Barry Evans	67.2	424	-451	-473	303	-314	-314	727	446	-473	-473	1173
David Moss	67.4	-446	446	-473	-275	275	-297	722	451	-496	-496	1173
Dan Millrood	66.6	446	-473	-479	275	292	-297	738	418	-446	-446	1157
David DeHart	65.8	479	-507	512	319	341	352	865	-529	-529	-529	
John Rathnam	67.2	-473	-485	-485								



Great Squatter...John Morgan at 114 showed great control and depth.

Mike Hancock...formerly a Who's Who in Powerlifting subject, showed great power winning the 165s.

Men's 52 kg./114 lb. class: James Morgan, a junior at Eastern Illinois University, handily won the class and set National Collegiate records in the squat and total. His opening squat at 402 was easy and at least three inches below parallel. He negotiated a third attempt 441 that looked superb, but for some infraction it met with red lights. His brother Scott had qualified for this meet in the 148's and was reportedly capable of 1300 plus, but tendon trouble left him to coach James to victory. Joe Catalfamo had the big deadlift of the class and an 8 for 9 day, but had to settle for second. Local favorite John Padova of Villanova fired up the crowd and put together a solid third place finish.

56 kg./123 lb. class: A computer science major at Southern Illinois, Jerry Richards improved on his second place total from '83 and won the class. Tim Misewicz, a senior at Western Illinois, moved up from a fifth last year to just 2.5 kilos behind Richards for second. In third was Matthew Machtay who missed some attempts and would seem good for more in the future.

60 kg./132 lb. class: In first place, Richard Pell, only a sophomore at Temple, shattered the eleven year old squat record of Enrique Hernandez with 501. Pell, who was fifth in last year's meet, also holds the ADFPA record at 501. A senior at Western Illinois, Ronald Fogal, just recovering from a broken elbow placed second. Wisconsin's Michael Abellera missed his second deadlift but came back to pull it for third.

67.5 kg./148 lb. class: Interestingly enough, the top two in this class both bombed in '83. Joseph Braca, though he took what appeared to be some high openers, got in a third attempt bench to hang in for the win. He also gave a close try with a record attempt 573 in the deadlift. In second, Lane Thomas, a junior at Louisiana Tech, totalled 1300. New Mexico's Clarence Wilcox took third with 1267. An unfortunate bombout in the class was David Dehart from the U.S. Military Academy. David won the 123s in '82 and the 132s last year, but with a comfortable lead at subtotal time, he inexplicably missed all of his deadlifts.

75 kg./165 lb. class: Michael Hancock from Texas-El Paso won this class by more than 130 pounds. He opened, yes opened, his deadlifts with 633 and missed a record 672. In second was Bill Bonner, a sophomore at the University of Colorado, in his first big competition. In fifth at subtotal, Michael Collins of the U.S. Military Academy, deadlifted his way to a tie with Temple's Michael Dampf and a third place finish on bodyweight.

82.5 kg./181 lb. class: Chris LoRocco, a senior at Temple, was fourth last year, but brought his total up to just shy of 1700 for the win. Making a bid for first was Jimmy Reeves from Valdosta State, who had the winning deadlift above his knees but couldn't lock it out. Jimmy did set a National Collegiate record bench of 451 breaking Kevin Shepard's record from 1982. In third from Bloomfield was Tony Kamand.

90 kg./198 lb. class: The crowd was in awe of the muscled structure of Kevin Shepard as he defended his title in the 198s. He had also won the 181s in 1982. Kevin had been having knee trouble for about 6 weeks and due to some hit and miss training had to be selective in his squats and deadlifts. His benches soared, however, and he set a record 479 on his second attempt. In sixth place at the subtotals, Dominick Castellano bided his time until the deadlifts, when he pulled a 688 for second place and even made a try with 733. Temple's Ozzy Meyer was third and broke Shepard's '83 squat record with a second attempt 722. Looking like a sure bet for the Top Three, Ross Depencier, with only an opener in the deadlift, had to settle for fourth.

National Collegiate Powerlifting Championships

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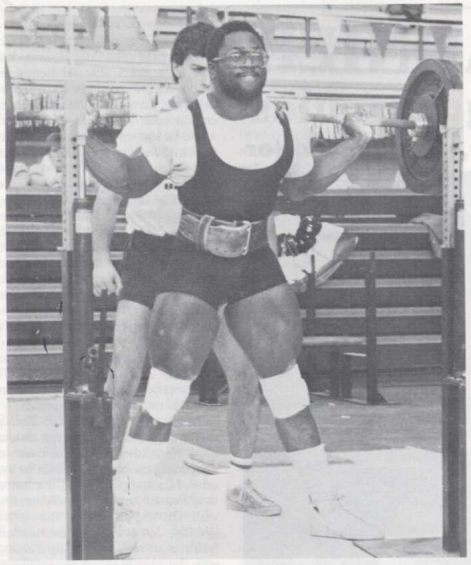
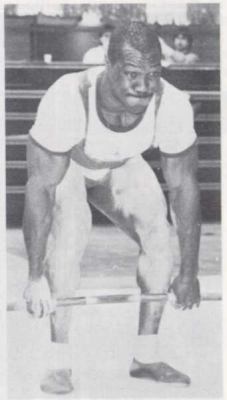
	Bwt	SQ1	SQ2	SQ3	BP1	BP2	BP3	ST	DL1	DL2	DL3	Total
165 lb.												
Michael Hancock	74.2	567	~~600~~	~~600~~	314	~~330~~	330	881	633	~~672~~	~~672~~	1515
Bill Bonner	74.4	501	523	~~551~~	303	325	~~347~~	848	501	518	534	1383
Michael Collins	73.6	~~485~~	485	518	248	259	~~270~~	777	545	589	~~600~~	1366
Michael Dampf	74.8	518	~~534~~	~~551~~	292	303	308	826	540	~~556~~	~~556~~	1366
B.Silverman	74.0	~~507~~	507	~~534~~	292	308	314	821	496	534	~~573~~	1355
Martin Murphy	74.4	~~462~~	~~462~~	~~490~~								
Rich Nilsen	73.0	~~451~~	~~451~~									
181 lb.												
Mike LoRocco	81.6	~~617~~	617	628	418	429	440	1069	606	617	628	1697
Jimmy Reeves	82.4	617	~~661~~	~~661~~	413	440	451	1069	578	617	~~628~~	1686
Tony Kamand	82.5	~~628~~	633	-----	391	~~407~~	~~407~~	1025	595	617	~~639~~	1642
Mark Krautsack	82.2	600	624	~~639~~	~~380~~	380	396	1025	600	628	-----	1625
Mike Delsignore	82.0	~~633~~	~~633~~	633	~~352~~	352	363	997	578	~~595~~	600	1598
Daniel Wagman	81.6	~~507~~	507	534	429	~~451~~	~~451~~	964	600	~~628~~	~~633~~	1565
Ken Richardson	80.8	~~584~~	600	~~622~~	380	~~391~~	~~391~~	981	584	~~611~~	~~611~~	1565
Douglas Heeren	82.4	540	567	584	308	325	-----	909	~~600~~	~~600~~	622	1532
Stephen Cardillo	82.4	~~551~~	562	~~573~~	363	~~374~~	~~380~~	925	600	~~633~~	-----	1526
Dwayne Hanel	81.6	~~540~~	540	562	341	~~352~~	~~352~~	903	578	606	~~617~~	1510
Cory Langford	82.2	518	540	562	336	352	~~358~~	914	529	573	595	1510
Sam Smith	82.4	~~534~~	562	573	330	35	~~369~~	920	534	584	-----	1504
198 lb.												
Kevin Shepard	89.6	~~677~~	677	-----	672	479	~~496~~	1157	666	~~699~~	~~699~~	1835
D. Castellano	89.4	~~661~~	661	~~694~~	402	~~418~~	~~418~~	1063	688	~~733~~	-----	1752
Ozzy Meyer	87.8	~~722~~	722	~~749~~	~~369~~	369	~~373~~	1091	628	644	~~650~~	1736
Ross DePencierr	89.8	639	~~622~~	677	424	~~457~~	~~457~~	1102	622	~~650~~	~~650~~	1725
David Georges	81.6	650	~~683~~	~~683~~	418	~~440~~	440	1091	611	~~633~~	~~633~~	1703
Mike Magee	90.0	672	722	~~733~~	385	407	~~418~~	1129	573	~~611~~	~~611~~	1703
Mark Payne	88.6	650	683	~~699~~	330	~~352~~	~~352~~	1014	633	661	~~683~~	1675
Steve Hanel	89.8	589	~~600~~	600	308	~~319~~	~~319~~	909	600	~~611~~	~~611~~	1510
Jim Harris	89.2	468	~~485~~	~~485~~	303	~~314~~	~~314~~	771	501	~~512~~	~~512~~	1273
Michael Hiller	89.8	589	~~611~~	611	~~413~~	~~413~~	~~413~~					
Pete Annios	88.6	~~650~~	~~650~~	~~650~~								
Randy Smith	89.2	~~661~~	~~677~~									

100 kg./220 lb. class: Another repeat winner, Ron Tullis of Troy State University, has an amazing upper body that would rival many bodybuilders. His 501 bench was a new collegiate record as was his total of 1967. Ron looked good for much more, taking conservative (for him) lifts in preparation for the Seniors. In talking to Ron after the meet, he wanted to mention thanks to the meet director, spotters, officials, etc. for running such a smooth meet. Nice gesture, I'd say, for a man who had won a big championship, set records, and was amidst a throng of friends and well wishers. Steve Lumpee, a junior from Texas A&M, has a physique that belies his strength. A 716 deadlift gave him 9 for 9, an Elite total, and second only to the incredible Tullis...not a bad day. Joe Pickle from the University of Tennessee at Knoxville had a strong 1796 total for third.



Kevin Shepard...one of Collegiate powerlifting's finest competitors ever, took the 198s, won Best Lifter, and set a record, all off an injured knee.



Ron Tullis..eased his way to victory at 220, leaving plenty for the Seniors.

110 kg./242 lb. class: Appropriately named Thor Kritsky from the Virginia Polytechnic Institute, up from a fourth place finish in last year's competiton, came through for first in '84. Theodore Rapp of Middle Tennessee State was second over So. Connecticut State's Robert Pratt.

125 kg./275 lb. class: A bombout last year, Senior Brian Calvin Smith of North Carolina was the big winner in this class with National Collegiate record lifts of a 788 squat, 760 deadlift and 2050 total. In second was Pierino Anastasio from Kent State. Pierino combines a Richard Pryor "that's right, we bad" attitude with Herculean strength that really got the crowd going. Still a teenager, he should have lots yet to come. In third with a 1912 total was Vaughn Williamson of East Texas State.

SHW class: From Scottsdale Community College, Dino Barber, second last year, came back to take the supers. John Rienstra, the big offensive guard from Temple, trailed in fourth place, but, as in many cases, the deadlift made the difference as John deadlifted 722 for second. John is only a sophomore so we should see lots more next year. Behind by only 2.5 kilos was Eric Anderson from Boise State.

The Men's team standings were Temple, first, Louisiana Tech, second and Texas A&M third. For the first time an overall team trophy combining men's and women's points was given, and won by Temple University. Best Lifters for Saturday were Kevin Shepard and Ron Tullis.

As a result of the rules clinic and testing, five new national cards were given out. The meet was a huge success with many comments on the smoothness and efficiency of the contest. With the help of Villanova maintenance, officials and some lifters, they locked up by midnight, which wasn't bad bad since the award ceremony wasn't over until almost ten. Special thanks should go to Joe Slabinski, meet director, and Ted Herring who served as head official.

	Bwt	SQ1	SQ2	SQ3	BP1	BP2	BP3	ST	DL1	DL2	DL3	Total
220 lb.												
Ronnie Tullis	99.4	683	699	710	473	501	~~507~~	1212	699	733	755	1967
Steve Lumpee	97.0	639	683	705	363	385	402	1107	644	688	716	1824
Joe Pickle	98.0	644	~~672~~	672	440	459	~~462~~	1129	639	~~666~~	~~683~~	1796
Barry Qualls	97.6	~~606~~	606	~~661~~	413	~~501~~	~~501~~	1080	655	~~688~~	~~688~~	1736
Thomas Angelo	99.2	644	~~699~~	~~699~~	418	440	~~446~~	1085	650	~~683~~	~~683~~	1736
Mark Walters	99.0	600	~~622~~	~~622~~	~~440~~	440	457	1058	644	~~672~~	~~688~~	1703
Brian Nibbelink	98.0	600	~~633~~	639	369	385	~~402~~	1025	551	584	~~606~~	1609
Anthony Daniele	98.6	~~600~~	600	~~633~~	380	~~391~~	~~391~~	981	600	~~622~~	-----	1581
Pat Antonecchia	96.6	490	~~529~~	~~529~~	352	385	~~396~~	876	600	633	~~650~~	685
Jody Cummins	93.8	~~617~~	~~617~~	~~617~~								
Steve Hilkinger	94.0	~~683~~	~~683~~	~~683~~								
Joe Yapuzzi	98.2	~~600~~	~~600~~	~~600~~								
242 lb.												
Thor Kritsky		~~722~~	755	~~777~~	435	457	473	1212	677	~~710~~	~~710~~	1890
Theodore Rapp		~~688~~	688	722	391	413	424	1146	722	~~744~~	~~744~~	1868
Robert Pratt		~~650~~	~~650~~	650	369	402	~~413~~	1052	567	622	~~633~~	1675
Lee Gallegher		551	~~589~~	~~589~~	369	~~391~~	~~391~~	920	567	~~600~~	600	1488
Richard Glass		639	~~672~~	~~672~~	435	~~451~~	~~451~~	1074	~~617~~	~~617~~	-----	
J.R. Handley		694	733	~~744~~	~~496~~	~~496~~	-----					
275 lb.												
Brian Smith	124.0	747	788	~~810~~	473	501	-----	1289	760	~~810~~	~~810~~	2050
Pierino Anastasio	119.0	699	749	771	~~496~~	496	~~523~~	1295	650	677	694	1989
V. Williamson	188.0	~~694~~	694	~~733~~	462	473	~~479~~	1168	705	744	~~766~~	1912
Robert Windsor	116.4	~~699~~	710	733	496	~~529~~	~~529~~	1229	589	617	~~622~~	1846
Henry Ricci	121.2	661	~~694~~	~~699~~	468	~~485~~	~~485~~	1129	644	655	~~677~~	1785
Steve Defosses	119.6	606	644	~~661~~	457	485	~~496~~	1129	622	650	~~677~~	1780
Craig Hunter	118.8	~~633~~	633	~~666~~	402	418	~~429~~	1052	661	~~699~~	-----	1714
Ray Bonus	123.8	600	639	~~661~~	325	~~347~~	~~347~~	964	573	~~606~~	~~622~~	1537
Henry Hamilton	117.0	~~655~~	~~655~~	~~655~~								
SHW												
Dino Barber	125.8	672	~~722~~	~~722~~	~~479~~	479	507	1179	622	650	~~666~~	1829
John Rienstra	125.4	~~655~~	655	~~672~~	435	~~451~~	~~457~~	1091	672	705	722	1813
Eric Anderson	125.2	617	644	~~666~~	496	518	~~529~~	1162	644	~~683~~	~~683~~	1807
Tim Shea	125.2	650	661	~~683~~	418	435	451	1113	611	633	644	1758
Eric Coss	125.4	639	~~650~~	~~650~~	413	418	-----	1058	584	617	628	1686
David Johnston	125.2	~~573~~	~~573~~	~~573~~								

John Rienstra..looks like a threat for next year's Superheavyweight title.

POWER PROFILE

a detailed PL USA look at some of the best lifters in the world

JOE LADNIER
the Young Hercules
by Ron Fernando, Training Editor

Ancient greek mythology was filled with tales of bravery and derring-do from a veritable pantheon of figures. The mighty figures of Apollo, Zeus, Neptune and Vulcan were famed for their astonishing abilities and physical prowess. The Greeks, ever admirers of physical strength and stature, had another hero who, from the time he was a youngster, astounded the world with his almost magical strength. The story of Hercules has been one of the most renowned fables of Greek lore, having spawned the film careers of a number of weightmen, notably Steve Reeves and Lou Ferrigno. The word "Hercules" has even been linguistically transformed to describe anyone who posses supreme, almost supernatural, strength. Naturally, the powerlifting world has seen strength champions come and go throughout the passage of time: Casey, Frenn, Williams, Reinhoudt, Kazmaier, and so the accolade "Herculean" may be a bit overused, but even veteran powerlifting aficionados and athletes alike are awed when the name of Joe Ladnier is brought up. In the last eighteen months, Young Joe has accomplished feats which, by comparison, make the Labors of Hercules seem like a Sunday school picnic. He makes no bones about his ultimate goal: that of eclipsing the "immortal" total record of Bill Kazmaier. Ridiculous, you say for a mere lad of 20 to lift that kind of poundage (2425) and at a comparitively light (242 plus) bodyweight? After reading this article, you, the readers of PL USA, will feel as I do - his strength is almost limitless...

The "LAD" as he performed in the recent Hawaii Invitational. Joe has moved to Florida and associated himself with Dick Armatrout's fast rising Suncoast Gym team, which should make them a major contender nationally.

Joe was, by admission, a gifted athlete in virtually every sport he attempted, but he felt more comfortable in individual sports such as gymnastics, where he excelled in both the parallel bars and floor exercises. His soon blossoming natural strength caught the eye of the high school football coaches and, voila, he was a gridiron star! Seems simple, doesn't it; but wait, it gets much, much more interesting. As most astute football coaches do, Joe's field mentor encouraged his boys to push a little iron now and then. Joe, with his gymnastic background serving him well, concentrated on the bench press. On the spur of the moment he entered his first contest in 1979 and did a very creditable 350-290-430, especially noteworthy since he had never before performed squats or deadlifts - and I do mean never! By the way, our "young Hercules" did not weigh anywhere near his present poundage in his competition debut, but tipped the scales at a rather average 160 lbs. This marked the beginning of his long association with Larry Plumlee, who was a judge at this meet. Two weeks later Joe entered a bench press meet, and with no warmups (I do believe that he did some stretching) performed a another creditable bench press, of 315. He came in second that day to the great Roger Gorumba who tore up the 148-165 marks in the bench press in the late 1970s. After training with Plumlee for a few weeks, Joe pushed his total up to 475-315-505 (still at 165 bodyweight). At this point in his career, Joe's lifts took off like a cruise missile. He was, in the space of 2 years, able to push his total from 1350 at 165 lbs. bodyweight to 1802 at 198. Considering his current age, weight and poundages lifted, one can begin to understand the confidence of Joe's earlier prediction about eclipsing Kaz's total record, and doing it with a vengeance!

According to Joe, once success started to court him at the national and international level, his mental outlook altered. Instead of exhibiting the frenetic braggadocio of the newly successful, Joe withdrew and began developing almost a zen-like approach to the art of powerlifting. He was able to relax his body and mind so much that it seemed uncanny: "I remember at my second Senior Nationals, I decided to relax a bit before my squats. I was awoken by Larry Plumlee who stated, 'What the hell are you doing sleeping at the Senior Nationals?' By this time the weight on the platform was 677 and I hadn't even warmed up yet, but I still managed a 837 squat at 220 lbs." His first Seniors (1982) was both a disappointment and a blessing for Joe, as he bombed on a 677 deadlift, but he did hook up with Larry Pacifico. I remember a dejected Joe thanking Larry (the meet director) for having him at the Seniors and for the quality of the meet. Larry's reply? "You are going to be the next Mike Bridges, my friend..." Joe soon moved to Dayton, Ohio where, under the tutelage of nine-time world champion Pacifico, he made his most dramatic gains in bodyweight and strength. The 1983 Seniors saw a vastly transformed Joe beat veteran Fred Hatfield in exciting, down to the wire, style and he eclipsed the former world record total at 220. Fate, however, denied him the ultimate accolade, that of World Champion, when he lost on bodyweight to Hatfield in Sweden. He still has rather sour memories of that meet, as he felt that it was a bad call on the deadlift which forced him into taking too large of a jump that lost the meet for him. "We were all really tired, because it only took us about 2½ hours to squat, bench press and deadlift - I take longer than that on my daily training sessions!" This year's Worlds will be a different kettle of fish, according to Joe. He would like to get the ball rolling by posting an anticipated total of as much as 2231 (via 903-551-777) and improve on that mark right up through the Worlds in Austin.

Despite what some people may think, Joe Ladnier does not dislike Fred Hatfield, indeed, he used to train with him quite a bit when he lived in Mississippi. Instead, he has a very heated, though friendly, rivalry with Dr. Squat. After the 1983 Worlds, Joe left Ohio and headed South once more to take up training with the "Ice Man" of Powerlifting, Buddy Duke. Ensconced in the tiny hamlet of Adel, GA; Joe, Buddy, and Jimmy Reeves (another name to watch according to Joe) trained like madmen. Joe's training is scientific, but disarmingly simple.

Squats: (Sunday and Wednesday) He is the classic wide stance, flare squatter, and he does them with the precision of a machine. He feels his edge has been the utilization of the Russian speed-shock theories of jumping, both vertically and horizontally. In the off season, Joe does lots of vertical jumps, starting from ground level to a box and back. His best is (Look out Magic Johnson!) 48.5 inches!!! No wonder he virtually rips out of the hole...! His horizontal jumps are also as impressive - bordering on the eleven foot mark (at a 240 lb. bodyweight!) Additionally he feels that heavy 3-second pause squats after the main sets are done are a very effective adjunct to his squatting. A recent workout saw him doing the following weights: 135x8, 225x6, 350x5 (shorts, no belt, no wraps) 450x1-belt, 540x1-suit down, belt, no wraps, 628x1 same, 715x1, 780x1, 865x3, with all of the appropriate gear. He finishes with 715x3 for three second pauses each. If you've never done three second pauses, 315 to a 600 lb. squatter like myself is a real seam-splitter! On most occasions, Joe will do some heavy walkouts with between 900-950 and he will usually go down to a little above parallel with this weight (to get the feel, you know!) To review, speed and shock work, inverted pyramids and pauses are the cornerstone of his squat training. His light workout on Wednesday utilizes the "Muscle Memory" Principle: i.e. the muscle doesn't need weight per se, but needs to be reminded of the groove it should be in for optimum strength gains. For example, he would do a series consisting of 135x8, 225x6, 315x4, 405x1 and that, amigos, is it! He finishes all of his leg training with 3 sets of 10 reps with the old standbys, leg curls and extensions with moderate weights. Additionally, during the season, Joe will do 3x10 vertical jumps onto his special box. Despite his monstrous development, Joe has the gymnastic ability to perform a full straddle split - even now!

On the bench (Thursday and Sunday) he utilizes the same physiological principles: inverted pyramids, long pauses, light "muscle memory" workouts and ample assistance exercises. A recent workout went like this: 135x10, 225x8, 315x6, 363x3, 407x1, 518x2-3, 407x3 for three second pauses with the bar placed high on the chest. His "muscle memory" workout is done on Thursday where he does but three sets 135x10, 225x8, 315x1-3. His assistance exercises are as follows: he prefers to isolate his chest area the day of bench pressing with inclined cambered bar presses (250x3x8) & flyes (70x3x8), but performs a series of bicep/tricep supersets the day after benches (E-Z bar curls, pushdowns, dumbell curls, lying tricep presses, all done superset fashion, working antagonistic muscle groups for 4 sets of 6-10 reps). Of particular note is his ability in the lying tricep press- 305x6 is his current poundage, done with a thumbless grip and lowered to the bottom of the chin. (I hope he has good dental insurance for that one!)

Joe's nemesis has historically been the deadlift. As stated before he bombed in the 1982 Seniors on the deadlift and barely failed a gut-busting 744 at the 1983 Worlds that cost him the title. Yet, persistence is starting to pay off as he is predicting an 804 pull at the Seniors this year. He credits his improvement on the deadlift to Buddy Duke, himself Numero Uno in the PL USA Top 100 198 lb. rankings. Joe does his pulls on Wednesday, and again uses the inverted pyramid scheme to maximize his time, energy and the weight hoisted. Another recent workout went as follows: 250x8, 340x6, 518x1-3, 628x1, 730x3 reps (all done with no straps, incidentally). He credits his latest improvements to the addition of heavy block deadlifts, done one inch below the knee cap. His best is a whopping 832x3 and climbing. Two key assistance exercises are the shrug (3x10-12 with 418) and the hyperextension (3x10 with 100 lbs.).

Additionally, Joe performs shoulder and lat work twice per week. This is from his association with Larry Pacifico ("A most remarkable gentleman") who stressed the importance of the latissimus dorsi in improving powerlifting leverages. His main exercises are wide grip chins (3x8), heavy one handed dumbbell rows (done with the opposite knee supported on a bench) with 150 lbs. for 3x8, cable rows with (ouch!) 400 lbs. for 3x8. His shoulder work, in comparison is a bit more subdued, but still would make any bodybuilder sweat: seated presses (2 sets in front, 2 in back) with 135-225 for 3x8 (Joe is very leery about going too heavy on this movement as he feels that this can be the cause of serious rotator cuff injuries. This is immediately followed by a tri-set of frontal, side and bent-over dumbbell raises to attack all three of the deltoid heads (for 2-3 sets). Abs are done every night and believe me, the kid has a physique that makes Hercules look like Don Knotts. He eats nearly everything in sight, but manages to keep a totally fat free appearance. Upon seeing him at the Seniors, one of my friends mentioned that if an engineer were to design the Ultimate Powerlifter, it would be Joe Ladnier.

Champions like Joe Ladnier are constantly facing new challenges, whether self imposed or by competitors. Joe Ladnier's "Labors" remind me of a specific tale of Hercules, that of the confrontation with the many-headed Hydra, a monstrous winged serpent. Every time Hercules would strike off one of the Hydra's heads, several more grew in its place. Again, persistence paid off as the mythical hero finally vanquished the horror facing him. Like Hercules, Joe Ladnier has met and vanquished all of his opponents - all but one. His confrontation with anyone at the Seniors this year at 242 lbs. will make a storm on Mount Olympus seem like a gentle breeze...till next time.

1984 U.S.P.F. Club Registration
(supplemental list)

Arizona: Arizona Sports Fitness Center, 392; Thorbecke's Gym, 86.
California: Magnum Power Team, 308; Pittsburg Wrecks, 228; Traffic Control Service Team, 169; Universal Power Team, 177.
Georgia: Cagle's Gym, 106; Coach Moore's Barbell Club, 399; Coffee's Gym, 158; Elite Power, 398.
Iowa: Ames Athletic Club, 18.
Kentucky: Don's Health Club, 390, Husted Power Pack, 326.
New York: Leistner Power Team, 264. Syracuse YMCA Powerlifting Team, 78.
Ohio: Bellian's Southside Gym, 287; Miller's Gym, 398. Uni-Body Fitness Center, 396.
Pennsyvania; Twin Valley Power Team, 393.
South Carolina: Lancaster Power Club, 304.
Tennessee: F.C.I. Memphis Powerlifters, 391.
Texas: Long Horn Powerlifting Team, 389.
Virginia: W. W. Houstin Boys Club, 394.
Washington: Magruders Power Team.
West Virginia: Bluefield YMCA Powerlifting Club, 115; Herb's Gym, 114.

WORKOUT of the Month

A NEW concept in weight training Instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of strength training cycle, laid out for you by a top Powerlifting Champion. Each month, a different lift is analyzed. For those at different strength levels than the starting poundage specified, simply increase or decrease the training weights in direct proportion. For example, if your lift if 400, and the starting lift for the program is 500, multiply the training poundages by.8 (400 divided by 500); if your lift is 600 multiply poundages specified by 1.2 (600 divided by 500).

JOE LADNIER'S
Bench Press Routine

First of all, I'd like to say that like most lifters, the bench press is my favorite lift! Being my favorite, I've tried everything to excel in the lift. When I started lifting I was in the 165 lb. class. At that time, I was benching 3 times a week. I've noticed that as I've moved up the weight classes I needed more time to recuperate. I soon went from 3 heavy days a weeek to 2. Now, at a body weight of 242, I only bench heavy once a week. The light day is a muscle memory session for groove and explosion, whereas the heavy day is muscle memory for strength!.

Warmups are basically the same all the way through this cycle. Each week your last warmup set is approximately 40 lbs. lighter that your heavy set(s). This program in written up for a lifter with a maximum capability coming into the routine of 365 pounds, and it should be good for around 35 pounds of improvement.

The first seven weeks are touch and go, no bounce.

wk	HEAVY	LIGHT
1	2x10x135	2x10x135
	1x8x185	1x8x185
	1x6x205	1x6x205
	1x4x225	1x4x225
	1x1x265	1x1x265
	2x8x305	1x1x305
2	2x10x135	2x10x135
	1x8x185	1x8x185
	1x6x205	1x6x205
	1x4x225	1x4x225
	1x1x270	1x1x270
	2x7x310	1x1x310
3	2x10x135	2x10x135
	1x8x185	1x8x185
	1x6x205	1x6x205
	1x4x225	1x4x225
	1x1x275	1x1x275
	2x6x315	1x1x315
4	2x10x135	2x10x135
	1x8x185	1x8x185
	1x6x205	1x6x205
	1x4x225	1x4x225
	1x1x280	1x1x280
	2x5x320	1x1x320
5	2x10x135	2x10x135
	1x8x185	1x8x185
	1x6x205	1x6x205
	1x4x225	1x4x225
	1x1x285	1x1x285
	2x5x325	1x1x325
6	2x10x135	2x10x135
	1x8x185	1x8x185
	1x6x205	1x6x205
	1x4x225	1x4x225
	1x1x290	1x1x290
	3x4x330	1x1x330
7	2x10x135	2x10x135
	1x8x185	1x8x185
	1x6x205	1x6x205
	1x4x225	1x4x225
	1x1x300	1x1x300
	2x4x340	1x1x340

The next 4 weeks add one set of 3 reps. Drop 10 lbs. from the heaviest set and pause these reps using a wide grip.

8	2x10x135	2x10x135
	1x8x185	1x8x185
	1x6x205	1x6x205
	1x4x225	1x4x225
	1x1x310	1x1x280
	3x3x350	1x1x320
	1x3x340	1x3x310
9	2x10x135	2x10x135
	1x8x185	1x8x185
	1x6x205	1x6x205
	1x4x225	1x4x225
	1x1x325	1x1x280
	2x3x365	1x1x320
	1x3x355	1x3x310
10	2x10x135	2x10x135
	1x8x185	1x8x185
	1x6x205	1x6x205
	1x4x225	1x4x225
	1x1x345	1x1x280
	1x2x385	1x1x320
	1x3x375	1x3x310
11	2x10x135	2x10x135
	1x8x185	1x8x185
	1x6x205	1x6x205
	1x4x225	1x4x225
	1x1x325	1x1x280
	1x1x365	
	1x3x355	

12 Contest:
Opening attempt - 363; 2nd attempt - 385; 3rd attempt - 402.

★WHO'S WHO IN POWERLIFTING★

Whether you're Big Name or No Name, send your picture and details ('Who's Who', Box 467, Camarillo, CA 93011) to this popular feature.

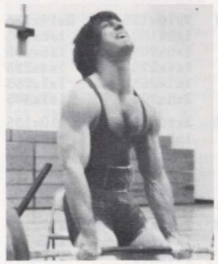
David Reis Jr. (left) and Kenneth Golden (right) went through "mad dog" training for a meet at the Southeastern Correctional Center in Bridgewater, Mass and Dave went 450 360 520 weighing 180 and Ken did 400 385 600 weighing 200. Ken will continue with PL and Dave plans to enter a bodybuilding contest in sunny California someday.

Sylvia Matott (right) and Kathy Ray (left) both lifted in the New York State Drug Free ADFPA Championships in the 123 lb. class. Sylvia, a 34 year old mother of two, made lifts of 200 130 215 545 and Kathy went 215 105 275 595, and her deadlift was a state record for the 18 year old High School Senior. Photo and info by Jay Halprin.

After only ten weeks of training, Robbie Scott won the 123 pound class, Women's Division, of the Oklahoma State Championships. She totaled 617 with a 209 squat, 121 bench, and 286 deadlift, with the bench and deadlift being personal records. She does her training in Sulphur, Oklahoma. Photo and info provided by Max Buben.

Lee Fulcher is one of the most improved lifters in Panama. He went from a 1090 total on March 5th, 1983 to 1400 on December 3rd of the same year. His best lifts are 530 (a close miss at 550), 355, 530 (with another close miss at 550). He is expected to total 1600 this year as a natural lifter. Photo by PFC Travis Whitehead, provided by Jim Hart.

Kory Wnuk is a high school lifting sensation. At the age of 17, he can bench press 360 pounds, squat 475, and deadlift 500, weighing 198. He is a student at Kathleen High School in Lakeland, Florida and at a recent high school meet he bench pressed 345 and clean and jerked 270. This photograph and accompanying info supplied by Louis Baltz.



Gene Underwood, with a 551 deadlift to win the W. Virginia State 148 title, will be opening a new health club in Montgomery, WV featuring Pat's Power Place equipment and Marathon supplements. Gene has coached Gail Toler, Terry Allen, and fiancee' Terri Holstein to some good lifting also, while winning 9 PL meets since March 1983.

Sue Elwyn...has written a letter to Ruthi Shafer indicating the circumstances that led to her withdrawal from the race for USPF Women's Committee Chairperson and her backing of Judy Gedney. It was mainly because she and Judy determined that they had very similar philosophies, and Sue felt there was no reason for them to run against each other. She does not feel that the meeting where this discussion took place represented "back room" politics or "wheeling and dealing". Sue also points out that the Pioneers of Women's Powerlifting have not been completely replaced with young blood on the newly elected Women's Committee, as such lifters as herself have had long experience in the sport. Sue further indicates that she did agree with some of the same ideas that Ruthi has been espousing earlier and that's why she brought them up at the January meeting. Sue and Michelle Greenspan will be directing the 1985 Women's Nationals on January 26th and 27th, which will be held at the Boston Park Plaza Hotel. The Women's Committee meeting will take place on Friday, January 25th, and there will be a post meet banquet on the 27th. General admission will be $4.00 per day to the competition. Room rates at $68 per single and $78 per double, and $10 extra for each additional person in a double room (maximum 4).

New Record Forms...Nate Foster has revised the all purpose record application form, effective beginning April 1984, and those needing copies of the application should send a stamped, self-addressed envelope with their request to Nate Foster, 204 Harvey Dr., Manhattan, Kansas 66502.

Corrections...on the Women's TOP 20 list we should have indicated the lifts of Sharon Meyer in the 97 lb. division, 210 squat, 250 deadlift, and 545 total. Stan Judd's 675 deadlift was not reported on the TOP 100 275 lb. class list. Tom Martin should also have been on that list for his 689 deadlift.

Lifting Down Under....as told by Ray Rigby

Lifting down under has taken a big step towards catching up to the rest of the world. Many lifters are now employing Dr. Ken Leistner's inovative, two day a week training system, with very productive results. Many top athletes, including Olympic hopefuls, are also using the system because of its obvious merits. It allows the athlete more time to specialize on his particular event.

Australia has of recent years had several champion female powerlifters, and we are finding in Australia a growing acceptance to the sport, even to the extent of receiving government support. It looks very rosy for the future, for when girls come in a sport usually takes off. A very pleasant aspect of women competing is the following that they bring with them, crowds are bigger, there is a bit more money around, and of course a well trained girl is much more pleasing to look at than a male lifter (my opinion).

At present we have some great little gals. 44 kg: Glenda Botica is good, she's a world medalist already and in the future she could go a lot further. Recently in training she went went 226-132-308. 52 kg: Susie Jordan is a great champ, hell bent to get her title back. She's started off cautiously and is now in full swing. 56 kg: Christine Saunders is starting to hit her stride, she's very strong and a competitive lifter. Also we have Linda Bird, a young lady with tons of potential. Linda Vickers also has a very good future. 60 kg: Julie Mocimes is going very well; only a young girl, she could be very good one day. She's got strength and is not scared to have a go. 67.5 kg: Linda Miller is extremely strong, 461-231-402, this lady is already world champion, and is sure to win many more titles. 75 kg: Pam Mathews is very strong (396-253-475), but unfortunately won't be at this year's Worlds. She's after the Olympics as a javelin thrower. 82.5 kg: Bev Francis will win this year's Worlds. Last week she benched 310x2, 270x5 sets of 5 reps, and 220x10x10. She will total over 1320 lbs. this year. 90 kg: Gael Martin is as strong as ever she is throwing the shot very well, 62' 11" at present, and can win when she likes. Sue Reinward could also go far, 365-242-365.

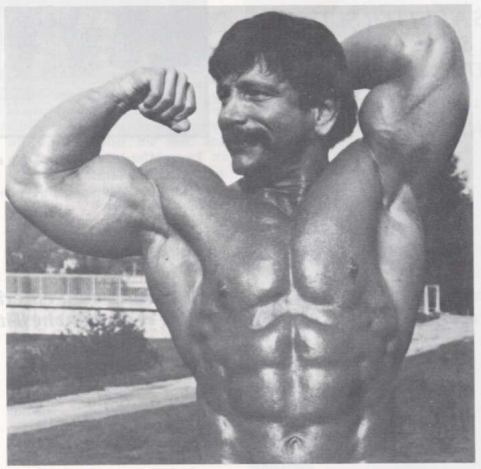
Well, the girls are great, but let's have a look at the men. I'm pleased to say that the general standard is soaring. 56 kg: Len Skeen has 385-264-490. Tony Zapia has an 1150 total. 60 kg: T. Koykka has a 1287 total. 67.5 kg: Charlie Corerio has awesome potential; 690 squat in training, 352-616. This boy's one to watch. 75 kg: Glen Waskiel, the bronze medalist from Munich, is going to push all middleweights this year. Recently going 640-320-635, he has the potential to be world champion before too long. 82.5 kg: Bruce Waddell dominates as he has for several years, 693-396-655, one of these days he'll have a bit more luck and post a huge total. 90 kg: John Cappola is back from the USA and is a world medalist as well as being a world class lifter, 735-420-750. 100 kg: Young Shane Blood is extremely strong and is starting to post good totals. He has 737-467-699 to his credit. 110 kg: Joe McGowan, 722-446-750, a medalist from Sweden, is all fired up to go even further. Breathing down his neck is Dino Toci via 683-440-704. If Neil Marriot ever had any luck and put his best foot forward he would win also. His best lifts are 704-418-750. 125 Kg: Terry Longdale had a great year going 793-467-722. Keith Falle is another to watch, 816-407-716. Stan Pianko is also there via 727-440-699.

125+ kg: There's me, last year in competition I went 837-462-787. Alex Kapica, a former silver medalist, is back and is sure to do very well. Our clash in the Nationals should be great. Alex has best lifts of 771-507-710 and reportedly went 880 in the squat a while back.

So, watch out for the Aussie Teams in the future. We're Number One in the women and in the future who knows what can happen in this fickle business called sport. From down under, bye for now,

Question & Answer

This month, training questions are answered again by Roger Estep, 1979 Sr. National Champion and World Record breaker in the 198 lb. class. If you have a training question, send it to QUESTION & ANSWER, 1413 Holgate Dr. Anaheim, CA 92802.



In Championship Form...*Roger Estep, in a recent photograph, shows what adding a few bodybuilding touches onto one of Powerlifting's most fantastic physiques looks like. Roger is plotting his course in bodybuilding, looking for the right contests to enter, but he still loves the feel of heavy weights on his back, and is always capable of excellent poundages.*

Dear Roger: I have a problem concerning my deadlift. I'm able to pull a lot more weight from the floor to mid-knee than I'm able to finish, almost 100 lbs. more. I've been doing lockouts from various positions on the power rack and hitting my traps with heavy shrugs. I haven't seen any dramatic change in about 5 months except from the floor to mid knee. Do you have any suggestions? **Ron L'Huillier**

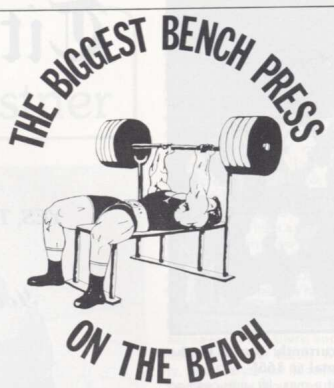
I would guess that you are using the conventional style of deadlifting and not sumo. The problem of a difficult lockout is common among conventional style deadlifters. To solve this problem many lifters go to power rack work, but, let's analyze the difference between the rack work and the finish of the deadlift. In the deadlift, the main reason for failure at the top is that the back is out of position. Either the back is rounded or the bar has gotten away from your center of gravity. When a person starts to train on the power rack he will place the bar at a position near his sticking point. Then he will climb in the rack, put a perfect arch in his back, make sure that the bar is against his thighs, and then pull. Before you know it, you are locking out 150 pounds more than you can deadlift. When you start your deadlift training again you find that you still still stick at the same place. Why is this? Was all the rack work useless? In a word, yes. The problem with rack work is that you have placed your back in perfect anatomical position to finish the deadlift. In real life your back is no where near that position at the finish of a heavy deadlift.

What I would recommend is stiff leg deadlifts with the bar in a bad anatomical position at the finish, but you must be careful with the deadlift because it is the easiest of all lifts to overtrain. If you still desire to do rack work be aware of your back position.

Kuc's New Fitness Store...John will be opening a retail outlet which will be located on Route 309 in Mountaintop, Pennsylvania by early May and invites all lifters in the area to drop by and say hello.

New New Mexico Chairman is Butch Stackpole, 7821 Pickard NE, Albuquerque, New Mexico 87110, as a result of a recent election.

Side Effects of Anabolic Steroids in Weight Trained Men is the subject of an article in THE PHYSICIAN AND SPORTSMEDICINE, Vol. 11, No. 12 (Dec/83) pp. 87-99. In a comparative study, 25 percent of steroid users were found to exhibit gynecomastia. 48 percent of users reported increased libido, 32 percent no change, and 19 percent reported a decrease. 56 percent reported increased aggressive behavior.



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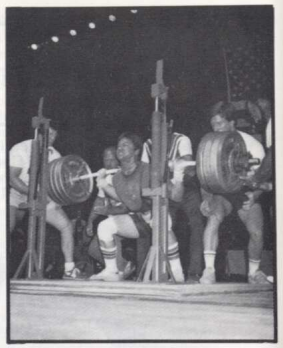

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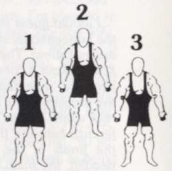

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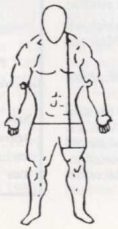

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More From Ken Leistner

The May '84 issue of PL USA was one of my favorites. It's easy to say that you'd expect that, considering I was on the cover, but realizing that the photo was rather unflattering, look for another explanation. Even my mom thought that I'm better looking than Kathy's lens depicted, but what can you do? The issue had a number of excellent and rather timely articles that I'd like to comment on.

Jack Digangi's two part article on calcium was superb. Jack and I have a similar approach to nutriton; one that is conservative and based on a foundation of common sense and scientific research. After growing up in the muscle era that demanded an intake of every vitamin and mineral supplement under the sun, and massive quantities of protein, it's refreshing to see an educated professional take an unpopular stand, although it is the correct stand. The commercial bias that inculcates the area of nutrition and nutritional education has made it almost impossible to buy a book or magazine that is not slanted towards the interests of the supplement manufacturer or distributor. Jack's article was full of information that can be immediately applied to the in-gym situation and most importantly, it is in keeping with all of the accepted information on the subject. In a sense, this article indicates a major step forward, not because PL USA doesn't publish factual nutrition articles each month and not because Jack Digangi doesn't supply this type of information in each of his other articles. It just seems that the article and this magazine have reached a certain level of professionalism concurrently and the results indicate this. An excellent job, Jack!

I enjoyed Hugh Cassidy's article, 'Ban The Squat'. I've often talked about the supportive suits, tight wraps and other paraphernalia that the sport has adopted. While it is true that I appear in an advertisement for a squatting suit and, in fact, use all of the equipment when I train and compete, I do this because I don't want to give up an edge to the competition. I like almost all of the people manufacturing or distributing suits and wish them well in their quest to make a healthy financial living, but the truth is that the squat has become an aberration, a negative instead of a positive. I can't squeeze out 200 pounds with the equipment, but I can get 40-50 if I hit it right and I always feel strange about it. There aren't too many elder statesmen around who used to do it without wraps and believe me, the sense of accomplishment that I used to get doing 500 without the suit isn't matched by my present prowess, primarily because it's difficult to judge just how much stronger I really am. Hugh's point that none of the lifters, male or female, would be willing to give up any of the poundage that they're now lifting is very true. It will not be possible to go back to the days of suitless lifting if only for that reason. The ego of most lifters, especially the top men, will hardly allow the reduction of cessation of drug use, nor will it allow for alterations of the rules that will cost poundage, even though the test of squatting strength will be a lot truer. Thus, dropping the lift would be the only solution if any changes are to be made. I would support this, not because I don't squat well (hell, ban the bench in favor of the push press for the sake of my pec tears), but because the suits are uncomfortable, detract from most lifters' sense of accomplishment, cause an almost numbing slowdown of any meet, and have caused a distortion of what the sport is supposed to represent. Will it happen? Not, but all of Mr. Cassidy's points are well taken and you might see lots more bench-deadlift meets ala the Clearfield Power Days in the future, with staggering attendance. Anyone who actually enjoys competing at 1 am has more than a few screws loose, and few spectators would stick around for a 1000 pound squat if they had to wait 14 hours to see it, yet, this is a frequent occurrence as we all know. The olympic lifters dropped the press and it's worked out for them, at least the meets are quicker and there are fewer low back injuries which resulted from the press, so perhaps there's some hope, although I'm not optimistic. The deadlift should be enough of a strength test, in conjunction with the bench, but tell that to the squat specialists. The only hope we have is the fact that the squat, like the press, is so highly subjective, that there's always the chance that there will be a mass mutiny after a particularly poor round of judging at a major meet. Well, one can hope anyway.

Ken Leistner*...in his own 'colorful' football days at Hofstra University.*

Ron Fernando's profile of Rick Weil was quite interesting. Ron seems to be able to get most of the big name lifters to spill the beans to him, no matter how close mouthed they usually are. If you compiled all of Ron's training profiles that have appeared in PL USA over the last few years, you'd have a fine set of training information and routines. Of course, I enjoyed Weil's profile a bit more than some of the others because Rick truly is a phenomenon and he trains about as often as I do. Rick makes some good points about limiting the amount of training, especially as it relates to the bench. I've often discussed the benefits of reducing the amount of training one does, and have pointed out that the one lift that still gets undue attention, no matter what one uses for a training philosophy, is the bench. All of the closet bodybuilders ought to take a look at Rick's excellent physique and realize that his genetics certainly contributed to it, but his ability to work hard on a limited program gave him those huge arms, pecs, and lats. Rick is destined for much greater things in the sport for many reasons, one of them being an aversion for overtraining and exposure to injury.

The next major meet is the Women's Worlds in Los Angeles. I suspect that fewer people will travel out there to see the women, as compared to those who would come to see the men. This is a shame because the ladies often show more intensity than the guys do, and they certainly deserve our support. Unfortunately, the Australian team is hampered by financial difficulties and will not be fielding a full team. In fact, they may not have but five lifters, and this will not include Gael Martin. What a pity. Bev Francis just informed Kathy that she will be moving to the United States, living and training in our neighborhood in New York, after the Worlds. Man, I can't wait because Bev is known for her intensity and the quality of her workouts. I'm sure that her presence here in the US will spur on the American lifters to greater heights. Very often, at least on the football field, one player will make a huge difference, not because of unusual ability, but because everyone else gets fired up being around them. Knowing that Bev is alive, well, and lifting huge weights in New York should push our top women to new records in every lift, just because Bev is here. Time will tell.

One last word on Lyle Alzado. I don't know if it stems from jealousy or the ego problems that drive some guys into powerlifting, but players like Jon Kolb, Mike Webster, Lyle, Terry Long, and a few other genuinely strong athletes are never given the credit they deserve by Plers. I had one individual tell me that Lyle's lifting, and that of some of the other NFL people, 'wasn't so hot. I can do more than that'. Wonderful, but could you do it after subjecting your body to a bit of extreme brutality eight months out of the year and with perhaps four or five months of full time training? I hear that 'these pro football players aren't so strong.' Yes, many are not, but some are extremely strong, stronger than almost any powerlifter, despite the fact that they might not be able to squat 900 plus. Is it petty jealousy that has a caller tell me that 'I could still outlift these idiots if I only trained a few months per year.' Who cares and will we ever know? There seems to be an element in society and more so within the confines of the PL community who feel that the accomplishments of others should not be respected or admired, nor should a positive statement be made by the accomplishments of others. Perhaps it's time for some of our lifters to sit back, forget about the last set of leg curls and instead, use that time to think about the joys of seeing other succeed, to learn and be inspired by the success of others, and to spread the word of all that is positive, not negative.

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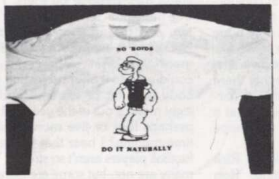

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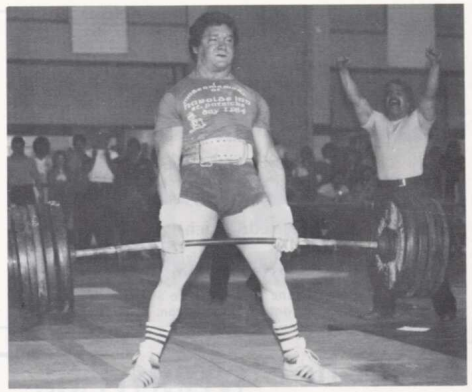

Ed Coan ripping up 770...*with Jack Welch cheering him on in the background. Photo provided by Bob Chetlin, who also sent in the following report on the lift: "This past St. Patrick's Day, Pennsylvania Powerlifters were witness to a superb demonstration of strength at the Keystone Open in Washington, PA. Ed Coan, the twenty year old phenom from Evergreen Park, Illinois, put on quite a "credible" deadlift exhibition for the lifters and spectators from the Western Pennsylvania, West Virginia, and Ohio - Tri-State area. Without any serious preparation during his off-season training, Ed waltzed through three solid singles of 700, 740 and 770 pounds in the deadlift. Ed was warmly welcomed at Trinity High School, the meet site, modestly accepting a number of accolades from those in attendance who had witnessed his performance in Columbus at the YMCA Nationals. Ed was scheduled to lift between the light and heavy sessions, so our early arrival gave him an opportunity to meet some new people and renew old acquaintances - even old buddy Frank Vedro showed up to say 'hello'.*

As the meet progressed into the deadlifts, Ed started his warmups - 135x8, 245x5, 355x3, 445x3, 545x1, 635x1 with the last set being as easy as the first. Amidst a warm introduction, Eddie, weighing a 'paltry' (for him) 189.5 pounds, calmly approached his first attempt of 700. The crowd became very silent, not knowing what to expect. After Ed blitzed the 700 easily, the audience broke out in thunderous applause. The bar was then loaded to 740 pounds, but this time the spectator response was quite different. Realizing that they were witnessing something truly special, the crowd urged Ed to 'smoke it'. He certainly did not disappoint them, hauling the weight to completion in identical fashion to the first attempt. After Coan put the bar down, the building went bananas, and after a minute or so or roaring approval, the fans grew silent again, eagerly anticipating any further try. After a couple of minutes, Ed informed me that he 'felt okay' for 770. As the iron was piled on the bar, Eddie routinely chalked his hands and adjusted his belt. Clad in a traditional kelly greem t-shirt, he quietly readied himself for the final pull. As he walked up to the bar, the crowd wildly vocalized their support for Ed's powerlifting prowess, with many of those present standing on their feet. Ed set himself confidently, then ripped the weight to completion with power to spare. The frenzied ovation that brought the house down was gratefully acknowledged with the characteristic Coan grin. Afterwards, Eddie graciously answered many questions from his new admirers, had some pictures taken, signed a few autographs, and even did a little judging during the heavyweight session. Meet Director Dom Waters had an ear to ear smile throughout the day, and received a number of compliments for his smooth running of the Keystone Open competition.

All in all, it was quite an eventful day, capped off with a relaxing evening's entertainment at 'Studebaker's', a popular Pittsburgh establishment. Ed very much enjoyed the weekend, though he told me later he was a 'little nervous' before the exhibition. His ice cold, almost emotionless, disposition belied, however, any apparent apprehension Eddie might have had. Ed would personally like to thank all those responsible for making his stay a welcome one: Meet Director Dom Waters, Jerry (Big Jake) Turner, Frank Vedro, Dave Reed, Tony Pharr, Jack Welch, Ernie Nagy, 'Bear' Neuman, 'Oats' Mears and anybody else I may have forgotten.

As for the future, Ed is uncertain as to what his next competition will be. He might enter the Nationals in Maine, and he will, of course, be in the Dayton Senior Nationals. If he competes at the Nationals, it would be a 198, but he will definitely go 181 for the Seniors. I've known Eddie since his career began three years ago. Throughout his ascension to the pinnacle of the powerlifting world, he has always been a quiet, polite, and unassuming young man, eager to learn and grow. He can only be considered a model athlete, a fierce competitor, as well as a gentleman, on and off the platform. It was very gratifying to see Ed toss around poundages that mere mortals are not supposed to handle, but it was equally satisfying to watch him talk and mingle with the many novices seeking his advice or just wanting to b.s. a little bit. I would personally like to thank Ed for coming Pennsylvania to put on this exhibition. He is a true champion who exemplifies the character, dedication, and sportsmanship of the American Athlete and he's destined to become a great ambassador for powerlifting in the future.

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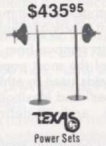

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ANABOLIC STEROIDS The FDA Crackdown!

by William N. Taylor, M.D.
Contributing Editor

In a recent meeting of the country's major medical lawmakers, it was decided that significant changes would begin to take place regarding anabolic steroid use, misuse and abuse. The major parties represented at this meeting were:

1. the FDA's endocrinologic and medical drugs advisor committee,
2. the US Olympic Committee sports medicine director, Dr. Kenneth Clark,
3. representitives for Sterling drug company,
4. others, including Richard Strauss, MD, member of the American College of Sports Medicine and Reggie Edgerton, PhD of UCLA.

The major changes and comments of this important meeting included:

1. initial steps to remove from the market two of the most popular anabolic steroids used in athletic circles, Anabar[R] and Maxibolin[R], for "vague and ill-defined indications."
2. submission of new drug application by Sterling for Stromba[R] (stanozolol) as a fibrinolytic enhancer for diseases such as scleroderma, recurrent venous thrombosis, Raynaud's syndrome associated with rheumatoid arthritis, lupus and other collegen vascular disorders.
3. new package label warnings designed to warn physicians that "these are not innocous drugs, that a prescription should not be taken lightly."
4. that the US Olympic Committee would back the actions of the FDA by "commiting itself to ostracize any physician who encourages the use" of anabolic steroids for athletic purposes, according to Dr. Ken Clark.
5. that, according to Dr. Strauss, "the current labeling that says that anabolic steroids don't enhance athletic performance is incorrect."
6. that, according to Dr. Strauss, the FDA and the competitive athletic community will have to attempt to solve yet another problem which is synthetic human growth hormone.

In summary, further steps have begun to attempt to curb the athletic use of anabolic steroids by placing the burden of the physicians of this country. But, the overwhelming evidence, backed by several published polls, is that the majority of athletes obtain their anabolic steroids from non-physician sources and rely heavily on the "black market" distribution. Further, it is common for an athlete to obtain additional anabolic steroids preparations from non-physician sources even with a legal medical prescription for them from a licensed physician. Therefore, to actually control the use and misuse of anabolic steroids, *I feel compelled to recommend that anabolic steroids be reclassified as scheduled drugs by the FDA*. This would place considerable restrictions on the specific uses and quantities produced and allow the dismantling of the "black market" network, which stems from illegal distribution of these compounds. As it stands now, there are probably several million young people experimenting on themselves with anabolic steroids without the proper medical knowledge or supervision.

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Anabolic Steroids and the Athlete
With a Chapter on Human Growth Hormone
William N. Taylor, M.D.

128pp. 1982 $13.95 (paper)
Figures, tables, appendices, references, index
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WILLIAM N. TAYLOR, of Palm Harbor, Florida serves as a regular contributing editor for *Muscle & Fitness, Muscle Digest, Iron Man, Runner's World, Powerlifting USA, American Medical Jogger's Association Newsletter,* and other magazines. He also serves as Sports Medicine Editor for *Southern Bodybuilder* Magazine.

Dr. Taylor is an avid bodybuilder and marathon runner and he has major interests in the life fitness and preventive medicine areas of his practice. He is also a noted expert in sports medicine and serves as medical advisor for the *American Running & Fitness Association* and as NPC Judge for the *National Physique committee*.

Dr. Taylor will be presenting his expert advice on anabolic steroids and human growth hormone use in athletes as a seminar speaker at several international sports medicine meetings including the Honolulu, Boston and London AMJA Medical Meetings as well as the 1984 American College of Sports Medicine Meeting in San Diego where he will be instrumental in the formation of the new policies governing anabolic steroid and growth hormone use in athletes.

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DRUG BUST

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(DEALERS' INQUIRIES WELCOME)

Women's Corner

Hello ladies and gents. With the Nationals over, many of you are taking a break from all that hectic training, a much deserved one I might add, since most of us start the heavy cycling and training about the first of August, which means 6 months of solid, heavy training until the Nationals. For those who head off to the World Championships, it is another 3 months without letting up. Somehow, we all manage year after year, and it is nice to see the same faces returning to the big meets over and over. Just out of curiosity, I asked some of the women what they did in their own off or "down" time. The replys were as varied and interesting as the diverse group our sport attracts. One young lady from Florida spends her month or so off at the beach, doing nothing but sunning, and playing volleyball (that is REALLY taking time off). Another woman from Oregon spends her time working extra hours on her job (to get caught up). Some play other sports such as softball or soccer, and some just like doing absolutely nothing for a change. It seems to be a good time to get caught up on all those TV reruns, and to get reacquainted with friends and family. The general consensus was that the months spent in heavy training tended to isolate them from the outside world. There either was not enough time to get involved with other things, or they were simply too tired to care. One woman even admitted that off time was the only time of year she kept her house clean or found the bottom of her closet after cleaning it out for hours. After listening to all this I found that the women who were married, and those who had children seemed to have the most difficulty in maintaining the rugged training schedule, while still keeping up the other side of their life. One thing is for sure, not very many women have the luxury of just being able to train without any other responsibilities. I suppose we all dream about that at times. I have heard from women who work as electricians, engineers, doctors, and homemakers by day, but in the evenings they are transformed into dedicated powerlifters. That is one of the things that makes this sport so fascinating. I can not think of any other competitive game that appeals to such a broad spectrum of women. Ain't it great!

Just when I had come to believe that the 300 pound bench press was strictly limited to Australian women, I find not just one, but two women right here in the good ole U.S.A. who are keeping up with Bev Francis in an impressive manner. One is a young lady from the University of Las Vegas by the name of Darnell. While she was visiting here in Portland, I had the opportunity to watch her smoke a set of 5 with 285, and then go on to 305 for an easy triple. Since she did not want to work it too "heavy" she ended it right there, but in my estimation she was good for at least 30 to 40 more pounds. As a track and field athlete she would also be a natural at squatting. I did my best to talk her into competing with us, and after the Olympics, look-out. She has already hit some big numbers just messing around with the squat and deadlift. The other phenomenon comes out of Florida and has been training in both Powerlifting and Olympic lifting. As a 181 pounder, Cat Migliano has exceeded 300 pounds on the bench, and is planning on much more. Of course, when I hear of lifts like this, I immediately want them to start competing in our sport. Cat is still deciding between Olympic lifting and Powerlifting, and she is also pondering which of our organizations to join. Darnell intends to join our ranks in the near future. So you see, it is not just the Australians who have those incredible bench pressers, we have our own heroines.

As we aproach the World Championships, I decided to check in with the rest of the team and see where we stand. The progress the women are making is incredible. It appears that we will see even more world records broken in Santa Monica. From Albequerque, New Mexico, Vicki Steenrod has been reportedly tripling with 415, and making it look easy. One quick note, you have to hand it to Vicki, after years of struggling with the squat, and having her share of difficulties, she has settled down to become one of the very best squatters in the world. Cheryl Jones is setting Florida on fire with record breaking sets, all done despite an earlier injury. She is looking for her second world title, and some records to boot. Debbie McElroy-Patton has been working hard, and is way ahead of her training lifts for the Nationals. Although she is new to the game, through the dedicated coaching of Bernie Gagne, she has come a long way in her pursuit of a gold medal. Majik Jones continues to amaze us all with her feats of strength. In a recent contest she set an unofficial world record in the squat with 330 at the 105 pound class. She has certainly let it be known that she intends to win her first world title and break more world rcords. Our only curiousity about her is just how far can she go? "Whatever the mind can believe"... Diane Frantz is traditionally quiet, but no one doubts her desire and determination to win that elusive world title. She is a hard worker, and from the gym reports of her coach and husband Ernie, she has been getting great results. When this 46 year old mother and grandmother wins that gold medal, it will be a moment that we will all want to witness. You can not say enough about perserverance!! Although Annie McElroy is up to her ears in school books, she fully intends to win another world title and make straight As too. Besides, she will be competing very close to home, and that is an added incentive. Diana Rowell is so far ahead of schedule that I hesitate to even think about what will happen on the platform. After a world record of 434 at the Nationals, many thought the limit had been reached for the 114s. Wrong again; she recorded an easy set of 4 with 415 seven weeks out of the Worlds. That puts her beyond her recent record by a wide margin. Her training partner, Ruthi Shafer is also ahead of schedule with an easy set of 4 with 505 seven weeks out of the meet. She too will be gunning for her own record of 518. LuAnn Smith of Florida appears recovered from an earlier injury and has put every effort into getting prepared for this meet. The only lifter who has not been heard from is Annette Bohach of Indiana, and we can assume that she too is preparing well for her first world meet.

As for the other countries, there is very little word on their progress, but I am sure that have their own surprises waiting for us. Unfortunately, the Australian team will not be bringing all their lifters. Their government has only allotted them $500 towards a $3,000 airfare. That will certainly make it difficult to field a team. It makes one appreciate the way our own organization is set up. The United States is represented by the very best athletes it has, regardless of their financial status.

I am sure we can count on the great Bev Francis to return and defend her title. With many world titles behind her, it is taken for granted that she intends to keep that string going. Recent reports show her benching nearly 350, and squatting into the five hundreds, her deadlift is not far behind that. One of the most exciting classes to watch will be the 114 pounders. With last years champ Kali Bofias wanting to keep the title, and Australia's Sue Jordan wanting it back, that leaves Diana Rowell as the spoiler. I would definetly put my money on Diana, as she does not take to losing, and, of course, she now holds almost all the world records. Will Linda Miller of Australia try for a repeat upset in the 148s or will she move on to the 165s to challenge Debbie McElroy-Patton? It is not determined whether Heidi Wittesch of Australia will be back, or at what weight, but one thing you can count on will be a top notch performance from her. She would like to claim a gold medal this year, maybe in the 165's or perhaps all the way down to the 132's. We will have to wait and see. One thing for sure, we can count on a very exciting championship and we look forward to a record number of countries to participate. You can be certain that everyone who is representing U.S.A. has that team title in their minds, so send all your positive thoughts our way on the 19th and 20th. We will be doing our best. Until next month, enjoy your rest.

Ruthi Shafer
7017 NE Hwy 99, Suite 205
Vancouver, WA 98665

DRUG FREE TOP 20/181

This Top 20 list by Jim Gallagher covers lifts made in sanctioned American Drug Free Powerlifting Association meets from January 1, 1983 to February 30, 1984.

Please send a copy of all ADFPA meet results to Jim Gallagher, 301 Pine St., Glenolden, PA 19036. This will keep these lists as up to date as possible. Thank you.

	SQUAT		BENCH		DEADLIFT		TOTAL	
1	645	T. Brady 7/31/83	402	J. Rouse 5/7/83	722	R. Kabetz 2/18/84	1731	R. Kobetz 2/18/84
2	634	R. Kobetz 2/18/84	390	B. Kowalyck 3/5/83	705	V. Keyhea 2/5/83	1720	V. Keyhea 2/5/83
3	628	V. Keyhea 2/5/83	386	V. Keyhea 2/5/83	630	J. Szigethy 3/17/84	1554	W. Wenner 12/11/83
4	601	T. Matichak 5/7/83	380	R. Wenner 12/11/83	625	C. Wright 3/5/83	1532	T. Brady 7/31/83
5	584	W. Allen 7/31/83	375	J. Brettnacher 10/29/83	615	S. Cannora 3/17/84	1527	J. Connors 21/11/83
6	584	M. Massone 7/31/83	375	R. Kobetz 2/18/84	615	A. Roberts 3/17/84	1525	J. Scicethy 3/7/84
7	584	R. Wenner 12/11/83	369	K. Isbell 7/31/83	601	W. Allen 7/31/83	1505	T. Matichak 5/7
8	578	D. Lane 11/19/83	360	C. Leslie 3/5/83	601	C. Scheuchl 11/1983	1505	W. Allen 7/31/83
9	573	J. Villanueuva 5/7/83	360	M. Makofsky 3/17/84	601	J. Connors 12/11/83	1499	J. Adams 2/18/84
10	573	B. Schmidt 7/31/83	353	T. Matichak 5/7/83	600	A. Turrissini 3/5/83	1494	J. Rouse 5/7/83
11	573	C. Scheuchl 11/19/83	353	J. Villanueva 5/7/83	595	J. DeStefano 4/23/83	1494	W. Schmidt 7/31/83
12	573	J. Sikkema 11/19/83	352	L. Dockery 10/29/83	595	R. Wenner 7/31/83	1488	C. Scheuchl 11/19/83
13	573	J. Connors 12/11/83	352	J. Connors 12/11/83	595	J. Adams 2/18/84	1477	K. Isbell 2/18/84
14	568	M. Moren 12/11/83	347	W. Schmidt 7/31/83	590	J. Driskill 4/23/83	1465	A. Roberts 3/17/84
15	565	J. Szicethy 3/17/84	347	L. Onsen 11/19/83	584	F. Rouse 5/7/83	1460	L. Onsen 11/19/83
16	562	J. Adams 2/18/84	345	P. Page 3/17/84	584	J. Bunton 2/5/83	1460	M. Makofsky 3/17/84
17	551	J. James 11/19/83	342	P. Urchick 7/31/83	579	Venckus 4/23/83	1455	C. Leslie 3/5/83
18	551	L. Onsen 11/19/83	342	M. Moren 12/11/83	579	M. Massone 7/31/83	1455	M. Massone 7/31/83
19	551	K. Isbell 2/18/84	342	J. Adams 2/18/84	573	W. Schmidt 7/31/83	1455	D. Lone 11/19/83
20	550	A. Roberts 3/17/84	340	S. Cannora 3/17/84	573	M. Lira 11/19/83	1455	S. Connora 3/17/84

MESSAGE FROM THE PRESIDENT

The bid specifications, which were published in *PL USA* (May 1984) p. 23, are now in force and bidders are expected to follow them. The members of the Bid Selections Committee to whom copies of the bid are to be sent are Conrad Cotter, PO Bx 18485, Pensacola, FL 32523, phone: (904) 476-4863; Nate Foster, 204 Harvey Dr, Manhattan, KS 66502, phone: (913) 776-5889; Don Haley, 12101 Reagan St., Los Alamitos, CA 90720, phone: (213) 596-2085; Ted Herring, 146 Baringer Dr., California, MD 20619, phone: (301) 862-1989; and John Luthy, 5034 Tinker, Boise, ID 83709, phone: (208) 362-1091.

Did you lose your USPF card? Duplicates are available from American Sports Management, 27208 Southfield Rd., Suite No. 3, Lathrup Village, MI 48076, for a dollar.

Sometimes a lifter will show up at a meet unable to produce a current USPF card, but able to attest to his recent application for the card which has not yet arrived. Meet directors, state chairman or others who are responsible for checking USPF membership cards at a meet are advised to ask the lifter who is unable to produce a card to purchase a new one. If the lifter has previously applied for a card and applies again at the meet, he will soon possess two valid USPF cards. If he will sent me a xeroxed copy of his two calid cards, I shall send him by return mail a check in the amount of fifteen dollars to reimburse him for the duplicate.

The National Committee in July 1983 voted for compulsory drug testing of selected competitors at the 1984 Women's Nationals. The minutes of this meeting were published in the September issue of *Powerlifting USA* which was delivered to many of us prior to Labor Day. The National Committee did not, however, vote any sanctions against those whose urine sample collected at the 1984 Women's Nationals would test positive for one or more of the drugs forbidden by the International Olympic Committee rules. The Executive Committee, which met three or four times during the months between the National Committee meeting and the Women's Natoinals, was never requested to place upon its agenda the question of sanctions.

Some have argued that the closeness of the vote on drug testing at the National Committee meeting precluded the prudent incorporation of sanctions in the motion. Perhaps, but it may also have been just an oversight. Some have argued that because the Executive Committee has not been as sympathetic towards drug testing as the National Committee has been, it would have been unwise to have placed the question of sanctions on the former's agenda. But again, failure to place the question of sanctions on the agenda of the Executive Committee may have been just an oversight.

Whatever may have been the reason, the Women's Commiittee meeting in Austin on January 27 was shocked and dismayed to learn that there was no framework of sanctions in place. 'But, it was our intention.....,' they said.

The Discipline Committee was asked to recommend to the Executive Committee sanctions which would be applied retroactively against those lifters who tested positive at the Women's Nationals. Several times during the two day meet the announcer informed everyone within the range of his public address system that sanctions, yet to be devised, agreed upon, and enacted, would be invoked against those who were found to test positive.

At its March 11 meeting the Executive Committee decided to place the recommendations of the Discipline Committee on the agenda of the National Committee meeting in Dayton, and to consider any sanctions against those found to test positive on an *ad hoc* basis. The Executive Committee is empowered to remove at any time any member of the United States team for whatever it considers to be a good and sufficient reason. For example, a team member indicted for a serious crime, but out on bail, may be removed, if, in the opinion of the committee, the persons's presence on the US team might bring our country or our sport into disrepute.

If this were a matter of criminal law, the rerospective application of sanctions for testing positive would be clearly forbidden under our constitution's *ex post facto* prohibitions. These emphasize that each individual is free to do those things not specifically forbidden by existing law without the fear of future punishment. It prevents the abuse of power by governmental officials, who might otherwise retrospectively apply new laws for vindictive purposes.

USPF sanctions, however, are not criminal, but civil. Nonetheless, the spirit of *ex post facto* prohibitions is sometimes pertinent to private contract law. The lifters agreed to compete at the Women's Nationals under certain conditions. The Executive Committe is now asked to consider changing the conditions under which the lifters agreed to participate. There were no sanctions in place during the time the lifters were preparing for the Women's Nationals. There were no sanctions in place during the meet, when the announcer warned of the possible retrospective application of unnamed sanctions. Similarly, there will be no sanctions in place when and if the Executive Committee meets, probably in May, to consider on an *ad hoc* basis adopting and applying retrospectively sanctions against those who may have tested positive.

It will, of course, be argued that the pro testing people, especially members of the Women's Committee, feel very strongly that sanctions must be applied, however belatedly, in order to preserve the integrity of the US team and the sport. It will be argued that failure to impose sanctions will make a mockery of drug testing and will unfairly nullify the victory of those who fought so hard for testing at Austin last July. It will be argued that sanctions may legitimately be implied from this contract.

On the other side, it will be argued that strong feelings confer no legal right, that injustice also may make a mockery of drug testing, and that sanctions for testing positive for drugs in a private contract should be included by express action, and not by implication.

Dr. Conrad Cotter, President, U.S. Powerlifting Federation

MESSAGE FROM THE CHAIRWOMAN

I've been given the opportunity by Dr. Conrad Cotter and Mike Lambert to respond to the message submitted to Powerlifting USA relevant to the topic of drug testing and related issues. Before making specific comments, I would like to say that I do believe Dr. Cotter has made an attempt to enhance the relationship between the U.S.P.F. Executive Committee, the women lifters and himself. I received from Dr. Cotter a copy of this month's "Message From the President" just prior to publication. After reading it, I believed it to be biased and in need of clarification. Dr. Cotter and I discussed my concern via the phone (4-18-84). I felt it important to attempt to anticipate and understand the long range effects the vagueness of the article might have. After we discussed the possible ramifications of printing the article, I suggested to Dr. Cotter that he either withdraw it at this time or reword the specific sections which needed clarification. Dr. Cotter consulted with Mike Lambert as to the potential mechanics of removal versus revisal of printed material and after this consultation, it was decided that I should respond to the message and explain my concern. I would like to emphasize that this is NOT a rebuttal, but rather it is what I believe to be a clarification of what has happened and/or could happen; a clarification of the USPFWC Executive Committee's views on this topic, as well of those views of many of the rank and file women lifers with whom I have been in contact.

First of all, I would like to relate to Dr. Cotter's comments pertaining to the issue of sanctions, paragraphs 4, 5 and 6. I assure you that there was no intent on the part of the Women's Committee during the July/Austin National Meeting to purposely avoid the inclusion of sanctions in the drug testing motion. I do not believe that a logical case can be developed to support that particular view. I believe the rationale for testing was so obvious as to negate the necessity of considering whether or not there would be sanctions. It should be obvious, even to those who are most opposed to drug evaluation, that this testing proceedure was not implemented as a pilot study for some future event, but that it was meant to be "for real" and passage of the test would be necessary in order to participate on the USA team for the World Championships. The problem that has now arisen about the sanctions must seem to everyone to be just what it is; a loophole. It appears inconceivable that it could be anything else in light of the time, energy and the vast expense (taken from the registered powerlifter's fees) that went into the implementation of the entire process. I would challenge anyone to ask ALL of the ladies who went through the testing protocol, especially those who sat through several hours in the process, if their understanding was that the results were not relevant to the selection of the USA team. Further, at least 2 members of the U.S.P.F. Executive Committee, Lyle and Nate, were also shocked and dismayed at the announcement that there was no framework for sanctions. The shock and dismay was not limited to the USPFWC Executive Committee, as Dr. Cotter suggests, but it was expressed by the majority of the women in attendance. I trust that those feelings will soon be made known to Dr. Cotter and the U.S.P.F. Executive Committee. (Express your input ladies, write to them!) I believe that most of the women registered in that 1984 national championship believed that IPF sanctions were implied in the motion to implement drug testing and I further believe that the implication has a good chance to stand up in the court of law.

I certainly agree that the rights of any lifter who tests positive during the drug testing process must be protected and that any final deliberation must be reserved until "all of the data is in". I have not shared the names of any lifter whose sample has progressed into the final stage of the evaluation process. That information is confidential, and I have honored that confidentiality. Anyone who suggests differently is misinformed. However, the lifters who are "runner up" to the national champions have equal rights for protection as do the hundreds of other women lifters who advocate drug testing.

In paragraph 7, Dr. Cotter passes reference to the Discipline Committee and the recommendations that the Committee submitted to the U.S.P.F Executive Committee. By Dr. Cotter's own admission this committee is made up of persons whose integrity is above reproach. I have conferred with Discipline Committee Chairman Jan Shendow, and I can tell you that the recommendations were not made up hastily. The recommendations were formulated and forwarded after intense deliberation in the belief that following these recommendations would be "in the best interests of the sport of Powerlifting". The sanctions which the Disciplinary Committee recommended and passed on to Dr. Cotter and the U.S.P.F. Executive Committee are as follows:

1. Nine month suspension for competition in U.S.P.F. sanctioned contests. The suspension should begin the day after the date of the test, and should not be linked in any way to the date of receipt of the test results.

2. Revocation of title and awards obtained at the contest at which the testing was conducted. Such title and awards shall go to the next highest placing individual not found to be positive on the drug test. This does not imply that 2nd or 3rd place individuals necessarily were tested, only that if they too are detected positive as a result of the random testing procedure, that they should not be considered for a higher award. If the winning of this contest results in the selection of the members of the USA team to the World Championships, that reward too should passed to the next highest placing individual not found to be positive on the drug test.

I believe that we are presently standing at an intersection. One road will lead to more sophisticated testing techniques which in the future will help to insure quality in lifting. This road will enhance the philosophy that people will win because of their own innate physiological and psychological characteristics. The other road will lead to abolition of testing which will promote the use of foreign substances taken into the body as a possible determinant of the winner. This road will enhance the philosophy that "anything goes, with no holds barred". Regardless of which road we take in the future, I do believe we are obligated to compete by the present rules, which in this case includes adherence to the IOC list of banned substances. I further believe that as indicated in the bylaws of the U.S.P.F., when a member of the U.S.P.F breaks a rule, they are to be placed in the hands of the Discipline Committee for "due process of law". I belong to the A.P.F. and the A.M.P.F. and in these organizations there are no rules relevant to use of substances on the IOC list. When I compete in these meets I know what the rules are and therefore what to expect. I of course remain "pure" relative to substances on the IOC list, but I do not complain about any advantage that I feel others may have, because I know what the rules are at the outset of the competition and I sign the entry form as evidence of my contract to compete under those rules.

My position on drug testing is obvious and has always been so. I would like for each of you women out there to make your view known to President Cotter and the U.S.P.F. Executive Committee right now. I believe that the silent majority needs to be heard on this matter and it is your obligation as a member of the U.S.P.F. to do just that.

Judy Gedney, Chairwoman, USPF Woman's Committee

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STARTIN' OUT

A special section dedicated to the beginning lifter

Strength Training for Powerlifting

by Dennis B. Weis

In POWERLIFTING there are many approaches to the acquisition of SUPER HUMAN STRENGTH especially as it applies toward preparing for an upcoming competiton.

Addressing the subject of selecting a powerlifting schedule we must basically decide how the TIME FACTOR will influence our choice of a powerlifting program.

How much time can we dedicate each day (2-3 hrs. or less) to a P/L schedule? How many days per week (5-6) or less?

After This...

Then of course the most important TIME FACTOR to be considered is that of RECOVERY TIME between workouts.

Regarding the 3 basic powerlifts, it normally takes 3 to 4 days to recover from Bench Pressing and 4 to 5 days between Deadlift and Squat sessions, that is if one is training within the 80% maximum guidelines.

I would like to share with you a P/L schedule which represents a most efficeint use of actual elapsed training time and maximum recovery between workouts.

POWER TRAINING ROUTINE

Monday:

Deadlifts.....1x10 *(50%)
Rest 4 to 5 minutes between sets. Concentrate on form, and pull shoulders high each rep. 1x8 (70%) 1x3 (80%) 1x3 (90%) 3x3 (80%)
Barbell High Pulls....3x6 (60%)
rest 3 minutes between sets; explode on pull, then lower rather slowly.
Parallel Bar Dipping...1x10 (30%)
Rest 3 to 4 min. between sets. Explode from low position dead stop. 1x6 (50%) 3x3 (80%)
Bodyweight.....1x to failure

Tuesday:

(20 to 30 minutes) Assorted midsection and neck work: your choice.

Wednesday:

High Bar Full Squats
Same schedule as Deadlift.
Squat Jumps...bwt. to 2x failure
Barbell Curls (slight cheat).....5x5
Rest 2 minutes between all sets.

Friday:

Bench Press
Same schedule as Deadlift.
Chinups/Pullups
Same schedule as PB Dips.
On these chinups use a fairly narrow grip. Do these of course with palms facing you one workout, then palms facing away (pullup) the next, ect.

Saturday & Sunday:

COMPLETE REST!!!

Every 3 weeks do your 1x3 (90%) in the deadlift, squat & bench press in this manner:
1 set of 3 reps.....90% limit
1 set of 2 reps.....95% limit
4 single attempts
Rest 5-7 min. between attempts.
Be sure to finish off with 3x3 (80%)
Increase weight whenever possible by 5 lbs. Do this proceedure *only* every 3rd week!!!

3 Weeks Before the Contest:

2 sets.....High Pull (60%)
3 sets of 6 repsBar Dips (50%)
2 sets to failure bwt. Squat Jumps
3 sets of 7 reps..Cheat Curls
4 sets of 6 reps Chin-Pullup (50%)

Also at this point (3 weeks before contest), do you DL, SQ, and BP sequence in this manner:
1x20 (30%)
Rest 2 min.....1x10 (50%)
Rest 2 min.....1x8 (60%)
Rest 3 min.....1x3 (70%)
Rest 5 min.....1x3 (90%)
Rest 5 min.....1 rep (95%)

3 more single attempts in 5 lb. increments, with 5 min. rest between sets. If you have an abundance of energy, do 1 to 3 more single attempts this way to break your previous record.

Rest 5 min.....1x15 (15%)

Stop

Two days before a contest, don't do anything with weights, and if your weight is well within the limit, eat quite a lot of potatoes (baked well done preferably) for a very high level of energy. This is a trick the Russians use frequently.

Comments & Notations

Always warm-up properly before beginning the scheduled days workout. The approximate percentages of weight to use is based on your best maximum single effort in the exercise you are doing.

On the DL, SQ, Dips, Bench Press and Chins/Pullup try to add 10 lbs. per week to each set - but if not possible, don't settle for less than 5 lbs.

With regard to the percentages I listed 3 weeks prior to the contest be sure to use a weight that corresponds to those figures to avoid overtraining in that sequence. You should want desperately to do more lifts after your workout is done...BUT DON'T since this reserve of energy at contest time, along with adrenaline caused by competition, will allow you to express much more strength in your lifts!

Thats the program in its entirety. Maximum benefits will be realized by following this program from 8 to 12 weeks prior to a scheduled competition.

For the sake of variety you might arrange the exercises (and their listed percentages) within the Peaking Cycle guide that Fred C. Hatfield wrote about in his fine article titled: The Elusive Three-lift Max (back issue of Powerlifting USA).

That's it for now...

Wheaties "Search for Champions II"contest...offers the opportunity for organizations to raise funds, while honoring deserving amateur athletes. Winners will be chosen by an independent judging panel on the basis of personal character, worthy achievements and athletic ability. Sponsoring groups can obtain a free "Get Out the Vote" publicity kit by writing to: Wheaties Publicity Kit, Box 5002, Dept. 361, Minneapolis, MN 55460. Official ballots may be obtained on specially marked packages of Wheaties cereal in stores until September, 1984.

Health Notes from Dr. Richard Herrick...who sent us an abstract of some research that indicates that the use of gravity inversion boots could be hazardous to patients with unsuspected conditions such as latent glaucoma, hypertension, atherosclerosis of the cerebral arteries, small aneurysms of the Circle of Willis, hiatus herniae, and uncompensated congestive cardiac failure, as the rise in both systolic and diastolic blood pressure is considerable. Dr. Herrick also notes some material from the Tufts University Diet & Nutrition Letter (Vol. 2, No. 1, March 1984) which indicates that large daily doses of Vitamin C can reduce the level of copper in human beings, as reported in the American Journal of Clinical Nutrition. Lack of copper at appropriate levels can reportedly affect the formation of red blood cells, leading to possible anemia. On the other hand, copper-rich foods include organ meats, shellfish (especially oysters), nuts and whole grain cereals.

STEROIDS and DEATH...as reported via Associated Press and in USA TODAY, the death of a 26 year old bodybuilder has been ascribed to his 4 years of intermittent steroid use, according to a study in the ANNALS OF INTERNAL MEDICINE by the individual's physician, Dr. Wylie Overly of Latrobe, Pennsylvania. Dr. Overly is quoted by AP as saying that "it's pretty well established that these drugs are carcinogenic" and "it certainly has to be suspected." USA TODAY quoted Dr. David Lamb of Purdue University as saying "I'm glad we have at least this one case so we can counter the argument that a healthy athlete has never been hurt by steroid use."

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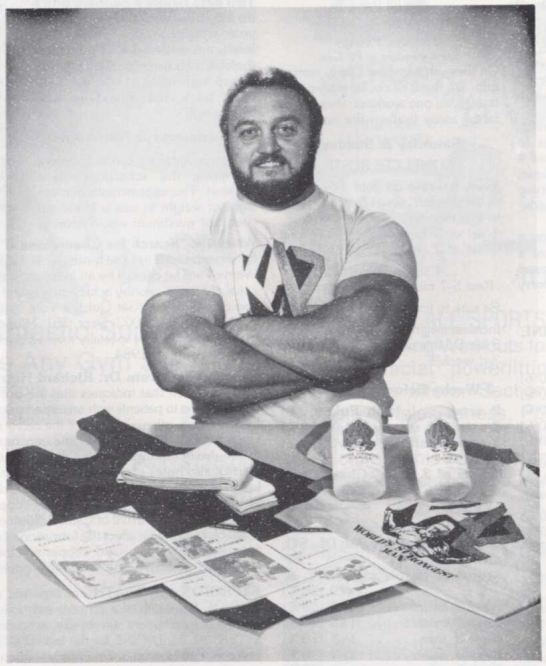

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The Referee's Corner

The sport of powerlifting has become extremely popular during the past five years, and as a result, we have experienced a phenomenal growth rate. As the sport continues to expand throughout the country, more officials and lifters are becoming involved in controversies regarding the existing rules governing the sport. In almost any meet, the same, familiar misinterpretations are occurring and people are finding it difficult to agree on what is really meant by what is written in the rule book. This column has been approved by the USPF and will hereafter serve as the official interpretaion of all U.S.P.F. rules which are currently in effect.

Question: *What is the correct position for a lifter preparing to squat?*
Answer: *The IPF rules require the lifter to assume an upright position with the top of the bar not more than 3 cm below the top of the anterior deltoids, the bar across the shoulders in a horizontal position, hands gripping the bar, feet flat on the platform.*

The two factors that create the most controversy at this point of the lift are:
1. How straight does a lifter have to stand to be considered in the upright position?
2. Where does the rule book require a lifter's knees to be locked at the beginning of the squat?

The first question on the upright position is depicted in the rule book by a single line diagram of a lifter standing straight up and down and then continues in a series of illustrations to show the proper squatting sequence to below parallel. For all practical purposes, a lifter will have to tilt his body slightly forward so the bar will be in a straight line to form a center of gravity over his foot. This counterbalances the weight placed on one side of a perpendicular plane. The degree of tilt forward is not the factor to be considered in judging uprightness; attention should be directed to the straight line of the body. This infraction begins when the lifter bends at the hips to balance the weight. As long as the lifter maintains a straight body line, leaning forward to center the weight will have to be minimal to maintain balance.

The second question regarding the knees being locked at the start of the squat is a presumption concluded from the wording of the rule. The first paragraph describing the squat in the rule book command a lifter to be in the upright or straight up and down position and the diagram depicts the lifter in a straight line. The second paragraph continues by instructing the lifter to 'bend the knees and lower the body, etc.' 'Bend' is defined as causing to take the form of a curve, and 'straight' is defined as extending uniformly in one direction without curve or bend. Therefore, if the intent of the rule was to permit the knees to be bent at the start of the squat, the wording would have to be 'continue to bend the knees and lower the body, etc.'

Question: *What equipment and wearing apparel must be checked and stamped for approval prior to a contest, and what may a lifter wear in addition to the prescribed costume?*
Answer: *When a lifter submits his equipment for inspection prior to the competition, he shall be prepared to have a stamp of approval on all required equipment. This includes the costume or lifting suit, athletic supporter or briefs, and shoes (briefs are optional for women). In addition, the lifter shall have a stamp of approval on the optional items listed in the IPF rule book: t-shirt or vest, belt, knee wraps and wrist wraps. All other personal apparel intended to be worn, except jewelry, hair pieces and hair grooming items (i.e. hair pins, ribbons, berets, etc.) shall be submitted for inspection to determine their appropriateness in the contest. These items include, but are not limited to, socks, head bands, etc. Bonafide reasons for rejecting a head band would include pejorative designs, tassels, etc. A lifter is never permitted to wear a hat on the lifting platform because it is an inappropriate item that detracts from the sport of powerlifting.*

The rule for changing part of the costume, belt or wraps, or wearing anything which is contary to the rules clearly states that the competitor shall be disqualified from the competition. This rule was written to prevent lifters from switching apparel after the inspection to gain an advantage in their lifting, and to prevent them from wearing inappropriate items that would discredit the sport. These are both serious offenses and would justify removal from the contest; however, if a lifter's only offense was wearing an unapproved personal item that by all standards would be acceptable, a warning would suffice.

Please address all correspondence regarding this column to:
BILL HARTMANN, 138 S. Valencia "G", Glendora, CA 91740

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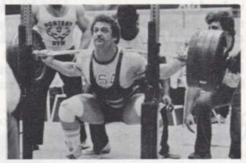

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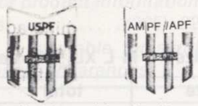

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1	960 Waddington, D 11/12/83	628 Moran, L 12/17/83	848 Kazmaier, B 7/83	2298 Kazmaier, B 7/24/83
2	953 Moran, L 12/17/83	589 Bouvier, W 7/24/83	832 Kenady, D 7/24/83	2287 Moran, L 12/17/83
3	942 Wrenn, P 7/24/83	573 Hagans, T 6/5/83	820 Reynolds, G 5/7/83	2232 Bouvier, W 7/24/83
4	909 Fely, D 4/5/83	567 Young, D 3/17/83	804 Boscaccy, B 6/5/83	2232 Kenady, D 7/24/83
5	909 Kazmaier, B 7/24/83	560 Aprahamian, G 12/17/83	788 Hechter, G 12/17/83	2200 Waddington, D 11/12/83
6	903 Jeffery, B 3/4/83	560 Baty, M 3/31/84	771 Bouvier, W 7/24/83	2166 Boscaccy, B 6/5/83
7	903 Sandersen,S 11/13/83	551 Fely, D 4/5/83	771 Dear, S 12/17/83	2145 Wrenn, P 4/9/83
8	870 Bouvier, W 7/24/83	551 Kazmaier, B 7/24/83	766 Braxton, C 8/27/83	2138 Jeffery, B 6/5/83
9	870 Kenady, D 7/24/83	551 Gallo, S 12/11/83	766 Piekut, J 10/8/83	2138 Hechter, G 12/17/83
10	854 Buchanon, J 11/13/83	551 Steinacker, R 12/17/83	765 Dimel, M 3/25/84	2138 Steinacker, R 12/17/83
11	843 Pregnar, A 6/5/83	550 Gamble, J 4/17/83	760 Tuttle, B 4/16/83	2121 Fely, D 4/5/83
12	840 Harris, S 4/17/83	550 Barbee, D 10/29/83	760 Pregnar, A 4/17/83	2072 Pregnar, A 6/5/83
13	832 Steinacker, R 12/17/83	550 Bentley, T 2/25/84	755 Ware, J 6/5/83	2061 Dear, S 12/17/83
14	830 Ware, J 3/10/84	545 Boscaccy, B 6/5/83	755 Steinacker, R 12/17/83	2060 Dimel, M 3/25/84
15	826 Boscaccy, B 7/24/83	540 Hechter, G 6/5/83	750 Baty, M 7/16/83	2050 Reynolds, G 5/7/83
16	825 Romaniello, B 2/26/84	540 Waddington, D 11/12/83	749 Hoss 10/17/83	2050 Hagans, T 6/5/83
17	821 Hechter, G 6/5/83	535 Coursin, S 2/25/84	749 Young, C 3/17/84	2050 Ware, J 12/17/83
18	821 Hoss, 12/7/83	534 Davis, R 4/9/83	744 Kidney, L 4/30/83	2039 Sandersen, S 6/5/83
19	820 Dimel, M 3/25/83	534 Madsen, C 6/83	744 Reynold, G 8/27/83	2015 Romaniello, B 2/26/84
20	815 Roger, D 6/12/83	534 Barrett, L 2/18/84	740 Wrenn, P 4/9/83	2006 Hoss 12/17/83
21	810 Sachs, K 10/22/83	530 Carini, J 4/24/83	733 Jeffery, B 6/5/83	1990 Tuttle, B 4/16/83
22	804 Hagans, T 6/5/83	530 Gallo, J 12/3/83	730 Waddington, D 4/16/83	1985 Roger, D 6/12/83
23	804 Tuttle, B 6/5/83	530 Stiles, C 12/10/83	730 Cooke, J 8/14/83	1984 Kidney, L 4/30/83
24	800 Tuller, R 4/30/83	529 Kenady, D 7/24/83	730 Edmanson, B 3/18/84	1983 Larson, A 1/14/84
25	788 Larson, A 1/14/84	529 Crayton, R 8/27/83	727 Bradford, B 6/5/83	1980 Wooley, R 10/15/83
26	785 Strickland, O 4/19/83	525 Mahoney, N 8/20/83	727 Sheedy, P 2/8/84	1980 Hall, M 10/29/83
27	782 Henning, J 12/11/83	523 Ware, J 12/17/83	727 Kretsch, B 2/26/84	1978 Braxton, C 8/27/83
28	782 Dear, S 12/17/83	522 Farber, K 2/8/84	727 Lott, D 3/31/843	1975 Aprahamian, G 12/3/83
29	782 Davis, R 12/17/83	520 Roger, D 6/12/83	722 Rienstra, J 3/24/84	1970 Baty, M 3/17/83
30	780 Wooley, R 10/15/83	520 Leonardi, S 12/17/83	715 Barbee, D 10/29/83	1962 Piekut, J 10/8/83
31	780 Hall, M 10/29/83	518 Parker, P 2/8/84	710 Perkins, M 9/24/83	1962 Barrett, L 2/18/84
32	777 Cooper, E 7/31/83	518 Jeffery, B 3/4/84	710 Hall, M 12/3/83	1962 Young, C 3/17/84
33	777 Barrett, L 2/18/84	518 Anderson, E 3/24/84	710 Hunter, C 3/24/84	1956 Davis, R 4/9/83
34	775 Aprahamian, G 12/3/83	515 Burson, M 7/30/83	705 Moran, L 4/2/83	1945 Farber, K 2/8/84
35	775 Garritano, A 1/28/84	512 Sandersen, S 6/5/83	705 Martin, D 4/9/83	1942 Sachs, K 10/22/83
36	766 Kreis, E J 2/17/84	512 Barber, D 11/13/83	705 Snyder, C 10/8/83	1940 Buchanon, J 6/83
37	760 Braxton, C 4/5/83	510 Dunn, B 4/17/83	705 Fraser, L 10/9/83	1935 Harris, S 4/17/83
38	760 Reynolds, G 5/7/83	510 Hall, M 12/3/83	705 Coleman, D 11/19/83	1934 Madsen, C 6/83
39	760 Lindway, S 6/11/83	510 Marriott, J 1/15/84	705 Romaniello, B 12/17/83	1934 Young, D 3/17/84
40	760 Madsen, C 6/83	510 Smith, J 3/31/84	705 Larson, A 1/14/84	1929 Lott, D 3/31/84
41	760 Crayton, R 8/27/83	507 Dear, S 12/17/83	705 Farber, K 2/8/84	1920 Tuller, R 4/30/83
42	760 Drake, F 3/17/84	505 Roberson, J 9/10/83	705 Burruel, M 3/18/84	1890 Crayton, R 8/27/83
43	750 Brick, J 3/10/84	505 Tanner, E 12/10/83	700 Tuller, R 4/30/83	1890 Bradford,B 6/5/83
44	745 Newman, B 11/13/83	505 Venezia, F 2/26/84	700 Wooley, R 10/15/83	1884 Parker, P 2/8/84
45	744 Lott, D 3/31/84	501 Kidney, L 4/30/83	700 Miller, R 10/29/83	1875 Garritano, A 1/28/84
46	740 Woodard, K 12/17/83	501 Carter, D 1/21/84	700 Green, D 10/83	1870 Smith, J 3/31/84
47	740 Smith, D 2/26/84	500 Wrenn, P 4/9/83	700 Garritano, A 1/28/84	1865 Edmanson, B 3/18/84
48	739 Kidney, L 4/30/83	500 Yaklich, D 6/4/83	700 Martin, T 3/10/84	1862 Fraser, L 10/9/83
49	738 Thompson, S 12/7/83	500 Wooley, R 10/15/83	699 Doggendorf, M 6/25/83	1862 Kreis E J 2/17/84
50	735 Hunter, C 3/24/84	500 Blyth, N 3/31/84	695 Moen, J 3/31/84	1862 Sheepdy, P 3/4/84
51	733 Sheedy, P 3/4/84	494 Sachs, K 10/22/83	694 Heidi, B 4/9/83	1860 Newman, B 11/13/83
52	725 McCain, D 3/10/84	490 Larson, A 1/14/84	688 Graese, L 11/20/83	1855 Strickland, O 4/19/83
53	722 Tomaski, J 4/17/83	490 Young, C 3/17/84	688 Dockweiler, J 2/18/84	1851 Tomaski, J 4/17/83
54	722 Dockweiler, J 2/18/84	490 Bradford, B 3/25/84	685 Waldron, B 4/2/83	1851 Henning, J 12/11/83
55	722 Young, C 3/17/84	485 Pregnar, A 6/5/83	6873 Reinstra, J 1/15/84	1851 Dockweiler, J 2/18/84
56	720 Riley, E 4/17/83	485 Ruffin, B 7/9/83	680 Walker, G 6/19/83	1850 Brick, J 3/10/84
57	716 Farber, K 2/8/84	485 Piekut, J 10/8/83	680 Smith, J 3/31/84	1846 Kretsch, B 2/26/84
58	710 Ahwong, A 6/83	485 Thomason, A 10/29/83	677 Tomaski, J 4/17/83	1845 Woodard, K 12/1/83
59	710 Hart, B 7/31/83	485 Romney, T 2/18/84	677 Sandersen, S 6/5/83	1845 Drake, F 3/17/84
60	710 Perkins, M 9/24/83	485 Sicheri, G 2/25/84	675 Newman, B 11/13/83	1845 Hunter, C 3/24/84
61	710 Piekut, J 10/8/83	485 Romaniello, B 2/26/84	672 Hagans, T 6/5/83	1840 Cooper, E 7/31/83
62	710 Pelfrey, C 11/27/83	480 Dimel, M 8/21/83	672 Buchanon, J 6/83	1840 Stiles, C 12/10/83
63	710 Baty, M 3/17/84	480 Poindexter, J 2/25/84	670 Howington, B 11/20/83	1840 Venezia, F 2/26/84
64	710 Edmanson, B 3/18/84	475 Scorziell, D 4/16/83	670 Dorn, G 3/24/84	1835 Perkins, M 9/24/83
65	710 Knox, W 3/24/84	475 Strickland, O 4/19/83	666 Davis, R 4/9/83	1830 Knox, W 3/24/84
66	705 Dirksen, R 4/9/83	475 Meyers, T 6/11/83	666 Wyley, M 2/8/84	1829 Romney, T 2/18/84
67	705 Fraser, L 10/9/83	475 Foster, K 11/12/83	665 Davis, G 8/6/83	1829 Barber, D 3/24/84
68	705 Barber, D 11/13/83	470 Reynolds, G 5/7/83	665 Woodard, K 12/17/83	1813 Rienstra, J 3z/24/84
69	705 Parker, P 1/23/84	470 Snyder, C 3/24/84	665 Kaminski, L 1/21/84	1810 Smith, D 2/26/84
70	705 Peak, M 2/12/84	468 Rizzo, J 4/17/83	665 Knox, W 3/24/84	1807 Peak, M 2/26/84
71	705 Young, D 3/17/84	468 Kretsch, B 2/26/84	661 Fely, D 4/5/83	1807 Anderson, E 3/24/84
72	700 Griffing, M 4/83	462 Schroeder, F 4/9/83	661 Parker, P 2/8/84	1800 Riley, E 4/17/83
73	700 Carter, W 12/10/83	462 Buchanon, J 6/83	661 Peak, M 2/26/84	1800 Yaklich, D 6/4/83
74	700 Bradford, B 3/25/84	462 Kreis, E J 2/17/84	661 Young, D 3/17/84	1791 Thompson, S 12/17/83
75	695 Venezia, F 2/26/84	460 Helfrich, G 4/24/83	660 King, J 4/23/83	1790 Snyder, C 10/8/83
76	694 Romney, T 2/18/84	460 Little, W 6/18/83	660 Drake, F 3/17/84	1785 Doggendorf, M 6/25/83
77	685 Kaminski, L 1/21/84	460 Garritano, A 1/28/84	655 Harris, S 4/17/83	1785 McCain, D 3/10/84
78	683 Heidi, B 4/9/83	460 Brick, J 3/10/84	655 Griffing, M 4/83	1780 Heidi, B 4/9/83
79	680 Salvidio, M 4/30/83	457 Braxton, C 4/5/83	655 Meyers, T 6/11/83	1780 Meyers, T 6/11/83
80	680 Smith, J 10/23/83	457 Lott, D 3/31/84	650 Pearson, 4/23/83	1775 Lindeway, S 6/11/83
81	677 Doggendorf, M 6/25/83	455 Kinnard, G 4/17/83	650 Yaklich, D 6/4/83	1775 Cooke, J 8/14/83
82	677 Martinez, G 9/10/83	455 Roehr, J 10/24/83	650 Roger, D 6/12/83	1770 Walker, G 6/19/83
83	677 Wyley, M 2/8/84	455 Hoss 3/17/84	650 Martinez, G 9/10/83	1769 Martinez, G 9/10/83
84	675 Scarziell, D 4/16/83	455 Knox, W 3/24/84	650 Hart,B 9/10/83	1763 Reynolds, G 8/27/83
85	675 Schroeder, L 8/6/83	451 Tomaski, J 4/17/83	650 Aprahamian, G 12/3/83	1760 Martin, D 4/9/83
86	675 Hoop, W 11/27/83	451 Tuttle, B 6/5/83	650 Stiles, C 12/10/83	1760 Martin, T 3/10/84
87	675 Davis, G 12/83	451 Hill, O 7/83	650 Thompson, S 12/17/83	1758 Shea, T 3/24/84
88	672 Cooke, J 5/28/83	451 Fraser, L 10/9/83	650 Claridy, D 12/17/83	1750 Kaminski, L 1/21/84
89	670 Martin, D 4/9/83	451 Hudec, R 11/6/83	650 Hudgens, D 12/17/83	1747 Ahwong, A 6/83
90	670 Walters, P 3/31/84	451 Rienstra, J 1/15/84	650 Barrett, L 7/31/83	1747 Hart, B 9/10/83
91	666 Harmoney, H 4/30/83	451 Watson, G 1/28/84	650 Romney, T 2/18/84	1747 Graese, L 11/20/83
92	666 Dimaggio, P 5/7/83	451 Peak, M 2/26/84	650 Pacyga, M 2/19/84	1745 Patterson, J 6/11/83
93	666 Miller, R 6/5/83	451 Shultz, R 3/17/84	650 Smith, D 2/26/84	1741 Miller, R 6/5/83
94	665 Walker, G 6/19/83	451 Shea, T 3/24/84	650 Barber, D 3/24/84	1741 Carter, D 1/21/84
95	665 Eberly,M 6/19/83	450 Fallagan, D 4/7/83	650 Andrews, W 3/31/84	1736 Wyley,M 2/8/84
96	661 Rogeson, M 10/1/83	450 Mather, J 4/16/83	645 Lindeway, S 6/11/83	1735 Davis, G 8/6/83
97	661 Reinstra, J 1/15/84	450 Patterson, J 6/11/83	645 Burton, J 3/18/84	1730 Schroeder, L 8/6/83
98	661 Pinkson, 1/28/84	450 Reeb, N 6/18/83	644 Doll, R 10/1/83	1729 Schultz, R 3/17/84
99	661 Collins, G 3/3/84	450 Schroeder, L 8/6/83	644 Anderson, E 3/24/84	1725 Schroeder, F 4/9/83
100	661 Corum,M 3/4/84	450 Majors, J 11/12/83	644 Shea, T 3/24/84	1720 Blyth, N 3/31/84

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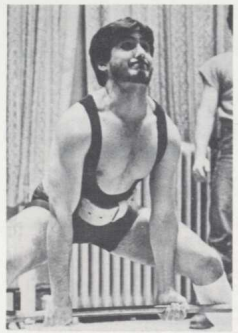
NEXT MONTH...TOP 114s



Jerry Silva...deadlifting 501 at 132 at the TriState meet. Micik photo.

1983 Tri State Meet
3/3&4/84 - Warwick, NY (kilos)

	SQ	BP	DL	Total
52kg				
Geoff Clark	115	65	165	345
56kg				
Tony Pallas	160	87.5	192.5	440
John Brant	142.5	82.5	172.5	397.5
60kg				
Jerry Sylvia	215	125	227.5	567.5
Jay Welu	160	117.5	175	452.5
Brett Weidel	117.5	80	125	322.5
67.5kg				
Larry Mintz	262.5	135	230	627.5
I. Pawlowicz	227.5	120	215	562.5
Joe Croskey	175	135	205	515
Jim Micik	175	135	195	505
Jas Lagiglia	115	110	165	390
75kg				
J. Prendergast	227.5	150	250	627.5
Ray Pamulo	252.5	130	230	612.5
Mike Collins	225	110	265	600
Keith Edwards	200	125	227.5	552.5
L. Hughes	195	140	195	530
82.5kg				
Frank Palmer	262.5	172.5	272.5	707.5
D. Johnson	250	170	260	680
Mike Tiano	240	132.5	230	602.5
Art Petridis	230	137.5	205	572.5
Dan Guzman	192.5	145	230	567.5
Brent Bahl	205	107.5	182.5	495
90kg				
Jas Corsitto	260	160	272.5	692.5
Russ Smith	245	170	275	690
Mike Dematteo	245	147.5	250	642.5
Claude Hagen	240	142.5	255	637.5
Anthony Bongo	225	155	227.5	607.5
Mike Ferry	217.5	140	240	597.5
H. Gelchinski	227.5	137.5	227.5	592.5
John Sarkis	187.5	127.5	202.5	517.5
V. Badomi	185	122.5	207.5	515
Henry Senno	162.5	115	210	487.5
100kg				
Dave Abramson	282.5	182.5	292.5	757.5
Steve McDermott	222.5	190	250	662.5
Jas Kierstead	220	147.5	250	617.5
Robt Charleton	182.5	142.5	222.5	547.5
Chas Koehler	187.5	105	205	487.5
110kg				
Bob Marshall	277.5	170	295	742.5
Vern Madden	215	145	250	610
Vince Hanzich	180	157.5	227.5	565
Allan Schultz	205	92.5	210	507.5
125kg				
Mike Mack	255	165	255	675
Chas Schroeder	260	162.5	250	672.5
Bill Hogan	230	130	210	570
SHW				
Bob Owens	235	120	227.5	582.5
WOMEN				
48kg				
M. Michlewski	82.5	42.5	95	220
52kg				
Kathleen Terry	90	42.5	125	257.5
C. Borzumate	87.5	45	120	252.5
M. Coles	90	42.5	107.5	240
56kg				
Susan Drach	107.5	50	125	282.5
67.5kg				
Bev Rogers	105	65	147.5	317.5
Eliz. Lind	87.5	60	152.5	300
Eve Hemmans	97.5	47.5	145	290

Sponsored by Bellvale Barbarians Power team; meet director: Vaughn Maldfeld; announcer: B. Burns. scorekeeper: B. Moffitt; Judges: V. Maldfeld, C. Schroeder, Wm Griffin, Joe Steinfeld, Rip Gregory, B. Takala, J. MacNaughton, Chas Nelson, Jim King, Jerry Szigethy and Bob Owens, Felix Gom. Loaders: Chas Nelson, V. Rudinski, T. Wedel, F. Dias, B. Weidel, J. Prendergast, V. Maldfeld, Bob Holderith and M. Henderson. Women: best squat: S. Drach, BP; B. Rogers, DL: K. Terry, total: S. Drach; Men: ltwt: Best squat: L. Mintz; BP; F. Palmer; DL: J. Sylvia, total: J. Sylvia; Men: hvy: Best squat: D. Abramson, BP: S. McDermott, DL: J. Corsitto, total: D. Abramson. most improved lifter: Susan Drach. 1st place team: Bellvale Barbarians: 44 pts; 2nd: West Point Black Knights: 35 pts. Thanks to Vaughn Maldfeld for results.

1984 Illinois Jr State
2/19/84 - Chicago, IL

114	SQ	BP	DL	Total
V. Garramore	---	---	---	880
123				
T. Misewicz	---	---	---	1035
J. Littman	---	---	---	915
148				
S. Morgan	535	300	500	1335
J. Thurm	550	290	475	1315
S. Ickow	450	315	435	1200
M. McRae	500	265	430	1195
R. Fogel	425	275	430	1130
165				
N. Hampton	605	325	525	1455
B. Whitlow	545	335	530	1410
T. Denton	580	305	520	1405
L. Onsen	525	325	555	1405
R. Presswood	530	270	550	1350
181				
M. Forni	600	335	600	1535
D. Lane	620	345	565	1530
J. Villanueva	590	380	550	1520
T. Matichak	600	350	555	1505
T. Hagerman	525	315	550	1390
198				
G. Fidler	650	400	680	1730
E. Fink	650	350	630	1630
D. Taylor	620	370	585	1575
R. Szala	520	380	555	1455
J. Henry	505	350	565	1420
220				
R. Nudo	660	465	600	1725
S. Brodie	670	365	650	1685
B. Stevenson	650	380	645	1675
R. Davis	650	350	590	1590
J. Gregory	590	345	555	1490
242				
K. Wold	680	420	655	1755
S. Granzig	640	440	670	1750
B. Zaworski	700	420	630	1750
C. Zackary	620	385	600	1605
B. Tracy	640	345	545	1530
275				
S. Alsbury	675	430	725	1830
D. Pool	685	450	630	1765
J. Hunt	710	400	635	1745
P. Rupright	650	445	620	1715
J. Budde	670	375	655	1700
SHW				
M. Pacyga	635	405	650	1690
G. Presley	550	370	600	1620

Thanks to Ralph Sesso for results.

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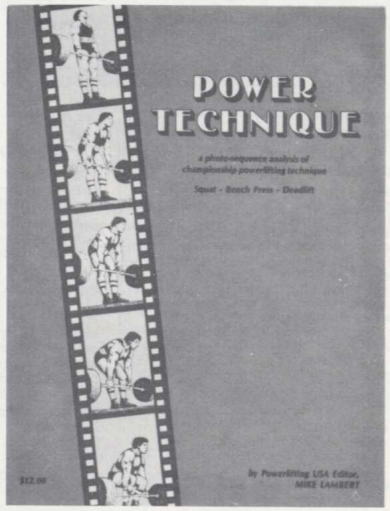

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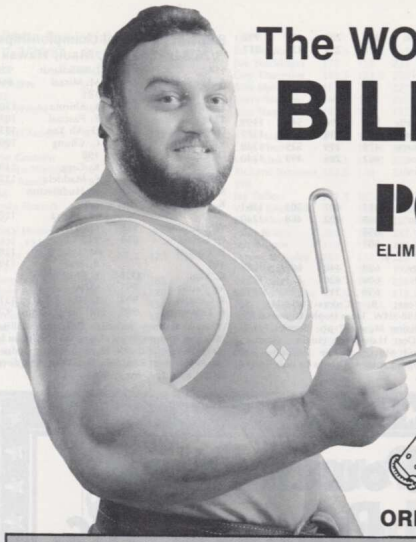

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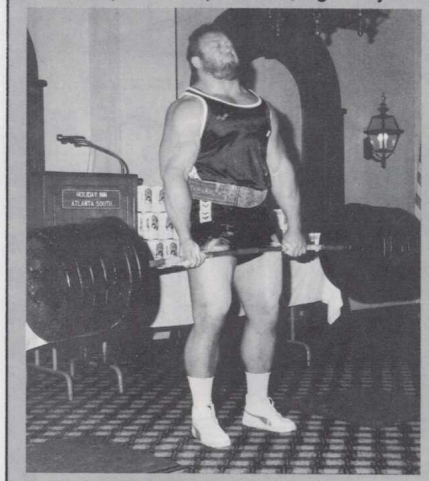

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15th annual Tri State Open
4/8/84 - Havre de Grace, Md

	SQ	BP	DL	Total
WOMEN				
Julie White	576.70			
Barbara Dunn	537.60			
Diane Fisanich	515.11			
Gwen Patillo	440.58			
OPEN DIV				
123				
Robt Wiegert	280	180	360	820
Barbara Dunn	205	120	265	590
Diane Fisanich	180	85	220	485
132				
Iain Burgess	405	270	455	1130
Robt Rexroth	395	190	390	975
Julie White	240	120	300	660
148				
Wayne Bohli	465	290	490	1245
Chas Sizemore	435	260	450	1145
Robt Sam	380	285	440	1105
D. Moynihan	350	275	415	1040
Steve Middleton	425	210	405	1040
Todd Buechs	300	250	400	950
Darin Ashley	290	250	390	930
Andy Thompson	275	205	400	880
165				
Larry Przybylski	525	310	565	1400
Bruce Hacker	455	305	540	1300
Greg McMichael	490	275	480	1245
John Williams	400	350	450	1200
Dale Young	405	200	425	1130
Jas Wasson	360	235	405	1000
Gwen Patillo	195	125	280	600
181				
Scott Shiplett	625	395	575	1595
Jack Reaps	600	310	550	1460
Jerry Johnson	535	285	535	1355
Geo Janvier	530	305	500	1335
Ed Odane	475	260	570	1305
Scott Quinn	475	300	475	1250
M. Hollandworth	300	230	400	930
198				
M. Peck	660	460	630	1750
Sam Fielder	605	400	610	1615
David Kowalick	540	360	580	1480
Kirk Karuaski	540	355	540	1435
Sam Fielder jr	520	300	530	1350
H. Sprayberry	450	330	530	1310
Tim Pederson	500	310	500	1310
John Mogavero	435	340	405	1180
Jas Turpin	365	280	455	1100
220				
Joe Farri	650	435	660	1745
Eliot Doppelt	600	380	610	1590
B. Washington	555	360	635	1550
Kent Ferrente	630	340	580	1550
Craig Pilson	540	375	600	1515
Robt Rood sr	500	350	575	1425
242				
Chet Martin	565	390	610	1565
Tim Stewart	525	325	585	1435
Don Starr	480	340	590	1410
275				
Mark Chaillet	845	470	780	2095
SHW				
Vic Kennedy	650	415	635	1700

Masters div: Iain Burgess: 921.62; S. Fielder jr: 829.84; Robt Rood sr: 805.26, Don Starr: 772.82; Jas Wasson: 696.40. Best lifter pm session: L. Przybylski jr, best lifter nite: Mark Chaillet. Best team: Temple Hills: 42 pts. Thanks to Donald Starr for results.

California Novice Championships
3/24/84 - Clovis, CA

	SQ	BP	DL	Total
114				
Mark Garza	214	170	259	644
123				
Mike Mariani	303	176	402	881
Bill Decosta	225	165	292	683
132				
Ed Toves	303	248	402	953
Denny Coltrin	264	170	358	793
E. Kizer	281	137	363	782
Janet Keyes	225	132	281	639
148				
Bill Tonge	391	253	418	1063
Ken Mayeda	319	275	402	997
Randy Lafata	319	214	402	936
Mike Silva	303	220	369	892
Ray Bahan	264	176	396	837
Oei Agasta	242	225	358	826
Rolland Pacheco				
165				
Mario Vasquez	380	319	435	1135
Nelson Jones	374	303	435	1113
Gary Kovvanis	358	275	473	1107
John Hotta	385	264	457	1107
Jim Murphy	374	242	451	1069
Maggie Sandoval	303	159	385	848
H. Sugawara				
181				
Brian Cokas	446	380	529	1355
Mike Delgado	468	336	540	1344
Pat Guilles	435	374	512	1322
Frank Alaros	468	330	462	1262

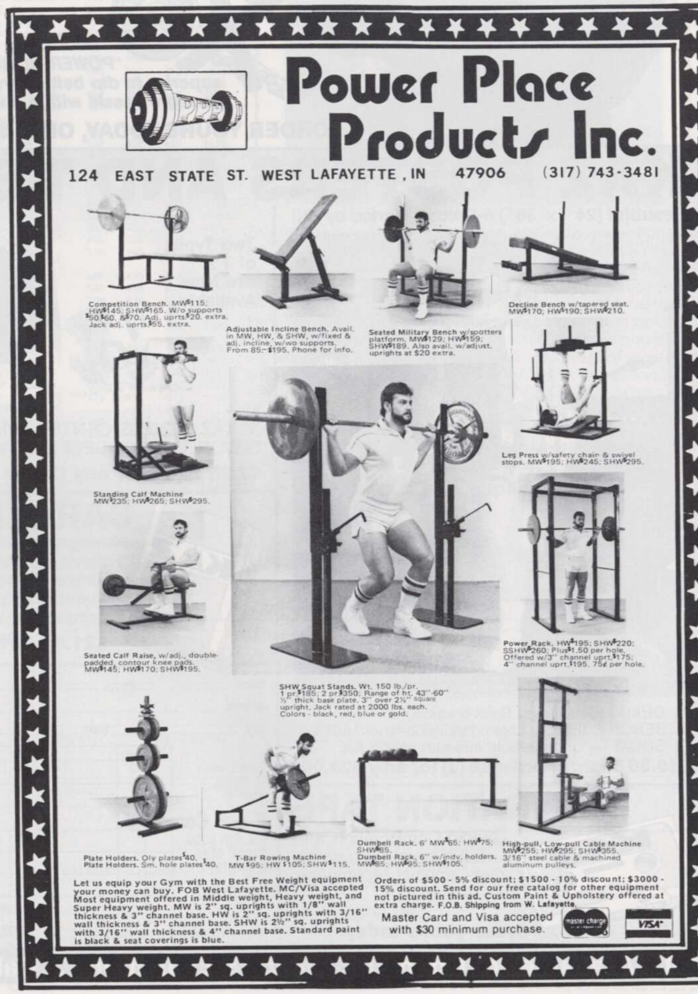
Larry Brandt	468	325	468	1262
Mark Morrill	451	264	523	1240
Bill Buckner	440	303	446	1190
Jim Barbato	363	242	457	1063
Richard Stapp	396	259	407	1063
Rob Goveia	341	264	451	1058
Don Hawley	374	248	407	1030
Bill Honeycutt				
Kelly Mulrey				
198				
Jeff Graham	485	429	529	1444
Brian Williams	473	270	545	1289
Wayne Prodger	418	292	468	1179
Chris Costas	424	259	479	1162
Milton Vance	413	264	462	1140
Frank Santoya	314	275	352	942
220				
Jeff Shephard	429	352	540	1322
R. McCartney	479	36	501	1317
Kent Oliver	462	325	507	1295
Robt Puzar	479	292	507	1278
Al Haro	451	325	501	1278
Jim Clifford	429	297	545	1273
Bryan Fletcher	429	369	473	1273
Tom Cordero	396	297	551	1245
Ron Wilford	457	303	462	1223
John Siracose	407	270	507	1184
Jim Hall	424	275	418	1118
Chuck Rainey	380	281	402	1063
Roger Bolton	352	209	429	992
Wm Dove	374	231	231	837
D. Nickel				
R. Chalfani				
R. Vergudo				
S. Moreno				
242				
A. Khoshbarile	562	396	540	1499
Chas Clemmens	473	330	573	1377
John Hembree	479	319	529	1328
Sean Sydnor	462	286	490	1240
D. Hamblin				
C. Alrosa				
275				
Art Ramsey	451	407	501	1361
R. Thomson	369	402	468	1240
A. Meyer	650			
M. Cohen	501			
SHW				
S. McCarver	628	440	600	1669
G. Edwards	600	420	551	1554
Chas Pack	650	319	523	1493

Best lifters: B. Cokas-114-181; S. McCarver:198-SHW. Team trophy Universal PT: 14 pts; Mission Muscle 7 pts; Bernies PH-0. Referees: Don Haley,Jack Hughes, Barbara Packer, Bud Mucci, Lonnie Williams, Jim Waters, Roger Lanigan. Thanks to Bob Packer for results.

Baldwin HI School championships
3/26/84 - Wailuku, Maui, Hawaii

114	
A. Somibeay	720
D. Nagamine	715
T. Satoshige	700
123	
D. Nobriga	810
V. Nouchi	800
D. Cabingas	715
C. Sadang	
132	
M. Kimura	1020*
K. Nobriga	765
148	
W. Satoshige	925
C. Garcia	850
B. Cappal	
165	
K. Yagi	1120*
M. Patilla	995
J. Caballo	990
J. Tamayosa	935
J. Reinhardt	920
M. Mirzai	860
181	
K. Shirota	1305*
T. Pascual	1070
D. Ah Yen	1035
C. Chung	1000
198	
K. Greg	1190
F. Maddela	1175
K. Huddleston	
220	
W. Vierra	1175
M. Bates	
242	
M. Lake	1285
R. Frye	1190
E. Shishido	
SHW	
J. Ellis	1310*
M. Delos Santos	970

* new tourney records. Outstanding lifter Michael Kimura; team champions: Baldwin Hi School; special thanks to all those who helped make this meet a success. Thanks to meet director, Curtis Lee, for results.



Alberta Provincial Championships
2/25/84 - Stettler, Alberta, Canada (kilos)

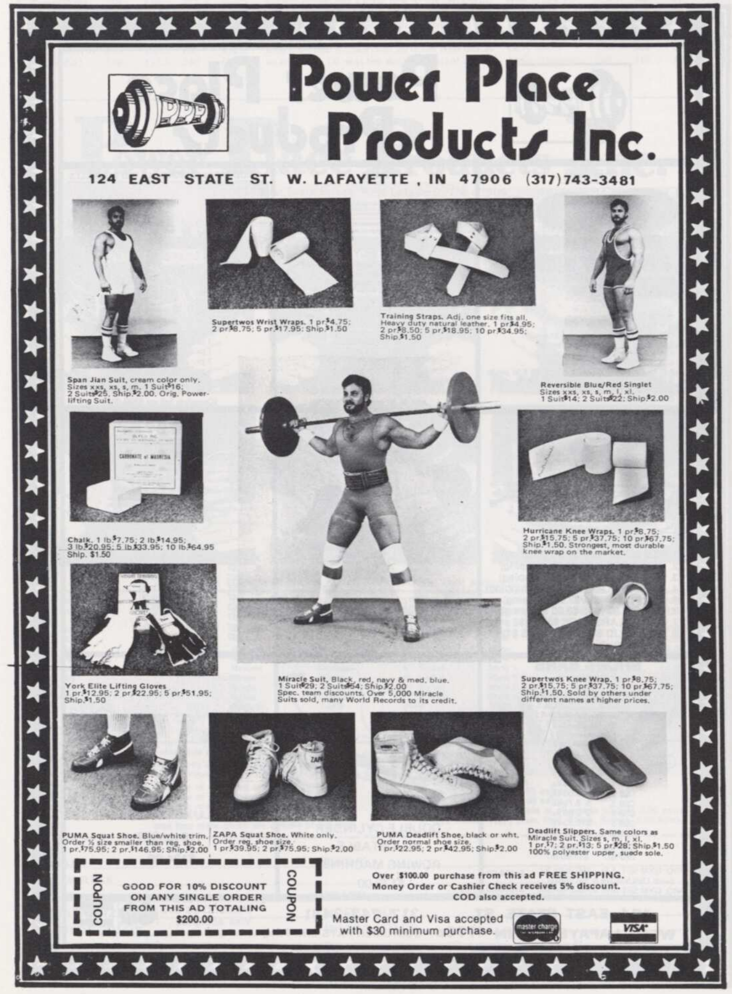
	SQ	BP	DL	Total
WOMEN				
105				
Lori Wright	95	57.5	127.5	280
123				
C. McGladdery	87.5	45	127.5	260
132				
Erin Graham	85	52.5	110	457.5
Bernice Weishaar	70	45	112.5	227.5
Rose Faoro	70	35	107.5	212.5
148				
Linda Skutnik	90	60	137.5	287.5
165				
Tracy Howell	90	55	97.5	242.5
MEN 123				
Shaun Simpson	92.5	67.5	125	285
132				
Naresh Dattani	160	112.5	185	457.5
Chris Smith	150	87.5	180	417.5
Damian Perry	107.5	75	130	312.5
Orrin Perry	110	65	125	300
148				
Pat Nakama	180	117.5	215	512.5
Bob Hindley	135	95	182.5	412.5
Bill Harder	100	50	125	275
165				
Ed Dickau	222.5	167.5	247.5	645
Joe Stockinger	175	115	235	525
Guy Thornton	192.5	122.5	200	515
Bob Mercer	165	90	227.5	482.5
Kerry Swaren	160	100	217.5	477.5
Ron Nagy	167.5	110	192.5	470
181				
Rick Nagy	210	137.5	225	572.5
Cam Thomas	185	132.5	225	542.5
Mike Link	177.5	112.5	220	510
Richard Johnson	152.5	120	230	502.5
198				
Jay Fuller	277.5	167.5	290	735
Wally Grebinski	235	152.5	272.5	660
Mike Alvey	220	142.5	227.5	590
John Braun	205	132.5	232.5	570
Jeff Allison	210	130	222.5	562.5
Davea Craipley	185	122.54	220	527.5
Jim Rabaza	195	130	192.5	517.5
Brain Latawiec	180	117.5	220	517.5
Mike Fotoransky	157.5	97.5	212.5	469.5
Peter Bryant	150	107.5	200	457.5
220				
Jeff Ross	245	165	237.5	647.5
Tom Madsen	200	135	227.5	562.
Murry Ninowski	172.5	122.5	227.5	522.5
Dell Fettig	192.5	120	205	517.5
Lyle Liepert	170	142.5	200	512.5
242				
Geo Pote	220	170	260	650
275				
Brian Bellway	207.5	155	262.5	625
Ken Parsons	235	152.5	237.5	625
Ralph Kowal	152.5	100	217.5	470

This is our first sanctioned meet since our affiliation with the Canadian PL Union - wish us luck. morning session: head judge: Gordon Kay, side judge: F. Schile, side judge: A. Prokop, meet director Mike Alvey, announcer: R. Sparks, recorder: V. Dattani. Best lifter am session: Ed Dickau. Afternoon show: Head judge: R. Sparks, side judges: F. Schile, A. Prokop, Gordon Kay (DL only); announcer: Joe Stockinger. Best lifter afternoon: Jay Fuller. Thanks to Mike Alvey for results.

Women's Canadian Championships
1/28/84 - Montreal, Canada (kilos)

44kg	SQ	BP	DL	Total
Johanne Pattyn	95	52.5	115	262.5*
Andrea Lam	92.5	42.5	115	250
Cathie Tascona	95	45	105	245
48kg				
Wendy Sperling	100	62.5	140*	302.5
Jennifer Bowler	105	55	97.5	257.5
52kg				
Kali Bogias	145	77.5	157.5	380
C. Goudreau	110	50	127.5	287.5
E. McRitchie	97.5	55	105	257.5
56kg				
R. Peterson	130	75	150	355
Yvonne Martin	125	55	142.5	322.5
G. Webster	127.5	50	142.5	320
Julie Avon	127.5	52.5	125	305
Marc Devries	115	60	122.5	297.5
June Beverly	105	62.5	130	297.5
Angela Lam	107.5	50	132.5	290
N. McCrudden	107.5	45	120	272.5
60kg				
Sylvia Stockall	140*	67.5	167.5*	375*
Vesna Puharich	127.5	57.5	147.5	332.5
P. Magilliuray	132.5	57.5	140	330
Roberta Segar				
67.5kg				
Vickey Goss	125	67.5*	147.5	335*
B. Goudreau	115	50	145	310
75kg				
Wanda Wilson	120	65	165	350

* Canadian record; meet directors: Ed Trukbiano, Nelson Sleno. Thanks to Ed Trubiano for results.



Southeast Iron Buffalo Meet
3/3/84 - Wichita, Ks

114	
Scott Coates	650
Joe Salazar	605
Tony Fomby	590
Kevin Nichols	550
Troy Swingle	550
David Wirths	470
Todd Genzalez	450
Jeff Erickson	440
123	
Ed Allen	760
Alan Austin	705
Randy Dillion	700
Tim Bowman	680
M. Proctor	635
D. Wilcoxson	620
Paul Biadshaw	595
Dete Palmer	585
Jim Plummer	570
Mike Schmidt	545
Mark White	540
David Terry	530
Bruce Cardwell	480
Andy Cecil	460
Brian Wright	450
Rob Brown	430
Ramon Borjas	420
132	
K.Thompson	815
Tom Conklin	765
B. Cartwright	755
Tim Eddings	730
Kris Young	700
V. Hernandez	680
Russ Dawkins	635
Jim Docow	630
Terry Rose	480
Mary Powell	460
K. Pederson	430
L. Hooper	405
148	
Mark Mattaher	995
Ken Dawson	860
Red Avdiss	845
A. Dillon	795
Kevin Gero	795
Willie Silvey	790
Steve Doyle	780
Steve Olsen	775
Steve Carroll	770
David Hughes	760
Tea White	725
Chris Young	715
Todd Nibarger	700
Jeff Carroll	695
Lee Weir	685
S. Blackburn	685
K. Morsan	685
S. Miller	675
Randy Bennerr	620
T. Catterson	605
M. Burahart	530
G. Bonewell	280
165	
Daryl Towne	1105
P. Bastida	1005
W. Level	935
Brent Patsons	865
Mike Luellen	815
David Cash	815
David Ingels	800
Trent Ramsey	785
Daren Yohe	785
Eric Larock	755
Tim McCartney	735
Tim Russell	730
R. Zielefoose	725
Mike Son	720
Scott Myers	690
Mark Brown	640
K. Cherrybdes	620
R. Martiens	570
G. Trout	545
Scott Selvidge	530
Chris Halloran	500
R. Furstenberg	235
Bill Riley	225
181	
Rick Eden	1105
Kevin Hall	990
Ed Seidl	970
Tony Morgan	935
Royce Trotter	920
Mike McCurdy	910
Steve Raber	860
Erils Purin	850
Tim Stover	840
Greg Bonar	830
Tom Johnson	795
Marc Bierman	785
Mike Belew	780
Mike Breit	775
Brett Shirk	705
R. Sorensen	655
P. Mansfield	545
Garth Smith	515
A. Teague	435
B. Cayfield	430
198	
Jeff Dedrick	1135
Tod Cecil	1115
Rob Watkins	1095
S. Manley	1025
Dan Wallace	1025
Terry Franklin	945
Tim Jarman	930
Maro Strunk	905
P. Sorrell	895
John Rice	845
D. Fentress	800
Casey Cotton	730
D. Carnall	700
A. Teague	550
Todd Weber	308
220	
Jeff Powell	1130
Andy Mazurek	1080
Daryl Dennis	1000
Brad Edward	975
Joe Brewer	930
M. Randle	890
A. Arroyo	825
Tim Coleman	815
Jas Springer	505
over 220	
Doug Donivan	1240
Darren Trotter	1140
David Gossett	1045
Ed Dunn	1020
Lawrence Pete	950
Jeff Norris	890
Leonard Brown	860
Geo Cash	755
Tim Hersh	

Team results: Southeast: 83; South: 50; Derby: 18; Neton: 6; Mulvane: 34; Cherryvale 0; LCHS: 18; East: 0; Chanute: 70. The southeast Iron Buffalo weightlifting classic was comprised of hi school lifters from Kansas. There were 135 lifters from 9 high schools. The meet was directed by Doug Taylor (Strength coach) along with Mark Templin (head football coach). Thanks to Tod Cecil for results.

North Carolina Championships
3/4 Mar 84 - Greensboro, NC

	SQ	BP	DL	Total
114				
T. Bumgardner	303	214*	352	869
123				
Todd Rhoades	319	154	407	880
Todd Tucker	275	176	325	776
132				
A. Covington	429	341*	501	1271
Mark Wainscot	253	176	314	737
148				
Don Kiefer	451	297	462	1210
Ben Sims	440	225	507	1172
Dale Wiilson	402	270	468	1140
Mark Moore	407	286	429	1122
Terry West	374	242	451	1067
John Franklin	363	236	446	1045
165				
Randy Smith	479	347	518	1344
Abraham Roman	479	347	518	1344
Ed Mosley	501	325	501	1327
Ethell Bell	518	248	534	1300
Greg Willard	490	303	507	1300
Greg Crenshaw	440	286	545	1271
Scott Whiting	462	264	501	1227
Rusty Pace	352	402sr	358	1112
181				
Dennis Jessup	562	388	617	1570
Ed Caudle	562	429	578	1569
Bill Schmidt	584	374	606	1564
Sam Smith	551	330	578	1459
Wayne Fair	551	308	584	1443
Alan Campos	551	297	578	1426
Tim Clark	540	314	529	1383
Bill Nusbaum	529	314	534	1377
L. Hoisington	473	303	540	1316
M. Sherrill				
198				
Alex Greyard	611	424	639	1674
Joe Haithcox	602	429	606	1635
Randy Sheffield	617	352	633	1602
Joey Calisto	606	374	617	1597
Marty Ferrell	501	396	606	1503
Dan Cole	578sr	341	578	1497
Mike Oliver	529	424	534	1487
Archie Slater	479	336	501	1316
Bill Clary	672			
Eric Woods				
Rob Hamm				
Chris Huck				
220				
Dan Plyler	606	451	661	1718
Greg Furguson	672	358	666	1696
Randy Beittinger	633	352	622	1607
Tim Bondurant	568	341	644	1553
Gary Hingleton	578	363	606	1547
John Serra	617	380		
242				
Wm Forbes	661	407	639	1707
P. Bodenheimer	611	424	628	1663
Harold Collins	584	418	534	1547
275				
John Wrape	556	374	611	1541
Vince Harrelson	611	325	501	1437
SHW				
Paul Sheedy	733	424	705	1862
Marty Corum	661	402	551	1614
Larry Bullard	639	347	551	1537
WOMEN				
97				
Carol Gaskey	203*	93*	270*	567*
114				
J. Farabee	214	99	259	572
B. Harvey	203	115	242	561
123				
Sally Collins	209	104	264	578
Sandra Gay	209	88	225	522
Carolyn Manke				
132				
J.Averbach-bl	303*	214*	374*	892*
Donna Walter	181	99	242	523
165				
Amy Bowen	319*	159*	352*	831*
Dotty Davis	314	132	325	771
181				
Mary Helms	281*	115*	270*	666*
MASTERS DIV				
123				
Adelita Swain	154	93	214	461
148				
Jerry Robbins	330	203	385	918
165				
F. Elliott	413	264	473	1150
181				
Frank Reynolds	402	264	325	991
198				
Jerry Jackson	479	330	479	1288
Mortie Hamilton	462	275	473	1210
220				
Tom Coble	512	336	551	1399
242				
Red Swain-BL	600	358	600	1558
David Stewart	468	308	551	1327
Russ Murphey	440	319	485	1244
T. Callahan	446	264	451	1161
275				
Buddy Nash	562	358	507	1427
Buck Harris	418	270	485	1173

Thanks to Dean Best for results.

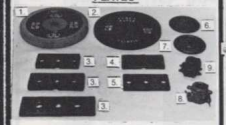
Caseville Open
3/17/84 - Caseville, MI

	SQ	BP	DL	Total
114				
Mickey Smith	185	90	240	515
123				
Ray Buitron	320	180	405	905
132				
Geo Gauche	275	225	380	880
David Mason	275	230	370	875
Randy Hotchkiss	270	175	315	760
Cheryl Popp	190	90	265	545
Nancy Benson	145	100	230	475
148				
Ron Chambers	400	285	515	1200
Brian Harvey	320	270	450	1040
Tim Ciesziak	340	200	425	965
Mark Bartoni	415	300	440	1155
Barbara Milne	230	120	250	600
Mike Torrez				
165				
Rick Bancroft	470	325	515	1310
Jim Bourbonias	410	285	540	1235
Frank Goodrich	425	280	480	1185
Mark Barton	415	300	440	1155
Scott Sevenson	355	220	415	990
Wm Russell	365	200	410	975
Mike Mallory	210	125	355	690
181				
Rich Straatman	505	400	600	1505
Dale Zarzychi	475	330	575	1380
Dave Lawrence	460	275	505	1240
Mark Mellinger	470	275	490	1235
Mike Gorney	360	290	510	1160
Joe Kassin	430	270	460	1160
John Thayer	450	255	405	1110
Sue Pickens	295	150	335	780
Marie Alexander	175	110	275	560
198				
David Kenne	640	300	650	1650
Paul Urchick	600	395	600	1595
D. Brazier	600	330	600	1530
Ron Mills	465	270	560	1295
Gordon Daig	440	290	505	1250
Jerry Palazolo	400	265	545	1210
220				
Blair Moss	670	410	630	1710
Jas Woods	570	335	605	1510
Scott Selley	500	325	610	1435
David Burke	490	330	540	1360
Davei Courey	480	325	530	1335
Kane Monroe	480	300	500	1280
Bob Adams	420	340	500	1260
Mark Egnash	460	250	465	1175
Dennis Mills	430	205	440	1075
Gary Bouvier				
242				
Robt Thompson	580	350	660	1590
Chuck Boudy	550	395	605	1430
Norm Smith	520	340	570	1430
Martin Struhar	550	340	525	1415
Dave Cammon	465	385	500	1350
B. Lauderman	335	200	415	950
275				
Rick Tuller	740	420	730	1640
Greg Brayman	645	410	585	1640
Jeff Sobocinski	640	435	525	1600
Dave May	425	315	480	1220
M. Martinez	400	250	450	1100
SHW				
Mike Beaty	710	540	720	1970
Franko Drake	760	425	660	1845
John Selley	560	385	555	1500
Walk Ailles	455	270	530	1255
David Neal	365	250	460	1075

Women by formula: Bonnie Lauderman, Mickey Smith, Sue Pickens, Cheryl Popp, Barb Milne. Masters: Gordy Daig, Wm Russell, Marie Alexander. Outstanding lifter hvy: R. Tuller, lt: R. Straatman. 1st team: Old Town Gym, Bay City, MI, 2nd: Hercules gym, Madison hts, MI. Thanks to John Parr for results.

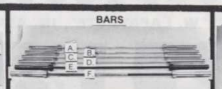
Power Place Products

PLATES



B P 20 $74.00 (not pictured)
1. B P 25 $79.00 pictured
2. O P 2½, 5, 10, 25, 35, 45 lb. $.51 per lb.
3. S W 10 lb., 15 lb., 20 lb. $.63 per lb.
4. S W T P 10 lb. $.99 per lb.
5. S W B P 10 lb., 15, 20 $.80 per lb.
6. F P 1¼, 2½, 5, 7½, 10, 12½, 20, 25, 50 $.50 per lb.
7. S H 1¼, 2½, 5, 10, 25, 50, 100 $.49 per lb.
8. S L C $13.00 pr.
9. O R C $16.00 pr.

BARS



A. 5011 W Heat treated super oly. alloy steel bar
B. 5011 N Super Oly alloy steel bar
C. 5011 Oly steel bar chrome plated
D. 5011 B Heat treated super oly steel bar, chrome
E. 5011 BE Heat treated super oly steel bar, enamel
F. 5011 P Power Place Products Power Bar
G. 5011 PC Power Place with knurled middle

A.	$217.00
B.	$179.00
C.	$139.00
D.	$159.00
E.	$149.00
F.	$159.00
G.	$164.00

add $8.00 per item shipping.

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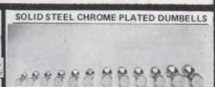
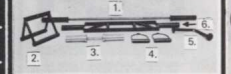


1 pr.	3 lb.	$16.00
1 pr.	4 lb.	$22.00
1 pr.	5 lb.	$25.00
1 pr.	6 lb.	$30.00
1 pr.	8 lb.	$34.00
1 pr.	10 lb.	$40.00
1 pr.	12 lb.	$48.00
1 pr.	14 lb.	$52.00
1 pr.	15 lb.	$54.00
1 pr.	16 lb.	$55.00
1 pr.	18 lb.	$57.00
1 pr.	20 lb.	$60.00

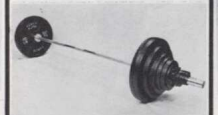
(Complete full set $399.00)

ACCESSORIES



1. STB $25.00 (add $3.00 shipping)
2. DVB $15.00 (add $3.00 shipping)
3. ODB $42.00 (add $4.00 shipping)
4. SH $18.00 pr. (add $3.00 shipping)
5. TB $12.00 (add $3.00 shipping)
6. TCB $20.00 (add $3.00 shipping)
7. ODB COLARS YORK $8 pr. ($2 ship)
8. ODB SOLID STEEL COLARS $12 pr. (add $2.00 shipping)

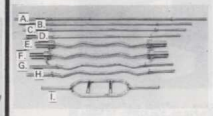
WEIGHT SET



Olympic Set S 5011 N	400 lb. (pictured)		
Olympic Set w/5011 N bar	400 lb. $339.00	310 lb. $299.00	
Gym Set w/5011 BE bar	400 lb. $319.00	310 lb. $289.00	
Power Set w/5011 PC bar	400 lb. $324.00	310 lb. $274.00	
Chrome Gym Set 5011	400 lb. $309.00	310 lb. $259.00	

also available in Kgs.

BARS



A.	ST	5622	$34.00
B.	ST	5522	$26.00
C.	ST	5422	$20.00
D.	ST	5122	$19.00
E.	ST	5613K	$49.00
F.	ST	5613	$48.00
G.	ST	5444 2K	$18.00
H.	ST	5444 2	$17.00
I.	ST	5111	$16.00

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SHORT BARS

CSB 1.	$ 7.00 ea.
CSB 2.	$ 8.00 ea.
CSB 3.	$ 8.75 ea.
CSB 4.	$ 9.00 ea.
CSB 5.	$10.50 ea.
CSB 6.	$11.50 ea.
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DBHBC	$17.00 pr.
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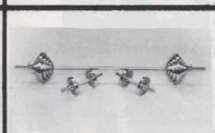

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British under 23 PL Championship
3/17/84 - Manchester, GB (kilos)

	SQ	BP	DL	Total
52kg				
J. Maxwell(Scot)	150	80	205	435*
J. Clay(Yne)	142.5	82.5	155	380
N. Patrick(Wm)	115	60	155	330
J. Holland(Scot)				
56kg				
Fairbrother(Nw)	145	70	180	395
A. Major(wm)	150	92.5	150	392.5
60kg				
McDivitt(Scot)	175	122.5	227.5	525*
R. Roberts(SE)	200	125	200	525*
N. Powell(Wm)	185	100	212.5	497.5
D. Dallen(Nw)	185	95	215	485
R. Briggs(GL)	165	97.5	200	462.5
R. Lyon(Sm)	170	85	187.5	442.5
Dempster(Scot)	170	90	175	435
67.5kg				
K. Jackson(Nw)	220	130	242.5	592.5*
K. Sandrs(GL)	220	130	225	595*
M. Singh(Yne)	210	130	230	570
75kg				
A. Rose(Em)	215	157.5	260	632.5*
S. Wale(GL)	242.5	140	235	617.5
N. Fletcher(Yne)	240	125	232.5	597.5
M. Fitzgerald(GL	210	145	230	585
S. Baines(Nm)	210	130	222.5	562.5
82.5kg				
T. Burford(Sm)	270	145	290	705*
N. Quinn(Yne)	262.5	167.5	255	685*
B. Humble(Wm)	250	137.5	265	652.5
T. Kemal(GL)	230	157.5	240	627.5
G. Stewart(Scot)	210	122.5	270	577.5
90kg				
D. Welsh(Nw)	272.5	160	267.5	700*
P. Borns(Nw)	240	155	262.5	657.5
R. Martin(Sw)	250	122.5	277.5	650
A. Hopgood(Em)	252.5	132.5	220	605
100kg				
A. Ramsey(Scot)	275	155	285	715
J. Sudall(Yne)	280	140	260	680
A. Bowman(GL)	260	167.5	250	677.5
P. Lemotte(Nw)	210	140	255	605
110kg				
K. Thom(Scot)	280	170	290	740*
125kg				
H. Higgins(Wm)	225	135	260	620

Divisional points: Northwest 59 pts; 6 lifters; Scotland 58-7, London 46-6, West Midlands: 45-5, Yorks NE 43-5, East Mids 20-2; South Mids 17-2; South East 9-1; Southwest 8-1; North Mids 6-1. Records: World Jr Maxwell: 205 DL. British Sr qualifying total *; Maxwell had an easy win at 52 altho well below his best total of 465. His DL of 205 was a record for the Jr world because his British U 23 record of 210 was not done udner world record conditions. Today, doping control was enforced. That was the only record of the day but we still had some close contests and promising lifters.

Richard Roberts put up his best total and expected to win but a lifter new to me, McDivitt, pulled out a great 227.,5 DL to snatch the title. It is good to see two 60kg men improving to well over the British Sr qualifying total of 500. Three well matched 67.5kg men all lifted well but as so often the DL was the deciding factor allowing Jackson to win comfortably. Sanders had to be content with a best DL and a British qualifying total. Rose only got his first squat but came thru with 3 good benches and a big DL to win. Wale and Fletcher squatted well but then faded. Burford won but did not improve on the DL he made last year. He needs a better BP but this will probably come with increased bodywt. Quinn benched to within 2.5 kg of the British U 23 record. Welsh, Ramsey and them all had easy victories. Higgins, an exceptionally tall lifter,took an unopposed title at 125. He only took first attempts on each lift. Unless he was injured or ill I don't see this as the attitude to progress to challenge the Sr lifters. Best lifters: Burford: 438, Jackson 435.9, McDivitt: 431.1, Snaders 429.5, Roberts: 426.7, Quinn: 426.7, Maxwell 423.4, Rose 422.4, Singh 422.8, Welsh 419.6. Thanks to Andy Kerr for results.

Wisconsin State Meet
3/10/84 - Eau Claire, Wis

	SQ	BP	DL	Total
114				
Craig Heilman	235	135	270	640
123				
Duane Knoll	375	215	410	1000
Paul Kinney	340	205	340	885
Dan Schimmel	320	160	355	835
Dale Roen	275			
132				
Scott Schimmel	445	200	400	1045
Larry Block	350	200	390	940
Andy Nauman	245	215	335	795
148				
Bob Triphahn	510	300	500	1310
Bruce Lanser	490	300	495	1285
Jim Hebbe	475	295	500	1270
Mike Wolfe	410	250	420	1080
165				
Robt Ciaciura	545	285	570	1400
T. Schuerman	545	270	535	1350
John Boysen	460	300	550	1310
Bruce Larson	540	290	475	1305
Robt Reinstra	505	330	465	1300
Tony Lahner	385	345	485	1250
Dan Cramer	450	280	500	1230
Tim Kinney	475			
181				
Scott Johnson-BL	620	335	635	1590
Bill Becker	530	330	570	1430
Kent Harriman	505	400	525	1430
Bryan Foerst	550			
Dave Gilman	565			
J. Lyrenman	635			
198				
Shawn Cain	635	405	650	1690
Tom Glembin	630	380	635	1645
Dennis Ellis	610	350	650	1610
D. Christiansen	585	355	655	1595
Tim Close	560	385	615	1560
Robt Crawford	475	315	475	1265
K. Kovacs	475	290	505	1260
Pat Lavelle	475	315		
M. Mattice	630	460		
220				
Dan Sperger	615	430	655	1700
James Adamski	657	430	590	1695
Jon Goulet	590	425	590	1605
Jim Hyne	530	340	580	1450
Jeff Legore	500	335	540	1375
Walt Miner	425	250	510	1185
242				
Bob Carlson	745	455	755*	1955
Ray Moran-BL	765*	470	715	1950
275				
Rick Tuller	730	415	770	1915
Bob Vivier	740	530*	640	1910
John Brace	700	520	660	1880
Lee Graese	675	410	710	1795
Paul Lukens	645	390	625	1660
SHW				
John Brick	750	460	640	1850
Tom Martin	650	410	700	1760
Rich Sadowski	575	285	600	1460
Dave Iverson	520	355	500	1375

Best lifter lt session: Scott Johnson, hvy: Ray Moran. Team results: 1st: Eau Claire Wt Training Ctr: 47 pts; 2nd: Madison PL team: 15 pts; 3rd: IMSL, Inc, Racine: 14 pts. * denote st record. Thanks to Jim Stein for results.

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All Belts come with Nickel Plated Roller Buckle (not pictured)

MODEL NUMBER	NO. OF LAYERS	TYPE OF COVERING	APPROXIMATE THICKNESS	STANDARD BUCKLE	STANDARD STICHING	AVAILABLE OPTIONS	BASE PRICE
3N1	1	Natural	7-mm	3" Nickel	None	F	29.00
3S1	1	Suede	9-mm	3" Nickel	Style 1	C	46.00
4N1	1	Natural	7-mm	4" Nickel	None	A,B,F	29.00
4N2	2	Natural	11-mm	4" Nickel	Style 1	A,B,C,D,F	53.00
4N3	3	Natural	13-mm	4" Nickel	Style 1	A,B,C,D,F	64.00
4S1	1	Suede	10-mm	4" Nickel	Style 1	A,B,C,D,E	55.00
4S2	2	Suede	12-mm	4" Nickel	Style 1	A,B,C,D,E	66.00
4S3	3	Suede	13-mm	4" Nickel	Style 1	A,B,C,D,E	77.00
Dip Belt	1 (7 in. back)	Natural	7-mm	none	None	F	32.00
2.5N1	1	Natural	7-mm	2.5 in. Nickel	None	F	26.00
6N1 (6 in. back)	1	Natural	7-mm	2.5 in. Nickel	None	F	34.00

ALL BELTS are 100-mm wide and IPF, USPF legal.
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Style Stitching 1 - one row of stitching around edge of belt.
Style Stitching 2 - one row of stitching around edge of belt, and two rows down the middle of the belt.
Style Stitching 3 - one row of stitching around edge of belt, and four rows down the middle of the belt.

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B. Single Prong Buckle.
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D. Style Stitching 3, 7.00 extra.
E. Suede Insert (available in all suede colors), 8.00 extra.
F. Dye Color - Navy Blue, Red, Black, Brown, 5.00 extra.

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SUEDE COLOR _____ INSERT COLOR _____
OPTIONS DESIRED A. _____ B. _____ C. _____ D. _____
(STATE COLOR FOR E OR F) E. _____ F. _____

Southern Regional Prison Meet
2/15/84 - Hillsboro, Ill

	SQ	BP	DL	Total
123				
Allen	205	160	320	685
McVay	185	155	325	665
132				
Landry	405	250	425	1080
Unsell	150	135	270	55
148				
Vassar	405	315	435	1155
Wheathby	375	255	475	1105
Ostrowski	375	255	435	1060
Hollands				
165				
Fist	475	275	450	1200
Meeks	400	275	430	1105
Taylor	425	225	400	1050
Sipes	355	210	415	980
Warren				
Shelton				
181				
Morrison	505	370	525	1400
Accardi	405	255	425	1085
Vanco	250	240	350	840
Tillman	500			
Sloatman	400	245		
198				
Bryant	500	345	650	1495
Marshall	545	320	540	1360
Moore	515	305	430	1360
Johnson	460	315	575	1350
Hollis	445	210	430	1085
220				
Bethel	540	350	510	1400
Dowds	375	360	525	1260
Crozier	400	335	455	1190
Lenz	390	250	475	1115
Moore	285	295	470	1050
242				
Ishman	435	280	555	1270
Riddle	375	315	400	1090
Fonville	375	320	500	1195
SHW				
Johnson	375	300	475	1150
Hollie	385	235	485	1105

Best lifters: 165 and under: Landry, 181 and over: Bryant. team points: Graham CC: 21; 1st; Vandalia CC: 10-2nd; Centralia CC: 9-3rd; Vienna CC: 7-4th. Thanks to Kirby Mansker for results.

From the MASTERS Chairman

The qualification period for applications for berths on the 1984 U.S.P.F. World Masters team has been extended through June 3, 1984. This was done so that totals made at the National (Junior) Championships could be considered. In order to insure qualified representation of the U.S.P.F. at this important competition, team members will be chosen from among those athletes who have achieved the equivalent of a Class I rating (or better) in their respective weight categories by June 3, 1984. Applicants are again reminded to include a copy of their birth certificate and confirmation of the total made.

Don J. Haley, Chairman, USPF Masters Powerlifting Committee
12101 Reagan Street, Los Alamitos, California 90720

Correction...John Bassi should have been credited with a 680 deadlift as part of his lifting at the Menard Prison meet earlier reported in PL USA.

East Coast Strongest Man...Rick Poston reports that the top ten finishers in his recent contest were Ed Robinson, Eric Powers, Anthony Conyers, Joe Krusinski, Alpha Smith Jr., Mark Wolfe, Roy Hanchett, John Bisanki, Frank Cunningham, and Brian Echevarria. Debra Poston was a guest lifter at the competition, and in the bench press, she made lifts of 265, 280, and 300 (three white lights) easily, weighing 171½.

HOW TO HELP TEENAGE POWERLIFTING

You totaled a World Record, You're a World Champion, a National Champion, a Collegiate Champion, a YMCA Champion, a State Champion, an Elite Lifter, a Master Lifter, or just a Special Person - "A Powerlifter". Tha alone makes you different, unique, special in the eyes of Teenagers, Teenagers who hope to compete in the sport of Powerlifting. How can you help these future Powerlifters and, more importantly, Powerlifting.

May I suggest 10 ideas in building the Youth Development Program:

1. Conduct demonstrations; schools, pools, clubs, YMCA, Scouts, camps). A lot of people still do not understand what Powerlifting is all about.

2. Teach proper rules; make certain that beginning teenagers have a rule book.

3. Explain how Powerlifting helps all sports; talk to coaches.

4. Express for and fundamentals; poundage will come later.

5. Improvement first; awards and placing in contests will come later.

6. Invite special guest to your community; show off that Champion Powerlifter.

7. Arrange a bus trip to a National Powerlifting meet.

8. Let the local media know how you are helping youths through Powerlifting.

9. Help the young athlete set goals in Powerlifting or through Powerlifting for other sports goals.

10. Set a good example; strength is a fascinating thing. Teenagers will look up to you and will imitate you, so be a good example for them, for yourself, and most importantly, for our sport - Powerlifting.

Until next time - take the Powerlifting Challenge: get a Teenager started in Powerlifting. It will be rewarding to you and the Teenager. Remember, 'Youth comes but once in a lifetime" (Henry Wadsworth Longfellow)

I welcome Lawrence Glisson, 833 N. Gow St., Wichita, Kansas, 67203, as State Teenage Powerlifting Chairman of Kansas, and also Larry Bagnoli, 6 East Boulevard, Gloversville, New York 12078, 518-725-0140, State Teenage Chairman of New York.

KEITH "JAKE" BOYER, Teenage National Chairman
P.O. Box 356, Lehighton, Pennsylvania 18235

Upcoming National Meet Qualifying Totals

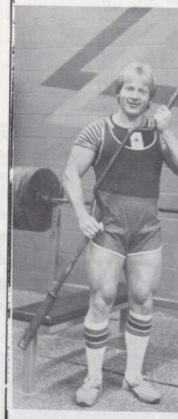
Men's Contests	*114*	*123*	*132*	*148*	*165*	*181*	*198*	*220*	*242*	*275*	*SHW*
1984 Senior Nationals	925	1074	1165	1405	1603	1714	1824	1912	1956	2066	2022
1984 Junior Nationals	860	1019	1120	1383	1535	1669	1736	1870	1900	1967	1906
1984 ADFPA Men's	835	935	1030	1210	1350	1460	1525	1575	1620	1640	1700
1984 ADFPA Collegiates	650	800	900	1075	1175	1275	1375	1420	1430	1440	1450
Teenage Nationals 14-15	625	720	785	875	925	975	1005	1050	1075	1100	1125
Teenage Nationals 16-17	700	795	905	1050	1100	1175	1250	1300	1325	1340	1360
Teenage Nationals 18-19	800	875	1035	1175	1300	1400	1470	1480	1490	1500	1505
1984 YMCA Nationals	981	1064	1146	1279	1505	1565	1650	1700	1755	1800	1870
Women's Contests	*97*	*105*	*114*	*123*	*132*	*148*	*165*	*181*	*198*	*SHW*	
1984 ADFPA Womens	*463*	*496*	*535*	*568*	*601*	*661*	*716*	*766*	*821*	*865*	
1984 YMCA Nationals	*579*	*623*	*667*	*711*	*749*	*827*	*893*	*959*	*1025*	*1080*	

American Cup Open
3/25/84 - Lyndhurst, OH

	SQ	BP	DL	Total
114				
B. Phillahaun	230	160	275	665
L. Conti-f	225	110	250	585
S. Benford-f	180	100	255	535
123				
C. Shannon-f	300	130	330	760
132				
J. Bostie jr	410	210	410	1030
D. Evangelista	325	215	400	940
M. Freecorn	300	190	425	915
J. Schwenker-f	275	140	335	750
148				
C. Francis	475	315	495	1275
D. Waldren	450	310	450	1210
H. Krell	330	215	440	985
165				
J. Topsoglou-ol	675	390	685	1750
M. Lechler	550	325	570	1445
S. Nervo	575	345	520	1440
F. Navarre	530	350	525	1405
J. Demaske	530	310	540	1380
M. Chaffee	475	315	535	1325
181				
D. Eller	600	405	640	1645
D. Karem	630	410	605	1645
M. Lorimore	590	320	540	1450
T. Clark	565	325	540	1430
D. Light	510	340	530	1380
N. Phillis	515	305	505	1325
Digandomenico	510	290	500	1300
J. Geraci	450	325	500	1275
P. Lewis	450	285	495	1230
E. Fleischer-m	390	270	470	1130
S. Meaney-f-ol	420	215	490	1125
198				
B. Clary	660	385	655	1700
K. Lovett	650	350	605	1605
C. Bullock	575	360	625	1560
J. Hickey	565	350	540	1455
J. Wolford	500	320	500	1320
K. Horvath	450	340	465	1255
D. Kisher	440	320	470	1230
J. Competti	450	300	470	1220
C. Noll	425	250	455	1130
P. Kraft	335	20	465	1030
B. Clevrier-m	240	235	340	915
B. Fortenbaugh	145	145	575	865
220				
J. Sideris-ol	800	470	700	1970
R. Gammage	675	445	650	1770
J. Matos	580	415	660	1655
B. Glagola	580	400	575	1555
D. Hubert	550	375	550	1475
B. Meagrow	600	295	530	1425
P. Fritseke	500	325	580	1405
D. Dagno	480	315	560	1355
B. Thompson-m	510	335	505	1350
C. North-m	440	255	540	1235
B. Aggers	405	225	475	1105
R. North-m	310	185	345	840
242				
G. Cillian	690	485	700	1875
B. Stager	660	410	670	1740
M. Altomare	685	375	660	1720
J. Macleod	660	350	620	1630
M. Lawrence	605	305	555	1465
A. Millipe	520	315	570	1405
B. Eubanks	525	305	530	1360
275				
C. Cunningham	700	430	650	1780
K. Spartano	680	460	600	1740
J. King	620	355	635	1610
C. Beverly	600	355	580	1535
SHW				
M. Dimel	820	475	765	2060
B. Bradford	700	490	700	1890
S. Lindway	690	370	615	1675
T. Wallick-m-ol	640	415	575	1630

Team trophy: Black's Health world; Meet director: Rick Mussey and Tony Muttilo; held at Hillcrest YMCA, Lindhurst, OH. f - female lifter; m - master lifter; ol - outstanding lifter. Thanks to Rick Mussey for results.

the *Cambered* Bench Press Bar



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14th annual Bob Moon Memorial
3/4/84 - Findlay, Oh

	SQ	BP	DL	Total
WOMEN				
97				
Sharon Meyer	198	88	259	545
114				
Natalie Lira	248	132	303	683
Debbie Wymer	231	110	303	644
123				
Claudia Schrapps	236	132	249	617
132				
Jeanne Goldink	281	115	303	699
Marsha Insley	259	126	281	666
148				
Terese Floren*	325	187**	353	865
Jan Jenike	242	110	275	628
165				
Carol Waters	336	176	375	887
Lisa Cook	198	110	292	600
MEN-CLASS I & ABOVE				
114				
Steve Blank	341	203	359	903
William Burr	264	127	325	716
165				
Bob Wahl*	667!	330	656!	1653!
B. McDonnell	441	325	479	1245
181				
Jon Begley	600	364	628	1592
Mike Lira	534	264	579	1377
Richard Taylor	496	319	518	1333
Len Newman	518	259	518	1295
John Heaton				
198				
Randy Stiehl	622	430	584	1636
Ken Roberts	57	341	573	1466
Ed Cornell	573	303	584	1460
Jim Tabler	562	303	551	1405
John Bassi				
220				
Denny Harrison	705	429	650	1784
John Weddle	650	413	633	1686
Scott Parker	485	319	573	1377
Terry Shrider	474	303	501	1278
242				
Dave Schneider*	815	446	789	2050
Bill Nichols	849!	479	700	2028
Gary Burch	689	441	683	1813
Jim Bryant	590	452	705	1747
275				
Jeff Burch	705	446	623	1774
Randy Davis	441	369	551	1471
SHW				
Bob Jeffry	903	518	683	2104
Brad Tuttle	766	435	755	1956

* Outstanding lifter; ! new meet record; ** Ohio st record. The 14th edition of the Bob Moon Memorial championships was held at Croy Physical Ctr on the Findlay College campus. This year's Moon meet was a Class I and above and Women's open. Top quality lifters from 6 states competed. The nite before the Findlay BBC sponsored a PL seminar at the Findlay YMCA. World champ Bob Wahl and Ohio Assoc of the USPF chairman John Black Jr were the featured speakers. A good number of people were on hand to take in this event. The seminar was excellent. Wahl and Black covered everything from proper stretching to proper form and a lot more. Both men are great speakers with the ability to get their point across without any confusion. Seasoned PL veterans and novice lifters alike came away from this seminar with a lot of valuable information.

Tonyh Fitton came all the way up from the deep south to help fellow internatl judges Jerry Wells and Pat Malone with the duties of the day. So it goes without saying that the judging was strict but fair.

In the women's div 97 lber Sharon Meyer came in a light 95 lbs. Shme was coached this day by John Black, Laura Dodd, and Mariah Liggett of the Black's Health World Wild Bunch. Meyer was off due to loss of body wt but posted a fine 545 total. She pulled a 275 DL but was turned down 2 to 1. Natalie Lira came all the way from Matteson, Ill to win at 114 lb with a 683 total. In second was Debbie Wymer of Findlay who just missed a st record DL try. Claudia Schrapps of Toledo won in the 123 lb class in this, her very first meet. Claudia, a teenager, had an impressive 132 lb BP. At 132 Jeanne Goldink came over with Pat Malone. As Pat looked on Jeanne posted a 699 total and won her class. Marsha Insley of Toledo was a bit off for this meet but collected valuable team points with her 2nd place finish. It was all Terese Floren in the 148s. Terese had a 5 for 9 day but still totaled 865 which not only won her class but got her the outstanding lifter award. Terese set a new Ohio st BP record with her 187 lb 2nd attempt. Carol Waters easily took the 165 class with an 887 total.

Some years we don't have anyone in the men's 114 lb class, but this year we had two fine lifters. World Masters champ William Burr was back at the Moon meet for the 3rd year in a row with new Masters records in mind. Bill weighed in a light 112 and had an off day. Record attempts in the squat (281 lb) and the DL (358) were just not there. Bill went 4 for 9 and totaled 716. YMCA Natl champ Steve Blank of Toledo, Oh won the 114 lb class with a 903 total. Steve was also a bit off going 4 for 9 on the day.

There were no 123, 132 or 148ers this year but we had a great 165er - Bob Wahl. Bob opened with 667 in the squat and made easy work of it. He went then to 705 and nearly got it. Bob had been bothered with a cold all week and apparently this sapped some strength. Bob got his opening BP of 330 and failed with 363. When it came DL time Bob went to work and pulled all 3 with ease. His third attempt at 656 was impressive. Bob's main intention was to qualify at 165 for the Srs, which he did.

A muscular Jon Begley, one of Bob Wahl's training partners, won the 181 lb class with no problem. Jon went 5 for 9 on the day and had hoped for more. He was very close to an elite total which should be there the next time out.

Randy Stiehl ran away with the 198 lb class after John Bassi had to withdraw due to a warm-up room injury. Bassi of Crystal Lake, Ill had planned on squatting over 800 at the Moon. An unfortunate warmup mishap resulted in serious injury to John's legs. Stiehl totaled 1636 to win. Ken Roberts showed great improvement over his last meet and totaled 1466 for second place.

Toledo's Denny Harrison won the 220 lb class. Harrison squatted 705 on his opener and mised his 2nd and 3rd attempts. Harrison benched 429 and DL'd a solid 650. Lima's John Weddle would have gotten the best physique award if we'd had one. John finished 2nd in the 220s.

The 242s were loaded. Dave Schneider came out on top going 8 for 9 for a 2050 total. Bill Nichols, from the Frantz Power team, set a meet squat record of 849 at 242. Bill finished 2nd with 2028. We found Bill and his partner John Bassi to be real gentlemen.

Gary Burch of Lima Power placed 3rd in the awesome 242s. An imkproved Jim Bryant took 4th place.

Another one of the powerful Burch boys won the 275 lb class. Jeff Burch took the 275s with Lima Power team mate Randy Davis taking second.

Findlay's own Big Bob Jeffrey treated the crowd to some big squats. Bob made an 848 opener look like a warm up as he went on to squat a big 903. Bob did a PR BP with 518. Bob opened with an easy 683 on the DL and then jumped to 750 that jus wouldn't quite go. An impressive looking Brad Tuttle fromCincinnati, OH weighed in at 277 and went 7 for 9 totaling 1956 to take 2nd in the SHW.

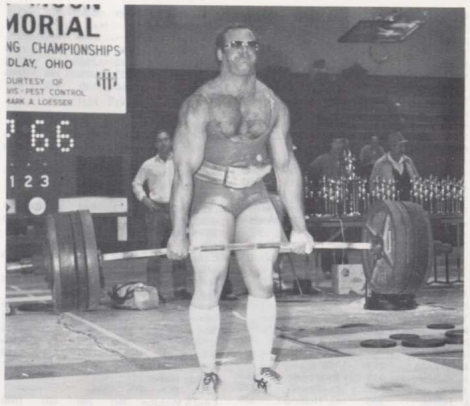
Gold's Gym of Toledo took the team trophy with Lima Power placing 2nd. The team victory was dedicated to the memory of Howard Nehrig, owner of Gold's Gym of Toledo who passed away a week before the meet. Howard's fine son Jimmy Nehrig, who manages the gym, was on hand to see his team victorious.

Just moments after the last award was given we were already planning the 15th annual Bob Moon meet for next year. Our thanks go out to all the Findlay BBC members who helped, the YMCA staff, and all the other great helpers we had at this years meet. A special thanks to Tony Fitton for coming all the way into the Great White North to help judge the contest. Of course, we also thank Pat Malone and the great Jerry Wells for judging as well. Jerry Wells has judged every Bob Moon contest we have ever held - what a record - 14 yrs in a row.

The Bob Moon meet is named after a brother Pler who died in 1969. In the 1984 Bob Moon meet John Bassi received severe injury to his legs while warming up. John is a great lifter. John has a wife and two children at home. John is an hourly employee with the City of Crystal Lake, Ill. He will be off work for an undetermined time due to his injuries. We urge all Plers to come to the aid of one of our own. John could use some donations to get by until he is able to get back to work. I urge you to send what you can to John Bassi, 211 Crystal Lake Ave., Crystal Lake, Ill 60014.

We would like to thank all the fans who came to our contest and hope to see you all again next year.' Thanks to Tom David and Tom Brown, meet directors, for results.

PS: For those of you who may not know, this contest was named for one of Findlay's first PLers. Bob Moon was an outstanding person. Bob was a kind and caring man with a love for weight training. Bob was a weight room instructor at the Findlay YMCA. He helped organize some of the first meets at the Findlay YMCA and competed as a 198 lber. Bob was fatally injured in an auto crash in 1969. In 1970 the first Bob Moon Memorial Pl contest was held. We are proud today to continue this great tribute to our PL Brother Bob Moon. Our thanks go out to Mary Moon, Bob's mother, and his sister Mary Jo Moon, for their assistance over the years in making this meet a first class operation.'



***Dave Schneider** at the Bob Moon meet doing a deadlift of 766. Davis photo*

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Apr/1982...Women's National Championships, Drugs in Powerlifting, the All Time 2000 Total Club, Larry Pacifico Reminisces, Top 100 220s

Sep/1982...National Cup coverage, Teenage National Championships, Walter Thomas Profile, Heavy Training by Hatfield, Top 100 123s

Nov/1982...Ted Hamner, George Hummel Profile, Natural Powerlifting, Power Gym Directory, Football and Powerlifting, Top 100 148ers list.

Apr/1983...Eddie Pengelly Profile, Mike Bridges Squat Routine, Off Season Training, Making Weight, Women's World Team Salute, Don Blue, Power Rack Training, Pioneers of Power - Pat Casey, TOP 100 242s.

May/1983...Hawaii International, National Collegiates, Mike MacDonald Bench Routine, Kevin Fisher, Isokinetics, Referee Directory, TOP 275s.

Jun/1983...Women's Worlds, Judd Biasiotto Comeback, Vince Anello deadlift routine, Dan Austin, Hatfield on Cycle Training, All Time 800 squat list, Bill West - Pioneer of Powerlifting, TOP 100 Supers.

Jul/1983...Junior Nationals, Women's Natural Nationals, Overtraining by Fred Hatfield, Making Weight, Chip McCain Squat Routine, 550 Bench Press Club, Don Cundy - Pioneer of Powerlifting, TOP 100 114s.

Aug/1983...Worlds Greatest Deadlifter, Deadlifting Secrets, 800 lb. Deadlift club, Quad tears, Jim Rouse Bench routine, Top 100 123ers.

Sep/1983...Senior National Championships, American Drug Free National Championships, Rickey Dale Crain Deadlift Cycle, Hatfield on the Abbreviated Training Cycle, Ruthi Shafer's Women's Corner, TOP 100 132s.

Oct/1983...World Masters Meet, Men's and Women's Teenage Championships, Championship Benching Routines, All Time 2,000 total listing, Pan Am Testing Impact, Injuries by Dr. Tom McLaughlin, Top 100 148s.

Jan/84...the debut issue of the NEW Powerlifting USA!, 1983 World Powerlifting Championships, National Masters meet, I.O.C. Banned Drug list, Injury Proofing, Police/Firefighters Nationals, TOP 100 181s.

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Mar/1984...YMCA Nationals, John Kuc Bench Press Workout, Junior World Championships, Belt Squats, Kelso Shrug, Bob Bridges Profile, Russian Training, Women's TOP 20 listing, TOP 100 220s.

Apr/1984...Women's Nationals, Ed Coan Profile, Chip McCain Deadlift Workouts, Developing the Chest and Lats by Dr. Tom McLaughlin, Calcium..How Much Do You Need?, Mental Rehearsal, TOP 100 242s

May/1984....Lyle Alzado Profile, Ban the Squat, World's Greatest Bench Press, Jim Cash Squat Routine, Rick Weil Profile, John Kuc on Deadlift Assistance Work, USPF Directory, Bench Press Forum, Calcium, Consumer Guide for Exercises, Referee's Corner, TOP 100 275s.

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Salvation Army Open Women's
3/13/84 - Macomb, IL

	SQ	BP	DL	Total
105				
Mary Bowman	209	110	220	540
114				
Naomi Prince	198	126	253	578
123				
Barb White	225	93	253	523
132				
Penny Silzer	231	115	253	600
148				
P.Stoneking	286	132	330	749
Faith Fischer	270	115	314	699

Thanks to Judy Gedney for results. This meet was held to test out WIU's new weight room as a meet site and 75 people showed up to watch!!

Clemson Bench Press
3/84 - Central, SC

114		M. Marton	265
F. Gary	110	R. Gibson	260
123		181	
S. Covington	210	B. Holcombe	360
M. Gambrell	195	G. Moore	300
132		J. Morris	300
R. McLean	255	198	
S. Hallihan	230	R. Hudak	365
148		D. Powell	325
C. Fowler	300	G. Hollinger	320
165		R. Brown	275
R. Glinski	350	220	
G. Babolsky	300	D. Gingrey	380
G. Gleaton	300	T. Holland	350
C. Militzer	285	242	
J. Ackerman	280	E. Wright	335

Thanks to Ray Glinski for results.

Augusta Teenage Championships
3/4 Mar 84 - Augusta, GA

	SQ	BP	DL	Total
14-15 AGE GROUP				
114				
Joe Robinson	250	150	280	680
Craig Smart	235	135	260	630
Mark Boone	215	115	255	585
Bill Drake	225	125	230	580
132				
Mat Stancil	285	145	350	780
R. McMahan				
148				
Ethan Balno-BL	380	265	410	1055
Richard Baxter	310	205	380	895
Duke McCall	310	175	375	860
Jeff Smith	275	165	375	815
165				
Clint Whiddon	300	260	370	930
Darryl Kennedy	195	210	345	750
Jim Tarwater	200	210	320	730
Otis Chandler	235	200		
181				
David Collie	435	245	450	1130
Robt Nations	325	225	385	935
Walt Windham	340	155	335	830
Greg Laymon	225	195	375	795
198				
Paul Brant Jr	330	160	300	790
Tim Zoumans	300	155	275	730
220				
Brent Collins-BL	460	260	500	1220
Russel Patterson	430	260	360	1050
Gary Harden	305	250	445	1000
Anthy Copland	335	240	400	975
Eric Opitz	325	185	390	900
Ed Wheeler	295	185	320	800
Dan Richardson	330	160	300	790
Marian Thomas	300	155	325	780
242				
Bob Janecek	425	275	460	1160
Ken Loup	390	315	415	1120
Allen Henderson	400	225	405	1030
Carrol Adams	400	225	360	985
Todd Opitz	300	190	320	810
16-17 AGE GROUP				
114				
Matt Turner	150	130	240	520
123				
Tim Taylor	360	240	460	1060
Rod Austin	275	215	310	800
132				
G. Campbell-BL	400	280	430	1110
Brian Hersey	390	260	330	980
A. Henry Jr	305	180	485	835
Kyle Holbrook	350	185	300	835
148				
Mike Thompson	410	235	645	1125
Mike Bell	360	215	355	930
165				
Arnald Bates	400	255	445	1100
Lee Lemert	400	225	400	1025
Shawn Jackson	350	270	400	1020
Brian Norman	375	185	310	870
D.Manookian	215	185	320	720
181				
Robt Morsett	410	260	500	1170
Ray Kinard	400	190	425	1015
Joel McGinnis	265	240	300	805
Robert Oliver				
198				
K. Blackman-BL	535	310	515	1360
David Sireika	325	250	450	1025
B. Parton	325	285	390	1000
Jeff Rooker	360	190	375	925
M. Benveniste				
J. Revels				
220				
Leroy Altman	400	230	405	1035
Delbert Sullivan	400	245	385	1030
242				
Steve Stanbaugh	390	255	400	1045
Brian Francher	295	270	375	940
275				
Tony Hailstock	475	340	460	1275
Willie Frazier	430	210	450	1090
18-19 AGE GROUP				
132				
C. Bunch-BL	400	185	435	1020
148				
Lee Mew	420	230	400	1050
165				
Caston Acostrrva	450	275	500	1225
Lowel Whitmire	420	290	490	1200
Ron Leonard	405	270	520	1195
John Anderson	400	310	455	1165
Billy Curry	340	305	425	1070
Keith Wike	350	200	440	990
Doddy Forbes				
181				
Chuch Widdon	360	280	400	1040
198				
Joe Reeves-BL	495	385	585	1465
Greg Hollinger	520	305	555	1380
Chas Altman	475	275	465	1215
Kevin Soles	450	315	415	1180
Brian Anderson	445	285	440	1170
Travis Hollaway	440	250	470	1160
220				
Gart Lands	525	350	570	1445
275				
Billy Camp	500	385	480	1365
SHW				
Jack Locks	480	405	500	1385
BENCH PRESS DIV				
123		198		
Robt Allen	235	Joe Quinn	330	
132		220		
Tom Jamison		Steve Nimons-BL	510	
148		Paul Dicks	510	
R.Crawford	240	Larry Hogue	385	
165		242		
R.McElmury	350	Dan Hammonds	485	
Ken Panzella	340	Steve Barfield	480	
Erick Cooper	205	Tex Springfield	350	
181		275		
Ray Bellamy-BL	390	Kevin Payne	485	

Elite Power: Bench Press team. Tom King's Augusta Teenage power championships and BP competition was billed as a warmup for the Georgia teenage championships in Powder Springs, GA to be held on May 19, 1984, however, boys came from all over the US to compete at the Gallerea Mall. To many lifters and parents this was the first taste of internatl caliber judging and time restrictions. I must say that most performed in an exemplary manner and we witnessed outstanding lifting in the one platform, two day affair. Thousands of spectators were enthusiastic with applause for their favorites. The availability and willingness of certified Natl judges is the result of all the clinics and testing we have provided over the past few years. We will continue to provide for the training of state and natl referees in Georgia. Thanks to everyone who helped out. Thanks to Dick Reno for results.

Chattanooga Area Hi School Meet
3/3/84 - Chattanooga, Tn
Top 5 winners

145		205	
Rocky Casteel	840	Mike Dodson	1175
Jody Parrott	810	Dave Sirmans	1100
Bryan Lawson	810	Brian Johnson	1060
Kyle Roberts	780	Mike Kelly	1050
Jim Kerr	780	Keith Barbee	1040
165		225	
Tim Ellis	1085	Jeff Haven	1210
T.Stooksberry	1040	Tim Watson	920
Tracy Ellis	1000	Wes Davis	825
R. Chumbler	960	over 225	
Don Nelson	960	Steve Cochran	1120
185		Scott Collins	1020
Steve Gaston	1105	Mike Early	975
Jeff Davis	1105	David Silvions	950
Roy Luthrie	1040		
Jeff Beasley	1035		
Joe Hartert	990		

Best lifters: 125-185 wt: Tim Ellis; 186-over wt: Mike Dodson. Team award 1st place: Bradley Contral of Cleveland, Tenn. Congratulations to all of you! Thanks to Eddie Bodkin, Tenn state chairman, for results.

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New York State American Drug Free Powerlifting Assn. Championship
3/17&18/84 - Tupper Lake, NY

	SQ	BP	DL	Total
114				
P. Brococcoli	160	110	230	500
123				
J. Steinfeld	345	285	370	1000
B. Olson	360	215	380	955
N. Charron	325	215	400	940
R. Zehr	300	220	400	920
132				
S. Forsythe	310	260	415	985
T. Farney	300	215	445	960
F. Wagner	360	190	405	955
J. Woods	350	220	370	940
T. Newberry	340	235	340	915
148				
D. Laplant	485	290	480	1255
J. Halprin	415	250	450	1115
M. Kane	305	250	455	1010
J. Cuiffo	335	200	370	905
D. Perkins	320	190	380	890
165				
T. Piazza	530	340	550	1420
J. Kicinski	520	330	550	1400
M. Vecchione	515	315	540	1370
L. Fusco	490	305	515	1310
Himmelberger	490	290	525	1305
181				
J. Szigethy	565	330	630	1525
A. Roberts	550	300	615	1465
M. Makofsky	540	360	560	1460
S. Cannova	500	340	615	1455
C. Saccardo	540	330	555	1425
198				
A. Fazio	610	320	575	1505
R. Avery	550	335	550	1435
C. Nelson	480	335	540	1355
J. Neidzwick	510	315	505	1330
J. Vanderkarr	405	355	540	1300
220				
M. Mlodozeniec	610	490	620	1720
J. Danahy	675	370	630	1675
M. Staneck	545	345	640	1530
R. Ignasiak	560	370	575	1505
R. Winton	580	320	580	1480
242				
M. Vanderkarr	610	460	630	1700
J. White	640	420	575	1635
K. Potter	560	380	555	1445
T. Burritt	550	345	550	1445
P. Lamontange	555	335	555	1445
275				
B. Lafrance	635	345	575	1555
K. Albern	585	380	570	1535
D. Spinelli	580	350	530	1460
SHW				
J. Rizzo	575	455	550	1580
C. Schroeder	525	360	555	1440
J. Stoy	550	300	550	1400
WOMEN				
C. Borzumate	190	95	265	550
K. Ray	215	105	275	595
S. Matott	200	130	215	545

Outstanding ltwt lifter, total: 1. J. Szigethy: 1525; 2. T. Piazza: 1420; 3. D. Laplant: 1255. Outstanding hvy: 1. D. Mlodozeniec: 1720; 2. J. Dunahy: 1675; 3. M. Vanderkarr: 1700. Meet director: Rick Roberts; asst. Meet director: Charlie Hoffer; held at Tupper Lake Central School. Jay Halprin reports that this was the best organized meet he's been to, with 2 big digital time clocks, computerized scoring updated throughout the meet, TV of the platform in the warmup area, excellent expediting system, etc. Thanks to Charlie Hoffer for results.

Pontiac Prison meet
1/18/84 - Pontiac, ILL

	SQ	BP	DL	Total
NOVICE DIVISION				
123				
Pizarro	335	145	365	845
Hall	300	205	300	845
132				
Thomas	260	205	355	820
Herbert	300	165	350	815
Rodriguez	295	145	330	770
148				
Vassar	385	315	420	1120
Ballanger	350	225	435	1010
Bautista	300	200	430	930
Townsend	260	265	375	900
165				
Kavinsky	470	250	480	1200
Nunn	420	310	455	1185
Hamyon	400	270	510	1180
Shenault	365	270	415	1110
Cabrera	435	225	445	1105
Crawley	400	280	370	1050
Greene	375	205	420	1000
181				
Guerra	500	330	500	1330
Tillman	460	300	520	1285
Grabowski	500	245	530	1275
Albanese	500	255	505	1260
Williams	450	300	510	1260
Parker	415	305	525	1245
Hartley	400	315	505	1220
Gholston	465	220	500	1185
Harrison	450	---	550	
198				
Johnson	500	415	550	1465
Sherrod	525	325	550	1450
Solowski	455	345	530	1330
Williams	460	305	550	1315
Long	450	300	500	1250
Pinkston	325	350	400	1075
220				
Pace	525	300	560	1385
Dunn	400	275	525	1200
Bradley	335	275	475	1085
Bennett	245	320	435	1000
242				
Sanders	525	385	635	1545
Jackson	510	345	490	1345
Brooks	425	315	525	1265
275				
Johnson	270	310	410	990
SHW				
Zambetta	330	450	230	1160

Novice team standings: 1. Pontiac(16 lifters; 3-1st, 4-2nd, 3-3rd.) 2. Joliet (7 lifters: 3-1st; 2-3rd); 3. Logan and Graham (6 lifters each: 2-1st; 1-2nd; 1-3rd); 4. Sheridan (4 lifters: 2-2nd). best lifters: 165 and under: Vassar, hvy: Johnson. Thanks to Ernie Frantz for results.

Indonesian Championships
17-21 Dec 83
Jakarta, Indonesia (kilos)

SENIOR DIV			
52kg			
Karsono	430	SHW	
Eddy Tan	385	Suparno	530
Andre	365	Sadino	455
John M P	340	JUNIOR DIV	
Albert GAn	---	52kg	
56kg		Cik Yan	407.5
Darma	535	Sintoro	390
Andreas	435	R. Wonsiwor	390
Bambang K	422.5	D. Bastiadi	380
I pan	360	Harianto	365
Dadi Rohadi		K. Wihardja	355
60kg		Mulyanto	355
Sadino	505	Long Hou	330
Zaidirman	475	A. Silahen	310
Irwan Sani	460	Muhajirin	
Ismanadi	452.5	56kg	
Santo	385	Nanda	482.5
Romli		M. Arkandi	415
67.5kg		D. Junaedi	400
Suginon	490	Sin	370
Risanto Masfur	472.5	Mamat	370
Marjon	467.5	Herman	340
Sutikno	457.5	A. Riyono	340
Jamilan	375	Ge Ping Liong	
Onang S		I. K. Putra	
75kg		60kg	
Ron Taliwongso	560	Marhasim	457.5
Rusli	517.5	Ibrahim	440
Andi Sadikin	492.5	Maudi	435
M. Nasir	590	Yulius	425
Sanusi Anwar	485	Bambang JG	385
Jhony Chandra	485	Sugiono	370
Suhardo	475	Dodi Kabilaha	370
Bob Tan	457.5	Y. Kaligis	340
Eddy	450	67.5kg	
Alex	440	H. Mego	455
I Made Mardi	435	Dwiyanto	445
Toyib	425	U. Permana	430
Basuki	340	Susanto	410
Handoko		B.Irawan	390
82.5kg		I. K. Miartha	
S. Moor	547.5	Yoewono	
Hengky Unsu	530	A. Sumendap	
Ramli Budiman	510	Suyatno	
Hapdidjo H	485	75kg	
Ruddin	482.5	Y. Aripin	502.5
Sugito	400	I.Sudarmawan	450
Boyke	400	Michele	440
90kg		A. Atung	430
E. Hermanto	572.5	N. Baransano	
Teng Ho	557.5	82.5kg	
H. Watopa	532.5	Winaryo	480
Hartono	485	D. Chan	472.5
Asnawi	480	W. Wungow	470
Wayan Modra	465	E. Ming	427.5
Yoseph Gozal	432.5	Koemoro	395
H. Wibowo	420	E. Chandra	340
100kg		Natalis	
Suwardi	515	90kg	
Ananda Firman	492.5	E. Badu	420
Winy Winarto	420	I. W. Sudarta	395
Tjong Tjie	407.5	A. Susanto	375
S. Tengko		Rosbin	
110kg		100kg	
Armen Rangkuti	520	Thomas G	540
Honggono	510	110kg	
Raymiland	425	Eddy Santoso	420
125kg		125kg	
R.Gunawan	552.5	O. K. Liong	352.5
Kusmin	410	F. Fonda	340

Thanks to Arold Bostrom for results.

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15 lb	45.00	55 lb	101.00	95 lb	157.00
20 lb	52.00	60 lb	108.00	100 lb	164.00
25 lb	59.00	65 lb	115.00	105 lb	171.00
30 lb	66.00	70 lb	122.00	110 lb	178.00
35 lb	73.00	75 lb	127.00	115 lb	188.00
40 lb	80.00	80 lb	136.00	120 lb	192.00

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ALL EQUIPMENT FREIGHT COLLECT

Oklahoma Women's Open
3/3/84 - Tulsa, Ok

	SQ	BP	DL	Total
44kg				
Ralina Gibson	187	110	220	518
48kg				
L.Bertram-OL	225	115	253	617
Shannon Cook	192	88	225	501
52kg				
Kim Crain	236	126	248	617
56kg				
Robbie Scott	209	121	286	617
S. Littleton	220	143	242	606
Rhonda Ellard	209	115	270	595
Peg Robinson	115	99	198	413
60kg				
D. Sanderson	187	121	248	556
67.5kg				
Marsha Weaver	187	115	253	556
M. Sikes	132	93	214	440
82.5kg				
Debbie Mills	253	132	281	666
Oklahoma Men's Open Division				
123				
Dan Harris	281	225	407	913
132				
Rob Robison	352	242	468	1062
Mike Barnett	336	220	391	947
148				
Chas Wodraska	556	325	501	1382
Kendall Gala	440	292	501	1233
Jeff Beelsford	380			
165				
Glenn Gill-m	468	402	512	1382
Steve Auld	529	275	551	1355
S. Ventress	540	303	501	1344
David Larimer	424	325	501	1250
Kevin Fanning	479	292	446	1217
Mike Butler	413	265	473	1150
B. Cunningham	369	336	446	1150
Jim Manness	363	220	407	990
181				
David Coffman	589	330	628	1547
Jesse Davis	595	330	622	1547
Don Jones	650	292	540	1482
Dan Deiehorst	501	363	584	1448
Dan Randolph	540	297	551	1388
T. Grisham	473	247	551	1321
M Vnlandingham	440	270	490	1200
K Vnlandingham	460			
R. Sherwood	485	275	496	1256
Scott Terry	374			
198				
Mike Baker	710	446	574	1731
Ron Boren	628	402	650	1680
Erwin Reyes	606	402	600	1608
Jack Caldwell	573	380	600	1553
G. Brinkman-t	523	260	530	1313
Darwin Romine	501	270	462	1233
220				
Merle Downs	688	440	661	1789
Dan Berry	722	402	655	1779
Ken Jones	683	440	600	1723
David Baker	672	418	600	1690
W. Snodgrass	650	341	622	1663
Mark Nagele	617	358	639	1614
Mike Hunziker	655	418	530	1603
Larry Hansen	562	314	589	1454
Micah Bossah	584	341	530	1454
242				
Ron Clark	612	418	705	1795
C. Schroeder	683	418	683	1784
K. Doonkeen	672	480	622	1774
Ray Pierce	655	418	600	1673
Stan Fields	705	402	551	1658
Vince Orange	611	352	530	1493
Ray Woodson-m	435	358	479	1272
Al Warner-m	429	314	496	1239
275				
Jack O'Brien-BL	722	502	722	1946
Dennis Brooks	749	486	711	1946
Jay Williams	661	435	705	1801
Steve Lofton	573	424	666	1663
SHW				
Gary Smith	639	369	595	1603
Garlon Collins	661	303	622	1586
Gary Poulson	611	303	551	1465
Ray Smith	468	303	551	1465

Team champions: Champion Fitnes, Tulsa, Ok, meet director: Jack O'Brien, outstanding lifters lt: Chas Wodraska, hvy: Jack O'Brien. Thanks to Jack O'Brien for results.

Texas State Open
3/17/84 - Houston, Tx (kilos)

	SQ	BP	DL	Total
114				
H. Van Nguyen	150	87.5	157.5	395
Victor Vann	95	90	102.5	287.5
Teres Mims-f	85	52.5	142	280
123				
Harold Sackett	162.5	115	187.5	415
V. Jernigan-f	90			
132				
Robt Barnett	192.5	105	205	502.5
Dan Trejo	167.5	100	202.5	470
Alan O'Shea	145	90	180	415
Sally Aden-f	130	70	155	355
W. Frazier	105	95	152.5	352.5
148				
Jeff Rodriguez	252.5	137.5	220	610
Todd Hayataka	225	150	212.5	587.5
Frank Restivo	182.5	142.5	215	540
Gaddis Capps	195	115	212.5	522.5
Karl Floyd	180	127	210	517
Alex Flores	182.5	105	202.5	485
G. Gutierrez	165	85	207.5	457.5
165				
John Tyree	265	155	282.5	702.5
J. Safdarina	260	170	240	670
Ray Baxter	250	145	272.5	667.5
J. Jackson	287.5	115	260	662.5
Dean Lontos	237.5	142.5	257.5	637.5
Tony Springer	235	150	217.5	602.5
Rick Cain	235	117.5	230	582.5
Greg Ramirez	182.5	110	220	512.5
Kevin McIntosh	187.5	105	197.5	490
181				
Ed Mooney	287.5	190	305	782.5
Stan Venable	260	190	272.5	722.5
Don Cole	287.5	130	277.5	695
Robt Johnson	277.5	135	272.5	685
Lynn Branam	272.5	137.5	250	660
David Kremmer	255	130	265	650
Kevin Kish	240	127.5	230	610
Ken O'Brien	237.5	125	237.5	600
Andy Fife	220	152.5	225	597.5
John Lawrence	227.5	152.5	205	585
Jack Dyer	212.5	135	197.5	545
Todd Walker	137.5	135	185	457.5
Richard Fly	150	97.5	162.5	410
Jas Anderson	265	142.5		
Stump Barnett	292.5	160		
198				
Lary Mistric	320	187.5	307.5	815
David Georges	282.5	192.5	272.5	747.5
Pat Roberts	287.5	172.5	275	735
Gary Bissell	260	152.5	295	707.5
Tony Meyer	265	192.5	250	707.5
Joe Smith	202.5	150	242.5	590
John Haynes				
Ken Harrison	250	167.5		
Phil Castaneda	317.5			
Chris Garcia				
220				
Gil Thompson	337.5	222.5	290	855
Pat Brown	305	192.5	310	822.5
Cliff King	307.5	175	302.5	785
Tom Allen	322.5	187.5	272.5	782.5
B. Murray	272.5	180	250	702.5
Rich Revilla	240	167.5	277.5	685
Bill Griffin	265	167.5	250	682.5
Freezy Small	235	157.5	260	652.5
Shannon Rice	220	152.5	247.5	620
Steve Wheeler	227.5	122.5	242.5	592.5
Matt Henderson	197.5	142.5	232.5	572.5
Tony Galavez				
E. Riley				
Rick Osburn				
Stacy Schaaf				
242				
Scott Warman	342.5	205	350	897.5
Rich Keller	265	207.5	300	772.5
Dane Olson	290	192.5	282.5	765
James LeRibeus	277.5	165	302.5	745
Scott Lane	255	197.5	265	717.5
Chandler George	267.5	147.5	275	707.5
Chris Linblad	262.5	170	275	707.5
Chas Bandy	262.5	147.5	272.5	682.5
Larry Reed	250	140	290	680
Mike Bandera	332.5	160		
275				
Warren Vogel	257.5	162.5	317.5	737.5
Hal Hudson	282.5	165	287.5	735
Justin Turner	252.5	207.5	267.5	727.5
Anthony Clark	245	200	242.5	687.5
Mitch Walls	250	170	260	680
Bill Lobins	237.5	160	260	657.5
John Brace(gst)	310	227.5	277.5	810
John Brick(gst)				
SHW				
Craig Young	327.5	222.5	340	890
Doug Young	320	257.5	300	877.5
Robt Shultz	295	205	285	792.5
Jeff Ellwanger				
WOMEN				
Lindy Champion	152.5	82.5	165	400
Tam Thompson	137.5	85	162.5	385
Sally Aden	130	70	155	355
M. Murdock	132.5	80	157.5	370
Teresa Mims	85	52.5	142	280
V. Jernigan	90			
MASTER 40-49				
Rich Keller	265	207.5	300	772.5
Ed Bittick	245	145	275	682.5
Hal Hudson	282.5	165	287.5	735
Jim Haga	237.5	192.5	245	675
Gene Satsky	205	107.5	212.5	532.5
Jim Griffith	147.5	100	192.5	440
MASTER 50 plus				
Rich Fly	150	97.5	162.5	410
John Bowen	155	92.5	182.5	430
Steve Helton	75	167.5	75	317.5

team winners: 1st: Houston Firefighters, 2nd: Lone Star gym; Best lifter 181 and down: Ed Mooney, 198 and up: Scott Warman; meet director: Ken Croxdale, meet promoter: Joe Dalton. Thanks to Joe Dalton for results.

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Joliet Correctional Ctr meet
3/11/84 - Joliet, Ill

	SQ	BP	DL	Total
NOVICE DIVISION				
114				
Franklin				
123				
Rodriguez	275	205	370	850
Flores	225	130	225	580
148				
Bell	385	250	390	1025
Morrison	285	220	375	880
165				
Clark	470	285	465	1220
Shenaurlt	400	265	475	1140
Matthews	375	275	470	1120
Cabrera	450	200	465	1115
Donais	375	260	465	1100
Raggs	325	285	415	1025
181				
King	525	305	575	1405
Riza	475	340	575	1390
Williams	550	335	500	1385
Albanese	520	285	520	1325
Perez	450	330	475	1255
Ott	410	275	525	1210
Gromos	370	265	520	1155
Sanchez	350	315	445	110
Barrett	450			
198				
Reszel	515	320	625	1460
Franzen	550	340	565	1455
Varney	575	350	525	1450
Cox	550	300	575	1425
Tietz	465	355	475	1295
Medina	475	340	440	1255
Parson	335	260	340	935
Bethel				
220				
Frizzell	550	365	550	1465
Jones	475	385	550	1410
Scarpino	505	375	505	1385
McGee	500	375	500	1375
Balogh	505	305	565	1375
McDaniels	425	315	575	1315
242				
Brooks	525	350	525	1400
Ford	425	200	420	1045
275				
Webster	520	290	570	1380
Johnson	400	325	525	1250

Team trophy: Pontiac
Best lifters: 165 & under: Clark, over: King.

	SQ	BP	DL	Total
OPEN DIVISION				
123				
McMillan	350	230	415	995
132				
Rodriguez	330	145	345	820
148				
Jones	440	300	470	1210
Vassar	370	315	430	1115
Barker	355	225	425	1005
Markley	340	235	320	895
165				
Young	550	340	505	1395
Matthews	425	320	505	1250
Hamyon	425	280	525	1230
Nunn	400	305	465	1170
Kavinsky	470	240	430	1140
Grabowski				
181				
Seaberry	550	370	650	1570
Baylor	500	350	600	1450
Williams	475	300	580	1355
198				
Staton	650	375	625	1650
Dunn	560	330	605	1495
Colon	505	325	600	1430
Brown	500	290	525	1315
Carnaghi	460	340	510	1310
Klarchek	450	310	535	1295
Lande	425	250	505	1180
220				
Holmes	700	325	650	1675
Taylor	620	400	600	1620
Ducker	605	415	575	1595
Pace	550	315	600	1465
Baker	535	335	530	1400
Glass	520	305	570	1395
242				
Greenlaw	700	375	730	1805
Workley	710	370	700	1780
Sanders	600	355	645	1600
Jackson	520	330	500	1350
275				
Moulton	610	465	690	1765
Pool	660	460	640	1760
Morrison	650	365	620	1635
SHW				
Strickland	775	510	615	1900
Taylor	600	440	650	1690
Zambetta	505	230	510	1245

Team trophy: Joliet Correc. Ctr. best lifter 165 and under: Young, 165 and over: Strickland. Thanks to Ernie Frantz for results.

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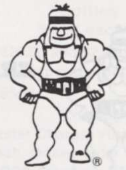

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Maryland State meet
1/28/84 - (kilos)

	SQ	BP	DL	Total
SENIOR DIV				
52kg				
Lockard	110	65	147.5	322.5
Cavalier	97.5	47.5	97.5	242.5
56kg				
Gilliland	102.5	55	135	292.5
Lista	100	55	135	290
60kg				
Werner	162.5	120	187.5	470
67.5kg				
Bohli	197.5	130	210	537.5
Solano	167.5	115	205	487.5
Burke	147.5	115	147.5	410
75kg				
Wright	265	145	255	665
Pryzbylski	230	135	247.5	612.5
Marcino	205	145	250	600
Clark	157.5	185	155	497.5
Carnobas	170	92.5	175	437.5
82.5kg				
Shiplett	255	175	255	685
Corbin	237.5	145	255	637.5
Condore	190	140	242.5	572.5
Conover	185	137.5	242.5	565
Dennis	150	115	220	485
90kg				
Ireland	272.5	202.5	250	725
Doppelt	250	167.5	280	697.5
Dingle	262.5	167.5	265	695
Weidman	245	137.5	262.5	645
Dotson	215	160	245	620
Fielder	222.5	135	215	572.5
Wood	185	147.5	227.5	560
Thompson	195	107.5	205	507.5
Casper	195	102.5	202.5	500
Connelly				
100kg				
Rooney	297.5	182.5	262.5	742.5
Washington	252.5	162.5	272.5	687.5
Lumia	255	157.5	252.5	665
Herring	237.5	147.5	227.5	612.6
Hardy	227.5	162.5	217.5	607.5
110kg				
Dimiduk	365	192.5	345	902.5
Boblooch	332.5	227.5	332.5	892.5
Fox	310	182.5	265	757.5
Starr	237.5	155	245	637.5
Complo	207.5	182.5	245	635
125kg				
Kennedy	277.5	187.5	262.5	727.5
Rice	242.5	192.5	227.5	662.5
SHW				
Pinkston	300	200	277.5	777.5
Latham	262.5	177.5	252.5	692.5
WOMEN				
52kg				
Cavalier	97.5	47.5	97.5	242.5
Gorman				
56kg				
Lista	100	55	135	290
60kg				
Croty	115	65	132.5	312.5
White	107.5	55	122.5	285
75kg				
Patillo	82.5	55	117.5	255
TEENAGE DIV				
52kg				
Short	65	47.5	90	202.5
56kg				
Gilliland	102.5	55	135	292.5
60kg				
Werner	162.5	120	187.5	470
67.5kg				
Burgan	175	95	167.5	437.5
75kg				
Przybylski	230	135	247.5	612.5
Martin	160	122.5	175	457.5
Carnobas	170	92.5	175	437.5
82.5kg				
Corbin	237.5	145	255	637.5
Anderson				
90kg				
Karwaski	210	140	212.5	562.5
Thompson	195	107.5	205	507.5
100kg				
McCray	192.5	132.5	180	505
MASTERS DIV				
52kg				
Lockard	110	65	147.5	322.5
82.5kg				
Dennis	150	115	220	485
90kg				
Fielder	222.5	135	215	572.5
110kg				
Starr	237.5	155	245	637.5

Team champions: Dimiduk's: 33; HSI: 25; BWPS: 8. Best lifters: Wright and Dimiduk. Many thanks to those lifters, officials, and staff who all contributed to a most successful state championship. A special thanks to Ted Herring who supplied the computer system which tracked the progress of the meet and supplied the meet results. I would like to see more of our meet directors use this system. For info concerning the availability of the system, contact Ted at (301) 862-1989. Thanks to Chuck Carnobas for results.

Michigan Teenage championships
3/3/84 - Flint, Mich

GIRLS-Age 14-16
97
Ann Autry 410*
Amy Perovich 385
Chris Brett 350
105
M. Chapman 450
Angela Jones 400
Colleen Ray 395
J. Lillemoen 370
114
Jackie Soth 505
J. Schafer 435
Tina McKee 400
123
T.Marshall 575
Diane Osborn 515
Karla Knapp 495
Saly Kaiser
J. Nelson
132
Migua Goff-BL 705*
Tracy Rickman 530
C. Finatri 495
N. Fuller 425
Annette Hott 355
148
Andrea Potter 620
Kris Orriss 495
Kathy Sawyer 445
T. Winterlee 410
D. Pusz
165
Juanita Collins 590
BOYS 14-15
105
Tim Muldoon 560
Jeff Fenton 515
John Lopez 515
Jeff Smith 460
Mark Wyskiel 460
Paul Bodalucco 435
Craig Hatton 400
John Terry 315
114
David Webb 680
Powell Meister 670
Todd Dimoch 620
123
L. Shattuck 710*
Joel Southwell 710
C. Grahl 660
B. Hampton 605
Tom Parkinson 585
Brian Schutte 580
Ed Wiederman 510
Drew Shubah
Bill Haps
132
Gary Szuch 645
Robt Middleton 570
Larry Olmstead 555
148
Kipp Mitchell 925*
Al Bennett 835
Charlie Larkin 825
BOYS 16-17
114
Les Stimac 730
Tim Mays 660
Darwin Swank 640
Brian Doyle
123
Dick Childs 875
Gary Daggett 835
Fadl Faraj 790
Marcus Murphy 785
Dave Lamb 700
Robt Lopez 695
Brian Lockery 645
Sean McGuire 630
132
Jim Frederick 850
Jon Grommons 850
Terry Coon 825
Todd Daniels 800
Bill Wilson 785
G. Harrington 755
Jim Muldoon 740
Scott Hetzger 735
Dick Stengen 730
Brian Lord 620
D. Sterling 590
M. Harbin
148
Daren Barone 1050
Terry Williams 985
Richard Wendt 950
Mata Duffy 840
Eddie Ketilik 840
Carl Vance 825
Tim Tuck 815
Brian Lee 810
Dion Earehart 800
Daren Hamel 800
Ken Morris 725
S. Shamel
J. Underhill
Toni Wren 485
Tammy Beehn 355
181
D. Alvarado 660*
Jane Jobson 635
Tammie Henry 425
Kristi Bryson 370
Tami MacAuley 325
UNL
Kellie Irish 685*
Candy Kietzman
GIRLS 17-19
97
Sheryl Dunham 415*
105
Shari Griggs 405
114
Julie Jobson 410
Dawn Wyckoff 405
123
Jodi Savage 510
Janet Bennett 505
Missy Turnbo 495
132
Toni Britt 465
148
Parkinson-BL 745*
Lisa Hemmerly 455
165
B. Milne
181
S.Maroneski 670
B.Rosenberger 800
Todd Trzil 795
Mike Henry Jr 740
Richard Dean 680
Wes Brant 630
Kevin Rice 405
165
Bob Fowlkes 1165
Darrell White 1030
Dennis Denike 940
Kerry Krick 845
Gary Burton 785
R. Degenhardt 780
R. Hedrick 690
C. Hollenbaugh
181
Tim Blount-BL 1230*
G. Hopkins 955
John Lowell 895
Richard Fredell 855
Mike McKee 820
C. Schneider 590
Rob Koresky
198
Jim Jenkins 615
220
Chris Jones 835
Jim Jacobson 520
SHW
Kevin Ebersendt 440
R. Rosalez
J. Vaughn
165
Tom Moon 975
Mike Wilson 755
John Stiff 725
181
Eric Palise-BL 1270
M. Henschel 1160
Steve Ceresa 1075
Greg Foster 1045
Randy Brownell 1025
Mike Minster 1020
B.DeOrnellas 1000
Dan Potter 980
Mark Crowthen 850
A. LaVigne 760
198
Paul Sazy 1165
Robt Pinchoff 1115
Rex London 1070
Joe Engel 1025
Todd Jackson 1020
Mark West 970
Dan Dickenson 930
Don Long 760
Byron Loy
220
Matt Keilman 1280
L. Zielinski 1030
Tim Ames 935
242
Homer Hill 1100
Cory Fisher 1090
Neal Clayton 1015
Tony Haag 940
SHW
Paul Zerka 1160*
L. Schalbach 770
Jeff Huben-gst 1220

BOYS 18-19
114
David Neeley 830
W. Spencer 810
123
Ken Hughes 805
Jim Pender 765
132
M. Lopez 800
148
Fred Toins-BL 1315*
Brian Harvey 990
D. Edenburn 935
Mark Hewelt 935
Howard Burgess 915
Keith Williams 895
Mark Taylor 825
Jas Springer
165
Mark Ebert 1225
Paul Daniels 1120
Mark Barton 1115
Chris Ferguson 1035
Oscar Shedrick 1000
Drew Corwin 870
Grant Benbrook 835
Pat Hall
181
Pat Haley 1425*
Mike Gorney 1155
Rusty Husted 1155
Mike Parker 1055
Tom Bois 1035
D. Wampler
198
H. Rodriguez 1265
Andy Pattison 1185
Mike Sypien 1095
Kirt Bierlein 925
220
Henry Lussier 1730*
Bob Adams 1200
D. Butternarth 790
242
Bruce Burman 1420
Swackhammr 985
Antonio Green 810
275
John Beatterbee 1070
Scott Norton
SHW
Steve Beehn 920

SPECIAL DIV
R. Ray(108) 435
MacAuley(110) 385
D. Delecki(142) 365

Team champions: Men's open champions: Power Pit, runner up: Mt. Morris; Women's open champions: Mt. Morris, runner up: Swartz Creek. Hi school mens champ: MT. Morris, runner up: Swartz Creek, Hi school womens champ: Mt. Morris, runner up: Swartz Creek. 'The annual Michigan teenage PL championship is now history, with 213 lifters competing in a 5 platform meet. The meet started at 11:15 am after some delays and the last lift was completed at 7 pm. There are so many people to thank for their help that I am reluctant to even start, but people from the Flint YMCA, the Power Pit, Swartz Creek Hi Faculty members and the Powerlifting Club. Mt. Morris HI and numerous others were responsible for a successful meet. I can not thank them enough. I want to publicly thank all the judges, spotters and loaders and everyone who helped my job to become easier. I also want to thank my assistant coach, Sue Lynn Pickens and Doug Meyer. The best lifters are as follows: Girls age 14-16: M. Goff, Mt. Morris Hi, Girls age 17-19: M. Parkinson, Millington Hi. Boys age 14-15: T. Blount, Mt. Morris Hi, Boys age 16-17: E. Palise, Ferndale Hi, Boys age 18-19: Fred Toins, Power pit. PS: Dave Cammon of the Flint YMCA was the co director and I want to thank him for all of his assistance and hard work.' Thanks to Lloyd Coon for results.

North Italy Powerlift
3/3/84 - Aviano AB, Italy

WOMEN	SQ	BP	DL	Total
132				
M. Caldwell	325	170	375	870
148				
A. D'Aloea	255p	115	310p	680p
	4th	120p		
MEN				
132				
D. Caldera	220	190	340	750
148				
Tim Hoyt	400	285i	400	1085
M. Canton	220	130	310	660
165				
Mike Williams	430	315	455	1200
Martin Fabio	405	230	460	1095
4th	418			
Kirk MacDonald	315	225	400	940
Luigi Fioroni	315	190	400	905
181				
A. Matrone	555p	390p	565	1510p
V. D'Andria	450	290m	465m	1205m
4th	465m			
Bruno Gardin	355	240	460	1055
198				
F. Cimo	340	230	440	1010
Franco Valari	300	190	390	880
B. Sutton	200	305	315	8910
	4th	315o		
220				
G. Magris	495	350	620	1465
242				
D. Caldwell	655	430	685	1770s

i - US Military in Italy, m - Maniago; s - Mediterranean Sports Conf.; o - US Military in Oderzo; p - Pordenone; Outstanding lifters: women: M.Caldwell, hvywt: Dusty Caldwell, middlewt: A. Matrone; ltwt: Tim Hoyt. team points: Aviano: 43; Pordenone: 33; San Vito: 15; Oderzo: 3. Antonella D'Aloea in only her second meet set all new records for Pordenone. Tim Hoyt just missed a double doby wt BP (295). Aniello Matrone qualified for master. Valerio D'Andria did a fine job as meet director and still set new Maniago records. Thanks to Dusty Caldwell for results.

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Central Ohio Open Bench Press
3/17/84 - Circleville, OH

114		Willie Cyrus	300
Darlene Owens	150	Lloyd Smith	250
Jeff Moats	130	198	
123		G. Prokopovich	400
Terry Lynch	245*	Mike Swanson	375
Scott Weaver		Dave Newton	350
132		Aaron Seed	330
Scott Steele	270	Russ Harvey	325
Bob Powell	235	Gary Wright	320
Mike Bradley	225	Monte Bainter	290
Wm Heale	185	Tim Milligan	240
148		Randy Mink	
Larry J Miller-BL	325	220	
Larry Miller	320	Louis Simmons	490*
Dane Schisler	315	Steve Studer	435
Steve Solis	300	Bart Smith	430
Tom Thompson	290	Bill Stone	420
Ron Marosan	290	Ray Nardi	390
Jerry Burkett	270	Brian Glagola	390
Bob Voss	185	David Pamer	375
R. Beekman	120	Roger Keyse	370
165		Dan Dague	315
Barry Herman	365*	Wayne Bowman	305
C. Zimmerman	350	Jim Thorp	
Jeff Adams	340	Kris Shelley	
Charlie Dreher	340	242	
Tom Jenkins	335	Steve Wilson-BL	560*
Ron Miller	335	M. Waterfield	460
Robt Specht	315	Kerry McLane	445
Alan Tucker	315	John Sheshull	440
Scott Dalton	305	Denis Brewer	425
Chris Paulblos	300	Bret Smith	420
Jim Vest	300	Jim Schipper	385
Doug Moss	280	Budd Meyer	
Scott Gabriel	245	D. Hoskinson	
Lynn Overman	220	Bill Wilkins-gst	365
Rob Valentine	200	275	
181		Dean Glitt	350
Jed Weaver	365	SHW	
M. Meddock	360	Hoss	455*
Virgil Gripp	355	Fred Park	445
Dave Neff	325	Floyd Head	425
Dave Grimm	305	Bob Coyer	335

* new meet record; BL- best lifter. Meet director and announcer: Dean Glitt, Scorers: Linda Glitt, Jim Wood and Scott Allen; loaders: John Ramsey, G. Bolin, S. Stevens, V. Estell and Jim Vest. Natl card holding judges: Jim Rummell, Sue Rummell and Mark Schiller. Admissions: Teresa Tomlinson and Tina Grant.

'The 114 lb class was small in number, but featured one of the best female lifters in Ohio in Darlene Owens. Her 150 was enough to hold off 97 lb Jeff Moats of Circleville BB.

123 class: Terry Lynch of Loveland, OH set two meet records, just barely missing his third with 250.

132: Scott Steele blew everyone away with his opener at 270 then missed 280 twice. Bob Powell, last years winner, placed second. Mike Bradley of Mansfield finished third.

148: This class featured the battle of the 'Millers'. I know Larry Miller of Johnstown, OH wanted to win this one badly and his bench just keeps improving every year but Dr. Larry J. Miller of Cleveland and Black's Health World prevailed. Dr Miller (he's John Black's dentist) had an off day but still won his class and best lifter with just his opener. Dane Schisler, a previous winner in this class and part owner of Buckeye BB didn't get what he wanted as far as training lifts go but placed third with 315.

165: Another tough class, probably the toughest when you consider our previous meet record in this class was 335 which was broken or tied by 6 lifters this year. The fight for 3rd was close between Jeff Adams and Charlie Dreher with Jeff winning on bodywt. Chuck Zimmerman of Circleville came down a weight class this year and made a fine 350, but Numero Uno this year was Barry Herman of Black's, a former Natl caliber olympic lifter in his first BP meet. To say this guy has potential as a powerlifter is an understatement.

181: Jed Weaver of Canton, OH was the happy winner of this class. If my memory serves me right, Jed has tried to win for 3 years now and this was his year. Mike Meddock had an off day and only got his opener at 360. We'd been hearing of some big training lifts from him. Virgil Gripp of Blacks came in third with a fine 355. I normally have been only mentioning the top 3 in each class, but I feel I should give some praise to our lifter in this class, Dave Neff. Dave's BP has increased 75 or 80 lbs in just a few months and his 4th place finish with 325 was obviously not his limit.

198: Geo Prokopovich, one of the better 198 lb powerlifters in the state, won this class with an easy 400 lb BP. Mike Swanson of Lorain only hit his opener at 375 but still placed second., Dave Newton of Newark placed third.

220: Louis Simmons of Columbus and Black's Health World just keeps getting better. He positively smashed the previous meet record in this class (which was 435) with a great 3rd attempt 490. It appeared to go easier than his second attempt 470. Good football player Steve Studer hit 435 for second and Bart Smith of Cleveland benchd 430 for third.

242: We knew before the meet that the 242s were going to be exciting, with Big Steve Wilson of Blacks entered. The 1983 Sr Natl and world champ didn't disappoint the crowd with his very smooth 560. Mike Waterfield of Sandusky benched a nice 460 for second and Kerry McLane of Cambridge hit a new 445 PR for 3rd.

275: I was the only lifter in this class and since I was recovering from a slight shoulder injury, I only took a 350 opener for team points.

SHW: This was the first year that we have really had some tight competition in this class. Floyd Head of Greenfield, OH equaled the old meet record of 425 for a new PR and third place. Then the crowd was on its feet for the clash between Fred Park of the Chillicothe Ath Club and Hoss the Boss from Black's Health World. After the smoke cleared, Hoss was victorious with a new meet record 455. Fred finished with 445 and second and just narrowly missed 465. From this and his training lifts, he will be a bencher to watch in the future.

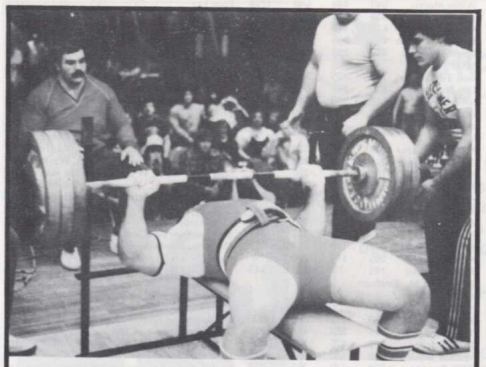
Black's Health World of Cleveland won the team trophy with the Circleville BBC coming in second. Equipmt for the meet was provided by Buckeye BB Co of Dublin, OH. We would like to give special thanks to Gary Morin, director of the Pickaway County YMCA; Jim and Sue Rummell and Mark Schiller and all the people of the Circleville BBC for their assistance.' Report submitted by Dean Glitt.

Steve Wilson....one of the Best Lifter award winners at the Central Ohio Bench meet. Buckeye Barbell photo.

Junior Georgia State Championships
2/5/84 - Jonesboro, GA

WOMEN	SQ	BP	DL	Total
J.Shelnutt(118)	210	105	275	590
A. Rizzo(151)	210	110	305	625
M. Brazil(229)	245	145	360	750
MASTERS				
L. Baker(178)	500m	285m	470	1255
S. Rush(210)	405	360*	420	1185
B. Parker(210)	440x	215x	525x	1180x
OPEN				
114				
Bubba Whitley	240*	190*	300*	730
Joe Robinson	225	135**	270**	630**
123				
I Shelnutt	215	115	275	590
148				
Rex Evans	385	230	460	1075
Tom Kelley	340	225	455	1020
Bill Becker	375	250	380	1005
165				
Tony Payne	405	315	450	1170
181				
Bob Vigneault	570	370	520	1460
Doug St Clair	430	290	480	1200
J. Hachmeister	425	285	485	1195
198				
V. Sewell	450	320	495	1265
220				
Marc Jones	585	370	585	1540
Robt Harris	550	370	590	1510
Gary Lands	530	345	540	1415
Tim O'Rear	455	305	480	1240
Gene Melton	325	220	400	945
242				
B. Swafford	435	295	565	1295
275				
Rusty Cordle	475	305	500	1280

m - State records-Masters; x - State records Masters 50 yrs and up; * - 16-17 yr State record; ** - 14-15 yrs State record. Thanks to Rocky's Gym for results.



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UNITED STATES POWERLIFTING FEDERATION, INC.

CLUB MEMBERSHIP APPLICATION
****

TO THE REGISTRATION COMMITTEE CHAIRMAN OF THE UNITED STATES POWERLIFTING FEDERATION:

THE _____ HEREBY MAKES APPLICATION FOR
(NAME OF CLUB)
MEMBERSHIP IN THE U.S.P.F., THE INFORMATION REQUIRED TO ACCOMPANY APPLICATION BEING SUPPLIED BELOW. YOU WILL FIND ENCLOSED $25.00 (Twenty-five) PAYABLE TO U.S.P.F. TO COVER THE AMOUNT OF THE DUES FOR THE CURRENT YEAR.

ADDRESS OF THE CLUB

Street _____

City _____ STATE _____ ZIP CODE _____

DATE OF ORGANIZATION _____

NAMES AND ADDRESSES OF OFFICERS OF THE CLUB _____

NUMBER OF U.S.P.F. MEMBERS AS OF DATE OF THIS APPLICATION _____
(Minimum of 10 members required)

****

THE CLUB, IF APPROVED, HEREBY AGREES TO ABIDE BY THE BY-LAWS OF THE UNITED STATES POWERLIFTING FEDERATION AND RESPECT, ABIDE AND ENFORCE ALL DECISIONS OF THE FEDERATION AND RULES AND DECISIONS OF THE EXECUTIVE COMMITTEE AND REGISTRATION COMMITTEE OF THE U.S.P.F.

_____
(SIGNATURE OF CLUB SECRETARY)

ADFPA Indiana State Meet
Mar 31-April 1-84 (kilos)
W. Lafayette, Ind

	SQ	BP	DL	Total
56kg				
C. Niedbolski	127.5	90	152.5	370
60kg				
M. Schiller	182.5*	117.5	195	495
67.5kg				
M. Pyclik	192.5	125	207.5	525
M. Wider	185	110	212.5	507.5
L. Boynton	182.5	107.5	212.5	502.5
R. Holt	182.5	102.5	200	485
F. Arrendondo	157.5	92.5	212.5	462.5
D. Vottero	142.5	105	185	432.5
75kg				
M. Willett	242.5*	135	257.5	635*
J. Yeats	202.5	130	225	557.5
J. Gruber	190	145*	207.5	542.5
J. Mumay	187.5	105	220	512.5
82.5kg				
J. Smoker	272.5*	137.5	252.5	662.5*
J. Brettnacher	240	167.5	242.5	650
B. Silverman	242.5	140	237.5	620
J. Mazequie	197.5	127.5	250	575
M. Tryeciak	192.5	112.5	215	520
90kg				
S. Hutsell	242.5	150	242.5	635
P. Vurndrain	212.5	150	245.5	607.5
L. Smith	207.5	150	235	592.5
C. Nestleroad	227.5	130	227.5	585
C. Anstead	217.5	130	230	577.5
100kg				
K. Babb	230	182.5*	265	677.5
S. Harman	215	147.5	242.5	605
C. Lennon	240	175	257.5	672.5
F. Gnerlich	257.5	125	255	637.5
N. Nottingham	227.5	150	255	632.5
R. Hafner	230	132.5	227.5	590
110kg				
K. Thompson	252.5	175	300	727.5
P. White				
125kg				
B. Thomas	242.5	165	250	657.5
D. Silas	220	175	257.5	652.5

Best lifters: 1. M. Willett, 2. J. Smoker, 3. M. Schiller, 4. B. Silverman, 5. J. Brettnacher. * new state records. Thanks to Pat Malone for results.

1984 Va State Championships
17/18 Mar 84 - Stanardsville, VA

	SQ	BP	DL	Total
114				
John Nugyen	270	190	315	775
Dan O'Dell	210	115	260	585
Alice Flora	185	120	250	555
Mary Kafura	175	105	255	535
Arkfeld Alisa	195	100	240	535
Frank Henshaw	170	95	225	490
Ken Eisenhower	135	75	205	415
Robt Denne	135	85	185	405
123				
Charle Biele	300	205	395	900
John Shifflet	295	215	390	900
M. Bingham-BL	310	130	370	810
John Theimer	235	185	325	745
Darlene Billings	245	140	300	685
Cindy Hunsaker	190	125	265	580
Rose Goode	205	90	245	540
Lisa Jackson	185	105	230	520
Tina McClanahan	170	105	240	515
132				
Jerry Ringi	420	240	400	1060
Darreal Devry	405	220	400	1025
Scott Zerbe	380	245	380	1005
Russ Adkins	375	225	330	930
Dave Pero	270	255	380	905
Ken Coner	300	185	400	885
Dan Akers	240	205	370	815
Julie Beatty	240	120	320	680
M. Behneman	205	110	290	605
Tammy Brage	195	75	275	545
Julie Bullock	210	90	230	530
Tom Harrman	315			
148				
Duane Barker	395	265	485	1145
Mike Thompson	425	230	485	1140
Howard Sobel	340	240	425	1005
Tom Wright	325	200	450	975
Ray Rolle	300	235	385	920
Dicky Wolfrey	330	175	415	920
Jeff Monroe	230	150	400	890
John Sutch	315	175	390	880
Lewis Foxx	340	185	350	875
Wayne Handley	275	130	320	725
Reid Cardon	200	300	135	635
Jack Van Sise	175	135	275	585
David Scott	170	105	225	500
165				
Derek Beatty-bl	575	380	580	1535
G. Crockett	550	295	560	1405
Joe Rossin	475	320	565	1360
Gary Zimak	485	315	540	1340
Robt Benedix	510	345	480	1335
Mike Short	500	305	520	1325
Ballard Poff	480	300	540	1320
Greg Bryant-bt	505	285	510	1300
Don Sullivan	480	285	530	1295
Al Bedrosian	440	280	515	1235
Noel Medley	440	200	560	1200
Steve Woolwine	455	200	525	1180
Russ Heinrich	450	255	475	1180
Larry Eggleston	460	245	405	1110
Leonard Lopez	315	250	390	975
Walker Breeden	280	180	365	825
Beth Bonner	250	120	365	755
Bonnie Walsh	255	155	335	745
Diane Wad	230	100	300	630
Larry Cardon	135	355	135	625
181				
John Themides	550	425	570	1545
L. Gold	530	360	555	1445
D. Lloyd	550	340	540	1430
Dave Bullock	525	315	560	1400
Marty Jacoby	475	315	520	1310
Robert Burton	470	285	540	1295
Sam Faz	500	245	540	1285
Richard Brooks	410	275	575	1260
Mike Cannon	455	250	530	1235
David Smith	455	250	530	1225
Paul Ehrhardt	450	270	500	1220
Glenn Yorkdale	440	285	490	1215
Dan Gallagher	435	270	505	1210
John Chelena	425	320	460	1205
Dick Heinrich	470	275	455	1200
Russell Rolle	395	260	495	1150
Fred Saffouri	430	280	425	1135
Dan Harrington	360	305	460	1125
David Dodero	405	285	410	1100
Ed Norris	400	270	425	1095
Steve Orange	425	225	420	1070
B. Nicholson	350	250	420	1020
Don Becraft	455			
198				
Bruce Graser	655	390	715	1760
Steve Murdock	690	350	645	1685
C.Simmons-bl	625	470	585	1680
Richard Moody	600	380	580	1560
Don Ackerman	560	350	630	1540
Steve Setliff	550	375	600	1525
Gary Ferstler	580	285	635	1500
Eugene Lorenzo	560	380	535	1475
Jerom Delrich	550	305	600	1455
Jose Sautori	530	375	520	1425
H. Campbell	525	310	590	1425
Rick Kelly	510	310	600	1420
Mario Janakiev	540	350	510	1400
Tony Copper	500	325	560	1385
Bruce Cahill	485	305	585	1375
Richard Orr	480	325	560	1365
Ricky Chambers	500	315	550	1365
Rich Buchner	470	335	535	1340
Ken Kunkel	505	285	525	1315
Jim Berckman	475	300	540	1315
Geo Day	565	215	520	1300
Jeff Ragghan	420	350	520	1290
Tom Lay	535	265	465	1265
Stu Kerxton	490	335	440	1265
Jeff Kerxton	465	270	490	1225
Tom Heinbuch	440	255	500	1195
Anthony Robbins	425	260	500	1185
Rod Hogue	440	240	475	1155
Shannon Corcey	415	300	435	1150
Chris Walburgh	400	280	450	1130
David Simmons	400	275	435	1110
Stacy Mitchell	350	265	480	1095
Rocky Fitzhugh	335	200	470	1005
Mark Smithwick	525	360	---	885
Nina Buck	220	125	280	625
Cliff Williams	---	125		
Al Barbee				
220				
Barry Walker	670	380	665	1715
Jim Cole	600	480	625	1705
John Beck	630	430	610	1670
Terry Polly	625	400	625	1650
Barry Smith	550	340	655	1595
Russ Keith	585	385	620	1590
Wm Link	625	340	615	1580
R. Fratarcangelo	600	315	600	1515
Tom Suld	530	410	565	1505
Sid Price	510	410	585	1505
J. Sheckler	515	370	590	1475
Bill King	540	330	510	1380
Bob Thompson	530	300	545	1375
Kerry Viar	500	310	520	1330
Richard Gaspar	400	330	530	1260
Jim Hickam	490	275	470	1235
J. Fleshman	450	235	450	1135
Greg Ireson	525			
242				
Bill Francis	700	510	610	1820
Ken Ryder	605	510	680	1795
Ed Upchurch	640	500	650	1790
Steve Sakis	660	470	590	1720
Ivan Minter	660	410	650	1720
Mike O'Connor	665	370	630	1665
Curtis Walker	615	415	630	1660
Roger Wright	600	345	630	1575
Phil Hamon	550	320	550	1420
John Debey	550	320	505	1375
Pete Marks	405	300	520	1225
Geo Kincaid	410	320	445	1175
Scott Lowery	440	225	425	1090
Herbert Cabler	375	200	440	1015
Claudia Stanley	275	185	330	790
275				
David Colangelo	850	520	770	2140
Bob Brandon	800	535	705	2040
Willie Morris	640	440	640	1720
Bob Briggs	650	365	600	1615
Mike Diggs	625	340	600	1585
Richard Morgan	475	340	530	1400
Chris Thurman	450	255	500	1205
SHW				
Bob Edmanson	710	425	730	1865
Jim Burton	630	430	645	1705
John Stewart	610	380	610	1600
David Oyler	565	300	550	1415
WOMEN				
97-123				
Mary Bingham	310	130	370	810
Darlene Billings	245	140	300	685
Alice Flora	185	120	250	555
Mary Kafura	175	105	255	535
Alisa Arkfeld	195	100	240	535
132-198				
Beth Bonner	250	140	365	755
Bonnie Walsh	255	155	335	745
Julie Beatty	240	120	320	680
M. Behneman	205	110	290	605
Tammy Bragg	195	75	275	545
Best lifter: M. Bingham				
MASTERS DIV				
114-165				
Glenn Crockett	550	295	560	1405
Tom Wright	325	200	450	975
John Sutch	315	175	390	880
Walker Breden	280	180	365	825
Beth Bonner	250	140	365	755
181-198				
Mike Cannon	455	250	500	1235
Dick Heinrick	470	275	455	1200
Su Kerxton	490	335	440	1265
Ed Norris	400	270	425	1095
Rocky Fitzhugh	335	200	470	1005
220-SHW				
Willie Morris	640	440	640	1720
Curtis Walker	615	415	630	1660
Bob Thompson	530	300	545	1375
John Debey	550	320	505	1375
Jim Hickam	490	275	470	1235
Best lifter: G. Crockett				
TEENAGE				
114-165				
Darrell Devor	405	220	400	1025
Mike Thompson	425	230	485	1140
Russ Adkins	385	225	330	905
Dan Akers	240	205	370	815
Dicky Wolfrey	330	175	415	920
165-198				
Greg Bryant	505	285	510	1300
Mario Janakiev	540	350	510	1400
Rich Buchner	470	335	535	1340
Russ Heinrich	450	255	475	1180
Tom Lay	535	265	465	1265
220-SHW				
John Beck	630	430	610	1670
Rich Gaspar	400	330	530	1260
Jerry Fleshman	450	235	450	1135
Chris Thurman	450	255	500	1205
Scott Lowery	440	225	425	1090

Best teenage lifter: John Beck. Best lifter 114-165: Derek Beatty; best lifter 181-198: Charlie Simmons; best lifter 220-SHW: Dave Colangelo. Top 6 teams: Olympian gym: Va Beach, No. Va, Woodbridge, Walkers gym, Hopewell, VA, Stanardsville BC, Va. Tech BC, Blacksburgh, Waynesboro YMCA, Waynesboro. 'The 1984 Va St Pl championship was a very pleasant success. There were 168 lifters and close to 400 spectators. The contest was held as in 1981 at the Wm Monroe Hi School gym in Stanardsville, VA. As Always a lot of people devoted their time and energy on this weekend. There was some exceptional lifting on both days. On Sat Derek Beatty totaled 1535 to win the 165 lb title plus best lifter. Master lifter Glen Crockett took 2nd in the open, 1st in the masters and best lifter in masters. He is one hell of a man. Guest lifter Bruce Graser at 198 lbs is going to be something. Steve Murdock (198 lb) took 1st place at 198 and he got a big 690 lb Squat. The second day with world champ John Gamble sitting in the head judges chair as he did all day Sat (in case anyone out there has not met Big John, he is simply 'one class act' on and off the lifting platform), every one wanted to see if Big Dave Colangelo, now lifting in the 275 lb class, was going to go over 2100; well he did with 850, 520, 770, 2140 total. Remember he still is 10 to 20 lbs from filling out his class. Another big surprise in the same class was Bob Brandon. Bob did 800, 535, 705, 2040 total; he will be 40 in May and is something to see. Big Dave Colangelo also got the best lifter award for the hvywt class. The 1985 State meet went to Bob Edmanson. Larry Eggleston is the new Va St chairman, defeating Willie Morrie 5 to 4, replacing former chairman Bob Edmanson as Bob did not choose to seek re-election. A big thank you to Mr and Mrs Shannon Coffee who provided their computer printout service and let me tell you it is s time saver. This will be my last promotion. I just don't have the time. I have some nice equipmt to sell cheap. (804) 985-7660. Oh, before I forget, the Olympian gym won 1st place team trophy; they are something else. The 4 time state champ, the Charlottesville BBC has folded.' Thanks to Willie Morrie for results.

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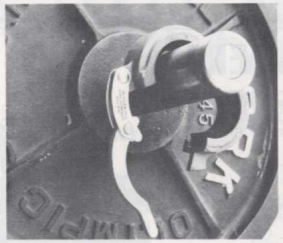

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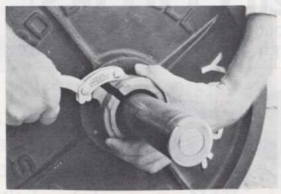

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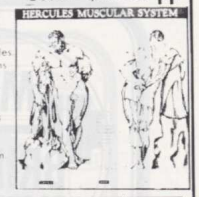

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POWER HOTLINE is the Newsletter of Powerlifting, rushed to subscribers homes twice each month via 1st class mail. Inside each edition is the latest news of the sport, consistently quicker and more comprehensive than any other source. In the March 31st edition, we covered the recent connection between steroids and the death of a Pennsylvania bodybuilder, how Danny Wohleber suffered a serious injury, whether Britain's Steve Alexander will be coming to the United States, the 900 plus training squat of a top 242 pounder...PLUS...details on a new woman strength sensation who is reportedly capable of 315x5 in the bench pause style, well over 500 for reps in the squat and 290x5 in the Power Clean. Of course, we also had the first-breaking news of the PacWest Record Breakers meet (where Hatfield exceeded the listed world record in the squat), the National Collegiates, and the Hawaii Invitational. (Power Hotline readers received this information approximately 5 weeks before we could get the report on those two meets in PL USA, due to printing deadlines, etc.). In the April 16th edition of Power Hotline we had the late breaking news about the planned NBC telecast of the World Championships in Sweden on April 29th. (When we get items like this on short notice, we can't get them out fast enough in PL USA due to the monthly schedule). Also, we found out two possible bidders for the next Juniors meet, and covered Fred Hatfield's 3rd World Record exceeding lift in 6 weeks, a 903 at 242 at the California Masters Championships...plus the POSITIVE results so far on the drug tests from the Women's Nationals, and information on the new magazine Fred Hatfield is developing for Joe Weider. To subscribe to POWER HOTLINE and get your Power news 'fix' twice each month, send $28 payable to Powerlifting USA, Box 3238, Camarillo, CA 93011.

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Japanese Women's Nationals
3/18/84 - Takamatsu, Japan (kilos)

	SQ	BP	DL	Total
44kg				
M. Saito	100	42.5	130	272.5
M. Sakamoto	102.5	52.5*	105	260
T. Yasui	70	37.5	105	212.5
48kg				
H. Yoshida	132.5	57.5	140	330*
T. Watanabe	110	57.5	120	287.5
F. Ihira	100	50	105	255
Y. Ihara	95	40	110	245
52kg				
S. Hasegawa	145*	60	135	340
K. Ihno	100	40	122.5	262.5
T. Nakamura	97.5	47.5	115	260
Y. Kawakami	77.5	45	100	222.5
56kg				
K. Ishikawa	137.5	57.5	140	335
Y. Sugawara	130	57.5	120	307.5
K. Miyazawa	100	52.5	127.5	280
S. Nakamura	112.5	47.5	120	280
60kg				
U. Kunihiro	155*	87.5*	180*	422.5*
Y. Ikuta	120	50	125	295
S. Iinuma	85	42.5	112.5	240
C. Gotoh	77.5	42.5	105	225
67.5kg				
Y. Tamura	175*	80*	160*	415*
4th	180*			
H. Saito	140	60	160*	360
A. Hosokawa	120	67.5	120	307.5
Y. Kaibara	80	45	130	255
75kg				
M. Nakamura	147.5	60	155	362.5
H. Honda	100	62.5	130	292.5

The members of Women's Worlds Team in Los Angeles: Manager: Hirovuki Isagawa; 44kg: Mitsue Saito; 56: K. Ishikawa; 60: U. Kunihiro; 67.5: Y. Tamura; 67.5: H. Saito. * Japanese women's record; At 44 kg Mitsue has the ability to DL over 145 kg. At 56 kg Kazuko is a novice, only 3 months lifting. At 60 kg Umeyo who was third at 56kg class in Australia, improved her all liftings and she hopes to finish within top 3 among this class. At 67.5kg Yoriko made a very deep and amazing 180 kg squat easily.' Thanks to Susumu Yoshida for results.

***Umeyo Kunihiro**..will lift at the Women's Worlds. Yoshida photo*

British Womens Championships
3/11/84
Swindon, England (kilos)

	SQ	BP	DL	Total
44kg				
Jane White	105*	57.5	112.5	275*
Gail Charles	75	37.5	110	222.5
Cherry Dar	62.5	47.5	90	200
48kg				
Suzanne Smith	115	65!	115	295
52kg				
Jenny Hunter	122.5	65	152.5*	340*
Marie Green	137.5*	60	135	332.5
Brenda Hibbert	107.5	42.5	122.5	272.5
Caroline Douglas	65	35	120	220
June Clark	65	35	100	200
Jane Powell	62.5	42.5	87.5	192.5
56kg				
Donna Mears	130	57.5	150	337.5
Lesley Manester	115	57.5	125	297.5
Sonya Touns	115	50	125	290
Alison Storrie	82.5	47.5	145	275
Sue Chaplin	100	45	127.5	272.5
Julie Jones	115	50	105	270
Jackie Blasberry	97.5	42.5	127.5	267.5
Tina Saunders	95	35	110	240
60kg				
Rita Bass	152.5!	*5	175	402.5x
D.Webb	150	65	177.5x	392.5
Valerie Smith	97.5	47.5	125	270
Sylvia Lytle	90	55	120	265
M. Evans	85	42.5	135	262.5
Wendy Samways	95	42.5	125	262.5
M. Maskell	90	40	120	250
67.5kg				
Sue Selling	137.5	60	160!	357.5
Pauline Godwin	125	57.5	145	327.5
B. Bullock	107.5	47.5	130	285
75kg				
Pat Morgan	192.5x	85	175	452.5!
Yvonne Clarke	140	60	165	365
Julie Morgan	130	60	145	335
Helen Williams	127.5	55	147.5	330
Dawn Teague	85	60	145	290
Rose Wetherall	85	45	135	265
Karen Gandon	105	45	105	255
82.5kg				
Judith Oakes	195	110!	205x	510*!
Jackie Pepper	135	77.5	165	377.5
Sue Chesson	122.5	52.5	145	320
Veronica Higgs	110	45	125	280
90kg				
Y. Norten	135	72.5	180x	387.5

* British record; ! European record; x - British and European record; best lifter Judith Oakes. 'One of the most successful championships for record breaking; 11 British and 11 European records fell. European records only begin with the performance at the first women's European champs last Dec, therefore some British records are ahead of the European marks. The 40 competitors, about the same number as last year, contained a lot of new faces. Only 15 had competed at last year's championships. These veterans took 7 first, 4 seconds and 3 third, not surprisingly. Most successful coach naturally was Ron Reeves, he coached his girls to 2 firsts, a second and 4 third places. There were only two titles that were closely contested. At 52 at fast improving Marie Green was caught by Jenny Hunter's DL which was superior not only in weight but also in technique.

At 60 Donna Webb who is possibly at last back into serious training gave Rita Bass a fright. Both girls took 4th attempts DLs to try to increase the new record. Rita tried 180 and Donna 182.5 but the contest had been decided and the inspiration had gone. Judith Oakes needed a British record total to win the best lifter award over Rita Bass. Judith seemed to lack her usual fire on the squat and only got her first attempt. This meant she had to get a 205 DL, 5 kg above her best; she finally got herself going and completed a hard lift in fine style. Pat Morgan became the first British lifter ever to break a Judith Oakes record with her third squat. An incredible achievement for someone who has been out of sport since her school days and has only been training for 14 months. Many of the competitors made personal bests and broke divisional records. Overall an excellent day for the future of British Womens lifting. Of course, now they can also take part in weightlifting. Judith looks like setting the pace there too. In training she has made an 80 snatch and a 110 jerk. I saw only two causes for concern. The frist was that many of the girls were performing their DLs as if the rule change of 1972 or was it 3 never happened. Regrettably most of these 'lay back and slide it up the thighs' efforts met with the referees approval. I can't see this happening on a regular basis, so I advise the coaches concerned to put their lifters right immediately.

The second problem was the length of contest, some 9½ hours. 40 or so lifters is not an excessive number for a championship featuring 10 classes so I see the answer as 2 platforms. If the day was not long enough already Jackie Pepper, who we had brought to the contest, was pulled for the inevitable doping control. She and Yvonne Nortey were both having difficulty in going. The caretaker insisted that the bldg be closed and the doping controllers, their luckless victims, Bawla's indefatigable doping control officer, Geoff Platt and Yvonne's unhappy companions all prepared to book into a hotel. Luckily for Janis and I, Geoff Platt very generously agreed to take Jackie Pepper home. This meant we got home at only 1 am and I woke up in time to go to work on Monday afternoon. Not so lucky were Yvonne's friends who were going to drop her off in Loughborough and then had to get home to Sheffield in time to begin work at 6 am. As the anti-doping budget of the Sports Council is virtually open ended, I think that the least they could do would be to pay for overnite accommodation and lost time where this is incurred in fulfilling the doping control procedure. This truly amateur sport already takes up a lot of time and money for the athlete without this additional burden.

The input of a doping control at a championship with a mere 10 tests is probably over 1000 British Pounds. As there is a 100 percent subsidy on collection and analysis, precise figures are not known to me. However, this sort of figure must be compared with the mere 25 British Pounds that we in the southeast are able to grant to each of our championships. Naturally, no official gets any expenses. Just about a full team have been given the opportunity of lifting in the world championships in Los Angeles. Unfortunately from Bawla's limited budget it has not been possible to provide any money for the lifters. This means that each will have to find 600-700 British Pounds, either out of her own pocket or by passing the hat round. The money spent on today's doping control could have paid for nearly two lifters to go. However, that is not the Sports Council's priority and Bawla, as beggars, cannot be choosers. Bawla have relied far too heavily on grants. They have failed to raise any reliable source of income outside of subscriptions, indeed some would go so far as to say they have not really tried. The last major sponsor I can remember is Conventry Climax and that finished about 1978. In the prevailing political climate I cannot see Sports Council funding, save for anti-doping control, going anywhere but downward; in real terms. This means that if Bawla is not able to develop its own income either from TV or commercial sponsors it will be poorly represented in internatl championships. Either what money there is will have to be concentrated on only a few lifters or we will be represented by those of our best lifters who have a sizeable surplus disposable income which they are prepared to spend in representing their country round the world. While this is ok for lunatics like myself who have a working wife and no children, it is precious little incentive for young lifters coming into the sport winning their first British titles and selections. For example, one of my young powerlifters earning about average wage for a 21 yr old was selected last year for the world junior in Miami. If he wins this years British U23 he may be selected again. This time the world champs is in Perth, Australia. He had to decline the invitation because he could not afford to go to Perth, Australia. He will probably continue in the sport but if this is the future for our lifters, I can hardly see it acting as an incentive so that hundreds of people start dedicating their lives to training so that they can spend a fortune if they become successful. In the world outside, it often works the other way; hard work and success are commensurately rewarded with income. At least by writing this lifters will know what the socre is and will not come into the sport with illusions.' Thanks to Andy Kerr for results and report.

Region VI High School meet
3/31/84 - Dallas, Tx

114	
Mike Barnett	805*
Huyen Pham	740
Chris Ownbey	635
Troy Harpster	605
Brad Collins	585
Scott Rivers	580
Jim Stanford	515
Cory Yates	460
123	
Grady Collins	840
Karakashevich	795
K. Livingston	730
Raul Gonzales	715
Rod Linch	715
Kelvin Jones	665
Ricky Browning	615
R. Deal	
132	
W. Edwards	1070*
P. Manicchia	1055
Chris Alexander	925
Abel Moline	910
David Shaw	885
Duke Brigham	880
Roger Kirby	865
Zell Yates	800
Mark Spurgin	790
R. Whaley	
148	
D. Curry	1150*
Timmy Bisor	1090
S. Stanford	1020
Mark Brooks	1020
Sloan Newman	1005
Brett Combs	990
Jeff Cherry	935
John Porter	920
Cary Claudel	885
165	
Vic Pegram-bl	1345
Kevin Carnes	1130
Jese Coody	1105
Larry Schwartz	1100
Scott Gardner	1095
Darrell Petter	1025
Tim Hoagland	990
K. Blankenship	
J. Reed	
181	
Mike Williams	1235*
Eric Gilstrap	1215
Jas Giddens	1190
Joey Sparkman	1165
Mark Zajac	1160
Craig Draslin	1140
Preston Allen	1045
Jay VanSyckle	1030
Tom Horn	
Pat Kennon	
198	
C.Calloway-bl	1350*
Scott Eller	1320
Mike Young	1285
John Allen	1280
Scott Neill	1210
Pete Manicchia	1065
Chris Caviness	1045
M. Gieser	1030
Jim Averyt	1005
Rick Thomas	935
220	
Tony Schell	1490*
Vince Wedon	1355
Gary Kinne	1195
G. Richardson	1175
Carl Ard	1160
Scott Reeves	1095
Bruce Tipps	1070
Ralph Rogers	980
S. Robinson	
242	
M. Gregory	1578*
Jas Brown	1275
Brian Hawkins	1145
Joe Ward	1090
Gary Harsley	1065
Tracy Cockrell	945
K. Murphy	
Tom Weaver	
SHW	
Robt Fallin	1505*
A. Rizzotto	1490
Mike Wallace	1345
Matt House	1130
Mike Wallace	1100

* meet record. Thanks to Bill Persinger for results.

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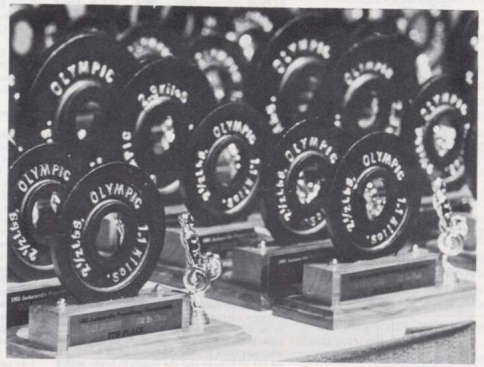

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222½	P. McKenzie	451	C. Mooney	369	J. Shea	415	J. Catalfamo	DL	440¼	A. Young		330 Nussbaumer	140.0 E. Schubert	233.0 H. Inaba
530	P. Stringer	1190	C. Dunbar	955	P. Beiber	1014	G. Hunnicut	T	1030½	A. Young		750 L. Fortugno	305.0 E. Schubert	567.5 H. Inaba
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645	E. Pengelly	1189½	D. Palmteer	1240	R. Beaudoin	1333	J. Biasiotto	T	1102¼	J. Beasley		1135 J. Silvia	497.5 P. Lux	707.5 J. Bradley
275	E. Pengelly	545	P. Sutphin	518	R. Cyr	567.5	C. Wright	148 SQ	512½	B. Bell		480 W. Hurd	195.0 H. Lichtenstern	297.0 R. Wahl
194	K. Hulecki	341	P. Sutphin	360	P. Cyr	385	A. Conyers	BP	330	B. Bell		325 E. Parente	100.0 H. Lichtenstern	194.0 K. Hulecki
312½	R. Valineva	595	P. Sutphin	600	K. Dube	573	A. Conyers	DL	565	B. Bell		520 E. Hurd	230.0 H. Lichtenstern	312.5 R. Valineva
710	E. Pengelly	1481	P. Sutphin	1395	R. Cyr	1488.1	A. Conyers	T	1361¼	B. Bell		1260 R. Olko	525.0 H. Lichtenstern	732.5 J. Bradley
305	S. Nentis	605	J. Wilson	672	M. Roy	683.2	G. Herring	165 SQ	606¼	R. Bell		570 J. Varrone	210.0 C. Braumann	327.5 M. Bridges
197½	L. Backlund	380	D. Bee	402	M. Roy	418.7	G. Herring	BP	369¼	R. Bell		360 F. Palmer	140.0 F. Schramm	217.5 J. Rouse
325	R. Valineva	661	B. Brown	600	A. Leveris	655.7	G. Herring	DL	633¼	R. Bell		620 N. Carola	240.0 C. Braumann	325.0 R. Valineva
767½	S. Nentis	1605	J. Wilson	1637	M. Roy	1752.1	G. Herring	T	1592¼	R. Bell		1495 J. Varrone	565.0 C. Braumann	850.0 R. Gaugler
335	M. Duffy	650¼	P. Sutphin	700	M. Roy	644.7	T. Brady	181 SQ	639¼	R. Bell		580 F. Palmer	180.0 H. Baumgartner	379.5 M. Bridges
210	M. Duffy	402	C. Drennen	415	M. Roy	402.2	G. Herring	BP	413¼	R. Bell		380 F. Palmer	130.0 W. Langenecker	240.0 M. Bridges
357½	Kumpuniemi	644¾	R. Griffith	735	M. Joyce III	722	R. Kobetz	DL	663¼	K. Chambers		645 T. Dighello	235.0 H. Baumgartner	357.5 V. Kumpuniemi
855	R. Collins	1653¼	P. Sutphin	1735	M. Roy	1730.6	R. Kobetz	T	1664¼	R. Bedd		1535 T. Dighello	510.0 D. Meidinger	952.5 M. Bridges
355½	C. Nilsson	769½	R. Estep	625	D. Hamblet	705.2	V. Keyhea	198 SQ	683¼	W. Smith		660 R. Simmonds	220.0 W. Fuches	375.0 F. Hatfield
230	K. Mattsson	490	R. Estep	460	R. Labbe	407.7	D. Burns	BP	424¼	R. Bell		405 J. Scofield	175.0 J. Kapsecker	255.0 M. MacDonald
373	Kumpuniemi	685	R. Estep	730	M. Joyce III	766	V. Keyhea	DL	694¼	W. Smith		700 S. Backus	250.0 J. Kapsecker	372.5 W. Thomas
892½	K. Mattsson	1944½	R. Estep	1710	M. Joyce III	1879.4	V. Keyhea	T	1771¼	W. Smith		1635 R. Simmonds	645.0 J. Kapsecker	937.5 M. Bridges
360	C. Nilsson	705	B. Russel	700	F. Hackett	705.2	J. Hood	220 SQ	771½	S. Sparr		710 S. Backus	210.0 P. Hese	400.0 F. Hatfield
245	K. Mattsson	490	M. Wolf	507	R. Labbe	429.8	P. Elmore	BP	457¼	S. Sparr		440 C. Snitkin	155.0 S. Pohl	261.5 M. MacDonald
355	S. Lukkarinen	770	B. Russell	680	Letourneau	777.1	J. Hood	DL	716¼	L. Shelly		760 S. Backus	250.0 M. Zacharias	377.5 J. Cash
930	K. Mattsson	1870	B. Russell	1824	R. Labbe	1851.8	J. Hood	T	1873¼	S. Sparr		1865 S. Backus	610.0 S. Pohl	952.5 J. Cash
375	C. Nilsson	826½	S. Warman	780	F. Hackett	722	J. Kuc	242 SQ	727½	McCutcheon		725 C. Snitkin	322.5 M. Brugger	393.5 D. Wohleber
250	K. Mattsson	501½	R. Scott	510	R. Labbe	457.2	S. Willis	BP	473¾	L. Shelly		460 C. Snitkin	205.0 M. Brugger	270.0 J. Magruder
380	A. White	771½	S. Warman	683	J. Morin	804	J. Kuc	DL	722	L. Shelly		635 C. Snitkin	320.0 M. Brugger	395.0 J. Kuc
955	Sarrelainen	2038¾	S. Warman	1844	R. Lachance	1962	J. Kuc	T	1918	L. Shelly		1925 C. Snitkin	847.5 M. Brugger	1000 J. Kuc
390	P. Mellberg	740	Fitzsimmons	800	E. Hackett	700	J. Bennett	275 SQ	749½	W. Chavis		755 B. Romaniello	312.5 M. Brugger	412.5 D. Waddington
257½	Saarelainen	529	L. Iams	530	R. Hackett	485	L. Melillo	BP	485	W. Chavis		480 J. Costello	202.5 M. Brugger	278.5 T. Hardman
367½	L. Noren	740	Fitzsimmons	770	E. Hackett	699.7	L. Shepard	DL	663¼	W. Chavis		635 B. Ramaniello	310.0 M. Brugger	385.0 T. McCormick
967½	L. Noren	1920	Fitzsimmons	2100	E. Hackett	1807.7	L. Shepard	T	1897	W. Chavis		1790 B. Romaniello	825.0 M. Brugger	1005 E. Hackett
405	T. Haara	875	L. Iams	700	E. Hackett	780	M. Hall	SHW SQ	788	A. Larson		680 M. Salvidio		445.0 D. Fely
285	L. Hedlund	600	L. Iams	465	C. Calvert	534.5	L. Barret	BP	490½	A. Larson		445 P. Gigliotti		300.0 B. Kazmaier
378	I. Aman	722	J. Cook	700	C. Calvert	700	M. Hall	DL	672¼	A. Larson		690 R. Rubino		402.0 B. Kazmaier
985	T. Haara	2080	L. Iams	1800	E. Hackett	1980	M. Hall	T	1951	A. Larson		1745 R. Rubino		1100 B. Kazmaier

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MATERIAL *Use only the strongest material available, one yielded from modern petrochemical technology; a material that is double knit for maximum strength, does not rot, is lightweight and is extremely durable.*

CONSTRUCTION *Cut the lifters suit out only after he orders. Then measure, hand assemble and sew his suit with a special supportive stitch, requiring 450 yds. (avg.) of thread, found exclusively on Titan Suits.*

SIZING *Design and tailor each suit on an individual and personal basis to assure the ultimate in fit and to cater to the lifters needs and wants. Do not design a suit that waits for a lifter to fit it. (This is a reason why Titan asks for a full 55% more information, avg., on its order blank than its competitors and offers 3 individual sizes.)*

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Del Rio Boys Club Open
3/10/84 - Del Rio, Tx

OPEN DIV	SQ	BP	DL	Total
114				
Connie Fuentes	235	105	330	670
C. Sotomayor	190	110	265	565
132				
Sally Aden	285	155	358	798
Angie Flores	265	115	300	680
148				
Max Peek	430	240	450	1120
Frank Retivo	385	305	425	1115
Jon Dgynison	3345	240	415	1000
Eric Milfeld	350	190	420	960
Randy Shipley	285	160	380	825
165				
Gene Rogers	510	305	620	1435
Terry Til	460	340	500	1300
Ramiro Gonzalez	380	280	500	1160
Ken Smith	365	275	455	1095
Mark Goodman	380	260	415	1055
David Ortiz	370	270	405	1045
181				
Hub Aston	620	475	575	1670
Stump Barnette	645	330	605	1580
James Anderson	550	335	610	1495
Lynn Branam	560	305	570	1435
Roger Thomas	585	310	535	1430
Kerry Holland	400	415	530	1345
Dave Larson	510	285	505	1300
Terry Hines	475	260	550	1285
G. Pendergrass	375	235	425	1035
Joe Lunn	265	150	325	740
198				
Curt Rickert	610	415	570	1595
Jeff Schmidt	555	380	580	1515
Ken Harrison	540	365	600	1505
David Spadafora	605	315	540	1460
Paul Fuqua	530	330	540	1400
Tom Gonzalez	455	365	525	1345
Vince Anello-gst	640	430	755	1825
220				
Steve Lumpee	685	380	715	1780
Pat Talley	600	330	635	1565
David Talbert	550	355	630	1535
Chas Sanders	525	370	525	1420
Mark Dedmon	515	325	525	1365
Ed Jackson	500	375	475	1350
Leo Zambrano	485	255	490	1230
Robt Gower	375	210	450	1035
242				
Ed Krevit	525	320	650	1495
D. Adkins	540	335	600	1475
Gil Vallanueva	420	315	475	1210
David Miller	350	195	400	945
275				
Joe Reynolds	650	400	650	1700
Tim Shea	660	430	610	1700
John Forman	600	420	530	1550
Henry Hamilton	665	375	620	
NOVICE DIVISION				
114				
C. Sotomayor	190	110	265	565
132				
Angie Flores	265	115	300	680
148				
J. Dennison	345	240	415	1000
Randy Shipley	285	160	380	825
M. Tucker	235	120	250	605
165				
Terry Til	460	340	500	1300
L. Marquez	450	285	440	1175
R. Gonzalez	380	280	500	1160
Mark Goodman	380	260	415	1055
David Ortiz	370	270	405	1045
David Tester	365	220	445	1030
Jose Morales	350	235	350	935
Gene Sanchez	135	135	455	725
181				
Kerry Holland	400	415	530	1345
Terry Hines	475	260	550	1285
A. Ramirez	500	250	500	1250
Karakashievich	375	250	450	1075
Joe Lunn	265	150	325	740
198				
D. Spadafora	605	315	540	1460
Paul Fuqua	530	330	540	1400
John Sharp	510	360	475	1345
Tom Gonzalez	455	365	525	1345
Mario Nandin	430	300	475	1205
N. Bonnette	450	280	475	1205
Randy Craft	375	250	440	1065
220				
David Talbert	550	355	630	1535
Bryan Mason	510	405	565	1480
Mark Garrison	565	335	570	1470
Shaun Kelly	500	335	610	1445
Charles Sanders	525	370	525	1420
Mark Dedmon	515	325	525	1365
Ed Jackson	500	375	475	1350
Craig Fox	440	320	500	1260
Leo Zambrano	485	255	490	1230
Robt Gower	375	210	450	1035
Jeff Davis	475	340		
242				
Ed Krevit	525	320	650	1495
D. Adkins	540	335	570	1475
Mark Northcutt	480	350	490	1390
G. Villanueva	420	315	475	1210
David Miller	350	195	400	945
275				
Joe Reynalds	650	400	650	1700
Tim Shea	660	430	610	1700
Mike Garlitz	645	355	530	1530
Henry Hamilton	665	375		
WOMEN				
Sally Aden(129)	285	155	358	798
C. Fuentes(110)	235	105	330	670
Angie Flores(132)	265	115	300	680
M. Tucker(147)	235	120	250	605

Best open lifter lt session: Hub Aston; hvy: Steve Lumpee; Best novice lifter lt session: Kerry Holland; hvy: Joe Reynolds. Thanks to Dave Spadadora for results. 'The meet was sponsored by the Del Rio Boys Club. It was the 2nd meet in Del Rio and the spectators saw 67 lifters put on a very good display of their abilities. Vince Anello again topped the field of lifters. Vince not only was able to qualify for the Seniors by totaling 1825 but he used that Anello sportmanship to take time to talk to and help several young lifters.

Hub Aston and Stump Barnette put on a very tough battle in the 181 lb class. They had the crowd on their feet more than once. Steve Lumpee did a very fine job by going 9 for 9 and a 1780 total. Sally Aden of Houston, Tx came to Del Rio for the 2nd time and was able to again break the Texas st DL record in her wt class. Last year she puleld 308.5 in the 123 lb class and this year 358 in the 132 lb class. Congratulations, Sally.

Angie Flores of the Del Rio team ws awarded the most improved lifter. Angie, keep up the fine work. Connie Fuentes mastered in the 114 lb class by pulling a 330 lb DL. The Del Rio team was able to capture the team trophy again. They were a very young team but they all have a lot of potential. Several of these kids have champion qualities. I would like to say thank you to all the people who worked so hard to make our 2nd meet a success. A very special thanks goes to Jim Kessler, Adair Cooper, and Vince Anello. These 3 guys are very good friends who came from Ohio to make this 2nd meet a true success and they will always be a part of the Del Rio Boys Club open. They gave all the lifters support and especially me. See you all next year, Dave Spadafora, meet director.

The Del Rio Boy's Club Team*...back row: Brett Derovin, Jon Dennison, Leo Sambrano, Randy Shipley, David Miller, Dave Tate; front row: David Ortiz, Carlos Sotomayer, Connie Fuentes, Angie Flores, Dave Spadafora, Joe Lunn. Photo courtesy of Dave Spadafora.*

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FCI Memphis Open
3/31/84 - Memphis, Tn

132	SQ	BP	DL	Total
M. Cross	330	205	450	985
148				
B. Perry	295	205	405	905
E. McCaskill	275	200	400	875
165				
R. Posey-BL	520	315	540	1375
D. Fanning	475	275	500	1250
J. Amonette	410	265	500	1175
A. VanNzuyen	390	250	405	1045
181				
P. Chase	365	300	520	1185
198				
T. Manley	465	345	600	1410
C. Miller	500	285	560	1340
220				
M. Stone	600	425	550	1575
G. Watson	600	375	575	1550
B. Harper	520	360	510	1390
R. Craft	300	300	380	980
242				
T. Rapp-BL	740	435	740	1915
T. Blalock	730	400	610	1740
C. McConnell	450	320	450	1220
275				
C. Grey	710	425	630	1765
J. Alcorn	530	375	550	1455
SHW				
N. Blyth	660	500	560	1720
	4th	525		
J. Claggett	500	350	550	1400

Meet director: Robert Coffey; a special thanks to Mike Stone for the lights and help during the meet. Report prepared by Geoffrey Mann. U.S.P.F. Meet Sanction (820-84); thanks to Robert Coffey for results.

N. California Deadlift Meet
3/10/84 - (kilos)
S. San Francisco, CA (kilos)

114		Don Hawley	227.5
Gary Hunnicut	155	Warren King	220
Lev Kirshner	122.5	Tony Smerdel	220
123		Adolph Jones	
Mike Mariano	162.5	Ron Fernando	disq
Dan Thurman	160	198	
Theresa Estrada	127.5	Ed Tesroro	272.5
Jennifer Hoff	90	Tom Pheil	272.5
132		Everett Taylor	225
Israel Orais	205	Martin Mateyka	225
Mateo Mariano	195	220	
Michelle Silva	137.5	Leon Reali	275
Gwenna Pollock	115	Emile Foster	270
Heather Yates		Wm Carpenter	260
148		G. Kimbrough	245
D. Buckingham	225	J. Reisenhower	205
J. Schexnayder	215	Roland Sanchez	
Bryan Uyeoka	200	242	
J. McCarthy	177.5	Steve Frost	245
Karlai Silva	120	275	
Nancy Goldston	120	W. Edwards	250
L. Heidenrich	177.5	SHW	
Sandy Boulton	117.5	Manuel Burruel	320
Beth Robson	102.5	Mike Fluetsch	205
165		WOMEN	
Dennis Coholan	235	T. Estrada(123)	127.5
Tony Nixon	227.5	M. Silva(132)	137.5
181		Karlai Silva(148)	120
P. Maguanez	267.5	MASTERS	
Jim Bartlome	232.5	Carpenter(220)	260
Peter Ray	227.5	D.Hawley(181)	227.5

Sponsor: West Coast Fitness Center No. 2, referees: Bill Scheffler, L. Williams, J. Waters; spotters and loaders: Andy Swartzell, Rob Castro, expeditor: Laura Castro; Scorekeepers: Fred Gatt, Ila King, Sue Lem, Helene Swartzell, announcere: Alan Kirshner. Team competition: 1st: Mission Muscle Factory; 2nd: Pittsburg Wrecks. Thanks to Jim Lem for results.

Dr Pepper North Mesquite Meet
3/3/84 - Mesquite, TX

114		Robt Sullivan	895
Mike Barnett	815	Rex Collins	875
H. Pham	795	James Childress	845
Ricky Dillon	685	Mike Griffith	820
Brad Collins	610	Craig Mitchell	810
Chris Hacker	585	Tony Lukashay	720
Ron Jones	575	John Price	700
Ted Thompson	525	B. Schafer	670
Jim Stanford	520	Mike Garner	640
Darrin Mann	420	181	
Sam Siblex	355	Mike Williams	1220
D. St Ana		James Giddens	1205
C. Ownbey		Erin Gilstrap	1170
123		Mark Zajac	1155
Robert Jeter	885	C. Draxlir	1115
Grady Collins	880	Bill Jennings	1010
Dan Escobar	855	Dewayne Wood	960
Mike Fitzhugh	825	Mike Castillo	950
J. Karakashevick	800	Paul Barron	945
R. Linch	725	Ron Smimth	930
Kevin Levinston	680	Jeff Feinglas	905
R. Browning	615	Rel Lipscomb	855
Todd King	650	Joel Bradley	825
D. Pallin	460	198	
C. Hitchcock	390	Mike Young	1300
132		Gerald Todd	1255
P. Manicchia	1100	John Allen	1215
W. Edwards	1040	Scot Neill	1210
Mark Spurgin	810	Gary Curry	1200
Roy Woods	770	Kyle Hooper	1140
Zell Yates	760	Larry Jones	1135
Mike Martin	750	Pete Manicchia	1135
Macy Ledbetter	625	John Slovak	1000
Mike Mullins	555	John Gilbert	985
148		Sean Gassman	945
Dede Curry	1170	Joe McCullough	945
John Green	1080	Sam Walker	935
Steve Stanford	1020	Ricky Thomas	875
Kelly Hitchcock	1020	Chas Ragsdale	835
Robt Reyes	1005	Chris Wakefield	785
H.Robinson	990	Craig Senkirk	760
Joe Melendez	970	220	
Darrell Jackson	960	Tony Schell	1430
Sloan Newman	905	Jeff Youkey	1260
John Porter	845	Chas Fullwood	1240
Tim Lopez	795	James Brown	1240
Jim Pena	750	Gary Kinne	1145
Marquis Maxie	735	J. Richarson	1145
P. Reynolds	715	S. Reeves	1045
B. St Ana	635	Joe Ward	1030
C. Jacobson	595	Kyle Ward	1020
Jeff Dumas	585	Bruck Tipps	1010
J. Chaney		Ralph Rogers	950
B. Sanderson		Sean Ritter	900
165		James Cox	895
Victor Pegram	1255	B. Ishmail	815
Kevin Carnes	1140	242	
Andy Young	1090	Mat Gregory	1525
John Cavin	1090	Vince Weldon	1440
Kyle Arthur	1060	Jeff Bohn	1195
Larry Swartz	1060	Byron Smith	1115
Milton Gregg	1040	Bob Martinez	1105
Darrell Petter	995	Tom Weaver	1070
Alan Warta	960	Keith Murphy	1015
Don Lancastger	960	Mark Bass	1010
Byron Burr	960	Milton Barnes	1005
Jim Reed	945	Rod McGraw	895
Perry Drake	935	SHW	
Mark Woody	930	Robt Fallin	1560
Cord Painter	930	A. Rizzotto	1465
Tony Dora	905	Mike Wallace	1260
Steve Phillips	900	Tony Sweet	1185

Team standings: 1. Lake Highlands: 38; 2. Desoto: 27; 3. Athens: 23; 4. No. Mesquite: 19; 5. Sweetwater: 18; 6. Samuell: 17; 7. Plano East: 10; 8. Corsicana: 8; 9. Cedar Hill: 7; 10. Hillcrest: 7; 11. So. Grand Prairie: 3; 12. Ennis: 2; 13. Early: 0; 14. Early JV: 0; 15. No. Mesquite JV: 0. Outstanding lifter: Platform 1: P. Manicchia, No. Mesquite; platform 2: Matt Gregory: Desoto. Thanks to Bill Persinger for results.

Coming Events

MEET DIRECTORS...this list is published as a FREE service to publicize your contest to lifters everywhere each month. Send details in at least 3 months prior to your competition, to 'Coming Events' Box 467, Camarillo CA 93011 to obtain proper advance notice for your event. You'll reach many more potential entrants.

18 MAY, Oklahoma Teenage Powerlifting Championships, 14-15, 16-17, 18-19 and Women's Divisions Lance Childers, Bx 274, Yukon, Ok 73099, 405-354-2375/0413.
19 MAY, Western Canada Championships, Joe Stockinger, Bx 1594, Pincher Creek, Alberta, Canada,TOK-1WO (627-4095).
19 MAY, Preview Invitational Hi School Meet, Mike Reed/W. Monroe Hi School, 201 Riggs St., W. Monroe, La 71291.
19 MAY, Flint YMCA Open, Dave Cammon, Flint YMCA, 411 E.Third St, Flint, MI 48503, 313-232-9622.
19 MAY, Green Country Open BP Championships, Bill Biesegel or Hari Musapeta, Downtown YMCA, 515 S. Denver, Tulsa, Ok 74103, 918-583-6201.
19/20 MAY, Roanoke Open, Jim Hickam, 5554 Ambassador Dr, NW, Roanoke, VA 24019, 703-362-3746 (day), 703-362-9204 (nite).
19/20 MAY, Women's Worlds, Los Angeles, Fred Hatfield, Bx 222, Canoga Park, CA 91305 213-341-1831.
20 MAY, New Jersey Hi School Championships, Ron Miller, 18 Hialeah Ave, Middleton, NJ 07748, 201-495-1494.
26 MAY, West Penn Open, Leo Noble, PO Bx 99901, Pittsburgh, Pa 15233.
26 MAY, Open and Minnesota Teenage & Masters Championships, J. Gallian, 5212 Otsego St., Duluth, MN 55804, 218-525-2720.
26,27 MAY, Region III Championships, Open, Class II, Teenage, Master, Women, Open Bench Press, Tom King, 1130 Brookwood Dr., Augusta, GA 30909, 404-736-6269 after 9pm.
26,27 MAY, 3rd Annual Parkersburg Open & below Class II Meet, Mike Leikari, 1905 Neal St., Parkersburg, WV 26101, 304-428-6165.
2 JUNE, Metro Open Bench Press Championships, (USPF Sanction 740-84), Kenny Wood, 33 Elder Pl., Indianhead, Md 20640, 301-753-6826.
2 JUNE (date change), 2nd Annual Findlay BBC, Classic Class II & below (Women's Open), Tom Davis & Tom Brown, 200-1st St., Findlay, OH 45840, 419-423-0624.
2/3 JUNE (new date), Warner Gardner Memorial Open, Robbie Roberts, DSS, Bldg 13, MCRD, San Diego, CA 92140, 619-225-5313.
2/3 JUNE, (new location & date), Junior Nationals, (National and Internatl Referee's test Fri. evening), Rich Labbe, 62 Shawmut, Lewiston, Maine 04240, 207-786-4793.
2,3 JUNE, Class II Championships & Women's Open, Charles Beane, Nautilus Fitness Ctr., 446 East Dixie Dr, Asheboro, NC 27203.
2,3 JUNE, US Armed Forces of the Pacific Open, Ray Long, PSC 1, Bx 4117, APO San Francisco, CA 96286.
3 JUNE, Neil Byam Open Memorial Bench Press, Fred Pfister, Pittsfield YMCA, North St., Pittsfield, Mass 01201.
3 JUNE, 5th annual Elm City BP, Joe Steele, 468 Fort Hale Rd., New Haven, CT 06512.
9 JUNE, Tennessee Jr. St Championships, Eddie Bodkin, 5517 Ringgold Rd., Chattanooga, Tn 37412, 615-899-7044.
9 JUNE, Michigan Schedule meeting, Rules Clinic, Judge Certification, John Parr, 6567 Main St., Caseville, MI 48275, 517-856-2140.
9,10 JUNE, 3rd annual Big Foot PL Contest, Duane Hartman, Ath. Dept., Spokane Comm College, N. 1810 Greene St., Spokane, WA 99207, 509-536-7210.
9,10 JUNE, (new date) American Drug Free PL Assoc National Collegiate Championships, Ken Jones Asst Football Coach or Ron Pierce, Troy State College, Al, Troy, Al 36082, 205-566-3000-ext 27.
9,10 JUNE, Novice meet, Greg Kostas, Bx 367, Whitman, Mass 02382, 617-447-6714.
16 JUNE, Clarksburg Open, Clarksburg Training Ctr, 131 Kramer Dr., Clarksburg, WV 26301, 304-622-1233.
16 JUNE, Metro Open Power Meet, Fabian Wambsgans, 20349 Ecorse Rd., Taylor, MI 48180, 313-388-0411.
17 JUNE, New England Open BP, John Saffron, Tri Community YMCA, 43 Everett St., Southbridge, Mass 01550, 617-765-5466.
17 JUNE-1 JULY, Internatl Games for the Disabled (PL included), Nassau County, NY, Michael P. Mushett, Special Populations Unit, Eisenhower Pk, East Meadow, NY 11554, 516-542-4493.
21,22 JUNE, Calif Police Olympics Powerlifting
23 JUNE, Freedom Festival Championship & Indiana Teenage Championship, Bud Downen, Pitt Barbell Club, 400 Edgar St., Evansville, Ind 47710.
23 JUNE, Toledo City Open (Toledo residents), Harry Cummins, Carr's Body Shop, 1140 W. Sylvania Ave., Toledo, OH 43612, 419-476-1540.
23 JUNE, (change to one day meet), Pennsylvania State Men's Championships, Al or Brenda Siegel, 109 E. Market St., Clearfield, Pa 16830, 814-765-3214.
23,24 JUNE, ADFPA Midwest Open, Lee Graese, 26 West Newton, Rice Lake, Wis 54868, 715-234-2545.
23,24 JUNE, Region 10 Championships, Teenage, Masters, Women, Mike Carter, 12646 W. Atlantic Pl., Lakewood, CO 80228, 303-988-7873.
23,24 JUNE, Southern Maryland Open, Sr Men, Ladies, Teen & Masters, Chuck Carnobas, Rt 3, Bx 810, Hollywood, MD 20636, 301-373-5360 after 8 pm.
30 JUNE, Graterford Powerhouse Men's Open, Pete Spurio Jr or Thomas Hilliard, c/o Athletic Dept., PO Bx 244, SCIG Prison, Graterford, Pa 19426, 215-489-4151, ext 372 or 369.
30 JUNE/1 JULY, new date, Jacksonville Open, Charlie Thompson, 1041 S. McDuff Ave., Jacksonville, Fl 32205, 904-633-3350.
JUNE, New Jersey Open, Class II or under, Ron Panissidi, 247 Camden St., Oradell, NJ 07649.
7 JULY, Cam Am Open Deadlift, Mario Torrez, 1970 N. Harrison Rd., E. Lansing, MI 48823, 517-332-4642.
7,8 JULY, Senior Nationals, Larry Pacifico, Bx 14152, Dayton, OH 45414.
14 JULY, Washington State Open, (ADFPA sanctioned) Jim Flora, Bx 69, Burlington, WA 98233, 206-856-1821.
14 JULY, Biggest BP on the Beach/USA,Open novice, masters, women divisons, Bob Edmanson, 14204 Randall Dr., Woodbridge, VA 22191, 703-550-8040 or 494-1377.
20-22 JULY, Drug Free Nationals, Ralph Sesso, 4408 N. Milwaukee Ave., Chicago, IL 60630, 312-545-0449.
21 JULY, Virginia State Women's, Teenage, and Masters championships Class II and below open, Jerry Ringi, Bx 470, Newport News, VA 23607, 804-357-7245 (home) or 804-380-2715 (work).
21 JULY, Western Pennsylvania, Class II and below open and women's open, Bill Purvis or Sam Clark, Fitness Hut, 10 A Pittsburgh Rd., Butler, Pa 16001, 412-285-5233.
21 JULY, Minnesota BP Championships, Teenage, Masters, Open, Jerry Gnerre, c/o the Gym, 6416 Penn Ave S., Richfield, MN 55423, 612-866-3539.
21,22 JULY, Missouri Class II and below, Women's Open, John Petroff, 11073 Apt A, Dunklin, St. Louis, MO 63138, 314-388-3268.
22 JULY, Mid Ohio Valley Open & Teenage BP Championships, Mike Leikari, 1905 Neal St., Parkersburg, WV 26101, 304-428-6165.
28 JULY, 6th Annual Music City BP Classic and 1st annual Music City DL contest, Doc Kreis, Bx 120158, Nashville, Tn 37212.
28 JULY, Texas Grand, Open, Novice, Women, Teenage Masters, Chip McCain, McCain Productions, 3100 S. Lamar, Suite 203, Austin, TX 78704, 512-441-7993.
28 JULY, Seaway Open BP and DL, Tom Corinti, MBA Your Health and Fitness, 616-755-1921.
29 JULY, Northeastern PA BP championships, Jim Trexler, Greater Scranton YMCA, 706 N. Blakely St., Dumore, Pa 18512, 717-342-8115.
29 JULY, Strongest Men and Strongest Women in New England, Ed Jubinville, Bx 662, Holyoke, Mass 01041.
4,5 AUG, 3rd annual Southern Ohio Championships, Class II & below (Aug 4) and Masters, Class I and above (Aug 5) Jim or Sue Rummell, 1245 Western Ave., Chillicothe, OH 45601, 614-774-2801.
5 AUG, 2nd Annual Ohio Women's State Championships, Jim or Sue Rummell, 1245 Western Ave., Chillicothe, OH 45601, 614-774-2801.
5 AUG, Teenage Nationals, Ralph Sesso, 4408 N. Milwaukee Ave., Chicago, IL 60630, 312-545-0449.
11 AUG, Mid Central USA meet, Ken Brown, N. Little Rock Comm Ctr, 2700 Willow, N. Little Rock, Ark 72114, 501-758-2132.
11,12 AUG (tentative date) Women's Teenage Nationals, Pat Malone, 124 E. State St., W. Lafayette, Ind 47906, 317-743-3481.
12 AUG, Illinois Police Olympcs PL, Joe Budde, c/o Kane County Sheriff's Dept., 777 Fabyan Pkwy, Geneva, IL 60134, 312-584-1987.
12 AUG, Flint YMCA Open BP, Dave Cammon, Flint YMCA, 411 E. Third St., Flint, MI 48503, 313-232-9622.
18 AUG, Powerlifting meet, Wade's Athletics 1105 N. Delsea Dr., Glassboro, NJ 08028, 609-582-0001.
25 AUG, Power Day XI-Women only, Al or Brenda Siegel, 109 E. Market St.,Clearfield, Pa 16830, 814-765-3214.
AUG, Black's Health World Open BP, John Black, 11934 Lorain, Cleveland, OH 44111, 216-252-1695.
1,2 SEPT, (tentative) National meet for Christian Powerlifters, Judy and Roger Gedney, Brophy Hall, Western Illinois Univ., Macomb, IL 61455.
8 SEPT, Central Carolina Open, Johnny Howie, c/o Enterprise Productions, 1329 Roosevelt Rd., Monroe, NC 28110, 704-289-4940.
15 SEPT, (new date) Hercules Gym Open and Teenage meet, Randy Ratliff, Hercules Gym, 7924 Gateway E., El Paso, TX 79915, 915-598-1894.
20,21,22,23 SEPT, Combined Junior (23 & under) and Masters, (40-49 and 50 plus) World Pl Championships, Perth Australia, Frank Lamp, PO Bx 92, Cannington 6107, Western Australia, Australia.
22 SEPT, 3rd annual Ames Cyclone Meet, Men's Class II & below, Women's Open, Women's Midwest, Collegiate, Harry Meyer, Bx 1382, Ames, Ia 50011 515-296-2959 or 294-7039.
22 SEPT, Ambridge annual Power meet, Tony Pharr, c/o 1098 Duss Ave., Ambridge, Pa 15003, 412-266-9774 (gym), 412-847-2457 (home).
22,23 SEPT, Eastern American Meet, Bx 43, Hudson, NH 03051.
29 SEPT, Potomac Open BP Championships,(USPF Sanction 739-84), Kenny Wood, 33 Elder Pl.,Indianhead, Md 20640, 301-753-6826.
29 SEPT, Upper Midwest Natural Open, Duane Frion, Anoka, MN, 612-427-4519.
29,30 SEPT, American Drug Free PL Assoc Pennsylvania St Championships, Fred's Gym 915 Greenleaf St., Allentown, Pa 18102, 215-770-9333.
2 OCT, Minnesota State Law Enforcement Championships, Minneapolis, MN Steve Johnson, 612-434-7702 or 612-533-4548.
13 OCT, Southeastern Carolina Open II, USPF Sanction 833-84, Kirk Nobles-Charles Kemp, Bx 944, Fairmont, NC 18340, 919-628-6776.
13,14 OCT, Texas Cup, Open, Novice, Women, Teenage, Masters Chip McCain, McCain Productions, 3100 S. Lamar, Suite 203, Austin, Tx 78704, 512-441-7253.
13,14 OCT, National Masters, Washington, DC area, Bob Edmanson, 14204 Randall Dr., Woodbridge, VA 22191, 703-494-1377 or 703-550-8040.
20 OCT, Long Beach Open Class II and below, Goering Restrepo, 1901 Cedar Ave., No. 3, Long Beach, CA 90806, 213-599-8482 or 213-835-5970.
20 OCT, Minnesota State Women's Championships, Viking Gym, Bx 29181, Brooklyn Center, Minn 55429, 612-561-8131.
27 OCT, Graterford Powerhouse Men's Open, Pete Spurio JR or Thomas Hilliard, Athletic Dept., PO BX 244, SCIG Prison, Graterford, Pa 19426, 215-489-4151 ext 372 or 369.
27 OCT, Bedford Open ADFPA (drug free) Men's and Women's classes Al or Brenda Siegel, 109 E. Market St., Clearfield, Pa 16830, 814-765-3214.
27,28 OCT, Philadelphia Health and Fitness Expo, Barbara Harris, So 415-Park Towne Pl., 22nd and Benjamin Franklin Pkwy., Philadlephia, Pa 19130, 215-569-0770.
10 NOV, Central Maryland under Class I championships, Central Maryland Masters, Ladies and Teen open, Scott Bixler, 3136 Park Ave., PO Bx 500, Manchester, Md, 301-374-2029.
15-18 NOV, 1984 Men's World Pl Championships-IPF Congress-14 Nov, Chip McCain, McCain Productions, 3100 S. Lamar, Suite 203, Austin, TX 78704, 512-441-7993 hotel: Wyndam Southpark: 512-448-2222.
17 NOV, Northstar Open, Anoka, MN, Jim Yungner or Jerry Gnerre, The Gym, 612-544-9550.
17,18 NOV, Boston Open, Chuck Johnson, 2213 Longfellow, Sudbury, Ma 01776, 617-443-7631.
24 NOV, Maryland State BP (closed) and Maryland Open BP Championships, Seniors, Masters, Ladies and Teen, Chuck Carnobas, Rt 3, Bx 810, Hollywood, Md 20636, 301-373-5360.
1,2 DEC, Greater Texas Classic, Doug Patterson, 1601 NW Dallas, Grand Prairie, TX 75050.
8 DEC, Powerlifting Meet, Wade's Athletics, 1105 N. Delsea Dr., Glassboro, NJ 08108, 609-582-0001.
8 DEC, YMCA Nationals, Garry Benford, 40 W. Long St., Columbus, OH 43215, 614-224-1131.
8 DEC, Holiday Natural Open, Ed Bedsted, c/o Nordman Gym, 108 SW 2nd St., Cambridge, Minn 55008.
8,9 DEC, Novice Meet, Greg Kostis, Bx 367, Whitman, Ma 02382.
8,9 DEC, Imperial Palace Invitational, Ken Trujillo, 1139 N. Linn Lane, Las Vegas, NV 89110, 702-735-6658.
9 DEC, Bench Press Contest (male-female), C. Fitzpatrick, The Quarry, RR 2, Bx 632, Rt 517, Hamburg, NJ 07419, 201-827-4200.
16 DEC, Curl Contest (male-female), C. Fitzpatrick, The Quarry, RR 2, Bx 632, Rt 517, Hamburg, NJ 07419, 201-827-4200.
26,27 JAN, 1985 Women's Nationals, New England Women's Gym 1261 Cambridge St., Cambridge, Ma 01239, 617-497-9776.
1985, World Games, Wembley, London, England, .

For U.S.P.F. Sanctioned meets, send in a copy of your meet sanction, and we will publish the sanction number on this list.

P.S. when writing a meet director for information always include a stamped, self-addressed envelope (except for Canadian and other foreign meets) and please, if you call him, don't call collect.

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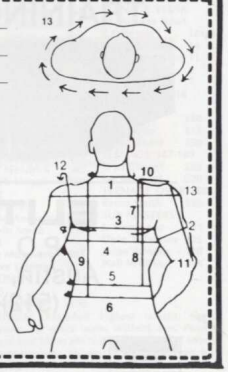
Description	Measurements		
NECK	(1)	TOP OF TRAP TO BELTLINE (9)	
ARM relaxed	(2)	BASE OF NECK TO SHOULDER BONE (10)	
CHEST relaxed with normal air capacity	(3)	SHOULDER BONE TO ELBOW (11)	
ABDOMEN 2" below pec	(4)	DELTOID CIRCUMFERENCE (12) (around from underarm to top of Deltoid)	
navel level	(5)		
beltline	(6)		
TOP OF TRAP to 2" BELOW PEC	(7)	SHOULDER CIRCUMFERENCE (13)	
TOP OF TRAP TO NAVEL	(8)	HEIGHT	



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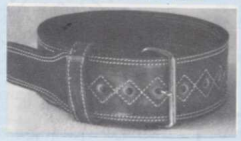

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3/4 Mar 84
El Dorado, Ark (kilos)

	SQ	BP	DL	Total
WOMEN'S DIV				
114				
Debbie Cannon	82.5	35	100	217.5
123				
S. Cunningham	78.5	35	102.5	210
132				
C. Marksteiner	117.5	70	145	333.5
148				
Sherry McMurray	85	47.5	115	247.5
MASTERS DIV				
165				
Buster Newcomb	242.5	137.5	227.5	607.5
181				
Geo Stevens	92.5	55	125	272.5
198				
Art Cunningham	137.5	92.5	250	540
220				
Jim Witt	157.5	115	167.5	440
Paul Pendley	102.5	107.5	137.5	347.5
242				
Bob Frost	227.5	147.5	250	625
Burnice Jones	182.5	132.5	177.5	492.5
275				
Don Martin	280	155	320	755
Hal Hudson	285	185	272.5	722.5
Bob Bates	227.5	127.5	235	590
NOVICE DIV				
114				
Mike Zmuida	62.5	35	77.5	175
123				
T. Cunningham	125	60	152.5	337.5
148				
Dudley Lyon	197.5	110	175	482.5
Tom Evans	192.5	97.5	182.5	482.5
David Silmon	165	112.5	197.5	475
Vince Smith	165	105	165	435
Greg Herbert	160	95	167.5	422.5
Chris Todd	125	92.5	152.5	370
Byron Lee				
165				
Tim Hill	247.5	120	255	622.5
Robert Grant	212.5	137.5	215	565
Jim Rhodes	200	120	227.5	547.5
Van Arnett	205	120	205	530
Max Brandin	182.5	110	197.5	490
Billy McGee	175	115	175	465
Robert Thomas	147.5	102.5	215	465
Byron Earls	155	92.5	157.5	405
Dennis Maxwell				
181				
Richard Watson	237.5	162.5	272.5	672.5
Victor Wilson	200	127.5	255	582.5
Todd Allen	197.5	132.5	227.5	557.5
Brian Ticheli	185	115	232.5	532.5
Todd Daley	197.5	102.5	195	495
Sam Watson	170	110	172.5	452.5
Terry Richards	145	102.5	165	412.5
John Frazier				
Andy Fife				
198				
Clarence Guiton	260	160	280	700
Tony Meyer	265	185	245	695
Ron Lenderman	272.5	152.5	242.5	667.5
John Burns Jr	217.5	145	227.5	590
James Marko	230	137.5	207.5	575
Wendell Moore	220	135	215	570
John Phillips	197.5	132.5	220	550
Nub Brown				
R. Chapman				
220				
Mike Richardson	275	160	265	700
H. Newcomb	245	135	212.5	592.5
Chris Maley				
Mike Gambill				
OPEN DIV				
114				
Allen Doherty	122.5	87.5	145	355
H. Van Nguyen				
David Dunn				
123				
Joey Bledsoe	145	82.5	175	422.5
Chris Warnick				
132				
G. Cunningham	155	92.5	192.5	440
148				
C. Cunningham	190	110	227.5	527.5
Dudley Lyon	197.5	110	175	482.5
Vince Smith	165	105	265	435
Frank Restivo				
165				
Jim Rhodes	200	120	227.5	547.5
Gene Jones	137.5	115	237.5	490
David Pratt	147.5	105	182.5	435
Kevin Weir				
181				
Rick Farmer	282.5	172.5	277.5	732.5
Richard Bettin	287.5	155	287.5	730
Richard Watson	237.5	162.5	272.5	672.5
Brian Ticheli	185	115	232.5	532.5
Dan Canales	255			
198				
David Morlan	285	192.5	295	772.5
Clarence Guiton	260	160	280	700
Wallace Johnson	255	137.5	240	632.5
John Burns Jr	217.5	145	227.5	590
Wendell Moore	220	135	215	570
Robert Dyer				
Kirk Stroud				
220				
Wayne Smith	320	202.5	297.5	820
Frank Christman	335	180	297.5	812.5
Mike Richardson	275	160	265	700
Gene Simmons	205	215	217.5	637.5
Mike Davis				
242				
Larry Marken	327.5	197.5	330	855
Greg Bowling	272.5	185	302.5	760
Ricky Osborn	297.5	187.5	272.5	757.5
Bill Shipp	250	172.5	260	682.5
Kurt Weaver	247.5	170	255	672.5
Rick Neel	25.5	155	245	657.5
Doug Matthews				
Mike Bundera				
275				
Paul Brodeur	390	215	312.5	917.5
Hal Hudson	285	185	272.5	722.5
Al Dunham	232.5	132.5	262.5	627.5
Justin Turner	250	215	150	615
Bob Bates	227.5	127.5	235	590
Doug Patterson				
SHW				
Art Larson				

Outstanding lifter 114-181: Richard Bettin; Outstanding lifter 198-SHW: Paul Brodeur; Outstanding lady lifter: Cathy Marksteiner; Outstanding masters lifter: Dr. Don Martin. Thanks to John Pettitt for results. Saturday session: 10 am-4:15 pm; Sunday session: 9:30 am-1:15 pm. Bob and Betty Ross were in Little Rock, Ark tending to Bob's ailing father, so El Doradoans pulled together and put on a great contest with Crawford Knight handling the powerlifting and John Ralston the physique.

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1983 Womens Teenage Nationals
1983 North Americans
1983 Hawaii Invitational

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CONFORMS TO ALL I.P.F. STANDARDS

Salina So. FCA High School meet
3/17/84 - Salina. Ks

123		Pablo Bastida	1065
Tony Famby	745	181	
Mark Hulse	530	Brad Bean	1130
Stacy Newman	450	Chuck Eanes	1115
132		Jr Miller	1070
Mike Ramas	845	198	
Jeff Decker	805	Tod Cecil	1120
K.Thompson	790	Ken Gilbert	1105
	148	Rob Watkins	1085
Chris Barkley	1005	199 & over	
Joel Weis	950	Curtis Johnson	1095
Mike Reynolds	905	Lonnie Clark	1040
165		Jeff Jungk	970
Daryl Towne	1145	WOMEN	
Scott Gailliardt	1090	Connie Galliher	544

Thanks to Tod Cecil for results.

Eastern Connecticut Bench Press
3/11/84 - Groton, CT

132		Kerry Mugovero	90
Bob Vitti	265	V.Ellsworth	80
Larry Chernoff	260	121	
Jack Porter	215	R.Chabot	125
148		Tina Broccoli	100
Gary Perretta	270	Sue Gerhardt	100
Mike Montijo	250	Teri Haluga	75
Carl Longo	240	135	
Mike Mason	240	Sevil Wynne	145
Steve Levin	240	H.Danarum	140
165		Donna Terra	70
Dave Kalamian	305	160	
Bob Sollo	280	Laura Benz	125
Mike Riegel	275	T. Taglianetta	115
Al Verraneault	200	Over 160	
Fallon Bogart	200	Mary Pine	135
181		TEENAGE 15&16	
M.Bencivengo	365	25 lbs over bdwt	
Steve Bellavance	315	R.Gillespie	18rps
Joe Garvie	310	Keith McClain	14
Jay Callahan	305	Ralph Dematteo	11
Tim Perkins	300	Brian Merfeld	8
198		Ron Lewis	7
Brian Roy	365	TEENAGE 17&18	
Augie Cadillo	355	Up to 141	
Karl Perkins	350	Carl Longo	240
Luke Landry	315	Jack Porter	215
Paul Yuhas	305	G.McAllister	150
	220	TEENAGE 142-180	
Jim Justice	465	Brad Owen	285
Bill Hendrick	385	Jay Rookard	220
Mark Hogan	330	TEENAGE OVER 180	
242		Kevin Smith	335
Bob Pratt	405	SUB MASTERS	
Mike Anthony	340	J. Mugovero	385
Kevin Smith	335	Dave Kalamian	305
275		Brian Brindle	230
Joe Mugovero	385	Neil Wellins	245
Steve Garmon	235		
WOMEN			
105			
Lynn Dadio	130		

WOMEN: Awarded highest weight: Sevil Wynne. 1st place team: Willetts Ave. Power team; best lifter: Jim Justice, best over 35 lifter: Joe Mugovero. Thanks to Joe Mugovero for results.

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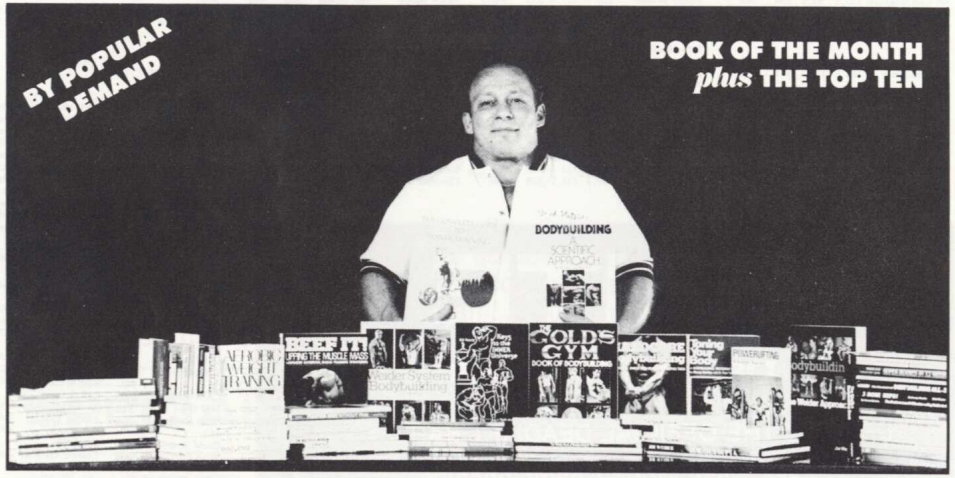
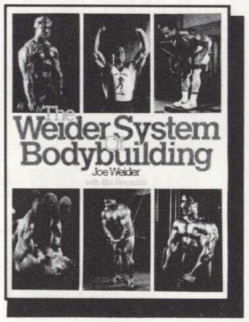


THIS MONTH'S FEATURE



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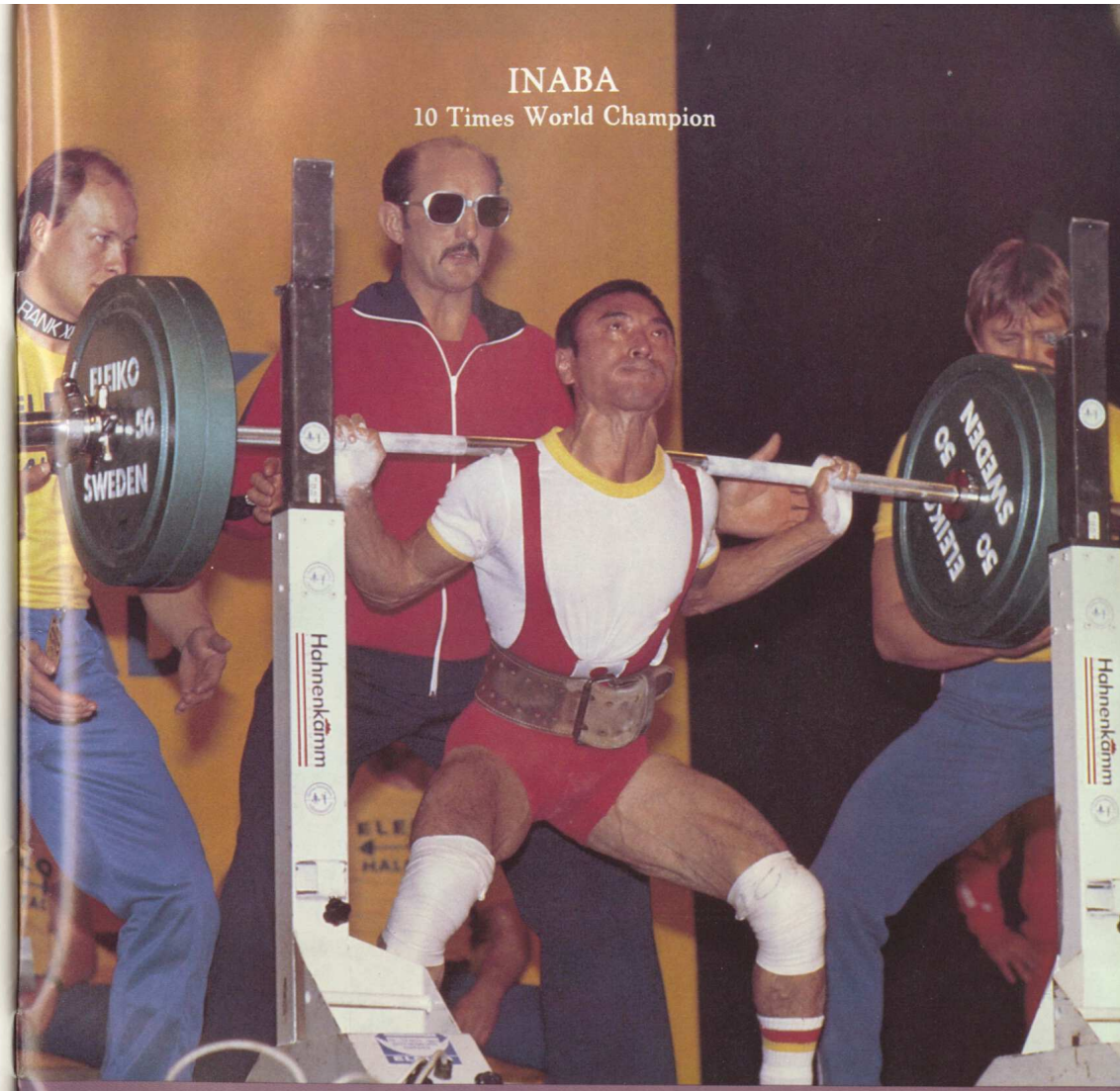

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