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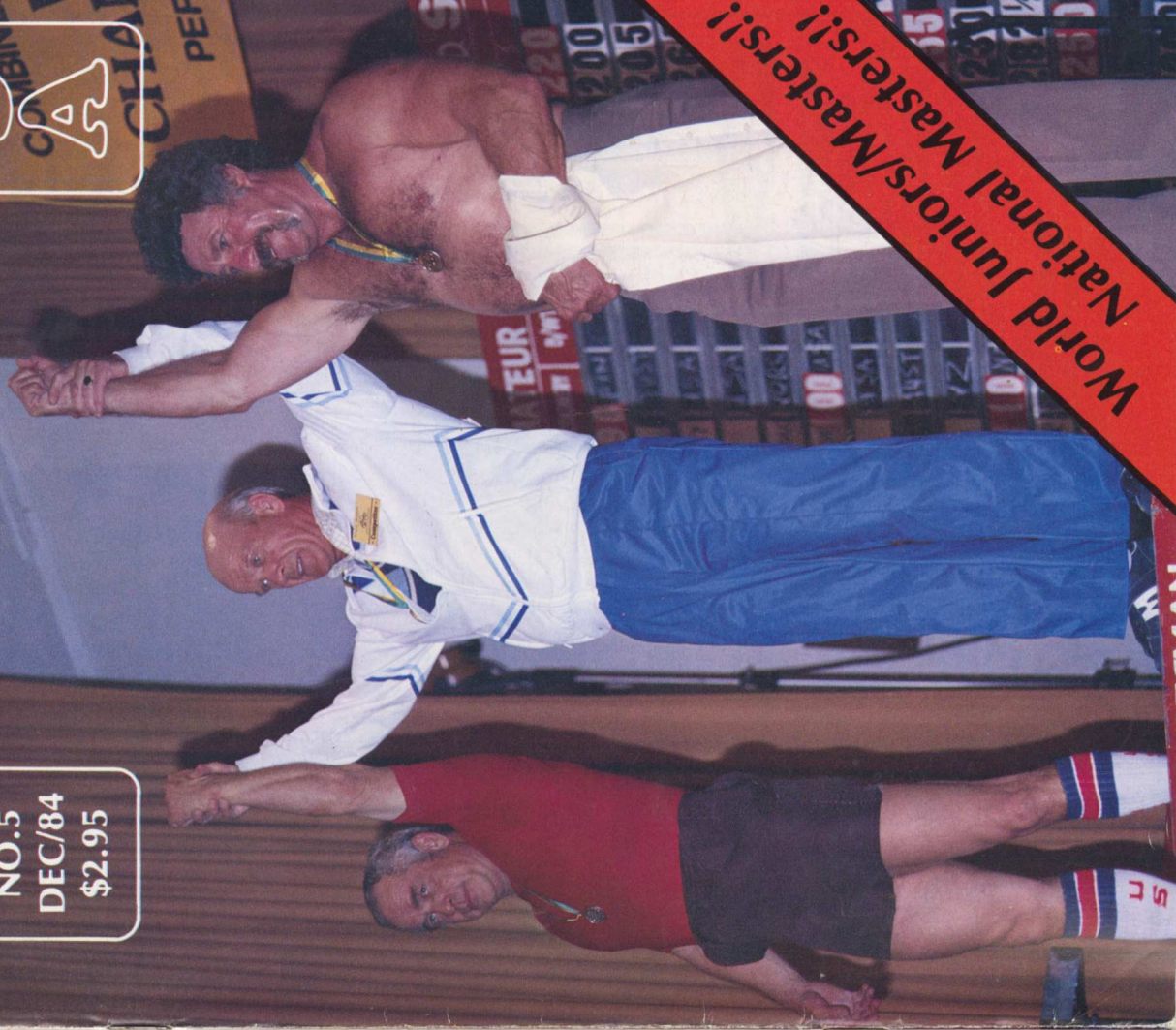
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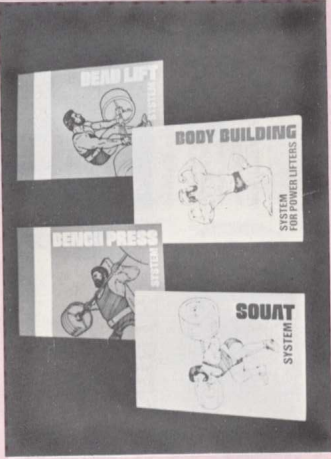


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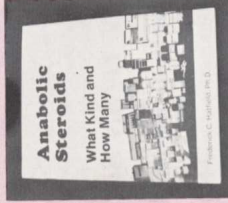


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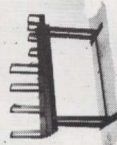
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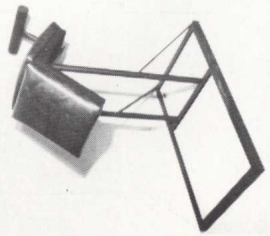
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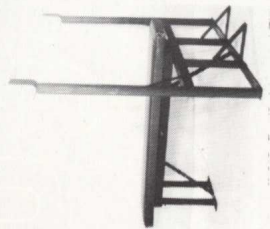
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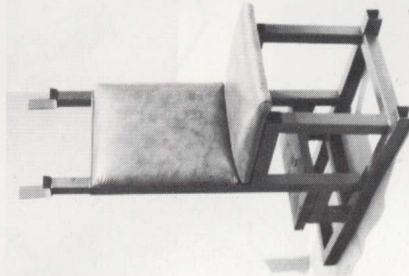
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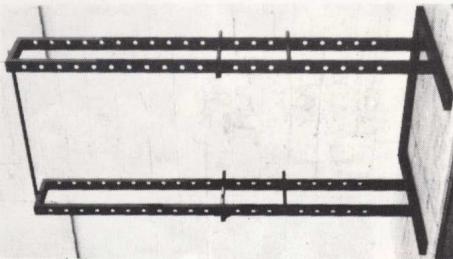
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ON THE COVER...winners of the 50 plus age group, 90 kg class at the World Masters Championship in Australia: Tom Eldridge-US, Kjell Skybak-NOR, Larry McCauley-US  
 NEXT MONTH....the World Championships from Dallas!

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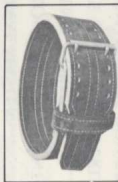
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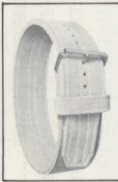
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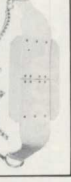
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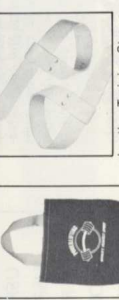
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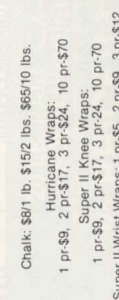
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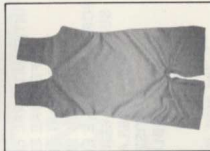
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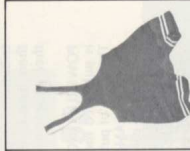
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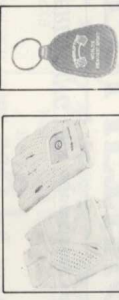
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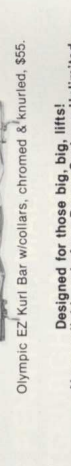
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At the site of the 1977 World Powerlifting Championships in Perth, Western Australia, the man who put together that memorable meet came up with the idea to combine the older and younger lifters into a single festival of age group strength, and Frank Lamp once again demonstrated that Perth and all of Australia can put on fine international Powerlifting championships with his presentation of the combined Junior (23 years of age and under) and Masters (divided into the LP F age categories of 40-49 years of age and 50 and over). Frank managed to get good support from the Australian government to fund on the competition, and looks forward to a combined Men & Women's World Championships during the Australian Bicentennial in 1988.

The many age groups were divided up into 9 different lifting sessions with the scheduling being particularly dependent on the number of entries in each category, which is why Frank needed specific entry commitments well in advance of the contest. I thought the venue, meet presentation, awards, accommodations, etc. were excellent. Despite its relative remoteness from many of the nations that practice Powerlifting, Perth is a beautiful city with a gorgeous night skyline. The weather was mild with very clear skies.

The Junior Worlds really emphasized the quality of competition worldwide in this category. Thus the United States did not win every class they entered, but as a team they did great, with no bombouts thanks to excellent coaching by Nate Foster and Jake Boyer, to hold off a very strong Australian contingent. In the 114s, neither Catalano nor Maxwell had good days, but the more widely experienced Maxwell had the deadlift cushion when he needed; it to overcome the American At 123, Nanda of Indonesia impressed, from the opening lineup, when one could easily see that he had the thigh and back structure to move some big weights. He had to battle all the way with Rao of India, another quality

prospect for future international competition, until a 'must have' 3rd attempt deadlift was negotiated solidly. The American coaches emphasized starting very low on first attempts in this contest, and Randall Kea, our 132 lb. entry, named a poundage that he had done for 5 reps in training prior to leaving for the contest, 490, but he was crushed with his 1st attempt at the weight. He missed it again, a bit less badly, on his 2nd try, but powered it up on his final attempt, to the great relief of the Stars and Stripes Guys. After that, he had no pressure, but Dallan, Bredalen, Pujari, and Pollard had an excellent exercise in strength strategy to determine their placings. At 148, Mark Winquist of the USA was pretty sharp as was Jan Theys of Belgium, but spunky Charlie Coliero of Australia was in a class by himself. Only the expense of travel will keep Charlie out of the Worlds in Dallas as his lifting is right up there, and here he didn't really have that good reincarnation of a young Tom Overholzer in the person of popular Andy Rose, with his close cropped haircut and long sideburns. He was good in all the lifts and quite cagy

## World Junior/Masters Championships by PL USA Editor, Mike Lambert



Charlie Coliero...of host Australia put on a world class performance.

around deadlift time, as he had plenty left in him after the big jump to 606. The US entries, Mike Hancock and Butch Dunn, lifted fine considering the jet lag factor. At 181, Mason Jardine was the biggest of several big guns, with a body that looked like it belonged in the 220 lb. division, and Neville Quinn and Warren Lamp (Frank's son) were no slouches either. Neil Mails showed his class and picked his attempts well, but Mason was too far out of reach. The quality of lifting in the 198 lb. division was very impressive. Of course, Keyhea is rather well known as a premier talent among younger lifters, but Hubon was a massive surprise, and the lanky Wahlander also left a strong impression. It was easy to see that Steve Lumpee really wanted the title at 220, and even though Hy-tinen surged ahead at subbotal time, Steve kept his cool and easily deadlifted his way to the title. Justin Fortune is a lifter to watch, as short of a few misuses he would have been right there as well. Bruigger of West Germany is a very fine lifter, yet to fully grow into this class and the classes beyond that his frame will surely take him to with maturity. Jeff Thill was game, but the tall German was simply too good. It was very interesting to see the influence of some of the big names in the sport on the styles and mannerisms of some of the younger lifters. Thill reminds one strongly of Terry McCormick in that way, and Hytinen squats just like Saarelainen of Finland, and many of the Aussie lifters reminded one, here and there, of Bruce Waddell, who was there coaching the team.

Stan Platls, in the 275s, reminded me a bit of his countryman, Ray Rigby. At Super, George Hechter did the most memorable lifting of the meet. All of his squats were ridiculous in their ease, and 900 was certainly there. His jump to 760 in the deadlift was not that far off, but the miss really diminished his total, compared to how strong he obviously was. Bill Starr later declared, with some pride, that George has gone farther, to date, than any of his numerous proteges and trainees.

In the Masters category, 40-49 age group, Burr was flawless for the US at 114, and veteran Masters Internationalist, Arne Rygh, was too much for anyone else to handle once again. Ian Burgess, who hardly looks 40 years old, jumped into the big time at 132 to tussle with the emotional Defiana of France, a veteran of several open Worlds competitions. At 148, there was one of the best battles of the meet, with a youthful Courtney Boyce barely ending in 3rd. New USA citizen Terry Danglerfield was deep into it at 165 with former countryman Bob Limertick, a coal miner incidentally, whose deadlifting is legendary, but was just not sufficient to overtake all in the class. Saul Shockett was reportedly pleased with his performance, considering the effects of the long flight over from the States. The 181s were in my hand, but the surprising Bill Morrison, the only Canadian entry, took his best shot and ended second, just

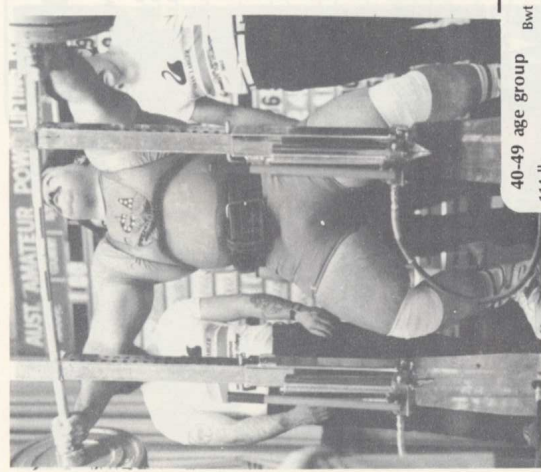


Below...after just becoming a US citizen, Terry Danglerfield won his title

around. With friends and relations in the audience, both John Wright and Jimmy Hayward got tremendous ovations at their lifting. Ernie Nagy was hoping that if things went just



**Randall Kea** after struggling in the squat, tried a big 352-bench press.



**George Hechter**, setting up to obliterate the Junior World Record in the squat.

was just able to hold off George Leggett, the longtime coach of many British international teams. Jim Lem went at it alone at 181, doing his usual, taken for granted, incredible job. Even without competition, he took the Best Lifter award for this division. Skjokbak of Norway was one of several Norwegians who seemed to slide up a weight class for strategic advantage teamwork. Tom Eldridge lifted excellently at 198, getting the most out of every 3rd attempt, but Kjell still has the deadlift to pull himself out of a hole, and that's what he did, on the basis of bodyweight. Larry McCauley pointed out that another world champ from another weight class, Nikkanen, had also entered he and Tom's class, so it was tough competition all



**Below... Don Mills** with a 749-squat

the weights, like a bull, and even a fine lifter like Phil Neyer could not overtake him. Bill Keir was just off an illness and was under doctor's orders not to lift, but he did it anyway. Vladimir Younger, in his 70s, looked and lifted a lot younger than his actual age. 165kg Bralley, who was at the last Masters Worlds, did great in a close matchup with Rodger of Britain, and Ron Bickers

Australia made it none to easy for him at 242. Karl Francis, also very light in his class, confirmed his world champion 275 lb. status with no difficulty, as did big SHW John Earlam. In the 50 and over division, quality lifting continued. Andreu of France, Cross and Brown of Great Britain, did not look their age in appearance, nor in their lifting numbers. Matsuo of Japan was strong and tough with

was not behind that far. He just got turned back on to powerlifting after the Women's Worlds following a very successful career in furniture manufacturing, and showed a lot of respect for the athletes he shared the platform with. A light Jerry Englebert put together some of his finest lifts to cap decades of hard work with the iron with a well deserved world championship title, but Burberry of

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Perth, Australia  
20-23 Sept 84

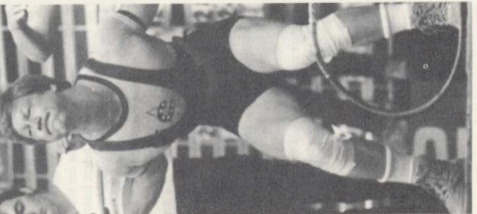
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Joe Catalano USA	51.4	347	385	391	181	203	214	462	374	402	413	964
Frank Brouillette FR	51.0	264	286	286	165	187	187	529	330	330	374	804
123 lb.												
Nanda, INDO	56.0	374	396	396	198	214	225	611	446	468	490	1102
C. Keo IND	55.1	352	385	391	192	203	209	595	429	462	485	1080
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132 kg Fairbrother GBR	55.6	292	308	308	143	154	165	462	374	385	385	848
148 lb.												
Randall Kea USA	59.1	499	499	490	292	325	352	815	429	485	529	1300
Desmond Dalton GBR	60.0	385	407	413	209	220	225	639	468	485	496	1135
Jan Bredalen NOR	59.6	407	429	440	209	225	231	661	440	468	473	1129
Nagesh Pujari IND	60.0	374	396	407	198	209	214	617	462	490	518	1107
Brett Pollard AUS	59.9	352	380	392	220	236	240	628	418	446	457	1074
165 lb.												
Charles Colliero AUS	67.5	562	584	595	297	308	341	903	551	567	587	1455
Mark Winqvist USA	66.6	473	507	540	308	330	341	837	501	529	540	1366
Jan Theys BEL	67.3	518	518	551	297	308	314	826	518	551	551	1344
Kenneth Jackson GBR	66.5	451	473	496	275	286	297	760	485	518	534	1295
N. Yngvesson SWE	66.6	485	518	534	286	303	303	804	485	518	518	1289
S. Fredheim NOR	67.0	440	462	473	281	292	297	755	507	529	529	1262
Stephane Gerard FR	65.9	440	462	473	225	248	259	733	440	462	473	1195
Stephen King NZ	66.2	352	385	407	225	248	259	733	440	462	473	1030
181 lb.												
Andrew Rose GBR	74.2	507	534	551	347	369	380	920	551	567	606	1526
Michael Hancock USA	74.2	507	534	551	319	335	335	865	578	622	622	1488
Scott Boyd USA	74.7	573	589	600	297	310	325	920	540	556	556	1460
Clarence Dunn USA	74.0	512	529	562	336	336	347	865	518	518	545	1410
Phillip Emmett NZ	74.2	473	496	507	275	286	292	782	562	584	600	1366
Jimmy Lundh SWE	74.2	473	496	507	286	303	308	810	496	529	551	1361
H. Lichtenstern WGR	74.2	473	473	500	242	253	264	727	507	540	551	1278
Mahesh Agarwal IND	73.3	374	396	418	198	209	220	628	396	440	496	1069
Yanto Arifin INDO	74.2	485	518	518	198	209	231	705	351	351	351	1069
181 lb.												
Mason Jardine AUS	82.4	617	639	639	347	358	363	1003	606	622	633	1625
Nell Mairs USA	81.7	540	573	606	358	380	380	964	551	600	661	1565
Neville Quinn GBR	81.7	562	595	622	374	374	374	970	562	584	600	1554
Warren Camp AUS	82.4	595	611	611	336	347	358	953	578	589	606	1532
Karanjit Singh IND	76.2	396	440	462	281	297	300	738	485	529	551	1267
198 lb.												
Mittum Ghosh IND	79.1	440	462	473	220	242	242	694	451	473	496	1190
86.3												
Michael Huber AUS	89.2	600	655	672	369	402	402	1041	672	744	772	1705
Leif Wahlander SWE	89.0	595	622	633	413	429	440	1063	595	617	655	1719
Bert Jonsson SWE	88.7	551	569	595	352	363	374	970	595	595	627	1647
Hans Kalleberg NOR	89.6	562	595	606	297	308	319	914	589	589	600	1515
Fiorre Inglesse AUS	89.2	573	600	617	303	319	325	920	589	589	600	1510
Roy Martin GBR	89.2	540	540	556	308	308	319	859	584	617	617	1444
220 lb.												
Steve Lumpee USA	89.2	529	529	556	253	264	264	782	573	617	622	1355
Joha Hytinen FIN	94.8	578	622	639	352	380	396	1036	633	672	688	1725
Iustin Fortune AUS	98.6	595	628	650	374	396	413	1063	573	595	628	1692
Alex Ramsey GBR	97.7	699	639	655	336	347	347	1003	606	672	705	1675
Terje Sandbo NOR	98.4	606	628	639	330	347	347	970	628	661	661	1598
Prabir Dutta IND	94.0	551	578	595	308	325	330	920	562	595	622	1515
242 lb.												
M. Bruigger WGR	106.9	617	661	683	440	468	479	1151	683	722	733	1873
Jeff Thill USA	107.2	578	628	644	385	418	424	1063	639	683	683	1747
Lars Ole Elle NOR	108.9	551	584	617	352	374	385	1003	562	584	606	1609
D. Van Opjinen AUS	103.2	551	573	573	341	363	374	914	562	617	694	1532
Romesh Agarwal IND	104.6	540	540	540	330	352	363	903	485	507	518	1410
275 lb.												
Stan Platis AUS	119.5	562	584	584	336	385	402	986	617	650	705	1692
George Hechter USA	160.0	699	804	865	468	518	534	1383	650	740	740	2033
SHW												



**Nanda of Indonesia** was a toughie edging the wildly popular Eddie Smith, who is from the Perth area. Belgian Powerlifting veteran Albert Nombert was just back of the leaders this time. Ed Gilie dominated the 198s, expectedly, but Biddulph extracted great power from his long, lean physique with some particularly fine deadlifting. Gary Bunt, one of the great names of New Zealand powerlifting, pulled in 3rd over one of the finest of Australia, Len Wilson. Don Mills and Mitch Mitchell also dominated the 220s, but Ron Modra

**Steve Lumpee** did everything right.



# ScoreCard

Bwt	SQ1	SQ2	SQ3	BP1	BP2	BP3	ST	DL1	DL2	DL3	Total
114 LB, AGE 40-44	231	253	253	132	143	143	385	308	330	341	716
Charles Lockard	231	248	259	132	143	140	402	270	309	303	672
Judith Gedney	187	220	236	115	126	137	363	242	270	281	644
114 LB, AGE 45-49	214	225	231	110	121	121	347	275	292	308	655
Barbara Falconio	236	240	240	121	132	132	358	297	314	314	655
Jack Bunn	435	462	462	242	264	275	699	451	479	498	1179
123 LB, AGE 40-44	143	159	170	60	71	71	231	165	181	192	424
Norb Paterniti	259	292	314	132	143	140	402	385	402	422	788
Sue Ann Roberts	187	214	231	99	99	115	330	203	242	259	589
123 LB, AGE 45-49	181	203	209	137	148	154	363	281	292	292	655
Opal Yost	374	374	396	231	242	248	644	407	457	468	1102
123 LB, AGE 50-54	352	300	391	242	259	264	617	407	468	477	1025
132 LB, AGE 40-44	275	308	341	198	209	209	540	358	402	402	898
Denny Coltrin	308	325	347	225	242	242	551	380	424	446	975
132 LB, AGE 45-49	330	363	385	214	236	236	600	363	418	435	1019
Paul Trujillo	275	275	369	214	236	236	551	275	275	501	826
148 LB, AGE 40-44	176	176	203	143	154	154	347	253	281	292	628
Danette Hartmann	99	99	115	66	77	82	198	137	148	154	352
Ivan Zwick	496	540	562	242	259	270	799	496	496	496	1295
Lawrence Glisson	303	303	347	203	214	220	562	314	358	369	876
Margo Carr	374	407	407	198	209	220	628	485	507	529	1135
148 LB, AGE 45-49	336	336	300	209	220	231	556	352	352	407	936
Larry Robbins	319	352	374	187	198	198	540	374	396	418	1063
148 LB, AGE 50-54	325	352	374	231	253	275	628	402	435	457	1063
148 LB, AGE 65-69	281	303	308	170	181	181	473	330	352	374	826
148 LB, AGE 70-74	104	126	140	77	88	88	203	225	253	270	457
165 LB, AGE 40-44	462	523	545	303	319	330	854	562	617	617	1416
John Varone	413	435	451	275	292	292	744	496	534	556	1300
Jim Yeats	429	451	451	259	270	270	710	485	507	545	1295
Robert Pereda	413	413	460	264	275	286	688	529	573	589	1284
Chuck Lohman	418	446	462	259	281	297	720	529	551	562	1240
Kenneth Samuel	385	413	429	308	319	319	738	440	473	485	1157
Michael Branscom	418	440	440	242	259	270	677	418	440	473	1151
Frank White	303	303	352	203	225	236	529	303	352	396	881
Don Savell	209	209	209	104	115	115	336	292	319	341	644
Sue Cox	198	214	231	93	104	110	336	275	292	314	628
165 LB, AGE 45-49	512	512	545	242	264	275	777	462	462	462	1240
165 LB, AGE 50-54	479	501	501	236	253	264	733	413	435	440	1168
Ray Pritchard	347	363	374	231	242	253	606	374	396	418	1003
165 LB, AGE 55-59	319	341	341	115	126	132	451	319	341	363	744
Ray Greenwald	225	253	270	121	137	143	396	319	347	363	744
James Wasson	501	529	551	248	270	292	821	413	501	501	1234
Ellen Trevorah	396	396	413	281	297	297	677	407	424	451	1067
Beth Bonner	165	187	203	110	121	132	325	242	286	286	562
165 LB, AGE 50-54	363	391	402	242	259	270	650	407	429	440	1091
165 LB, AGE 55-59	330	352	363	209	220	220	584	424	440	451	1025
165 LB, AGE 60-69	303	303	303	231	242	240	545	413	451	479	1025
165 LB, AGE 65-69	281	303	314	148	159	170	485	380	402	402	865
165 LB, AGE 70-74	165	198	214	132	143	143	358	259	286	314	644
165 LB, AGE 75-79	165	198	214	132	143	143	358	259	286	314	644
165 LB, AGE 80-84	165	198	214	132	143	143	358	259	286	314	644
165 LB, AGE 85-89	165	198	214	132	143	143	358	259	286	314	644



Barbara Falconio...came back from a serious operation after last year's contest, with complications that kept her hospitalized for 2 1/2 weeks, to regain all her strength and win a title in the women's competition.

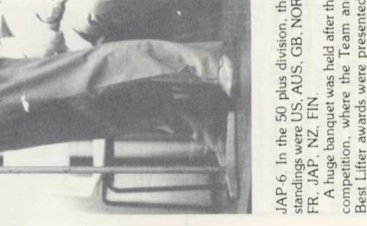
Promoter of the U.S.P.F. National Masters Championships for 1984, Bob Edmonson, has been putting on bigger and bigger meets throughout his career, and trying to make them better and better each time. This meet was a very BIG meet, with well over 200 entries, but the system and crew that Bob provided handled things well, and each day's session ended well before the contest run. It was a two platform contest run from one large scoring table, however, there wasn't the usual crowd of lifters around the table trying to find out

Ray Mason...shouted, whistled, praised the Lord, and pulled a 529.



John Wright...was extremely popular with the crowd, and lifted well (above), and Curtis Walker of the USA (below) was also a solid winner.

coaches to this meet, and the whole group worked hard to make sure that money wasn't wasted through error or neglect. Next year these two meets likely will be held in separate locations, and I hear that only 3 of this year's Junior team for the USA will be eligible for next year's competition, so there is plenty to look forward to for US age group lifters in '85



Right, meet promoter Frank Lamp, and below we have Jim Lem, winner of one of the Best Lifter awards.

to total out to win. The USA contingent had all 3 Best Lifters: Kea, Mills, and Lem, and won all the team titles as well. The Junior Division went USA-100 Britain-65, India-44, Norway-40, Sweden-26, Germany-16, Indonesia-12, France-12, Finland-9, New Zealand 9, and Belgium 8 points. In the 40-49 age group, the points went USA-110, GB-80, AUS-75, FR-28, NOR-12, BEL-12, FIN-9, CAN-9, NZ-8, SWI-8, WG-7.

JAP-6. In the 50 plus division, the standings were US, AUS, GB, NOR, FR, JAP, NZ, FIN. A huge banquet was held after the competition, where the Team and Best Lifter awards were presented. It cost around 50,000 U.S.P.F. dollars to send our 3 teams and 2

50 and over	Bwt	SQ1	SQ2	SQ3	BP1	BP2	BP3	ST	DL1	DL2	DL3	Total
114 lb. Prospero Andreu FR	51.5	176	231	253	132	148	159	391	308	341	341	699
123 lb. Robert Cross GBR	55.0	209	231	242	132	143	148	374	297	314	325	699
132 lb. Edward Brown GBR	59.2	341	363	385	231	248	253	639	385	407	429	1069
148 lb. Haruo Matsuo JAP	66.2	385	440	462	220	220	231	694	407	451	473	1146
Phil Neyer USA	67.3	396	418	440	209	220	220	628	457	496	545	1124
Bill Keir AUS	66.6	357	374	391	209	220	225	611	418	451	501	1063
V. Younger AUS	67.2	297	308	319	187	198	203	518	374	407	429	947
Ronald Weston AUS	66.7	319	341	352	181	192	198	534	374	396	407	942
165 lb. John Brailey AUS	75.0	429	451	473	242	259	270	710	440	462	485	1173
David Rodger GBR	73.8	374	396	413	281	292	303	699	413	435	479	1135
Ronald Bickers AUS	73.2	319	347	380	203	214	214	584	424	440	473	1058
George Leggett GBR	74.1	396	407	407	253	253	264	661	330	374	396	1058
181 lb. Jim Lem USA	81.2	562	628	655	319	341	352	970	523	584	606	1576
83.3 Kjel Skjebak NOR	83.3	507	551	578	286	308	319	887	556	611	611	1499
Tom Eldridge USA	88.6	529	562	584	303	319	330	904	529	562	584	1409
Larry McCauley USA	86.7	402	424	451	319	330	352	788	413	451	473	1350
Peitih Nikkanen FIN	89.4	440	462	465	275	292	297	738	523	573	617	1320
Michael Brand AUS	89.6	385	418	440	275	292	297	738	385	418	429	1157
220 lb. John Wright AUS	99.6	595	617	639	352	369	374	986	606	633	650	1636
Jimmy Piggysveld NZ	97.2	507	540	562	308	325	341	881	567	584	600	1482
Derek Wright USA	99.0	462	485	507	352	385	402	892	507	556	567	1449
Daryl Johnson USA	95.4	457	512	534	286	303	314	848	518	567	567	1416
242 lb. Curtis Walker USA	109.5	551	600	622	374	407	424	1030	573	611	622	1653
Ian Monstad NOR	101.1	473	507	507	209	225	231	738	529	573	595	1333
275 lb. Bjorn Oysangen NOR	111.0	529	551	551	308	319	319	848	529	551	573	1421
SHW												
Buddy Savich USA	127.6	402	440	440	330	358	360	799	374	418	451	1251

when their next attempt would be, as there were television monitors around indicating the order of lifting for many attempts in advance. Another feature that kept things moving well was the radio communications between scorer and scoreboard, etc. Bob has got the Juniors bid for 1985, and although

181 LB. AGE 40-44	534	573	---	281	292	303-	865	501	540	573-	1405	
Steve Zimmerman	82.1	479	512	308	319	330-	832	479	479	512-	1311	
Leonard Lawson	81.6	402	440	319	330	330-	832	501	534	545-	1295	
John Curtis	81.6	440	479	352	374	386-	854	407	435	446-	1289	
Jerry Wells	78.8	440	462	264	275	306-	716	523	551	556-	1267	
William Wilson	78.2	347	347	176	187	---	523	473	501	518-	1025	
Juan Clemenger	79.3	347	347	192	203	203-	567	369	391	413-	959	
Paul Skiffington	82.5	358	374	192	203	203-	567	352	352	352-	---	
Vince White	82.0	496	490	512	---	---	---	---	---	---	---	
Bud Bower	80.7	540	540	512	---	---	---	---	---	---	---	
Ed Carlson	80.7	540	540	512	---	---	---	---	---	---	---	
Theresa Dundon	75.2	104	104	104	---	---	---	---	---	---	---	
181 LB. AGE 45-49	---	---	---	---	---	---	---	---	---	---	---	
J.B. Adams	82.2	529	573	325	352	358-	931	501	551	---	1482	
L.B. Blake	80.5	473	485	292	319	319-	825	473	501	512-	1322	
Jimmy Blake	80.2	424	451	270	301	281-	705	473	473	501-	1207	
Anthony Magliano	81.0	440	479	259	275	306-	716	440	479	490-	1207	
Richard Heinrich	82.5	396	424	248	272	292-	722	396	424	462-	1184	
Edward Norris	77.1	396	402	259	270	281-	683	396	424	440-	1107	
Chico Dennis	76.8	330	352	264	275	---	617	424	440	485-	1058	
John Dundon	81.1	363	391	248	259	259-	611	385	402	413-	1014	
Fred Berger	82.1	292	303	203	214	220-	529	391	407	---	920	
Robert Derisi	81.8	451	451	451	---	---	---	---	---	---	---	
John Slefonsky	81.6	413	413	---	---	---	---	---	---	---	---	
181 LB. AGE 50-54	---	---	---	---	---	---	---	---	---	---	---	
Thomas Trevorah	81.0	485	512	286	303	---	799	479	501	---	1278	
Ismael Leal	79.8	391	424	264	275	306-	699	490	512	512-	1107	
Don Lesque	79.2	374	385	203	214	225	600	462	485	502-	1190	
Fred Simmons	80.2	314	316	220	231	236-	567	374	424	440	1008	
Richard Taylor	80.9	336	363	209	225	236-	589	374	402	424-	992	
Burt Petersfield	81.2	297	319	242	253	264-	551	341	369	391-	942	
Frank Peters	79.8	292	292	165	181	---	457	341	369	396-	826	
181 LB. AGE 55-59	---	---	---	---	---	---	---	---	---	---	---	
Robert Bender	79.2	308	330	231	242	253	573	418	462	495-	1036	
John Bowen	80.3	363	385	192	203	203-	584	402	424	424-	986	
Marie Alexander	77.5	137	140	99	99	99-	---	---	---	---	---	
M.L. Nicholson	80.9	410	410	410	---	---	---	---	---	---	---	
181 LB. AGE 60-64	---	---	---	---	---	---	---	---	---	---	---	
Jack Box	81.5	187	281	242	264	264-	545	352	385	402	947	
181 LB. AGE 65-69	---	---	---	---	---	---	---	---	---	---	---	
Francis Barrett	79.0	275	319	176	192	209	529	375	325	341	870	
George Buckley	77.7	270	303	148	159	159-	418	330	352	352-	771	
Webster Starling	77.2	225	236	176	187	192	440	286	308	319	760	
181 LB. AGE 70-74	---	---	---	---	---	---	---	---	---	---	---	
Joe Kuegel	81.1	275	303	192	203	209-	523	374	402	---	925	
George Stevens	81.1	181	201	115	132	137-	352	275	286	292-	639	
198 LB. AGE 40-44	---	---	---	---	---	---	---	---	---	---	---	
Omar Lomba	89.4	622	644	413	429	440-	1074	650	672	672-	1725	
Dan Hamblet	89.0	567	611	352	380	391-	964	655	680	680-	1647	
Thomas O'neil	89.3	540	551	402	413	424	964	606	611	620-	1576	
Edward Bitlick	89.6	529	573	292	319	319	920	562	611	661-	1532	
Al Barbee	89.8	468	490	308	325	336-	804	485	507	529-	1311	
Jerry Jackson	90.0	473	473	303	319	336-	793	457	473	501-	1267	
Mortie Hamilton	88.5	440	460	281	303	303-	722	440	457	---	1162	
Charles Hill	---	479	479	523	---	---	---	---	---	---	---	
Walter Carr	---	---	---	---	---	---	---	---	---	---	---	
198 LB. AGE 45-49	---	---	---	---	---	---	---	---	---	---	---	
Leon Stinson	88.6	551	589	319	330	347	953	578	628	655-	1581	
Clay Cannady	88.0	518	562	314	330	347-	892	458	573	600	1493	
Stu Kerston	90.0	473	496	319	347	358	881	429	462	485-	1344	
Hugh Morgan	89.5	479	510	270	292	303	771	501	573	573-	1273	
Spence Woods	87.0	385	402	220	231	236-	610	490	501	507	1124	
Jack Herbin	88.5	374	385	275	275	275	666	451	473	473-	1118	
Charles Wuest	87.0	374	391	281	292	292	672	407	446	446-	1080	
Dan Whitzel	86.3	325	352	225	242	253	606	352	396	407-	1003	
198 LB. AGE 50-54	---	---	---	---	---	---	---	---	---	---	---	
Tom Eldridge	90.0	529	573	308	325	330	813	529	573	600	1504	
Sam Fielder	85.7	457	501	270	292	303	905	468	507	507	1322	
Gordon Tomberg	88.4	385	407	270	281	281-	694	429	468	485-	1162	
William Remley	88.9	402	424	286	303	303-	710	451	473	473-	1162	
Ben Parker	87.1	385	418	259	275	286	722	413	424	457-	1146	
Ray Roberts	88.3	385	418	335	198	209	209-	479	507	507-	1096	
Carlo Lanzillotti	---	325	325	---	---	---	---	---	---	---	---	
198 LB. AGE 55-59	---	---	---	---	---	---	---	---	---	---	---	
Larry McCauley	87.3	407	440	457	303	325	766	479	435	451-	1201	
198 LB. AGE 60-64	86.7	176	214	242	154	181	203	446	275	325	363	810
Mac Richards	---	---	---	---	---	---	---	---	---	---	---	---
Rex Monahan	---	---	---	---	---	---	---	---	---	---	---	---

for many attempts in advance. Another feature that kept things moving well was the radio communications between scorer and scoreboard, etc. Bob has got the Juniors bid for 1985, and although

181 LB. AGE 40-44	534	573	---	281	292	303-	865	501	540	573-	1405
Steve Zimmerman	82.1	479	512	308	319	330-	832	479	479	512-	1311
Leonard Lawson	81.6	402	440	319	330	330-	832	501	534	545-	1295
John Curtis	81.6	440	479	352	374	386-	854	407	435	446-	1289
Jerry Wells	78.8	440	462	264	275	306-	716	523	551	556-	1267
William Wilson	78.2	347	347	176	187	---	523	473	501	518-	1025
Juan Clemenger	79.3	347	347	192	203	203-	567	369	391	413-	959
Paul Skiffington	82.5	358	374	192	203	203-	567	352	352	352-	---
Vince White	82.0	496	490	512	---	---	---	---	---	---	---
Bud Bower	80.7	540	540	512	---	---	---	---	---	---	---
Ed Carlson	80.7	540	540	512	---	---	---	---	---	---	---
Theresa Dundon	75.2	104	104	104	---	---	---	---	---	---	---
181 LB. AGE 45-49	---	---	---	---	---	---	---	---	---	---	---
J.B. Adams	82.2	529	573	325	352	358-	931	501	551	---	1482
L.B. Blake	80.5	473	485	292	319	319-	825	473	501	512-	1322
Jimmy Blake	80.2	424	451	270	301	281-	705	473	473	501-	1207
Anthony Magliano	81.0	440	479	259	275	306-	716	440	479	490-	1207
Richard Heinrich	82.5	396	424	248	272	292-	722	396	424	462-	1184
Edward Norris	77.1	396	402	259	270	281-	683	396	424	440-	1107
Chico Dennis	76.8	330	352	264	275	---	617	424	440	485-	1058
John Dundon	81.1	363	391	248	259	259-	611	385	402	413-	1014
Fred Berger	82.1	292	303	203	214	220-	529	391	407	---	920
Robert Derisi	81.8	451	451	451	---	---	---	---	---	---	---
John Slefonsky	81.6	413	413	---	---	---	---	---	---	---	---
181 LB. AGE 50-54	---	---	---	---	---	---	---	---	---	---	---
Thomas Trevorah	81.0	485	512	286	303	---	799	479	501	---	1278
Ismael Leal	79.8	391	424	264	275	306-	699	490	512	512-	1107
Don Lesque	79.2	374	385	203	214	225	600	462	485	502-	1190
Fred Simmons	80.2	314	316	220	231	236-	567	374	424	440	1008
Richard Taylor	80.9	336	363	209	225	236-	589	374	402	424-	992
Burt Petersfield	81.2	297	319	242	253	264-	551	341	369	391-	942
Frank Peters	79.8	292	292	165	181	---	457	341	369	396-	826
181 LB. AGE 55-59	---	---	---	---	---	---	---	---	---	---	---
Robert Bender	79.2	308	330	231	242	253	573	418	462	495-	1036
John Bowen	80.3	363	385	192	203	203-	584	402	424	424-	986
Marie Alexander	77.5	137	140	99	99	99-	---	---	---	---	---
M.L. Nicholson	80.9	410	410	410	---	---	---	---	---	---	---
181 LB. AGE 60-64	---	---	---	---	---	---	---	---	---	---	---
Jack Box	81.5	187	281	242	264	264-	545	352	385	402	947
181 LB. AGE 65-69	---	---	---	---	---	---	---	---	---	---	---
Francis Barrett	79.0	275	319	176	192	209	529	375	325	341	870
George Buckley	77.7	270	303	148	159	159-	418	330	352	352-	771
Webster Starling	77.2	225	236	176	187	192	440	286	308	319	760
181 LB. AGE 70-74	---	---	---	---	---	---	---	---	---	---	---
Joe Kuegel	81.1	275	303	192	203	209-	523	374	402	---	925
George Stevens	81.1	181	201	115	132	137-	352	275	286	292-	639
198 LB. AGE 40-44	---	---	---	---	---	---	---	---	---	---	---
Omar Lomba	89.4	622	644	413	429	440-	1074	650	672	672-	1725
Dan Hamblet	89.0	567	611	352	380	391-	964	655	680	680-	1647
Thomas O'neil	89.3	540	551	402	413	424	964				

# WORKOUT of the Month

There is something about a "big bencher", as compared to a "big deadlifter" or "big squatter" that seems to capture the imaginations of powerlifting audiences everywhere; so much so, in fact, that specializing in just the bench press for exhibitions can actually create sufficient interest among power fans to spawn a legitimate business venture. It seems that everyone wants a "big bench". Not only is it good for one's powerlifting total, but it has become synonymous with the term "powerlifter". How many times have you been asked by the guy on the street what you are capable of benching? Now try to recall the number of times a similar inquiry was made relating to you squat or deadlift? Enough said.

Of the three power lifts, the bench press requires more work, precise timing, and (most importantly) patience, than the others. The reasons are fairly simple. The primary movers of the bench press, the triceps, anterior deltoids, and pectorals, are relatively small when compared to those of the squat and deadlift. Con-

sequently, this lift takes a commensurately longer time to improve. A fifty pound improvement in the bench usually involves much more training time than a similar improvement in the squat or deadlift. This is where patience plays a role.

Whether your goals as a lifter are to break the 300, 400, 500, or even 600 pound barrier in this particular power movement, I feel strongly that the advice and suggestions contained in this routine will ultimately serve to help you in fulfilling your ambitions as a lifter.

How many times have you walk-

ed into your weight room "cold" and proceeded with your workout? You are probably part of the vast majority who do and you are inviting needless injury as a result. Torn pecs or rotator cuffs are no laughing matter. Warm up first!

For purposes of this routine, we will use a 10 week cycle, training on Monday through Friday, with a week on Monday and Fridays. Keep in mind that this is the one lift that shows the slowest improvement. Remember everything comes to those who are patient and willing to pay the price. Included along with this routine are several supplemental exercises which are necessary to improve on your bench press. As you will see, they are alternated from week to week to avoid getting stale and for a little variety. These are important to do immediately following the bench workout.

All supplemental work should be increased 10 pounds per week. Assume a 320 lb capability at your last meet prior to attempting this program.

Week 8	Monday	Tuesday	Wednesday	Thursday	Friday
	135x10	135x10	135x10	135x10	135x10
	225x3	225x3	225x3	225x3	225x3
	245x3	245x3	245x3	245x3	245x3
	255x3	255x3	255x3	255x3	255x3
	265x3	265x3	265x3	265x3	265x3
	275x3	275x3	275x3	275x3	275x3
	285x3	285x3	285x3	285x3	285x3
	295x3	295x3	295x3	295x3	295x3
	305x3	305x3	305x3	305x3	305x3
	315x3	315x3	315x3	315x3	315x3
	325x3	325x3	325x3	325x3	325x3
	335x3	335x3	335x3	335x3	335x3
	345x3	345x3	345x3	345x3	345x3
	355x3	355x3	355x3	355x3	355x3
	365x3	365x3	365x3	365x3	365x3
	375x3	375x3	375x3	375x3	375x3
	385x3	385x3	385x3	385x3	385x3
	395x3	395x3	395x3	395x3	395x3
	405x3	405x3	405x3	405x3	405x3
	415x3	415x3	415x3	415x3	415x3
	425x3	425x3	425x3	425x3	425x3
	435x3	435x3	435x3	435x3	435x3
	445x3	445x3	445x3	445x3	445x3
	455x3	455x3	455x3	455x3	455x3
	465x3	465x3	465x3	465x3	465x3
	475x3	475x3	475x3	475x3	475x3
	485x3	485x3	485x3	485x3	485x3
	495x3	495x3	495x3	495x3	495x3
	505x3	505x3	505x3	505x3	505x3
	515x3	515x3	515x3	515x3	515x3
	525x3	525x3	525x3	525x3	525x3
	535x3	535x3	535x3	535x3	535x3
	545x3	545x3	545x3	545x3	545x3
	555x3	555x3	555x3	555x3	555x3
	565x3	565x3	565x3	565x3	565x3
	575x3	575x3	575x3	575x3	575x3
	585x3	585x3	585x3	585x3	585x3
	595x3	595x3	595x3	595x3	595x3
	605x3	605x3	605x3	605x3	605x3
	615x3	615x3	615x3	615x3	615x3
	625x3	625x3	625x3	625x3	625x3
	635x3	635x3	635x3	635x3	635x3
	645x3	645x3	645x3	645x3	645x3
	655x3	655x3	655x3	655x3	655x3
	665x3	665x3	665x3	665x3	665x3
	675x3	675x3	675x3	675x3	675x3
	685x3	685x3	685x3	685x3	685x3
	695x3	695x3	695x3	695x3	695x3
	705x3	705x3	705x3	705x3	705x3
	715x3	715x3	715x3	715x3	715x3
	725x3	725x3	725x3	725x3	725x3
	735x3	735x3	735x3	735x3	735x3
	745x3	745x3	745x3	745x3	745x3
	755x3	755x3	755x3	755x3	755x3
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	775x3	775x3	775x3	775x3	775x3
	785x3	785x3	785x3	785x3	785x3
	795x3	795x3	795x3	795x3	795x3
	805x3	805x3	805x3	805x3	805x3
	815x3	815x3	815x3	815x3	815x3
	825x3	825x3	825x3	825x3	825x3
	835x3	835x3	835x3	835x3	835x3
	845x3	845x3	845x3	845x3	845x3
	855x3	855x3	855x3	855x3	855x3
	865x3	865x3	865x3	865x3	865x3
	875x3	875x3	875x3	875x3	875x3
	885x3	885x3	885x3	885x3	885x3
	895x3	895x3	895x3	895x3	895x3
	905x3	905x3	905x3	905x3	905x3
	915x3	915x3	915x3	915x3	915x3
	925x3	925x3	925x3	925x3	925x3
	935x3	935x3	935x3	935x3	935x3
	945x3	945x3	945x3	945x3	945x3
	955x3	955x3	955x3	955x3	955x3
	965x3	965x3	965x3	965x3	965x3
	975x3	975x3	975x3	975x3	975x3
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	1025x3	1025x3	1025x3	1025x3	1025x3
	1035x3	1035x3	1035x3	1035x3	1035x3
	1045x3	1045x3	1045x3	1045x3	1045x3
	1055x3	1055x3	1055x3	1055x3	1055x3
	1065x3	1065x3	1065x3	1065x3	1065x3
	1075x3	1075x3	1075x3	1075x3	1075x3
	1085x3	1085x3	1085x3	1085x3	1085x3
	1095x3	1095x3	1095x3	1095x3	1095x3
	1105x3	1105x3	1105x3	1105x3	1105x3
	1115x3	1115x3	1115x3	1115x3	1115x3
	1125x3	1125x3	1125x3	1125x3	1125x3
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	1145x3	1145x3	1145x3	1145x3	1145x3
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	1205x3	1205x3	1205x3	1205x3	1205x3
	1215x3	1215x3	1215x3	1215x3	1215x3
	1225x3	1225x3	1225x3	1225x3	1225x3
	1235x3	1235x3	1235x3	1235x3	1235x3
	1245x3	1245x3	1245x3	1245x3	1245x3
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	1265x3	1265x3	1265x3	1265x3	1265x3
	1275x3	1275x3	1275x3	1275x3	1275x3
	1285x3	1285x3	1285x3	1285x3	1285x3
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	1835x3	1835x3	1835x3	1835x3	1835x3
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	1855x3	1855x3	1855x3	1855x3	1855x3



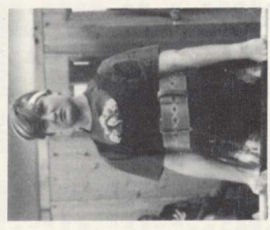
Hello ladies and gents. Welcome to November. This is the time of year in which most female lifters have to start their dieting in order to make weight for the national championships in January. As I plan my dieting strategy, I decided to try something new for me by cutting all calories, and also eating a lot of foods that I can eat. When I started doing this I made an amazing discovery! Different foods have different effects on your metabolism. Some are considered "light" or "fat free" or "reduced calorie." It was a shock for me to realize that if I eat all these years of knowing that pasta chips are "out" now, I get that they have developed a reduced calorie pasta chip! Can you believe that? Along with "low cal" chips are "reduced calorie" pizza, spaghetti, bread, and even ice cream. I am predicting that some day in the future a person will be able to eat and drink anything they want without gaining ounce. I can only hope that I will be around when they come with "to call doughnut." Since eating weight is not one of my favorite activities, I find it hard to put it off until the last possible moment. This year I'm doing things in a different fashion, only if you have how effective it is. If any of you have some new or unusual ideas that you employ for losing weight, why not drop me a note so I can share them with other readers. That seems to be the one subject I get questions on the most. It is so difficult to keep your energy and enthusiasm up when you are only consuming 500 calories a day. I find that although my physical strength does not seem to suffer, my mental toughness is diminished, and it is easy to become depressed and down about my lifting. Fortunately for me, I have been through this before, so I know that it is just a stage I must go through before each con-

test. For newer lifters, it could be a major stumbling block if you let it. Whenever I get to the point in my diet where I feel ready to quit, or come close to killing for hamburger or my other bit of junk food, I remind myself that I will eat today, but I can eat those things and not feel guilty. We all know that if you give an animal eat that stuff while you are supposed to be on a diet, you are going to end up with a fat case of the gut! (Trust me on this one, I have cause I speak from experience.) For those of us who had to do a full time career, and a full time lifting commitment, it takes even more dedication. No more lunches out with the ex-Navy, no company Christmas or New Year's parties. Some people might look at this list of "don'ts" and ask "It really worth it?" The answer is definitely YES! The sense of accomplishment and pride is something that no one can take away from you. How you finish in the competition is up to you. I had the opportunity to train with a team of women from "The West Coast Fitness Center." Mark my words, folks, this is a group of women destined to bring a team championship in the very near future. There is plenty of talent here and they are all anxious to learn. It was a weekend of fun where I was able to share a few of my training tips and at the same time, I was able to learn a few new things about the bench press. Sue Springs team really wants the bench press record in the 148s and, of course, I do too. She has a head start on me

but maybe the thoughts she shared will help me out. Something that was startling to me in our discussions is the difference in the way we work out. In the years to come it will be interesting to see us merge the different training philosophies. On one end of the spectrum we have a group who believes in training two or three days a week, and the opposite end is the group that trains seven days a week. The ladies in San Francisco are very determined to train on an eight day cycle, though at least being able to vote on the ideas and policies. I think we would have a much greater turnout. On top of that, we would probably discuss a great deal of new talent in administration, journalism and publicity. I have heard and already putting in their time and efforts to push women's powerlifting forward. In a future column I intend to "tell" on them and let you all know how hard they are working so we can show them our appreciation. By the time this column comes out I should be settled in my new home in Arlington, Texas. It is a big move and a very long one, but it is exciting to move on. I will surely miss my coach and friend, Doyle Kennedy, also my lifelong training partner, Diana Rowell, but Texas has many great lifters and I will be training with you one of the greatest. As a reward, you may have will be forwarded to me until I can get my new address in my next column. I have always been a Southerner (raised in Texas, presently) so going to Texas is kind like getting along to home. The next month, you'll keep working hard.

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

★ WHO'S WHO IN POWERLIFTING ★



17 year old Lois Hornung, of Daphne, AL, has been lifting for 6 months at Pat's Fitness Center and is also captain of her high school volleyball team. Lois won her first meet in Cullman at 142 lbs. with lifts of 290, 110 and 320 after driving from a 2 day volleyball tournament in Anniston, AL. Lois had squatted 305 lbs. in the gym prior to this meet.



Julie White was the winner of the Women's Division at the Southern Maryland Open contest, and at that competition she squatted a Maryland state record of 259 pounds in the 132 lb. class. With her 110 lb. bench press and 281 deadlift, she Barbell Club, as does Iain Burgess, who provided this information.



Lloyd Coon, aside from his own considerable accomplishments as a Masters lifter, is one of the biggest promoters of Women's Powerlifting. He has coached the Swartz Creek High School Women's team to many victories in state and national women's meets. Thanks to Jon Grommons for this information.



Chrosiak is a big name in Florida and USA Powerlifting, with Bob being a National champion and his brother Tim coming along as well, but now there is another member of the family on the platform. Mary Chrosiak lifted in her first meet not too long ago and totaled Class I. Thanks to Dick Admrodt of Suncoast Gym in Tampa for photo.

Women's Corner

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.

STARTIN' OUT

A special section dedicated to the beginning lifter

The Mathematics of Powerlifting

by Nate Foster

How many times have athletes gone to a meet after months of preparation only to get 3, 4 or 5 out of 9 attempts. When questioned about their misses, invariably the answer will be, "Well, I got it last week!" Of all the possible reps that a powerlifter can do, surely maximum training singles are the least productive. Singles do not build strength, mentally and emotionally. No one has a devastating effect on clean lifters. Those on drugs are able to bounce back from them better, but still the effect is destructive. How can a lifter avoid doing maximum singles and still know how much he or she is capable of in a meet? The answer is that it is easy. A lifter can expect to be able to lift somewhere between 4 and 5 percent more than he or she triple lie somewhere between 10 to 13 percent more. Fours produce 14 to 16 percent more and fives 16 to 21 percent more.

Heavy training doubles are a bit heavier than his or her heaviest triple, jumps halfway to the projected single on the 2nd attempt and then just shy of the mathematically projected maximum to preclude technical infractions or injuries. The last deadlift should be no more than 10 days before the meet, the last squat no more than 6 days before, and the last bench press no more than 5 days prior. Then the lifter goes to the meet rested and psychologically ready to attack the big singles. If you have been dreading going into the gym to do those hard singles, get smart and you'll get stronger as well.

No Team Trophy

at the National Masters Championships for 1983 in Syracuse, New York the Bellevue Barbarian Power Team won the team Championship, however, they report that they have not received the team trophy as indicated in the meet entry form. They have apparently contacted meet director Oscar Jensen several times regarding this matter, without success. PL USA has written Mr. Jensen encouraging a resolution of the matter and asking for an explanation. Mr. Jensen reportedly had problems with some of the people who were sponsoring the meet, but has not responded to our inquiries about the trophy. Vaughn Malfield of the Bellevue Barbarians has purchased a trophy for the team out of his personal funds. Charles Schroeder, Vice President of the club, has stated that "he feels the situation is unfair."

1984 Adirondack Open

Dec. 1/2

Texas Power Bar to the Best Lifter Winner  
Miracle Suit to Each First Place Winner  
Trophies 1st through 5th & Best Lifter Trophies  
Glenn Stevens, RD 3, 33 Amy Lane,  
Clens Falls, New York 12801, 518-798-5215

1984 Hawaii International Powerlifting Championships

PAN AM  
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## 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**

**Dear Mr. Estep:** My name is Johnny Pruitt, I'm 15 years old and I live in Pearland, Texas. I'm a subscriber to Powerlifting USA. I received my second issue a few days ago and I was reading some of the questions people have asked you and I was wondering if you could help me out.

I'm 5'6 inches tall, I weigh 163 pounds, I bench 180, squat about 325, and also during football off season workouts I do about 205 lbs. pretty easily. I was wondering if you could help me out by making me up a beginner's powerlifting routine.

The main problem is that I play football and I've been told it is bad to run, then lift during off season, then lift again later on.

Another thing is that the workouts in off season aren't really very good, because they rush us and the weights on some exercises are heavy and light on others. I haven't gained much strength or size. I've been lifting for about two years. I would really appreciate it if you could help me.

Sincerely, **Johnny Pruitt**

**Dear John:** Your complaint about the workouts in the off-season could be justified, but it also might be the workout that the coach can get the most progress from for the whole group. I would recommend that you

talk to the coach and see if he would help you modify the program so you feel more comfortable and slow progress in both strength and speed.

Professional athletes in all sports, not just football, are training all year round nowadays. This also includes weight training during their competitive season. I am in the process of writing a year round conditioning program for football. It will be published in the near future, so keep your eyes open for it.

As for a beginning power program I would recommend you train 3 times a week. The basic schedule should be to squat and bench press 3 times a week and deadlift twice a week. Your reps should be 10 reps, then an increase of 10 pounds and reps of 8, another 10 pound increase and a set of 6 reps. In each workout you should be aggressive and try to increase the poundages each week. Pick out a few assistance exercises you like to do and work on them, but never let your power lifts suffer so you can make progress in an assistance movement.

This is a basic program, but believe me, all the strong men in powerlifting use only the basics. The major difference between good and great is mental attitude, so stay in a positive frame of mind and believe in yourself.

Your friend, **Roger Estep**

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## Bar Path and the Bench Press

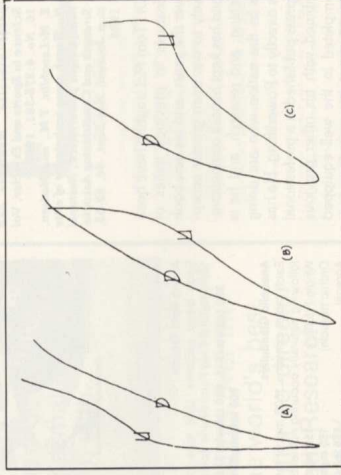
by **Thomas M. McLaughlin, PhD**

The following article is excerpted with permission directly from Dr. Tom McLaughlin's long awaited book, **BENCH PRESS MORE NOW**, reviewed elsewhere in this issue.

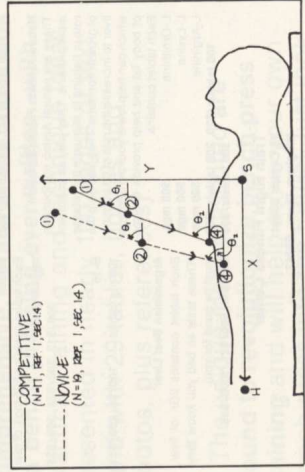
path approximately 10 percent of the upper body length from the hip to the shoulder. The competitive group starts the lift 95 percent of the way from the hip toward the shoulder and touches the chest at 70 percent of that same length. The differences during the raising phase (see Figure 3) are even more dramatic. The novice group raises the bar initially moving it nearly vertically and then moving it up and toward the head. The competitive group chooses a path with the opposite convexity. The initial movement of the bar includes a substantial horizontal component toward the head. The horizontal differences in the path increase rapidly at the start of the raising phase. At the sticking point this dif-

ference is 20 percent of the upper body length. The paths converge near the end of the lift, the horizontal position differing by 11 percent of the upper body length in the finishing position. The competitive group finishes with a mean normalized position 1 plus or minus 11 percent beyond the shoulder toward the head.

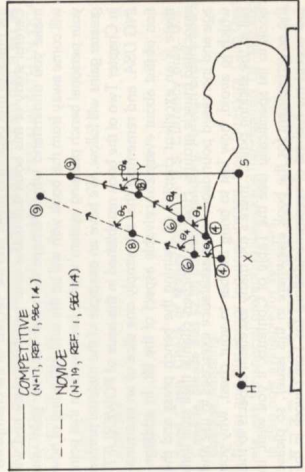
The differences in bar path between the two groups is a contributing factor to the differences in performance. The differences in performance are due to the difference in magnitude of force capability and this difference in the way in which this capability varies with height above the chest. One explanation of a smoother force pattern displayed by



**Figure 1:** Typical bar paths: (a) Novice subject with 245 lbs, (b) Bridges with 463 lbs at 1980 World Series meet, and (c) Kazmaier with 605 lbs from training session in 1979 at National Strength Research Center, Auburn, AL. (Notes: D and U refer to downward and upward bar paths, respectively. Head position on the right).



**Figure 2:** Comparative Bar Paths - Lowering the Bar. (1) - STRT, (2) - MVVL, (4) - CHST. See text for further description of numbered points and angles.



**Figure 3:** Comparative Bar Paths - Raising the Bar. (4) - CHST, (6) - MVVL, (8) - MNVR, (9) - end. See text for further description of these characteristic instants and angles.

the competitive group is training specificity effects. Training effects can be specific to one position. This could explain the reduction of sticking point behavior found in the competitive group. The nature of the difference in paths suggests another factor. The displacement of the path toward the shoulder by the competitive lifter reduces the torque he is required to generate at the shoulder. This minimization of torque is an important result of this horizontal shift of the bar path toward the shoulder.

So far, the bar paths discussed have been those of light experts and novices (from reference 1). The same trend was also demonstrated for horizontal bar position for heavy expert bench pressers (reference 2). Table 1 shows the horizontal locations of the bar during the raising phase for all three groups. Note in this table that the heavy experts maintain a horizontal bar position further away from the shoulder than the light experts. This is probably related to the greater size of the heavy experts and the limitations posed by the fixed grip width (32 inches) on the bar permitted in competition. This may prevent larger, heavier lifts from maintaining geometric similarity with the smaller expert lifters. It may be that the larger high skilled lifters are replicating the technique of the smaller lifters as much as is permitted within the rules of powerlifting.

Note that the heavy experts seek to mimic the path of the lighter experts, and even though the heavy expert group are similar in horizontal bar position to the novices early in the lift, they quickly move the bar horizontally throughout the entire raising phase (see Table 1). The major point is that lifters should develop a horizontal bar path that's as close to the shoulders as feasible, and work probably toward the light expert path as a guide.)

The novice lifter could benefit by modifying his bar path so that it is more similar to the one typical of the light expert group. Clearly this change would reduce the torque required at the shoulder. Are there any hidden costs associated with gaining this benefit? Yes, there is at least one. In moving the bar horizontally toward the shoulder, the perpendicular

(continued on following page)

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Table 1: Comparative Horizontal Bar Locations During Raising the Bar

	Heavy Exerts X (in)	Light Exerts X (in)	Light Exerts X (in)
At chest—CBST (4)	7.79	5.27	7.44
At maximum force exertion—KAMR (5)	7.56	5.00	7.44
At maximum bar velocity—MVR (6)	6.46	3.98	7.16
At minimum force exertion—MMR (7)	5.27	3.07	6.85
At minimum bar velocity—MVR (8)	3.89	1.73	5.19

distance between the elbow and the line of action of the bar is increased. The required extensive moment at the elbow is increased as the bar path is displaced toward the shoulder. The differences in path during the raising and lowering phases poses some interesting questions about the design and use of exercise machines. Does the use of different paths in lowering and raising the bar 'save' muscle force for the raising phase? These interesting questions require further study.

Other interesting questions remain to be explored here. For example, the significance of the path in determining capacity, and particularly the differences in path during the raising and lowering phases poses some interesting questions about the design and use of exercise machines. Does the use of different paths in lowering and raising the bar 'save' muscle force for the raising phase? These interesting questions require further study.

References:  
1. McArdle, N. and McLaughlin, T.M., "Kinematic factors affecting performance and injury risk in the bench press exercise", *Medicine and Science in Sports and Exercise*, Vol 16, No. 4:376-381, 1984.  
2. McLaughlin, T.M., and Madson, N., *Bench press technique, National Strength and Conditioning Association Journal*, Aug-Sept. 44, 62-65, 1984.

**BOOK REVIEW**...the writings of Dr. Tom McLaughlin have been one of the most well received features in previous issues of **POWERLIFTING USA** Magazine over the years, and his new book **BENCH PRESS MORE NOW** is likely to win even greater acceptance. Tom is a powerlifter at heart, and has kept himself competitive, despite the demands of study, teaching, and research, and he is also one of the few few scientists in the nation who are doing biomechanical research that pertains directly to Powerlifting. He has recently had research on the bench press published in a professional journal, and that information combined with his other previous analysis of the lift, much of it completed in the well equipped laboratory at what was formerly the National Strength Research Center at Auburn University, comprises the heart of this book. The book is the first of its kind...a truly scientific look at the bench press, expressed in terms that the powerlifter can understand. Tom shows, graphically, what the bench press is about. He demonstrates clearly the mistakes that beginners make and the 'secrets' of the champions. Careful study of this book will make your bench increase and will make you understand why. Perhaps the most valuable 'gain' you will come away from this book with will be the understanding of how your personal bench pressing 'system' works, because from that point greater gains will follow. We have an example of the material printed in Chapter 1 of the book republished in this issue of **POWERLIFTING USA**, and remember that it is simply one slice of an examination of just about every conceivable aspect of the lift. In addition, there is an excellent chapter on training the bench press and the associated muscle groups. How top benchers change their style with age and increased poundage, what assistance exercises to use and which to avoid, how fast to bring the bar to your chest, why you fail at the sticking point...there's too many excellent aspects to this book to list specifically (see the Table of Contents, if you wish, in the advertisement for the book elsewhere in this issue), so please just accept my highest of recommendations for Tom's work in the book. Tom has also taken the step of donating part of the sale of each book to further research on Powerlifting via the U.S.P.F., a move that he hopes will inspire others to do the same. *Mike Lambert*

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6. How to use this book to increase your bench press

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**\*\*SPECIAL NOTE: At least \$1.00 from the sale of each book will be donated to the United States Powerlifting Federation for further research on the Bench Press and other lifts.\*\***



MESSAGE FROM THE PRESIDENT

In my introductory remarks to Stephen L. Sulzer's 'Anti-trust Concerns arising from the IPF's Threat to Suspend Participants in the AMFP/APF World Meet, IFL USA, Sept 1984, pp. 30-31, I used the apparently infeasible temptation to describe the urge to destroy non-USPF powerlifting groups by threatening to punish those who would associate with these groups in any powerlifting event. I mistakenly thought that I could deflect these passions by showing beyond any reasonable doubt that such threats were illegal under US law.

MESSAGE FROM THE USPFWC CHAIRPERSON

By this time lifters who participated in the 1984 Women's Nationals should have received the official 1985 Women's National Championships information packet. If you do not have this information in hand, you would like to receive the material, write to: Sue Elwyn, 206 Main St., Maynard, Mass. 01754. In preparation for this exciting weekend and must consider many things, training, management, lodging and very importantly, the agenda for our USPFWC National meeting. After some consideration of the current issues concerning and affecting women in this sport, please organize your thoughts into a topic for discussion.

DIRECTORY OF COMMITTEE CHAIRPERSONS & OTHERS

- Publicity: Mike Lambert, PO Box 467, Camarillo, CA 93011, (805) 482-2378.
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UNITED STATES POWERLIFTING FEDERATION, INC. P.O. Box 18485, Pensacola, Florida 32523. CLUB MEMBERSHIP APPLICATION. THE REGISTRATION COMMITTEE CHAIRMAN OF THE UNITED STATES POWERLIFTING FEDERATION: NAME OF CLUB, HEREBY MAKES APPLICATION FOR 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. 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 ALL DECISIONS AND DECISIONS OF THE EXECUTIVE COMMITTEE AND REGISTRATION COMMITTEE OF THE U.S.P.F. SIGNATURE OF CLUB SECRETARY.

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Mr. Heinz Vierthaler, President, International Powerlifting Federation, Zengstrass 34, D-8011 Vatersleben Germany/Fed.Rep.

Dear Mr. Vierthaler: Your letter of August 29, 1984 addressed to me notes in its postscript, this letter is not open for publication in IFL USA. We cannot be bound by a request to restrict the dissemination of official correspondence in this manner. Your statement of IFL policy regarding the AMFP/APF is properly neither confidential nor privileged.

We regret that the IFL Executive Committee is unable to accept the conclusions of Sulzer to Coiter, June 29, 1984. We regard the evidence he has marshalled in support of his position to be overwhelming. Your legal counsel would surely have pointed out to you that wherever the USPF By-Laws conflict with federal law they are inoperative.

The assertion that the Sulzer memorandum is without substance regarding the 'Non for Profit Organizations' is mistaken. One of the cases cited by Sulzer, National Collegiate Athletic Association v. Board of Regents of the University of Oklahoma et al., No. 83-271, decided June 27, 1984, states in footnote 22, 'there is no doubt that the sweeping language of Sect. 1 applies to nonprofit entities, Goldfarb v. Virginia State Bar, 421 US 773, 788-787 (1975), and in the past we have imposed antitrust liability on nonprofit entities which have engaged in anticompetitive conduct, American Society of Mechanical Engineers, Inc. v. Hydrolevel Corp. 456 US 556, 576 (1982)'. Surely it is not the intention of the IPF to ask a member nation federation to violate its country's laws. Shall we reconsider.

Aloha, Conrad Coiter, President.

Judith M. Gedney, Brophy Hall, W.I.U., Macomb, Ill 61455, 309-837-2111; 309-298-1757



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799 Coan, E 7/8/84	1635 Coan, E 7/8/84
800 Coan, E 7/8/84	1636 Coan, E 7/8/84
801 Coan, E 7/8/84	1637 Coan, E 7/8/84
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838 Coan, E 7/8/84	1674 Coan, E 7/8/84
839 Coan, E 7/8/84	1675 Coan, E 7/8/84
840 Coan, E 7/8/84	1676 Coan, E 7/8/84
841 Coan, E 7/8/84	1677 Coan, E 7/8/84
842 Coan, E 7/8/84	1678 Coan, E 7/8/84
843 Coan, E 7/8/84	1679 Coan, E 7/8/84
844 Coan, E 7/8/84	1680 Coan, E 7/8/84
845 Coan, E 7/8/84	1681 Coan, E 7/8/84
846 Coan, E 7/8/84	1682 Coan, E 7/8/84
847 Coan, E 7/8/84	1683 Coan, E 7/8/84
848 Coan, E 7/8/84	1684 Coan, E 7/8/84
849 Coan, E 7/8/84	1685 Coan, E 7/8/84
850 Coan, E 7/8/84	1686 Coan, E 7/8/84
851 Coan, E 7/8/84	1687 Coan, E 7/8/84
852 Coan, E 7/8/84	1688 Coan, E 7/8/84
853 Coan, E 7/8/84	1689 Coan, E 7/8/84
854 Coan, E 7/8/84	1690 Coan, E 7/8/84
855 Coan, E 7/8/84	1691 Coan, E 7/8/84
856 Coan, E 7/8/84	1692 Coan, E 7/8/84
857 Coan, E 7/8/84	1693 Coan, E 7/8/84
858 Coan, E 7/8/84	1694 Coan, E 7/8/84
859 Coan, E 7/8/84	1695 Coan, E 7/8/84
860 Coan, E 7/8/84	1696 Coan, E 7/8/84
861 Coan, E 7/8/84	1697 Coan, E 7/8/84
862 Coan, E 7/8/84	1698 Coan, E 7/8/84
863 Coan, E 7/8/84	1699 Coan, E 7/8/84
864 Coan, E 7/8/84	1700 Coan, E 7/8/84
865 Coan, E 7/8/84	1701 Coan, E 7/8/84
866 Coan, E 7/8/84	1702 Coan, E 7/8/84
867 Coan, E 7/8/84	1703 Coan, E 7/8/84
868 Coan, E 7/8/84	1704 Coan, E 7/8/84
869 Coan, E 7/8/84	1705 Coan, E 7/8/84
870 Coan, E 7/8/84	1706 Coan, E 7/8/84
871 Coan, E 7/8/84	1707 Coan, E 7/8/84
872 Coan, E 7/8/84	1708 Coan, E 7/8/84
873 Coan, E 7/8/84	1709 Coan, E 7/8/84
874 Coan, E 7/8/84	1710 Coan, E 7/8/84
875 Coan, E 7/8/84	1711 Coan, E 7/8/84
876 Coan, E 7/8/84	1712 Coan, E 7/8/84
877 Coan, E 7/8/84	1713 Coan, E 7/8/84
878 Coan, E 7/8/84	1714 Coan, E 7/8/84
879 Coan, E 7/8/84	1715 Coan, E 7/8/84
880 Coan, E 7/8/84	1716 Coan, E 7/8/84
881 Coan, E 7/8/84	1717 Coan, E 7/8/84
882 Coan, E 7/8/84	1718 Coan, E 7/8/84
883 Coan, E 7/8/84	1719 Coan, E 7/8/84
884 Coan, E 7/8/84	1720 Coan, E 7/8/84
885 Coan, E 7/8/84	1721 Coan, E 7/8/84
886 Coan, E 7/8/84	1722 Coan, E 7/8/84
887 Coan, E 7/8/84	1723 Coan, E 7/8/84
888 Coan, E 7/8/84	1724 Coan, E 7/8/84
889 Coan, E 7/8/84	1725 Coan, E 7/8/84
890 Coan, E 7/8/84	1726 Coan, E 7/8/84
891 Coan, E 7/8/84	1727 Coan, E 7/8/84
892 Coan, E 7/8/84	1728 Coan, E 7/8/84
893 Coan, E 7/8/84	1729 Coan, E 7/8/84
894 Coan, E 7/8/84	1730 Coan, E 7/8/84
895 Coan, E 7/8/84	1731 Coan, E 7/8/84
896 Coan, E 7/8/84	1732 Coan, E 7/8/84
897 Coan, E 7/8/84	1733 Coan, E 7/8/84
898 Coan, E 7/8/84	1734 Coan, E 7/8/84
899 Coan, E 7/8/84	1735 Coan, E 7/8/84
900 Coan, E 7/8/84	1736 Coan, E 7/8/84

## BENCH PRESS

301 Well, R 6/3/84	600 Knap, E 7/8/84
302 Well, R 6/3/84	601 Knap, E 7/8/84
303 Well, R 6/3/84	602 Knap, E 7/8/84
304 Well, R 6/3/84	603 Knap, E 7/8/84
305 Well, R 6/3/84	604 Knap, E 7/8/84
306 Well, R 6/3/84	605 Knap, E 7/8/84
307 Well, R 6/3/84	606 Knap, E 7/8/84
308 Well, R 6/3/84	607 Knap, E 7/8/84
309 Well, R 6/3/84	608 Knap, E 7/8/84
310 Well, R 6/3/84	609 Knap, E 7/8/84
311 Well, R 6/3/84	610 Knap, E 7/8/84
312 Well, R 6/3/84	611 Knap, E 7/8/84
313 Well, R 6/3/84	612 Knap, E 7/8/84
314 Well, R 6/3/84	613 Knap, E 7/8/84
315 Well, R 6/3/84	614 Knap, E 7/8/84
316 Well, R 6/3/84	615 Knap, E 7/8/84
317 Well, R 6/3/84	616 Knap, E 7/8/84
318 Well, R 6/3/84	617 Knap, E 7/8/84
319 Well, R 6/3/84	618 Knap, E 7/8/84
320 Well, R 6/3/84	619 Knap, E 7/8/84
321 Well, R 6/3/84	620 Knap, E 7/8/84
322 Well, R 6/3/84	621 Knap, E 7/8/84
323 Well, R 6/3/84	622 Knap, E 7/8/84
324 Well, R 6/3/84	623 Knap, E 7/8/84
325 Well, R 6/3/84	624 Knap, E 7/8/84
326 Well, R 6/3/84	625 Knap, E 7/8/84
327 Well, R 6/3/84	626 Knap, E 7/8/84
328 Well, R 6/3/84	627 Knap, E 7/8/84
329 Well, R 6/3/84	628 Knap, E 7/8/84
330 Well, R 6/3/84	629 Knap, E 7/8/84
331 Well, R 6/3/84	630 Knap, E 7/8/84
332 Well, R 6/3/84	631 Knap, E 7/8/84
333 Well, R 6/3/84	632 Knap, E 7/8/84
334 Well, R 6/3/84	633 Knap, E 7/8/84
335 Well, R 6/3/84	634 Knap, E 7/8/84
336 Well, R 6/3/84	635 Knap, E 7/8/84
337 Well, R 6/3/84	636 Knap, E 7/8/84
338 Well, R 6/3/84	637 Knap, E 7/8/84
339 Well, R 6/3/84	638 Knap, E 7/8/84
340 Well, R 6/3/84	639 Knap, E 7/8/84
341 Well, R 6/3/84	640 Knap, E 7/8/84
342 Well, R 6/3/84	641 Knap, E 7/8/84
343 Well, R 6/3/84	642 Knap, E 7/8/84
344 Well, R 6/3/84	643 Knap, E 7/8/84
345 Well, R 6/3/84	644 Knap, E 7/8/84
346 Well, R 6/3/84	645 Knap, E 7/8/84
347 Well, R 6/3/84	646 Knap, E 7/8/84
348 Well, R 6/3/84	647 Knap, E 7/8/84
349 Well, R 6/3/84	648 Knap, E 7/8/84
350 Well, R 6/3/84	649 Knap, E 7/8/84
351 Well, R 6/3/84	650 Knap, E 7/8/84
352 Well, R 6/3/84	651 Knap, E 7/8/84
353 Well, R 6/3/84	652 Knap, E 7/8/84
354 Well, R 6/3/84	653 Knap, E 7/8/84
355 Well, R 6/3/84	654 Knap, E 7/8/84
356 Well, R 6/3/84	655 Knap, E 7/8/84
357 Well, R 6/3/84	656 Knap, E 7/8/84
358 Well, R 6/3/84	657 Knap, E 7/8/84
359 Well, R 6/3/84	658 Knap, E 7/8/84
360 Well, R 6/3/84	659 Knap, E 7/8/84
361 Well, R 6/3/84	660 Knap, E 7/8/84
362 Well, R 6/3/84	661 Knap, E 7/8/84
363 Well, R 6/3/84	662 Knap, E 7/8/84
364 Well, R 6/3/84	663 Knap, E 7/8/84
365 Well, R 6/3/84	664 Knap, E 7/8/84
366 Well, R 6/3/84	665 Knap, E 7/8/84
367 Well, R 6/3/84	666 Knap, E 7/8/84
368 Well, R 6/3/84	667 Knap, E 7/8/84
369 Well, R 6/3/84	668 Knap, E 7/8/84
370 Well, R 6/3/84	669 Knap, E 7/8/84
371 Well, R 6/3/84	670 Knap, E 7/8/84
372 Well, R 6/3/84	671 Knap, E 7/8/84
373 Well, R 6/3/84	672 Knap, E 7/8/84
374 Well, R 6/3/84	673 Knap, E 7/8/84
375 Well, R 6/3/84	674 Knap, E 7/8/84
376 Well, R 6/3/84	675 Knap, E 7/8/84
377 Well, R 6/3/84	676 Knap, E 7/8/84
378 Well, R 6/3/84	677 Knap, E 7/8/84
379 Well, R 6/3/84	678 Knap, E 7/8/84
380 Well, R 6/3/84	679 Knap, E 7/8/84
381 Well, R 6/3/84	680 Knap, E 7/8/84
382 Well, R 6/3/84	681 Knap, E 7/8/84
383 Well, R 6/3/84	682 Knap, E 7/8/84
384 Well, R 6/3/84	683 Knap, E 7/8/84
385 Well, R 6/3/84	684 Knap, E 7/8/84
386 Well, R 6/3/84	685 Knap, E 7/8/84
387 Well, R 6/3/84	686 Knap, E 7/8/84
388 Well, R 6/3/84	687 Knap, E 7/8/84
389 Well, R 6/3/84	688 Knap, E 7/8/84
390 Well, R 6/3/84	689 Knap, E 7/8/84
391 Well, R 6/3/84	690 Knap, E 7/8/84
392 Well, R 6/3/84	691 Knap, E 7/8/84
393 Well, R 6/3/84	692 Knap, E 7/8/84
394 Well, R 6/3/84	693 Knap, E 7/8/84
395 Well, R 6/3/84	694 Knap, E 7/8/84
396 Well, R 6/3/84	695 Knap, E 7/8/84
397 Well, R 6/3/84	696 Knap, E 7/8/84
398 Well, R 6/3/84	697 Knap, E 7/8/84
399 Well, R 6/3/84	698 Knap, E 7/8/84
400 Well, R 6/3/84	699 Knap, E 7/8/84

## SQUAT

782 Coan, E 7/8/84	1598 Delaney, J 2/26/84
783 Coan, E 7/8/84	1599 Delaney, J 2/26/84
784 Coan, E 7/8/84	1600 Delaney, J 2/26/84
785 Coan, E 7/8/84	1601 Delaney, J 2/26/84
786 Coan, E 7/8/84	1602 Delaney, J 2/26/84
787 Coan, E 7/8/84	1603 Delaney, J 2/26/84
788 Coan, E 7/8/84	1604 Delaney, J 2/26/84
789 Coan, E 7/8/84	1605 Delaney, J 2/26/84
790 Coan, E 7/8/84	1606 Delaney, J 2/26/84
791 Coan, E 7/8/84	1607 Delaney, J 2/26/84
792 Coan, E 7/8/84	1608 Delaney, J 2/26/84
793 Coan, E 7/8/84	1609 Delaney, J 2/26/84
794 Coan, E 7/8/84	1610 Delaney, J 2/26/84
795 Coan, E 7/8/84	1611 Delaney, J 2/26/84
796 Coan, E 7/8/84	1612 Delaney, J 2/26/84
797 Coan, E 7/8/84	1613 Delaney, J 2/26/84
798 Coan, E 7/8/84	1614 Delaney, J 2/26/84
799 Coan, E 7/8/84	1615 Delaney, J 2/26/84
800 Coan, E 7/8/84	1616 Delaney, J 2/26/84
801 Coan, E 7/8/84	1617 Delaney, J 2/26/84
802 Coan, E 7/8/84	1618 Delaney, J 2/26/84
803 Coan, E 7/8/84	1619 Delaney, J 2/26/84
804 Coan, E 7/8/84	1620 Delaney, J 2/26/84
805 Coan, E 7/8/84	1621 Delaney, J 2/26/84
806 Coan, E 7/8/84	1622 Delaney, J 2/26/84
807 Coan, E 7/8/84	1623 Delaney, J 2/26/84
808 Coan, E 7/8/84	1624 Delaney, J 2/26/84
809 Coan, E 7/8/84	1625 Delaney, J 2/26/84
810 Coan, E 7/8/84	1626 Delaney, J 2/26/84
811 Coan, E 7/8/84	1627 Delaney, J 2/26/84
812 Coan, E 7/8/84	1628 Delaney, J 2/26/84
813 Coan, E 7/8/84	1629 Delaney, J 2/26/84
814 Coan, E 7/8/84	1630 Delaney, J 2/26/84
815 Coan, E 7/8/84	1631 Delaney, J 2/26/84
816 Coan, E 7/8/84	1632 Delaney, J 2/26/84
817 Coan, E 7/8/84	1633 Delaney, J 2/26/84
818 Coan, E 7/8/84	1634 Delaney, J 2/26/84
819 Coan, E 7/8/84	1635 Delaney, J 2/26/84
820 Coan, E 7/8/84	1636 Delaney, J 2/26/84
821 Coan, E 7/8/84	1637 Delaney, J 2/26/84
822 Coan, E 7/8/84	1638 Delaney, J 2/26/84
823 Coan, E 7/8/84	1639 Delaney, J 2/26/84
824 Coan, E 7/8/84	1640 Delaney, J 2/26/84
825 Coan, E 7/8/84	1641 Delaney, J 2/26/84
826 Coan, E 7/8/84	1642 Delaney, J 2/26/84
827 Coan, E 7/8/84	1643 Delaney, J 2/26/84
828 Coan, E 7/8/84	1644 Delaney, J 2/26/84
829 Coan, E 7/8/84	1645 Delaney, J 2/26/84
830 Coan, E 7/8/84	1646 Delaney, J 2/26/84
831 Coan, E 7/8/84	1647 Delaney, J 2/26/84
832 Coan, E 7/8/84	1648 Delaney, J 2/26/84
833 Coan, E 7/8/84	1649 Delaney, J 2/26/84
834 Coan, E 7/8/84	1650 Delaney, J 2/26/84
835 Coan, E 7/8/84	1651 Delaney, J 2/26/84
836 Coan, E 7/8/84	1652 Delaney, J 2/26/84
837 Coan, E 7/8/84	1





**New Mexico Police Olympics**  
9/29/84 - Albuquerque, NM

WOMEN	SQ	BP	DL	Total
Y. Jones(132)	145	110	190	445
J. Kelly(140)	120	145	235	610

148  
Cornel Heitzman 420 300 520 1220  
Art Lucero 300 300 720  
John Montoya 230 225 325 780  
165  
Leonard Ramirez 440 275 540 1255  
181  
Shane Nance 430 280 540 1250  
198  
Grady Taute 330 320 425 1075  
Richard Medina 135 285 375 840  
220  
David Blittner 460 340 480 1280  
Tom Gonzales 350 330 425 1105  
199  
I would like to thank Doug Gaylor of Liberty Gym for the use of his gym and equipment. Special thanks to the scorekeeper Corretta Williams, the referee Paul Fleming, Dave Fleming, Mike Garcia, Jeff Sanchez, the net Police Olympics in the line of 85. Thanks to Cornel Heitzman for results.

**7th Annual Oklahoma Grand**  
10/13/84 - (kilos)  
Norman, OK

OPEN DIV	SQ	BP	DL	Total
165	222.5	155	242.5	620
175	217.5	175	215	607.5
181	247.5	170	255	672.5
200	282.5	192.5	240	715
220	345	212.5	272.5	830
240	382.5	202.5	340	925
270	367.5	227.5	345	940
300	372.5	225	325	922.5
330	375	197.5	440	1012.5
360	415	192.5	380	987.5
400	522.5	155	242.5	920
450	522.5	155	242.5	920
500	522.5	155	242.5	920
550	522.5	155	242.5	920
600	522.5	155	242.5	920
650	522.5	155	242.5	920
700	522.5	155	242.5	920
750	522.5	155	242.5	920
800	522.5	155	242.5	920
850	522.5	155	242.5	920
900	522.5	155	242.5	920
950	522.5	155	242.5	920
1000	522.5	155	242.5	920

165  
175  
181  
200  
220  
240  
270  
300  
330  
360  
400  
450  
500  
550  
600  
650  
700  
750  
800  
850  
900  
950  
1000

CLASS	SQ	BP	DL	Total
A. Cole	235	150	242.5	627.5
R. McCann	182.5	60	110	352.5
C. McGilbra	172.5	127.5	225	525
C. Bryant	142.5	85	152.5	380
D. Russell	172.5	127.5	225	525
C. Hayes	172.5	127.5	225	525
R. Lott	162.5	102.5	160	425
181	107.5	137.5	182.5	427.5
D. Smith	165	147.5	195	497.5
B. Johnson	185	122.5	187.5	495
A. Byas	147.5	137.5	205	490
M. Lopez	160	105	195	460
J. White	165			
198	182.5	195	230	620
T. White	285	182.5	395	762.5
200	192.5	175	275	642.5
R. Lamar	192.5	175	275	642.5
D. Ekers	162.5	120	207.5	490
J. Martin	162.5	120	207.5	490
J. Williams	240	182.5	262.5	685
T. White	270	155	240	665
C. Ellis	227.5	162.5	230	620
D. McCrackin	285	182.5	395	762.5
J. Pugh	250	175	275	695
WOMEN				
M. Buben(121)	97.5	42.5	120	260
Carpenter(132)	120	87.5	132.5	340
J. Smith	107.5	50	120	277.5
V. Holland(165)	125	60	160	345
*outstanding lifters. Thanks to Rich Peters for results.				

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DINA WRAP (by York) .....\$10.00  
POWER WRAP II .....\$9.00  
LIFTING SUIT .....\$18.00  
XS S.M.L. XL XXL Navy Blue, Black, Red  
SUPER WRAP II Bands Wraps .....\$8.00  
SUPER WRAP III .....\$8.00  
SUPER WRAP III .....\$8.00  
ELITE SUIT .....\$38.00  
DMSO .....\$38.00  
FIRM GRIP .....\$9.00  
RED HOT ANALGESIC .....\$4.00

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Style B \$75.00  
2 TONE BUDE  
Style C \$67.50  
BUDE  
Style D \$67.50  
LEATHER  
w/ Side Lining  
Style E \$26.00  
LEATHER  
Single Buckles  
Style F \$26.00  
LEATHER  
Single Buckles  
Style G \$26.00  
LEATHER  
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Style H \$26.00  
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Style I \$26.00  
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Style X \$26.00  
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Single Buckles  
Style Y \$26.00  
LEATHER  
Single Buckles  
Style Z \$26.00  
LEATHER  
Single Buckles

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Airmail 15%  
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VISA

**Georgia Drug Free Championship**  
9/17/84 - Marietta, GA

WOMEN	SQ	BP	DL	Total
114	242	150	340	732
123	242	150	340	732
132	242	150	340	732
141	242	150	340	732
150	242	150	340	732
159	242	150	340	732
168	242	150	340	732
177	242	150	340	732
186	242	150	340	732
195	242	150	340	732
204	242	150	340	732
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393	242	150	340	732
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456	242	150	340	732
465	242	150	340	732
474	242	150	340	732
483	242	150	340	732
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501	242	150	340	732
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546	242	150	340	732
555	242	150	340	732
564	242	150	340	732
573	242	150	340	732
582	242	150	340	732
591	242	150	340	732
600	242	150	340	732
609	242	150	340	732
618	242	150	340	732
627	242	150	340	732
636	242	150	340	732
645	242	150	340	732
654	242	150	340	732
663	242	150	340	732
672	242	150	340	732
681	242	150	340	732
690	242	150	340	732
699	242	150	340	732
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762	242	150	340	732
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1068	242	150	340	732
1077	242	150	340	732
1086	242	150	340	732
1095	242	150	340	732
1104	242	150	340	732
1113	242	150	340	732
1122	242	150	340	732
1131	242	150	340	732
1140	242	150	340	732
1149	242	150	340	732
1158	242	150	340	732
1167	242	150	340	732
1176	242	150	340	732
1185	242	150	340	732
1194	242	150	340	732
1203	242	150	340	732
1212				

**New Zealand Championships**  
8/18/84 - (kilos)

WOMEN	SQ	BP	DL	Total
L. Pearson	75	37.5	112.5	225
S. Hodge	77.5	45	112.5	235
H. Ward	120	60	135	315
K. Purton	120	47.5	130	297.5
67.5kg	32.5	62.5	182.5	300
75kg	37.5	52.5	155	300
L. Jones	117.5	50	120	287.5
H. Hammond	137.5	57.5	150	345
75kg	105	50	130	285
T. Johnson	105	50	130	285
C. Johnson	95	42.5	145	282.5
82.5kg	105	50	110	265
64kg	105	50	110	265
J. Maden	187.5	85	227.5	500
68kg	130	85	190	405
64kg	117.5	122.5	210	545
R. Wheeler	170	112.5	205	487.5
G. Carns	202.5	110	215	527.5
M. Kemp	190	105	205	500
C. Sannum	190	105	205	500
75kg	175	120	175	470
K. Judson	250	167.5	265	682.5
P. Emmet	217.5	130	270	617.5
J. Holmes	235	135	210	580
T. Baxter	202.5	105	245	552.5
W. Voight	195	90	235	520
82.5kg	242.5	122.5	280	645
C. Parsons	222.5	135	230	587.5
C. Farley	210	130	245	585
C. Carlson	227.5	125	230	582.5
G. Collins	240	175	250	665
D. Proctor	227.5	125	245	597.5
S. Morrow	195	125	245	565
100kg	202.5	112.5	235	550
N. Livingstone	270	170	280	720
M. Sepu	270	160	235	665
C. Beck	235	125	257.5	617.5
110kg	250	150	292.5	692.5
S. Galloway	257.5	160	270	687.5
S. Hallmond	240	130	250	620
M. Porter	240	135	270	645
A. Gray	240	110	275	615
P. Faehua	245	110	240	595
A. Hallberg	295	172.5	205	772.5
B. Tullberg	227.5	125	245	597.5
S. Reimann	235	137.5	240	612.5

This was particularly evident in the Women's classes. The original organizer saw fit to drop the 100kg class. Many competitors were disappointed as they were down on last years. It also took its toll on Gary who foundered under the weight of the 100kg class. He was particularly disappointed as he had been a top contender in the 100kg class. He was particularly disappointed as he had been a top contender in the 100kg class. He was particularly disappointed as he had been a top contender in the 100kg class.

It also took its toll on Gary who foundered under the weight of the 100kg class. He was particularly disappointed as he had been a top contender in the 100kg class. He was particularly disappointed as he had been a top contender in the 100kg class. He was particularly disappointed as he had been a top contender in the 100kg class.

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It also took its toll on Gary who foundered under the weight of the 100kg class. He was particularly disappointed as he had been a top contender in the 100kg class. He was particularly disappointed as he had been a top contender in the 100kg class. He was particularly disappointed as he had been a top contender in the 100kg class.

**Asian Championships**  
7/19-22/84 (kilos)

SQ	BP	DL	Total
52kg	160	105	197.5
57kg	180	100	190
60kg	180	100	190
67.5kg	180	100	190
75kg	232.5	147.5	255
82.5kg	210	140	190
90kg	232.5	147.5	255
100kg	230	135	217.5
110kg	230	135	217.5
125kg	230	135	217.5
150kg	230	135	217.5
175kg	230	135	217.5
200kg	230	135	217.5
225kg	230	135	217.5
250kg	230	135	217.5
275kg	230	135	217.5
300kg	230	135	217.5
325kg	230	135	217.5
350kg	230	135	217.5
375kg	230	135	217.5
400kg	230	135	217.5
425kg	230	135	217.5
450kg	230	135	217.5
475kg	230	135	217.5
500kg	230	135	217.5
525kg	230	135	217.5
550kg	230	135	217.5
575kg	230	135	217.5
600kg	230	135	217.5
625kg	230	135	217.5
650kg	230	135	217.5
675kg	230	135	217.5
700kg	230	135	217.5
725kg	230	135	217.5
750kg	230	135	217.5
775kg	230	135	217.5
800kg	230	135	217.5
825kg	230	135	217.5
850kg	230	135	217.5
875kg	230	135	217.5
900kg	230	135	217.5
925kg	230	135	217.5
950kg	230	135	217.5
975kg	230	135	217.5
1000kg	230	135	217.5
1025kg	230	135	217.5
1050kg	230	135	217.5
1075kg	230	135	217.5
1100kg	230	135	217.5
1125kg	230	135	217.5
1150kg	230	135	217.5
1175kg	230	135	217.5
1200kg	230	135	217.5
1225kg	230	135	217.5
1250kg	230	135	217.5
1275kg	230	135	217.5
1300kg	230	135	217.5
1325kg	230	135	217.5
1350kg	230	135	217.5
1375kg	230	135	217.5
1400kg	230	135	217.5
1425kg	230	135	217.5
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1475kg	230	135	217.5
1500kg	230	135	217.5
1525kg	230	135	217.5
1550kg	230	135	217.5
1575kg	230	135	217.5
1600kg	230	135	217.5
1625kg	230	135	217.5
1650kg	230	135	217.5
1675kg	230	135	217.5
1700kg	230	135	217.5
1725kg	230	135	217.5
1750kg	230	135	217.5
1775kg	230	135	217.5
1800kg	230	135	217.5
1825kg	230	135	217.5
1850kg	230	135	217.5
1875kg	230	135	217.5
1900kg	230	135	217.5
1925kg	230	135	217.5
1950kg	230	135	217.5
1975kg	230	135	217.5
2000kg	230	135	217.5
2025kg	230	135	217.5
2050kg	230	135	217.5
2075kg	230	135	217.5
2100kg	230	135	217.5
2125kg	230	135	217.5
2150kg	230	135	217.5
2175kg	230	135	217.5
2200kg	230	135	217.5
2225kg	230	135	217.5
2250kg	230	135	217.5
2275kg	230	135	217.5
2300kg	230	135	217.5
2325kg	230	135	217.5
2350kg	230	135	217.5
2375kg	230	135	217.5
2400kg	230	135	217.5
2425kg	230	135	217.5
2450kg	230	135	217.5
2475kg	230	135	217.5
2500kg	230	135	217.5
2525kg	230	135	217.5
2550kg	230	135	217.5
2575kg	230	135	217.5
2600kg	230	135	217.5
2625kg	230	135	217.5
2650kg	230	135	217.5
2675kg	230	135	217.5
2700kg	230	135	217.5
2725kg	230	135	217.5
2750kg	230	135	217.5
2775kg	230	135	217.5
2800kg	230	135	217.5
2825kg	230	135	217.5
2850kg	230	135	217.5
2875kg	230	135	217.5
2900kg	230	135	217.5
2925kg	230	135	217.5
2950kg	230	135	217.5
2975kg	230	135	217.5
3000kg	230	135	217.5
3025kg	230	135	217.5
3050kg	230	135	217.5
3075kg	230	135	217.5
3100kg	230	135	217.5
3125kg	230	135	217.5
3150kg	230	135	217.5
3175kg	230	135	217.5
3200kg	230	135	217.5
3225kg	230	135	217.5
3250kg	230	135	217.5
3275kg	230	135	217.5
3300kg	230	135	217.5
3325kg	230	135	217.5
3350kg	230	135	217.5
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3575kg	230	135	217.5
3600kg	230	135	217.5
3625kg	230	135	217.5
3650kg	230	135	217.5
3675kg	230	135	217.5
3700kg	230	135	217.5
3725kg	230	135	217.5
3750kg	230	135	217.5
3775kg	230	135	217.5
3800kg	230	135	217.5
3825kg	230	135	217.5
3850kg	230	135	217.5
3875kg	230	135	217.5
3900kg	230	135	217.5
3925kg	230	135	217.5
3950kg	230	135	217.5
3975kg	230	135	217.5
4000kg	230	135	217.5
4025kg	230	135	217.5
4050kg	230	135	217.5
4075kg	230	135	217.5
4100kg	230	135	217.5
4125kg	230	135	217.5
4150kg	230	135	217.5
4175kg	230	135	217.5
4200kg	230	135	217.5
4225kg	230	135	217.5
4250kg	230	135	217.5
4275kg	230	135	217.5
4300kg	230	135	217.5
4325kg	230	135	217.5
4350kg	230	135	217.5
4375kg	230	135	217.5
4400kg	230	135	217.5
4425kg	230	135	217.5
4450kg	230	135	217.5
4475kg	230	135	217.5
4500kg	230	135	217.5
4525kg	230	135	217.5
4550kg	230	135	217.5
4575kg	230	135	217.5
4600kg	230	135	217.5
4625kg	230	135	217.5
4650kg	230	135	217.5
4675kg	230	135	217.5
4700kg	230	135	217.5
4725kg	230	135	217.5
4750kg	230	135	217.5
4775kg	230	135	217.5
4800kg	230	135	217.5
4825kg	230	135	217.5
4850kg	230	135	217.5
4875kg	230	135	217.5
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4925kg	230	135	217.5
4950kg	230	135	217.5
4975kg	230	135	217.5
5000kg	230	135	217.5
5025kg	230	135	217.5
5050kg	230	135	217.5
5075kg	230	135	217.5
5100kg	230	135	217.5
5125kg	230	135	217.5
5150kg	230	135	217.5
5175kg	230	135	217.5
5200kg	230	135	217.5
5225kg	230	135	217.5
5250kg	230	135	217.5
5275kg	230	135	217.5
5300kg	230	135	217.5
5325kg	230	135	217.5
5350kg	230	135	217.5
5375kg	230	135	217.5
5400kg	230	135	217.5
5425kg	230	135	217.5
5450kg	230	135	217.5
5475kg	230	135	217.5
5500kg	230	135	217.5
5525kg	230		





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**New Mexico Police Olympics 9/29/84 - Albuquerque, NM**

	5Q	BP	DL	Total
<b>WOMEN</b>				
Ylomes(132)	145	110	190	445
Art Lucero	135	105	175	415
Montoya	230	225	325	780
<b>MEN</b>				
Cornel Heitzman	420	300	500	1220
Leonard Ramirez	440	275	540	1255
181	N/A	430	280	540
198	N/A	325	415	1025
Grady Taite	330	320	425	1075
Richard Medina	325	285	415	1025
196	N/A	185	280	375
220	N/A	185	280	375
Harold Bittinger	340	340	480	1220
Tom Gonzales	330	380	500	1230
197	N/A	330	480	1140

I would like to thank Doug Gaylor of Liberty Gym for the use of his gym and equipment. Special thanks to the scorekeepers, Coretta Shaver and Traci Lieberthal, and Dave Hines, Mike, and Larry Sanchez. The next Police Olympics is in June of '85'. Thank to Cornel Heitzman for results.

## Upcoming National Meet Qualifying Totals

Men's Contests	Women's Contests
1985 Teen Nationals 14-15	1985 National Collegiates
625 720 785 905 1050 1075 1100 1125	97 105 114 123 132 148 165 181 198 SHW
1985 Teen Nationals 16-17	1985 National Collegiates
700 795 905 1050 1100 1175 1250 1300 1325 1340 1360	419 463 507 551 595 639 661 683 699 716
1985 Teen Nationals 18-19	1985 Women's Nationals
800 875 1035 1175 1300 1400 1470 1480 1490 1500 1505	518 562 606 661 705 744 772 794 804 816
1985 National Collegiates	1985 ADFPA Women's
799 898 1036 1201 1366 1477 1598 1609 1631 1653 1675	463 494 535 568 601 661 716 766 821 865
1985 National Collegiates	1985 ADFPA Teenage
97 105 114 123 132 148 165 181 198 SHW	402 435 468 496 524 579 623 672 716 755

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 Apr/1982...Women's National Championships, Drugs in Powerlifting, Season Training, Making Weight, Women's World Team Salute, Don Blue, Power Rack Training, Pioneers of Power - Fat 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...Words 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, Ricky Dale Crain Deadlift Cycle, Hatfield on the Ab-breviated Training Cycle, Ruth Shaler'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, L.O.C. banned Drug list, Injury, Proofing, Police/Firefighters Nationals, TOP 100 181s.  
 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 Renewal, TOP 100 242s.  
 May/1984...Lyle Alzado Profile, Ban the Squat, World's Greatest Bench Press, Jim Cash Squat Routine, Rick Well Profile, John Kuc on Deadlift Assistance Work, USPF Directory, Bench Press Profile, Calcium, Consumer Guide for Exercises, Referee's Corner, TOP 100 275s.  
 Jun/1984...Hawaii Invitational, National Collegiate Championships, Fred Hatfield Profile, Joe Ladnier Profile, Joe Ladnier Bench Press Routine, Question and Answer by Roger Estep, Steroid Crackdown, Message from Chairwoman, ADFPA Top 20 181s, TOP 100 SHW's.  
 Jul/1984...Women's World Championship Report, Jim Cash Deadlift Workout of the Month, Dave Schneider Profile, S.T.H. by Jeff Everson, Power Gym Director, Drug Free Top 20 198s, Bob Wahl Profile, Profile, Masters Records list, TOP 100 114s, First Meet Impressions.  
 Sep/84...Senior National Powerlifting Report, Drug Free Training by John Kuc, Bench Workout of the Month by Ted A. Riddi, Are Anabolics Allegent? the New Formula, ADFPA Collegiates, How to Wrap Your Knees, TOP 100 132s, Shoulder Injuries.  
 Oct/84...Medical Research Review, Jim McCarty Profile, Gus Reithwich Deadlift Routine, Drug Free Nationals, Teenage Nationals, Anabolics and Women, Offseason Training, TOP 100 148s, Drug Free 275 TOP 20.  
 Nov/84...Gene Bell Profile, Mike MacDonald and Jim Williams talk about the World's Greatest Bencher, Dave Waddington squat routine, Rounds System Review, Dave Miller Profile, Shoulder Injuries, Medication, Forced Reps, TOP 100 165s, Drug Free Top 20 Superheavyweights.  
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All leather with good padding only in the places you need it. You need it! (sizes: S-M-L-XL)

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### Power Belts

3 ply - maximum thickness

Blue Suede

Nickle Double Buckle

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**Joe's Gym.** Sixteen members representing Joe's Gym of Stoneham, MA, placed 2nd in the 1985 U.S. Bench Press Championships in the 112 lbs. class. Each placed 3rd in their class. Capturing 3 first, 5 second, 3 third, and 2 fourth place medals and an outstanding lifter in the Teenage Division under 200 lbs. 1st row: L-R, Jack Barlett, Darren Mingolla, Mike Rolli, Tim Bartlett, Skip Cleveland, Paul Graneli, Randy Sansone, Joe Lombardo. Top row: L-R, John Hickey, Dave Lee, Mark O'Neil, Joe Vecchione, Jim O'Grady, Tony Conserva, Larry Tracy. Thanks to Joe Vecchione for photo.

points: World Gym East, Hamden, CT: 213 pts; Joe's Gym, Stoneham, MA: 122 pts; Bob's Gym, Springfield, CT: 78 pts; 5th: Gibson's Gym, Manchester, CT: 38 pts; 6th: Bodybuilder's Gym, Elmhurst, NY: 23 pts; 7th: World Gym East, Old Forge, Pa: 9 pts; 8th: World Gym East, Old Forge, Pa: 9 pts; 9th: World Gym East, Old Forge, Pa: 9 pts; 10th: World Gym East, Old Forge, Pa: 9 pts; 11th: World Gym East, Old Forge, Pa: 9 pts; 12th: World Gym East, Old Forge, Pa: 9 pts; 13th: World Gym East, Old Forge, Pa: 9 pts; 14th: World Gym East, Old Forge, Pa: 9 pts; 15th: World Gym East, Old Forge, Pa: 9 pts; 16th: World Gym East, Old Forge, Pa: 9 pts; 17th: World Gym East, Old Forge, Pa: 9 pts; 18th: World Gym East, Old Forge, Pa: 9 pts; 19th: World Gym East, Old Forge, Pa: 9 pts; 20th: World Gym East, Old Forge, Pa: 9 pts.

# DRUG FREE TOP 20/114

This Top 20 list by Jim Gallagher covers lifts made in sanctioned American Drug Free Powerlifting Association meets from October 1, 1983 to October 1, 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
1 482 J. Catalano 6/9/84	250 D. McDonald 11/20/83	452 G. Snyder 4/7/84	1047 J. Catalano 6/9/84
2 380 G. Snyder 4/7/84	220 J. Caldwell 9/2/84	390 G. Snyder 4/7/84	860 D. McDonald 11/20/84
3 347 C. Belle 6/9/84	209 G. Snyder 4/7/84	369 C. Belle 6/9/84	915 C. Belle 6/9/84
4 314 L. Greene 6/9/84	198 C. Belle 6/9/84	342 D. San Miguel 6/9/84	810 S. San Miguel 6/9/84
5 290 D. San Miguel 6/9/84	193 M. Phillips 6/9/84	330 M. Phillips 6/9/84	794 D. Bergerson 7/21/84
6 286 S. Brady 5/6/84	185 J. Nuygen 4/14/84	325 L. Hunter 6/23/84	700 J. Nuygen 4/14/84
7 276 S. Brady 5/6/84	165 M. Mutter 6/23/84	315 B. Conns 5/12/84	730 M. Mutter 6/23/84
8 270 J. Ruyger 4/14/84	160 S. Elyon 5/12/84	315 L. Zimtwach 4/14/84	711 S. Elyon 5/12/84
9 262 S. Elyon 5/12/84	160 J. Bergerson 7/21/84	308 B. Sikkema 5/12/84	689 S. Elyon 5/12/84
10 254 K. Asher 5/12/84	154 L. Kirsbner 5/12/84	303 N. Lira 5/12/84	670 L. Zimtwach 4/14/84
11 254 K. Asher 5/12/84	143 L. Greene 6/9/84	296 G. Ellingwood 10/30/83	670 L. Zimtwach 4/14/84
12 254 K. Asher 5/12/84	143 L. Greene 6/9/84	286 M. McCow 5/12/84	656 S. Brady 5/6/84
13 254 K. Asher 5/12/84	138 C. Edson 5/12/84	286 L. Greene 6/9/84	656 S. Brady 5/6/84
14 254 K. Asher 5/12/84	138 C. Edson 5/12/84	286 L. Greene 6/9/84	656 S. Brady 5/6/84
15 254 K. Asher 5/12/84	138 C. Edson 5/12/84	286 L. Greene 6/9/84	656 S. Brady 5/6/84
16 254 K. Asher 5/12/84	138 C. Edson 5/12/84	286 L. Greene 6/9/84	656 S. Brady 5/6/84
17 254 K. Asher 5/12/84	138 C. Edson 5/12/84	286 L. Greene 6/9/84	656 S. Brady 5/6/84
18 254 K. Asher 5/12/84	138 C. Edson 5/12/84	286 L. Greene 6/9/84	656 S. Brady 5/6/84
19 237 R. Adams 11/19/83	132 R. Adams 11/19/83	276 M. Chaslet 5/12/84	655 Ellingwood 10/30/83
20 237 R. Adams 11/19/83	132 R. Adams 11/19/83	276 M. Chaslet 5/12/84	655 Ellingwood 10/30/83



## U.S. Bench Press Championships

T-Shirt Design of the U.S. Bench Press Championships, New Haven, CT.

WOMEN	MEN
1 Lynn Daddo 120*	1 John Berry 380
2 M. Michlewski 100*	2 John Mizzi 315
3 Susan Gerhardt 105*	3 Jim Hale 300
4 Elaine Phibbs 140	4 James Moore 335
5 Kelly Phibbs 148	5 Kevin Smith 350*
6 Karen Kampen 135	6 Kevin Smith 350*
7 Karen Kampen 135	7 Kevin Smith 350*
8 Karen Kampen 135	8 Kevin Smith 350*
9 Karen Kampen 135	9 Kevin Smith 350*
10 Karen Kampen 135	10 Kevin Smith 350*
11 Karen Kampen 135	11 Kevin Smith 350*
12 Karen Kampen 135	12 Kevin Smith 350*
13 Karen Kampen 135	13 Kevin Smith 350*
14 Karen Kampen 135	14 Kevin Smith 350*
15 Karen Kampen 135	15 Kevin Smith 350*
16 Karen Kampen 135	16 Kevin Smith 350*
17 Karen Kampen 135	17 Kevin Smith 350*
18 Karen Kampen 135	18 Kevin Smith 350*
19 Karen Kampen 135	19 Kevin Smith 350*
20 Karen Kampen 135	20 Kevin Smith 350*

# DISCOUNT

## FREE FORM AMINO ACIDS

### anabol WEIDER Grotacols NSP

**INDIVIDUAL AMINO ACIDS**

Anabol Naturals	YOUR PRICE	DISCOUNT PRICE
Pure Crystalline	100 caps	100gm powder
Excipient and Preservative Free	500mg	30% OFF
L-Ornithine	\$14.35	\$16.80
L-Arginine	8.40	9.40
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L-Tryptophan	16.20	31.05
L-Tyrosine	10.95	15.05
L-Phenylalanine	13.95	18.20
L-Methionine	12.60	

All 23 individual amino acids available in powder. Also available in 500gm and 1kg.

## AMINO ACID FORMULAS

Anabol Naturals Anabolic Amino Balance	\$15.40
120 capsules/550mg	29.25
240 capsules/500mg	19.45
100 grams pure powder	
Weider Life Essence	21.25
14 Amino Acids/15% OFF	
150 capsules/500mg	22.95
100 grams powder	

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17 Amino Acids/15% OFF	18.30
90 capsules/750mg	33.60
180 capsules/750mg	

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Anabol Naturals GH Releaser	\$14.95
4 Amino Acids/25% OFF	15.45
120 capsules/775mg	
100 grams pure powder	
Weider Anabolic Mega Pak	21.25
30 packets/15% OFF	
NSP Amino Grow	12.35
90 capsules/765mg/15% OFF	23.40
180 capsules/765 mg/15% OFF	

# HEP-FORTE®

The liver is one of the most important organs of the body, since it is your personal detoxification center. Its normal function is to synthesize more than 1100 different enzymes from various amino acids, vitamins and minerals provided by our diet. The liver needs a good supply of nutrients daily to assist it in regenerating its own new tissue.

The liver, however, can suffer from a protein deficiency. This organ must be "fed" protein to be properly nourished along with B-complex, B factors, and other nutrients to be able to perform its job of disposing of waste products. A protein deficiency means that the liver weakens, toxic substances accumulate and the body becomes predisposed to ailments.

**Hep-Forte®** provides the necessary nutrients to help heal and repair the liver and to assist it in manufacturing, storing and dispatching food material. **Hep-Forte®** is an arsenal of natural nutrients so very important to all age groups in easy to swallow soft gelatin capsules.

**Suggested Use:** Two capsules three times daily.

**Each capsule contains:**

- Vitamin A (Palmitate).....1,200 IU
- Vitamin B (d-Alpha Tocopherol).....10 IU
- Vitamin C (Ascorbic Acid).....10 mg
- Vitamin E (Tocopherol).....10 mg
- Vitamin B1 (Thiamine Mononitrate).....1 mg
- Vitamin B2 (Riboflavin).....1 mg
- Niacinamide.....10 mg
- Vitamin B6 (Pyridoxine HCL).....0.5 mg
- Vitamin B12 (Cobalamin).....1 mcg
- Pantothenic Acid.....3.1 mg
- Inositol.....21 mg
- Zinc (Zinc Sulfate).....2 mg
- Copper.....64.8 mg
- Yeast (Dried).....64.8 mg
- Liver Fraction Number 2.....64.8 mg
- Di-Methionine.....10 mg
- Inositol.....10 mg

In a base of natural vegetable (soybean) oil and soya lecithin.

\* Adult Use - Recommended Daily Allowance.  
 \*\* USPDA has not been established.  
 \*\*\* Not established.

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More than 6 years of programming and testing, using hundreds of weightlifting athletes went into the development of Rhoades Computerized Weightlifting Schedules. With this system now perfected, schedules of 6 to 8 weeks result in average gains of 15 lbs. in the bench press and 25 lbs. in the back squat, while gains of 40 to 70 lbs. in these and other exercises are not unusual. In the past 3 years alone, 14 National records were set with this system, and now it is available to you!

Fill in the form below. It will be processed by computer the day it is received, and your printout (telling you every percentage, set and rep of every workout) will be in the mail the next day.

- Name of EXERCISE \_\_\_\_\_
- Recent MAXIMUM SINGLE \_\_\_\_\_
- Circle DAYS you want to do this exercise M TU W TH F SA \_\_\_\_\_
- Number of \_\_\_\_\_ YEARS and MONTHS you have done this exercise. \_\_\_\_\_
- Check whether this exercise is to be done in  Lbs. or  Kgs. \_\_\_\_\_
- Number of WEEKS \_\_\_\_\_ schedule to run (8 maximum). \_\_\_\_\_

Provide the same information (1 thru 5) for each additional exercise you want on the schedule.

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

PRICE: 1 exercise \$5.95 (add \$1.00 for each additional exercise). Send check or money order to:  
 Rhoades Systems, Box 1 Pineknoll Rd. Sylvester, GA 31791 - (912)776-2158

# NEW 1985 U.S.P.F. Registration Application

## U.S. POWERLIFTING FEDERATION, INC.

PLEASE PRINT • COMPLETE ALL ENTRIES •

LAST NAME	FIRST NAME	INITIAL
AREA CODE	TELEPHONE NO.	NO. DATE OF BIRTH, YR.
STREET ADDRESS	CITY	STATE
ZIP CODE	1984 REG. NUMBER	6
U.S. CITIZEN	YES	NO
U.S. CITIZEN	YES	NO

Please indicate type of membership:  
 Regular Athlete \$15.00  
 High School \$8.00  
 Special Early Registration (Nov. 1 - Jan. 31) \$12.00

CLUB NUMBER \_\_\_\_\_  
 CLUB TESTING \$ \_\_\_\_\_

APPLICANTS: fill out card completely and mail with fee to:  
 MAKE CHECKS PAYABLE TO: U.S. POWERLIFTING FEDERATION, INC.  
 27208 SOUTHFIELD ROAD (313) 557-2320  
 SUITE #3 LATHROP VILLAGE, MI 48076

\*High School eligibility must be accompanied by photocopy of high school activity card or other proof of high school membership.

I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I AM ELIGIBLE TO JOIN THE U.S. POWERLIFTING FEDERATION. SIGNATURE \_\_\_\_\_

# COMPUTERIZED WEIGHTLIFTING SCHEDULES

More than 6 years of programming and testing, using hundreds of weightlifting athletes went into the development of Rhoades Computerized Weightlifting Schedules. With this system now perfected, schedules of 6 to 8 weeks result in average gains of 15 lbs. in the bench press and 25 lbs. in the back squat, while gains of 40 to 70 lbs. in these and other exercises are not unusual. In the past 3 years alone, 14 National records were set with this system, and now it is available to you!

Fill in the form below. It will be processed by computer the day it is received, and your printout (telling you every percentage, set and rep of every workout) will be in the mail the next day.

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- Recent MAXIMUM SINGLE \_\_\_\_\_
- Circle DAYS you want to do this exercise M TU W TH F SA \_\_\_\_\_
- Number of \_\_\_\_\_ YEARS and MONTHS you have done this exercise. \_\_\_\_\_
- Check whether this exercise is to be done in  Lbs. or  Kgs. \_\_\_\_\_
- Number of WEEKS \_\_\_\_\_ schedule to run (8 maximum). \_\_\_\_\_

Provide the same information (1 thru 5) for each additional exercise you want on the schedule.

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

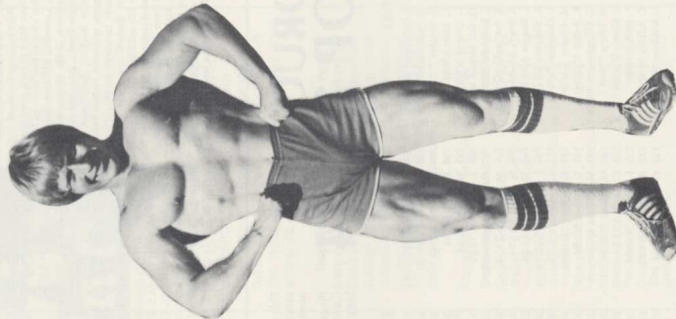
PRICE: 1 exercise \$5.95 (add \$1.00 for each additional exercise). Send check or money order to:  
 Rhoades Systems, Box 1 Pineknoll Rd. Sylvester, GA 31791 - (912)776-2158

"Look Boy! Read dat ad up dere an quit buggin' me!"



# HIGH PERFORMANCE PRODUCTS

## From Mike MacDonald



Mike's comeback from serious tendon tear injury is evident by recent 560 and close miss at 580 in 220 lb. Class. Look for official marks at 220 & 242 this year.

**Go Natural**  
Have a Long Career

### LIVER

(Argentina Beef)  
23 grain Tablets

Liver is one of the most nutritional foods known to man. It is a blood builder, energy builder, stress eliminator and detoxifying agent.

CHECK THIS PRICE:

- 300 tabs \$10.50 + \$2 handling
- 600 tabs \$19.50 + \$2 handling
- 900 tabs \$28.00 + \$2 handling
- 1200 tabs \$36.00 + \$2 handling
- 1500 tabs \$43.50 + \$2 handling

### Super New Formula

## Freeze Dried Anabolic Glandulars

Two tablets contain the following glands:

- \*Whole pituitary.....300 mg.
- \*Orchic (testicle).....300 mg.
- \*Adrenal.....300 mg.
- \*Thyroid.....300 mg.
- \*Kidney.....300 mg.
- \*Heart.....300 mg.
- \*Pancreas.....300 mg.
- \*Spleen.....300 mg.
- \*Bee Peptone.....600 mg.

- 100 tabs ..... \$12.00
- 300 tabs ..... \$33.00
- 500 tabs ..... \$52.50
- 1000 tabs ..... \$97.50
- 2000 tabs ..... 185.00

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C.O.D. - U.P.S.

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Proven greatest Bench Presser of all Time by history of performance. 35 World Records of which 22 are official, spread over 4 weight classes.

- Current World Records
- 198 lb. Class - 562
- 220 lb. Class - 576 1/2 (580 unofficial)
- Highest official lift in 242 lb. Class - 603
- 2nd highest official lift in 181 lb. Class - 522.10

### ORCHIC

(Raw Testicle Gland)  
500 mg. Tablets

We have a SUPER NEW PRICE on this very popular product. It is very effective in increasing strength and development of muscles.

CHECK THIS PRICE:  
(500 mg. tablets)

- 100 tabs \$ 9.00 + \$2 handling
- 200 tabs \$17.00 + \$2 handling
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- 500 tabs \$39.00 + \$2 handling
- 1000 tabs \$75.00 handling free

### Super New Product

## POWER AMINO ACIDS

HGH (Human Growth Hormone) which burns fat and builds muscle and is stored in the pituitary gland. This amazing hormone which will create a super strong and hard cut muscular body, is activated and released by the natural amino acid formula below. For the best natural gains ever, take this amazing formula best at bedtime, for maximum results.

3 chewable tablets provide: 1500 mg. L-Arginine, 1500 mg. L-Ornithine, 1500 mg. L-Lysine

- 100 tabs \$21.00 + \$2 postage
- 200 tabs \$39.00 + \$2 postage
- 300 tabs \$56.50 + \$2 postage
- 500 tabs \$89.50 postpaid
- 1000 tabs \$169.50 postpaid

**TEXAS POWER BAR \$187.50**  
**YORK POWER BAR \$205.00**

ELITE DEAD LIFT BAR ..... \$245.00

SPIN-LOK or QUIK-LOK Olympic Collars \$42.00 each

YORK OLYMPIC SETS  
140 kg or 310 lb. set ..... \$372.50  
180 kg or 400 lb. set ..... \$437.50  
with Texas Power Bar add \$25.00

USA OLYMPIC SETS with Texas Power Bar  
210 lb. set ..... \$385.50  
400 lb. set ..... \$447.50

York Olympic Plates ..... \$74/lb.  
USA Olympic Plates ..... \$64/lb.

**DELUXE DUMBBELLS with Chromed & Knurled Handles**

5 lb.	31.00	45 lb.	87.00	85 lb.	143.00
10 lb.	38.00	50 lb.	94.00	90 lb.	150.00
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.	129.00	115 lb.	185.00
40 lb.	80.00	80 lb.	136.00	120 lb.	192.00

**YORK SOLID DUMBBELLS \$74/lb.**  
**USA SOLID DUMBBELLS \$65/lb.**

**OLYMPIC DUMBBELL HANDLES with COLLARS \$120.00/pair**

**VHS VIDEO CASSETTES**  
1982 Men's World Championships 500 each  
1983 Women's Tearing National 500 each  
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**RUBBER INTERLOCKING FLOOR MATS** ..... \$4.00/sq. ft.  
Colors Available

**RUBBER MATS**  
4' x 6' x 3/4" thick ..... \$97.50

**DP SIDE BY SIDE GRIP BAG**  
Dimensions: 63" wide, 20 1/2" long, 13" high

**CRAIN POWER-PLUS**  
RICKEY DALE CHAIN  
3 Time World Champion  
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Autographed Color Pin of Victory \$7.50

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ALL EQUIPMENT FREIGHT COLLECT

**Southeastern Open**  
21-22 Sept 84 - Murfreesboro, TN

WOMEN	SQ	DL	Total	
Judy Furnas	250	115	260	625
Trudy Hughes	235	120	265	620
Sue Bell	230	120	235	615
Dwight Hooper	655	420	540	1615
John Williams	620	370	365	1355
Lyfe Edwards	330	265	385	980
NOVICE DIV				
23	12	12	12	36
24	12	12	12	36
25	12	12	12	36
26	12	12	12	36
27	12	12	12	36
28	12	12	12	36
29	12	12	12	36
30	12	12	12	36
31	12	12	12	36
32	12	12	12	36
33	12	12	12	36
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36	12	12	12	36
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39	12	12	12	36
40	12	12	12	36
41	12	12	12	36
42	12	12	12	36
43	12	12	12	36
44	12	12	12	36
45	12	12	12	36
46	12	12	12	36
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48	12	12	12	36
49	12	12	12	36
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78	12	12	12	36
79	12	12	12	36
80	12	12	12	36
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88	12	12	12	36
89	12	12	12	36
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93	12	12	12	36
94	12	12	12	36
95	12	12	12	36
96	12	12	12	36
97	12	12	12	36
98	12	12	12	36
99	12	12	12	36
100	12	12	12	36

**LYNN GOINS**

181	465	240	480	1125
Jerry Smith	630	400	570	1600
Tom Suggs	530	370	530	1430
196				
Dwight Hooper	655	420	540	1615
Randall Peary	600	375	565	1540
180 kg or 400 lb. set	555	350	500	1405
with Texas Power Bar	530	340	500	1380
Mike Stone	650			
220				
Dale Feague	650	400	670	1720
190				
Mark Williams	625	365	600	1615
Greg Watson	605	405	600	1610
Marty Atkins	620	340	590	1530
242				
Trudy Hughes	550	370	550	1470
John Bible	710	430	785	1925
275				
Jan Reagan	720	500	680	1900
Jan Gregory	650	515	650	1815
Ed Booklin	700	425	625	1750
Ray Merritt	625	405	700	1730

Best lifts (lwt): Ted Rapp; team champs: Troy's Gym. Thanks to all loaders, thanks to my family, wife Mary and children, Kim and Hagan to all their help. Thanks to Troy Hicks for results.

**Marigold Bench Press**  
Sept 1984 - Pekin, Ill

123	Ken Athler	360
124	Ken Athler	360
125	Ken Athler	360
126	Ken Athler	360
127	Ken Athler	360
128	Ken Athler	360
129	Ken Athler	360
130	Ken Athler	360
131	Ken Athler	360
132	Ken Athler	360
133	Ken Athler	360
134	Ken Athler	360
135	Ken Athler	360
136	Ken Athler	360
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190	Ken Athler	360
191	Ken Athler	360
192	Ken Athler	360
193	Ken Athler	360
194	Ken Athler	360
195	Ken Athler	360
196	Ken Athler	360
197	Ken Athler	360
198	Ken Athler	360
199	Ken Athler	360
200	Ken Athler	360

**Flint YMCA Open Bench**  
8/4/84 - Flint, Mich

114	Larry Howe	205	325	345
115	Tom Suggs	205	325	345
116	Tom Suggs	205	325	345
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152	Tom Suggs	205	325	345
153	Tom Suggs	205	325	345
154	Tom Suggs			



## Cyr Strong Man Contest by Derek Fitzgerald, CBC Sports



Tom Magee, took the Cyr Strong Man title with little more than a bloody nose to show for his exertion, that's been almost a trademark of Tom's in competition, even as early as 1981 in this photo by Dennis Coholan.

When the last dinosaur retreated from the plains of Quebec in the Great White North, a new breed of beast began to prosper. The beasts were strong, with voracious appetites, and the most famous of them all was Louis Cyr. He was one of 17 children born to Catholic parents in 1863. Little Louis discovered that he was strong by the time he was 15. He spent the next ten years moving his 160 pound bodyweight up to around 300, which on a 5 ft., 5 inch frame made quite an impression as did his 60 inch chest, 47 inch waist, 22 1/2 inch biceps, and 33 inch thighs. Even large, strong men have to make a living, and Cyr was probably the most famous policeman that ever patrolled the streets of Montreal. On one occasion he took on a gang of 12 ruffians singlehanded. They were in much pain by the time big Louis had done with them. He tackled all assignments with the same vigor and relish. On his 21st birthday his parents gave him a roost suckling pig. It was no match for Cyr. He devoured the 22 pound pig in one sitting. This man could hide the day boggle the mind. Like the time in Boston, on May 27, 1895, he lifted 18 fat men in a platform lift, the combined weight, 4,337 pounds. Or the one finger lifts of 600 pounds Cyr made almost without breaking a sweat. Imagine what the man could have done with the conventional lifts. He died in 1912, the victim of a ten year daily diet, that must have clogged every artery. His death was 8 years before the introduction of weightlifting as an Olympic sport, but his memory lives on in the minds and hearts of many.

In September, a group of Montreal sports promoters organized a Strong Man competition... a sort of challenge to the memory of some of Cyr's strength work. Five teams of three competed in 4 events which included: (1) the 56 pound weight throw, for distance; (2) a wheelbarrow load, with a minimum 1500 pound load, pushed over a 45-foot course; (3) A platform lift, a sort of partial squat, opening weight 900 pounds; (4) A 200 metre sack race with a 200 pound sandbag on the back, and when that was all done, a team tug of war.

Now, given that this was the first time this competition was put together, there was an impressive array of strength athletes from 4 countries.

From Canada: 1. Tom Magee, 1982 Superheavyweight World Powerlifting champion and now a competitive bodybuilder; 2. Bishop Dolegiewitz, internationally ranked shotputter, 4th place finish, World's Strongest Man competition 1981; 3. John, who can be 60 inches or close to it around the chest. With little technique, he just muscled out the awkward rock. Third place went to Bishop Dolegiewitz, fresh from the Olympics. Although this is an event he should have won, he was perhaps peaked out from the Games.

From France: 1. Pierre Esponde; 2. Gregoire Lascube; 3. Pierre Dospital... all three compete in various European strong man competitions.

From Great Britain: 1. Peter Welsh, strong man competitor; 2.

great relief. Magee still had his second attempt - and with all the concern and confusion it must have been a chore to keep up the concentration, but he proved what world champs are made of, and fought the 1650 pounds until that elusive buzzer sounded. Dazed and drained, the concern for Gamble subsided for the moment, as the delight of the crowd erupted into cheers and applause. Magee strolled to the end of the platform, acknowledged the appreciation of the crowd and promptly did a standing back flip. That may just have been the heaviest back flip in history, and clearly attests to the remarkable athletic prowess of Tom Magee.

Left a little dazed, confused, and without a partner, the USA team withdrew from the sandbag race. This was not the Wadd's best day, and he later admitted he should have entered the race to pick up individual and team points, but Dave was concerned about Gamble; was he getting the best of care; how was he going to tell Gamble's wife? At 5 foot 11 inches and 310 pounds, Dave Waddington is a remarkable physical specimen, and obviously his heart is just as big. In the end, the sack race was won by the more aerobically conditioned French, who took first and second. Third place went to Claude Labonte of Quebec.

The tug of war was marred, again with the missing USA team. The match up should have been Canada-US, but that wasn't to be. Somehow the little French team managed to outpull the Canucks. The Quebec team lost in the final to the French. Great Britain placed third.

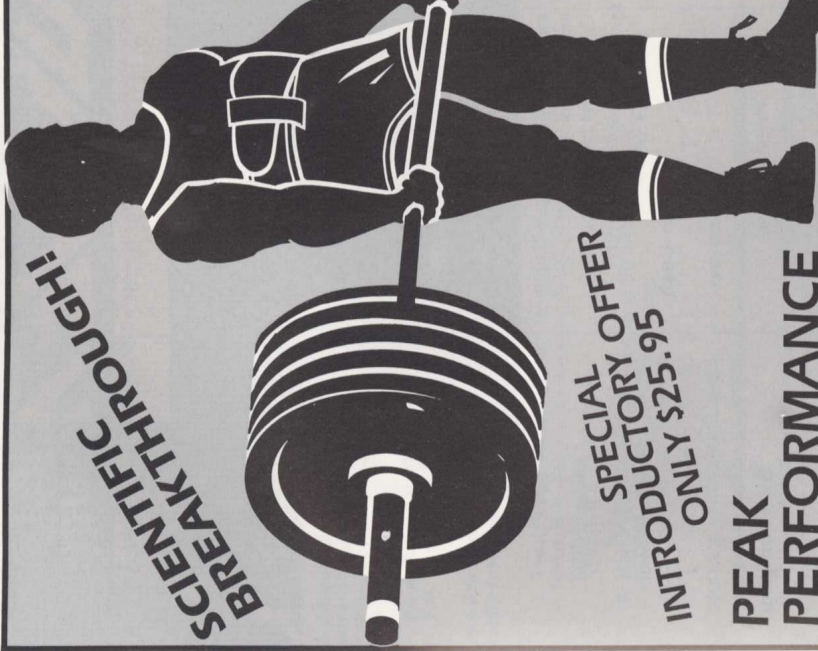
The individual standings saw Magee in first with 82 points, Gamble 2nd, with 50 and Robert Dubreau of Quebec third with 47 1/2 points. The winning team was Quebec with 144 points followed by Canada with 128 and France third with 115 points. USA 4th with 105 points.

Everyone was very surprised with the strong showing by the Quebec team. Man to man they couldn't hold their own in more conventional strength testing events, but this wasn't about conventional lifting. Daniel Poulin is a Quebec farmer and who's to say that his training methods, like rock throwing behind the barn isn't the perfect preparation for this type of contest. Clearly, the apparatus in each event took a little getting used to, and that definitely had something to do with the final results in each event. This is, of course, not to take anything away from the Quebec boys, they are strong, the very descendants of those post-dinosaur beasts of which I spoke earlier. I see no reason why we won't have this type of strength testing in the future. Paratus we might have a whole new way to spend Saturday nights. Just keep the bar bend out of it, said the Wadd, that thing scares me. I wonder if it would have scared Louis Cyr.... I wonder.

Derek Fitzgerald is a Montreal based sports reporter for the CBC Television sports network.

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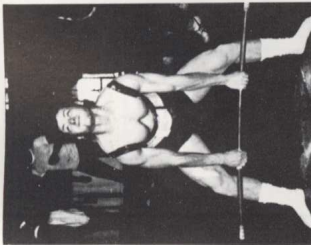
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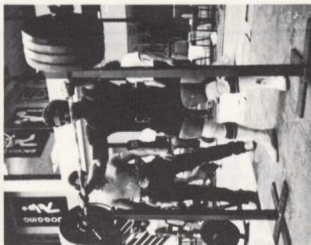
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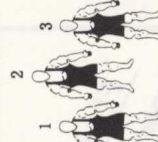
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