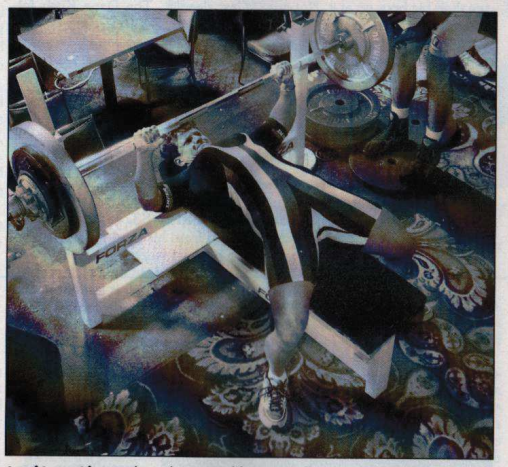
WABDL World Championships

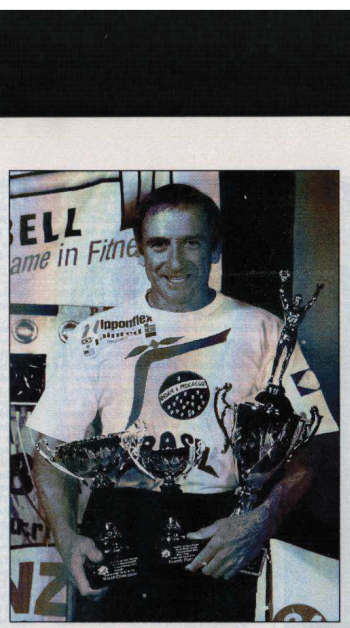
as told to Powerlifting USA by Gus Rethwisch

The 4th Annual 24 Hour Fitness WABDL World Championships had 562 lifters and 770 benchers and deadlifters from 31 states and 11 countries with USA, Canada, Brazil, Germany, France, Sweden, India, Guatemala, New Zealand, Ireland, and Ecuador being represented. In the master division bench press in age group 40-46, Glenn Murphy of Maryland set a world record at 123 lbs. with 220. At 132, Allen Yung of Arkansas put up 297 for the world championship. At 148, Sheldon Weingust of Texas rammed up 363 for the world title. He was shy of the world record with a close attempt at 381. At 165, Clyde Higa of Hawaii did 391 off his world record of 407. Dan Marsheimer of Washington State was second with 358 and Richard Davidson was third with 236. At 181, Jeff Jones of the Bay area put up 402 for the gold and a California State Record. Bill Cox was second with 363 and Francisco Ventilari of Brazil was third with 286. At 198, George Herring of Georgia set a world record with 534. George is an old timer still pushing the big time weight. Darris Piggee was second with 485. Byron Beebe was third with 485 and the heavier man. Both Darris and Byron have set numerous world records. In fourth place was Keith Kanemoto of San Jose with 435. Keith isn't used to losing very often so I'm sure his game will improve. In fifth was Bruce Hines with 363. Paul Radmilovich was sixth with 336 and Ken Wilson of Hawaii was seventh with 264. At 220, David Callas of Georgia won the worlds with 336, and a Georgia State Record. At 242, Arthur Thompson jr. won with a huge 540 and a California state record - only 12 lbs. off the world record. In second was Doug Mulder of Medford, Oregon with 479. Third was Mike Lutz with 451 and a California State Record. Fourth was Joe Harms with 440. Arthur Clayton was fifth with 402 followed by Michael Moore with 374 and Gary Stevens at 286. At 275, we had one of the biggest battles of the tournament. Phil Andrews of California set a world record with 523. For the world championship, Carroll Moon of Oregon ended up with the world record with 524 on a fourth and Don Frosland Jr. also set a world record with 513, but finished third. Kurt Sacher was fourth with 473, but almost made 507. Johann Hofmeister of Germany was fifth with 462. Mario Ceccarelli was sixth with 451 and Thomas Di Filippi was seventh with 242. At 308, we had a good old fashioned on the street at high noon shoot out with two undefeated 308 pounders. Tom Manno an ex NFL Football star from Phoenix, Arizona and Bill Gillespie the strength coach of the Rose bowl Bound Washington Huskies. They both opened big and easy - 611! Manno went to 635 to break his current world record of 633 and locked it out unevenly and was turned down. Gillespie smoke 639. Manno missed 635 again and Gillespie missed 650 twice. A great match up of two great lifters and both of them perfect gentlemen. They will shoot it out again no doubt about that. In third place at 308 40-46 was Gary Brower of Idaho who did 462 and an Idaho state record. Paul Ratsch was fourth with 435 and Corey Huwe was fifth with 402. At super heavy, Ari Ramsey of Alameda, California beat Randy Young 551 to 518. David Chase of Florida was third with 457. Brian Rehberg of Washington was fourth with 440. Best lifter lightweight was George Herring and heavyweight was Bill Gillespie. In master 47-53, Homi Shivale of San Jose won the worlds at 132 with 192. John Tyree of Texas won at 165 with 363. At 181, Leonard McAllister set a world record of 418 and almost got 440. He is coached by Terry Luehrs and they're both from Salem, Oregon. Terry had numerous other lifters who set world records. In second place was Richard Hagedorn of Alabama with 336. Dan Bell was third with 308 and Gene Alexander and Mick Stevens of Bull Stewarts Gateway Athletic Club Team of Seattle were fourth and fifth with 303 and 286. At 198, Warren Orbaugh of Guatemala won the world championship with 402. Emmanual Howard of Louisiana was second with 385 and a Louisiana state record. Raineer Gessman of Germany was third with 352 and Nick Santora of Seattle was fourth with 314. At 220 lbs. Sean Finegan of Texas won the worlds with 424. Steve Ramey of Georgia, the favorite to break Bill Sekermestrovich's record of 473, opened to high to break the record and bombed out. Ronnie Edwards was second with 385. Richard Dunn was third with 336. DJ Jamerson was fourth with 303 and Harold Barett was fifth with 242. At 242, Fred Kendell won with 418 and had room to spare. At 275, Bennie Dooley won his third consecutive world championship with 485. In second place was Colin Bonneau from Canada who is a human replica of the Cookie Monster - wide, intimidating but jovial - he did 418. In third was Austin Webb of Arkansas with 413 - an Arkansas state record. In fourth was Tom Ekenberg of Texas with 358 only 2 lbs. shy of the Texas state record. In 5th was Eddie "Off day" McConnell of Alabama with 314. Eddie is the object of playful kidding from a 181 pounder named Hagedorn who out benched him. At 308, Randy Patterson, an old timer on the Comeback trail for about the fourth time won with a 529 and a near miss with 551. Not bad for 51 years old. Randy has totaled 2240 in powerlifting with a 914 squat. He's been there and done that. David McCreary was second with a PR 440 and Obbie Hampton was third with 352. Obbie is recovering from an injury and normally is capable of 470-500 lbs. He will be back in a year or so. At super, Carl Rosborough won with 451 and Leo Contreras was second with 429. In third was Keith Ward from Hawaii with a state record of 396 with no shirt. Keith has a local food place in Waimanalo called Keneke's that has the best Kalua Pig on the planet. Outstanding lifter lightweight was Leonard McAllister - Leonard usually wins this award - and heavyweight was Randy Patterson. In master 54-60, Ron Matheson of Arizona won the world's over stiff competition with 385 at 198 lbs. He is the current world record holder with 397 in 220 lb. class. In second place, Rick Tsutsui of California set a California state record with 374. Terry Camp of Oregon was third with the same weight. Terry is the world record holder with 418. In fourth was Olicio de Santos of Brazil with 325. Wait till we talk about the guy's deadlift. The highest coefficient in the world. In fifth was Gerard Larue of France with 325. In 6th place was "Doc" Hilger with 319 and in seventh was Godfrey Holzinger with 297. At 220, Bill Sekermestrovich shattered Ron Matheson's world record of 397 with 440. He is coached by Terry Luehrs. In second place was Toe Preston with 369. Toe has helped me tremendously over many years in Hawaii. He has done a 440 bench. Jon Paggett of Spokone was third with 363. Jon is your ultimate biker type with a great looking Harley right out of Easy Rider. Skip Hall was fourth with 225. Skip had a bad hand incurred from fighting at his martial arts school in the Birmingham, Alabama area. In the 242 lb. class, Daniel Smith III of Los Angeles won the worlds with 418. He was off his game because he did 451 in August. The venerable old man Dennis Cone came in second with 358. Terry Bunch of Eugene, Oregon was third with 330 and Jimmy Duckett the gentleman and humorist from Oklahoma did 253 for fourth. At 275, George Nelson opened with 562 and missed because of his nemesis, the butt rise, but he came back at 589 and did it clearly at age 56. The best master bencher in the world - he only weighed 260. He came close with 611 and has done 610 and 600 in two different meets. Pedro Velazco of Guatemala was second with 413. Pedro is a gentleman and very much in love with this sport. Thomas Lucas was third with 264. At 308, Robert O. Smith (actor, humorist, cartoonist, and the man of many voices - he does voiceover for Disney Studios) was the world champion in 308 with 435 about 20 lbs. off the world record. At super Donald Jones, the world record holder with 468, did 440 for the world championship. At 165, Larry Cardon a lawyer from Virginia won the worlds with world record 348 and then another one on a fourth with 352 to beat Wayne Paola's record. Larry has won world and national titles in at least three different federations and has set numerous world records. In second place was Moses Timbol of Hawaii with 303, a Hawaii State record. In third was Christian Brenol of France with 220. At 181, Mitch Sperling of California won with 325 off his California state record of 336. In second was Ritchie Creevy with 314 and third was Jerry McCamman with 303. Don Covello was fourth with 259. Ritchie Creevy used to put on some big Malibu extravaganza bench contests where Ken Lain has benched 722 and a near miss with 749. Mitch Sperling is a grand old man of the game and has been around a long time. Outstanding lifter for lightweight 54-60 was the lawyer, Larry Cardon. Heavyweight outstanding lifter was George Nelson. In master 61-67, Precious McKenzie of New Zealand set a world record of 253 at 132 lbs. Precious is a Member of the British Empire and has set over 70 world records in olympic lifting and powerlifting. He started competing in 1954 and is really Thee Grand Old man of the Iron Game. He's called Precious for a reason - a very precious commodity in the sport called continuity. When great lifters retire, whether it be Pacifico, Kuc, Reinhoudt, Walter Thomas, Mike MacDonald, Jeff Magruder or Fred Hatfield, it's like a death in the family. We have lost Doyle Kenady, Wayne Bouvier, Matt Dimel, O. D. Wilson, etc. for real. But if you're just retired it's still like a death because the result is the same - you usually never see them again. With Precious McKenzie, he gives you the assurance that you can lift forever and you never think of death. Precious is the link - the one variable that keeps all of us going and just maybe we won't die - we will lift forever. Thank you Precious! Moving on to 148, Lindy Blas of Hawaii beat Richard Gidcumb of Arizona with a 220. Gidcumb did the same for an Arizona state record. At 165, George Johnson of Corpus Christi, Texas set a world record of 332. Hans Nagerl of Germany was second with 297, and Richard Abbott was third with 225. Hans gave me a mini keg of Bavarian dark Beer called Klosterberg that was to die for. I would love to have about ten of those kegs and some old timers in the sport, like Hatfield, Pacifico, Kuc and Magruder and some of my new acquaintances like Ken Anderson, George Nelson, Art Ramsey, Jeff Jones, Terry Luehrs, and all the Hawaiians, Rich Hagedorn, Steve Ramey, Matt LaMarque, Ron Hood, Kim Brownfeild, Bob Garza, Bull Stewart, John Tyree, Rene Phillips, Carl Rosborough, and Howard Lavin and sit around and tell stories and about half would be true but who would care. That's my idea of heaven. Moving on. At 61-67 181 in the bench press Rudy Lozano set a world record of 338. Jerry Gladson was second with 242. Rudy has set numerous world records in four different federations. At 198, Pete Wilson beat Bernie Miller 336 to 303. Pete is another lifter who has been around forever and has set numerous California and world records in at least 4 different federations. At 220, Harold Smith of Montana beat Richard Yoshida of Hawaii 319 to 270. They were both Montana and Hawaii state records respectively. At 242, Ken Anderson set a world record with 418 and Omar Bruce was second with 314. Ken has put on the WABDL Nationals the last three years. The 2001 Nationals, by the way, are in Birmingham, Alabama at the downtown Sheraton Hotel on July 27 and 28. The Nationals are sponsored by Powerhouse Gym. At 275, David Johnson of Washington set a Washington state record of 380 and won the worlds with ease. At 308, J.P. Krachunis beat Gary Johnson 353 to 303. J.P. set a world record in the process. The outstanding lifter in 61-67 was Precious McKenzie of New Zealand. Moving on to 68-74, Jim Schall put up 203 at 165 for the Gold. Khyoshi Koki of Hawaii set a world record of 336 at 181. Ross Phillips was second with 242. At 198, Joe Cantu set a world record of 385 at age 70 - that's spectacular! Even more spectacular as we got into 75-79. Sonny Ronolo of Hawaii at age 78 did 319 at 165. Sonny has helped me in Hawaii while he managed Bret's Gym in Kailua with loading weights, selling tickets and recruiting lifters. We have set out in front of Bret's Gym on more than one occasion and watched a Hawaiian sunset with a couple cans of Budweiser while we talked about powerlifting. Dr. Donald Dreyer of Louisiana was the winner in 75-79 181 with 143. Dr. Dreyer went through medical school at age 55-57 and is still a general practitioner, full time at age 79. Otis Whitehead of Idaho set a world record of 221 at 198 and Victor Starkel of Montana who owns a 5,000 acre ranch, has 12 kids and rides a Harley 100 miles an hour at age 77 - benched 292 at 242. Jack Heizelman at age 83, the oldest competitor in the meet, benched 176 at 148 lbs. for a world record. Outstanding lifter for 68+ was Sonny Ronolo. In Junior men age 20-25 at 148 pounds, Shane Kido set a world record of 352. In second place was Patrick Schiffner of Germany at 330. In third was Daniel Martinez at 319. Fourth was Roger Sanchez at 319. Fifth was Ryan Snelling of Missouri with 314 and sixth was Donnyn Engles with 314. At 165, Joe Luther from Outlook, Washington set a world record of 441 for the world championship. In second place was Randy Kawabata with 374. In third was Lee Luther with 352. In fourth was Spencer Sequin of Hawaii with 352. Duane Travis of Kennewick, Washington was fifth with 325. Michael Moore was sixth with 275 and Gabe Ramos was seventh with 181. At 181, John Korn III won easily with 473. John is from Mississippi. In second was Richard McKeefer of Oklahoma with 358. In third was Jake Thomas of Coos Bay, Oregon with 330. At 198, Ernie Mil-Homens of Canada won the worlds with 451 over Hoss Rhoton of Texas who did 440. Chad Matthews was third with 402 and John Anthony was fourth with 314. At 220 lbs., Eric Wright of Houston, Texas won the worlds with 457. Don Goldsworthy of Spokane was second with 424. Troy Charley was third with 402. Joshua Schrag of North Bench, Oregon was fourth with 363. At 242, Kevin Rose did 479 to beat Travis Osborne who did 435 and Cody Smith was third with 418. Jason McCullough of Texas was fourth with 385 followed by Backstrom and Adam Gruver of Oregon with 369 and 352 respectively. At 275, Joel Thiessen of Canada won the gold with 462, followed by Cody Sacher with 440 and Andrew Snider with 413. Outstanding lifter for the lightweight was Joe Luther and heavyweight was Kevin Rose. In the open division, Enrique Noj of Guatemala won the 114 lb. class with 259. Herbeth Garcia of Guatemala, the 123 World Championship with 209 lbs. At 132, Kerwin Unten of Hawaii won the worlds with a 363. He has done 396 and holds the world record at 123 with 374. At 148, Monte Hokoana won the class with 363. Kimo Luna was second with 347. They're both from Hawaii. Mike Montoya was third with 281. At 165, Sean Kaneshiro set a world record with 447. Sean used to compete in powerlifting at some of my state championships in Hawaii where he was even one of the best lifters. He used to beat David Ricks back in the late 80's. In second place at 165 was Joe Luther at 441. In third was Jason Yoshimura at 435. Jason held the world record at 446 until this meet. These three ought to have more battles in the future, and I feel sorry for any other 165 lb. lifter that tries to mix it up with these guys. Jesse Romero was a distant fourth with 347. In the 181 lb. class, Lee Jones of Chico, California beat out 10 other lifters with a 479. John Korn III of Mississippi was second with 473. He holds the world record with 491. In third was Todd Scott of Moses Lake, Washington with 462. In fourth was Jonny Hernandez of Idaho with 451. In fifth was Allen Berry of Spokane, Washington with 451 and in sixth was Phil Cannizzaro with 429 and Patrick Thomas of Texas was seventh with 418. Outstanding lifter of the lightweight open was Lee Jones. In open 198, Gustavo Warrington, a lifetime free drug free lifter, coached by Terry Luehrs put up a huge world record of 557 to beat George Herring of Georgia who did 534. Byron Beebe was third with 485 and Hoss Rhoton was fourth with 440. Mike Desrosiers of Arizona was fifth with 429, and Phil Davi of Seaside, California was sixth with 407. At 220, Mike Ludovico who had done 573 on September 30 in San Francisco was off his game with 551, but it was still enough for the world championships. Mike is a 600 lb. bencher waiting to happen. He's out of the Bay area and was part of The Palace Gym Team for Burlington, California. In second place was Matt LaMarque of Seaside, California with 501. In third was Craig Nightingale of Houston, Texas with 496. In fourth was Roderick Rogers of Alabama with 424. At 242 there were 10 contestants and the winner was Shane McShane of Hawaii with 584 and a close miss with over 600 lbs. Arthur Thompson Jr. was second with 540 and Larry Birgado of Hawaii was third with 523. Larry did 584 at last years worlds. Jeremy Biewer of Minnesota was fourth with 512. Casey Gallagher of Oregon was fifth with 507. Jimmee Fullerton of Texas was sixth with 502 and a Texas State Record. Jan Sjogren of Sweden was seventh with 496 and Tajinder Singh of India was eighth with 440. The outstanding lifter for the middle weight open was Gustavo Warrington. Terry Luehrs ended up coaching three Oregon lifters to outstanding lifter awards - Leonard McAllister, Gus Warrington, and George Nelson. In the open 275, Tiny Meeker of Humble, Texas put up a huge 656 world record to beat Ryan Kennelly's old record of 655. George Nelson, at age 56, was second with 589. Bob Vessels, of Alabama, was third with 501. Jason Robinson was fourth with 468, and Steve Khader, of Alabama, was fifth with 374. Pete Marcoff of Seattle was sixth with 369. At 308, Bill Gillespie, the strong coach for the Rose Bowl Bound Washington Huskies, put up 639 for his second world title of the day. He had earlier won the masters 40-46 308 with a world record 639. In second place, was Steve Wong who formerly held the world record with 661. Wong opened with 633 and missed 672. Tom Manno was third with 611. At super, Mark Ned of Louisiana put up 639 and came close with 700. Tony Lualemaga of Las Vegas weighed in at 452 and without a shirt did 573, and almost made 600. Brian Jackson did a PR 562 and an Oregon state record. Thomas McKinney of Texas was fourth with 501. Thomas is a very personable guy. Keith Ward of Hawaii was fifth with 374. Outstanding lifter was Tiny Meeker. In submaster bench at 165, Sean Kaneshiro of Hawaii set a world record with 447 to beat Steve Ward of Los Angeles who did 413. Steve is the former world record holder in this division with 413. Vilmar Oliveira, of Brazil, was third with 363. At 181, Johnny Hernandez tied with Allen Berry the world record holder. Berry's record is 457 and they both did 451, but Hernandez was the lighter man and won on bodyweight. Johnny's lift was an Idaho state record. Kingston Lee of Los Angeles was third with 418. Kingston is capable of at least 435 on a good day. Edgar Bravo, of Guatemala, was fourth with 374. At 198 lbs. Ed Sim, who has never lost in this category, won with a mediocre 468 for him. He has done 504, but then had to have wrist surgery a year ago. Wendall Omura, of Hawaii, was second with 457. Wendall has been entering my meets for years, going back to the Hawaii Record Breakers and Hawaii State Powerlifting Championships. I put on the Hawaii Record Breakers or Budweiser World Record Breakers or Pan America Championships as that meet was known by its various sponsors from 1977 to 1995 or 19 years. In 1978, we had the biggest attendance ever for a powerlifting meet with 4026 under one roof. It was a one day meet. We had NBC televise it. In 1979, we had 3380 and CBS televised it for half and hour and paid $25,000 for the rights fees. Wendall was either competing in those meets or in the audience watching them. I put on the Hawaii State Powerlifting Championships from 1980 to 1995 and Wendall was competing in the majority of them. Wendall is one of many Hawaii Powerlifters that supported me in those days along with Sonny Ronolo, Toe Preston, Frank Wakakuwa, and Sean Kaneshiro; all of whom were at this world championships. Moving on, Fill Dena III was third with a Nevada state record of 418. Gordie Fraser was fourth with 413. At 220, Jason Jackson of Muskogee, Oklahoma won easily with a 545. Jason was undefeated in boxing and tough man competitions for 14 years. Kenneth Millrany was second with 435. Roderick Rogers of Alabama was third with 424. David Bradshaw of Bakersfield, California was fourth with 402. At 242, Russell Kitani of San Jose put upa big 567 for the gold and a California state record. Russell will bench 600 lbs. within one year - maybe 18 months. He did 545 in February in Monterey. Bobby Leitz of Texas was second with 518 and Jan Sjogren of Sweden was third with 496. Ken Malone of Texas was fourth with 429. At 275, John Stewart hit a big 628 for a world record. John hit a 622 at the Nationals in Texas in June so he has found his groove. John, also drug tested at this meet and passed. That was his second test he passed. Kendall Walden, a newcomer from Oregon in only his second meet, did 545 for second. Bob Vessels was third with 501, and William Pontius was fourth with 424 and a Washington Class I state record. At 308, Jim Cunningham got a PR 606 and an Oregon state record for the title. He dedicated this meet to his brother who has Lou Gehrig's disease. Jim started as a nose guard at the University of Utah for three years and was signed by the Raiders, but broke a bone in his neck that ended his pro career. Julian Erevia was second with 462 and Jon Wooner was third with the same weight. At super, Thomas McKinney beat George Niualiku 501 to 440. Two Hawaiians, Rany Shepard and Malcolm Ahio, had injury problems and bombed. The outstanding lifter lightweight was Sean Kaneshiro who has won outstanding lifter every meet he's been in. Jason Jackson was outstanding lifter in the middle weight and John Stewart was outstanding lifter in heavyweight. In Teenage Men 13-15, bench press Johnny Hernandez Jr. set a world record with 101 lbs. in the 105 lbs. class. Rocky Hernandez won the 114 lb. class with 82. At 123, Jesse Chavez set a world record, his second in two meets of 188 at 123 lbs., to beat Clayton Pinson who did 115. At 148, Hayward Blake coached by John Ford broke the world record three times and ended up with 264 - very good weight for a 148 lb. fifteen year old. Michael Enloe was a distant second with 170 and Andy Munsey was third with 126, and Adam Contreras was fourth with 99 lbs. At 165, Michael Minahan put up 203. At 220, Keenan Browne of the Washington School for the blind won the worlds with 170 lbs. At 242, Nick Heppner won with 314. Nick is ably coached by Sam Pecktol and the Superior Fitness Center of Medford, Oregon, who won the Team title by the way. At 275, Brandon Weston, also of Pecktols Team, won with 253. Outstanding lifter was Hayward Blake. In teenage 16-19, Stefen Hudson of the Washington School for the blind put up a world record of 82 lbs. in the 105 lb. class. At 132, Gary Remiticado won his fourth straight world championship with 248 lb. At 148, Adam Parker of Skip Hall's Gym won with 286. Travis Godawa of Louisiana was second with 248 and Herbie Allen was third with 99 lbs. At 165, Luke Bevill of Texas beat Jesse Kim coached by Bull Stewart 309 to 225. At 181, Anthony Palombo beat Ryan Ford 352 to 176. Palombo is the state record holder in Louisiana. At 198, Phil Davi, a phenomenal deadlifter, beat Scott Hoffman 407 to 286. At 220, Daniel Puder won with 248. At 275, the world record holder in teenage 13-15, Jordan Cam finished second to De Shaun Milliken 407 to 413. Cam is only 16, Milliken is 17. Milliken is the top high school running back in Washington with 4.4 speed in the 40 and Alabama, Notre Dame, USC, UCLA, Nebraska, and Oklahoma trying to recruit him. Lee Taylor was third at 275 with 270. At super, Scott McDaniel from Oklahoma set a world record with 402. McDaniel is being heavily recruited by Oklahoma as an offensive lineman. Outstanding lifter was Phil Davi. In open men law/fire bench press, Bob Bish coached again by Terry Luehrs beat Erick Kuskie 352 to 347 in a close one. Joe Sermeno was third with 303. At 181, Kirk Nakamura of Hawaii beat Richard McKeefer of Oklahoma 380 to 358. McKeefer set an Oklahoma state record with his 358. At 220, Craig Bowen did 413 to win handily. At 242, Sunday Sims II set a California state record to beat out 3 other lifters with a nice 462. Steve Ross, who holds the Texas state record with 462, could only manage 435 for second. In third was Mike Smyser of California with 402 and Keith Wilkson was fourth with 402. At 275, Frank Wakakuwa of Hawaii benched 600 to easily beat Mike Camlin and Walt Faulkner who did 451 and 407 respectively. Frank holds the world record with 633 and had a near miss with 650 weighing only 252. He has benched over 600 in 11 meets since 1994. At 308, Malcolm Ahio Jr. did 501. He's nursing an injury and did 589 last July. At super, Mark Ned of Louisiana beat Tony Lualemaga 639 to 573. Tony just missed 600 without a shirt. Outstanding lifter was Frank Wakakuwa. In submaster men law/fire, Bob Bish won at 165 with 352. At 181, AJ Agamao shattered the world record of 413 which he held with an impressive 446. At 198, Ed Sim won with 468. At 220, Jason Jackson broke the existing world record by 130 pounds with 545. Kenneth Millrany was second with 435 and Craig Bowen was third with 413. At 275, Jamie Tovar coached by Matt LaMarque and his Iron Society broke the world record twice with 469 and 479. Darryl Ng was second with 451. At 308. Frederick Nelson tied the world record on an opener at 451 and missed twice at 473. Outstanding lifter was Jason Jackson. In master men law/fire 40-47 165, Joe Sermeno broke Robert Straker's world record with 303 and relegated Straker to second place. At 198, Michael Godawa broke his Louisiana state record with 352. At 220, Mike McKenzie of Colorado who holds the world record with 457 had to settle for 440 and the world championship. Jeff Allen Jones, my first workout partner back in Hawaii in 1972, finished second with 374. Jeff is from Sparks, Nevada and lives about two miles from the hotel. He is the one that first suggested the Nugget for the meet site. Great suggestion Jeff!! At 242, Arthur Clayton did 402 for the gold but well off of Duane Fuss's world record. At 275, Walt Faulkner pushed up 407 for first place and claim to world's best. At 308, John Minahan broke Al Bond's world record twice with 501 and 512. John has a lot left in him - 534 is right around the corner. Bruce Sabin was second with 451. In law/fire 48+, Emanuel Howard beat his own world record and Louisiana state record as well with 385. At 220, Patrick Fay beat Jack Rhyne 336 to 275. At 275, Ron Hood broke the world record by 140 pounds and ended up with 529. Ron is the perfect gentleman and one of the best master lifters even. He is 55 and to be still benching 529 and a near miss with 540 is a credit to this sport. Pedro Velazco of Guatemala was second with 413. He, also, set a world record since the old one was 391. At 308, Randy Patterson did 529 just shy of his world record of 534. Randy is 51 and still going strong. I think he will bench 600 within a year. At super, Bill Lobins of Houston, Texas, who is an Arson investigator and holds the world record with 512, had to settle for 479 and a world championship. Outstanding lifter for master law/fire was Ron Hood. In class I, where single ply gear is the set but not world records, Oscar Martinez set a Washington state record of 281 at 132. At 148, Donny Engles set a Washington state record with 314. At 165, Joseph Withers set a Washington state record with 374. Lee Luther was second with 352. Steve Hauger was third with 347 and Erick Kuskie set a California state record and was fourth with 347. Brian Rickolfi was fifth with 308 and Luke Bevill was sixth with 303 with Joe Ojeda bringing up the rear with 297. At 181, Jayce Picking shattered the state record in Oregon by 60 pounds with 380. Kirk Nakamura also did 380, but was heavier, and he ended up with the Hawaii state record. Jake Thomas was third with 330 and Michael Rainey from Georgia was fourth with 325. Todd Birkhead of Arkansas state record of 270 and had to settle for fifth. At 198, Steve Ughe, the captain of the Palace Gym Team for Burlingame, California, took the 198 with a California state record 374. Palace Gym ended up third in the team standing. At 220, Troy Charley won with 402 over six other competitors. Ronnie Edwards, of Georgia set a state record with 385. James Hutchings was third with 369 and a California state record. Joshua Schrag was fourth with 363, and Joseph LaSalle was fifth with 363. At 242, Doug Mulder did a huge 479 and is now in open division, never to look back. He got an Oregon state record. Mike Lutz was second with a California state record of 451. Mike Smyser was third with 402. James is a member of The Marines Elite Mountain Warfare unit. At 275, Darryl Ng of Hawaii won the world championships with 451 and a Hawaii state record. Mike Camlin was second with a Washington state record 451. Bill Pontius was third with 424, Greg Ramsdell was fourth with 391, and Tom Ekenberg was fifth with a Texas state record

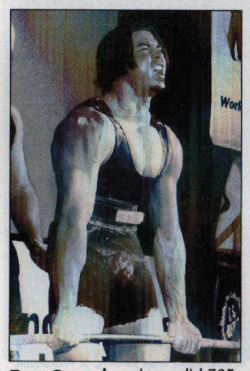


Jerri Lynn Lippert *bench pressed fantastically! (Brian Baertlein photos)*

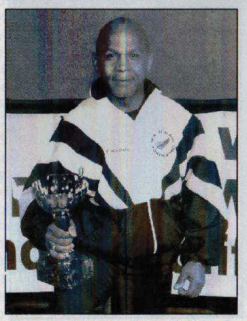
Valerie Tyree *was so impressive.*



Olicio dos Santos *... pulled 700 lbs. and produced a monstrous Schwartz/Foster coefficient.*

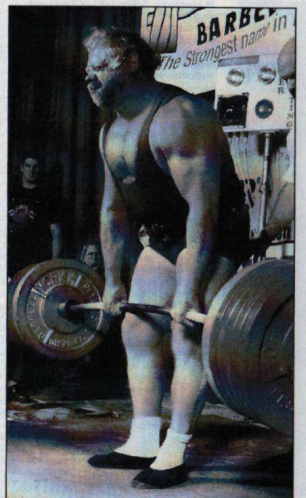


Tony Caprari *made a solid 705.*



Unstoppable ***Precious McKenzie***

of 358. At 308, Julian Erevia set an Oregon state record with 462, and edged Gary Brower of Idaho for the world championship. Brower set an Idaho state record with 462, but was the heavier man. Bruce Sabin was third with a California state record of 451. Corey Huwe was fourth with 402. At super, David Chase of Florida set a Florida state record with 457 to beat Leo Contreras of California who did 429 and a California state record. Outstanding lifter for lightweight was Joseph Withers and heavyweight was Doug Mulder. In women's open bench, there was some phenomenal lifting. In the 105 lbs. class, Vickie McNeely of Alabama beat Carmela Baqui of Hawaii with 121 lbs. Carmela did the same weight but was heavier. Mary Pederson was third with 88. At 114, Valerie Tyree put up a huge 203 for a world record. At 123, Jill Remiticado who is only 18 put up 203. That was a Teenage world record. Beth Higginbotham, of Arizona, was second with 132. At 132, Jerri Lynn Lippert of Tarentum, Pennsylvania did an unbelievable 303 on a third and a world record 314 on a fourth. Her old record was 275. She passed a drug test and as far as I'm concerned, she is the greatest female bencher ever!! Any woman that wants to go up against her and take a drug test and beat her on coefficient, give me a call. Maybe I'll put on a all time women's best bench contest. Judy Rodriguez was second with a respectable 160. Azure Skellington of Hawaii was third at 143. Moving on to the 148 lb. class, Katy Haller set a Washington state record with 225, a very good lift. There are probably 10 million 148 lb. men in this country that can't bench 225 at any weight. She is coached by Bull Stewart. Bull brought about 15 lifters to this meet and did a great job coaching them. Suzanne Williams, of Alabama, came in second with 154 and Cindy Cameron was third with 148. At 165, some great numbers were put up. Linda Blackburn is another lifetime drug free lifter, who beat Bonny Priest's world record in June with a 304, had to settle for 297. There has to be 40 million men in this country that can't bench 297. Linda is from Muskogee, Oklahoma. In second place was Mary Jacobson of Alameda who is probably the world's strongest master women lifter. She did 248 and also pulled a world record deadlift of 382. Mary is 46, still going head to head with the "in their prime" women. In third place was Mariam Power from Canada, a very beautiful young woman and she did 242. In fourth place, Gina Anderson did 225, which was a California state record in both open and law/fire. In fifth place was Linette Vasquez with 203 and sixth was Betty Ann Herriford with a PR 181. Betty is in the 47-53 age group. At 198, Sandra Lonn, of Sweden, set a world record with 253. In the unlimited division, Kimberly Pitts put up a world record 336 and one of the highest benches ever. She is a doctor of osteopathy and is a very attractive big woman. Her lift is the highest ever in WABDL. Outstanding lifter lightweight was Jerri Lynn Lippert and heavyweight was Linda Blackburn. In teen women bench in 13-15 age group, Lisa Garcia set a Washington state record of 71 at 97 lbs. At 114, Emily Schneider set a world record of 132 lbs. surpassing her old record by 17 lbs. At 132 lbs., Azure Skellington of Hawaii set a world record of 143 lbs., beating the old record of 70 lbs. In teenage women 16-19, Jill Remiticado did a very impressive 203 at 123 for a world record. At 148, Julie Waltenbaugh did 77 lbs. At unlimited Rachel Malone set an Oregon state record of 170. Outstanding lifter was Jill Remiticado, who I assure you will bench 240-250 at 123 some day. In junior women, Donna Gagliardi set a Texas state record of 154 at 114 lbs., but finished second to Tamara Coulombe, who set a world record of 170 at well as a Washington state record. At 123, Beth Higginbotham set an Arizona state record of 132 for the world championship. At 132 lbs., Erin Moore only tied the Oregon state record of 132, but was good enough for the world championship. At 165, Rebecca Plant put up a huge 225 for a world record as well as a Hawaii state record. Outstanding lifter was Rebecca Plant. In master women bench 40-46 age group, Vickie McNeely won with 121, 5 pounds shy of the world record held by Chenger Mehmedbasich of Colorado. At 123, Carol Patterson did 159, 11 pounds shy of the world record held by Anna James but still enough for the main goal - World Champion. At 132, Sandy Gomez - Leon set a world record with 225. At 148, Cindy Cameron won with 148. At 165, Mary Jacobson won with 248. She holds the world record with 254 and she will bench 300 within 18 months at age 47! At 198, Laura Feusi set 3 world records and ended up with an easy 220 lbs. She, also, will bench 300 lbs. someday. Outstanding lifter was Sandy Gomez Leon. In submaster women law/fire, Linda Blackburn did 297 at 165. In master women law/fire Camellia Luprete did 159 to tie the world record at 148 lbs.



***Phil Andrews** broke a Bull Stewart record*

In submaster women bench at 105, Vicki Paton did 126 only 6 pounds shy of the world record. At 123, Julie Green set a world record and Nevada state record with 148. At 132, Dr. Jennifer Souders did 132 for the world championship. Dr. Souders also rides Harleys and used to own a Tiger stripped Harely that was orange and black. She is a very talented woman. At 148, Katy Haller set a Washington state record with 225. At 181, Sharon Allen tied the world record her own world record with 203 for the world championship. At unlimited, Taunya Malone benched 314 and won best lifter for submaster women. She should bench 325-336 in the next year. In master women bench 47-53 age group, Heidi Taubmann, of France, set a world record of 170 lbs at 123 and was named outstanding lifter. At 148, Camelia Luprete won with 159. At 165, Betty Ann Herriford did 181 for the world championship. Georgianna Ramey set a Georgia state record of 154 and Cathy Chapman was third with 115. In master women 54-60, Gloria Camp won at 123 with 126. At 181, Joyce Hamblin set a world record with 187. At 61-67, Marcia Turner set a world record with 115 in the 148 lb. class. At 165 in 61-67, Grace Gloniger beat Kitty Gallagher 115 to 110 for a world record and the world title. In 68-74, 73 year old Gloria Mighell set a world record with 99 lbs. in the 198 lbs. class. In 75-79, Gloria Tomlin set a world record at age 77 with 88 lbs. In the 148 lbs. class. Guest bencher, Ryan Kennelly, lost 20 lbs and weighed in at only 264 and opened way too high with 705, but finally made it on his third. If Ryan could gain 40 pounds and go up to 305 to 315 lbs., he could become the first man in the world to legitimately bench 800 lbs. Gaining weight is a tough row to hoe. It's going to take 36 eggs a day, 2 gallons of milk a day, and 4 pounds of hamburger a day for starters and I'm not sure he wants to pay that price. In submaster men, the world record of 391 held by Joe Walker of Texas was massacred by Walker of Texas, Richard Wideman of Georgia, and Mark Freedman of Canada. It was broken a total of 10 times. Walker had to settle for third with a world record 424. Wideman was second with a world record 473 and Freedman was the world champion with the final world record of 479 - 90 pounds more than the old record. I love all these records being broken - its better than sex. This meet had the best drug free lifting I had ever seen. Its like going to an old loggers strong man show out in the back woods, and everybody is the best in their neck of the woods - but in the big woods among the big redwoods, some egos get bruised. Somebody has to win, somebody has to lose. Its like in one of my favorite movies "Tombstone" where Russell playing Wyatt Earp and Val Kilmer playing Doc Holliday in the shootout at the end of the movie. At the end of the movie, when Johnny Ringo thinks he's going to face Wyatt Earp and out of the shadow steps Doc Holliday who Ringo knows he can't beat - Holiday says "Why Johnny Ringo, it looks like someone just walked all over your grave." I played baseball with Kurt Russell in Los Angeles in a professional winter league for minor league ball players, and Kurt Russell told me then his dream was to make a movie about Wyatt Earp. His son's name is Wyatt and his father knew Wyatt Earp who died in Los Angeles in 1924. Kurt Russell signed a major league contract and played minor league baseball right here in Bend, Oregon (where I live) in 1971. Moving on in submaster 165, Vilmar Oliveira won the world championships with a 440 deadlift. At 181, Johnny Hernandez beat Nery del Cid of Guatemala 523 to 507. At 198, Gordie Fraser won with a 545 - he's capable of over 600 on a good day. At 220, Jason Jackson pulled 600 for the win with Daniel Flunder of Texas in second with 589. Randy Etsell, of Canada, was third with 573 and Rick Kornis was fourth with 501. At 242, Joe Garcia is the world champion with 501. At 275, Bob Vessels pulled a world record 755 - that is some big time weight. Bob is out of Alabama. Bill Pontius was second with 573, and Leo Harju was third with the same weight. Ron West was fourth with 551, and Steve Khader was fifth with 551. At 308, Malcolm Ahlo Jr. did 622 for a Hawaii state record and the world championship. Malcolm and the Hawaiians dropped so much money at the craps tables along with Ken Anderson and the Texans, that John Ascuaga, the owner of the Nugget personally contacted me and said they put life into the hotel and had all of their meals free for five days. Jason Yoshimura was up and down as much as $20,000 in craps. If you're looking for fun and a party, just look for the Hawaiians - Malcolm Ahlo, Jason Yoshimura, Mike Saito, Kerwin Uniten, etc. and Ken Anderson and his Dallas wild bunch - and you won't be disappointed, I assure you. That's what I enjoyed the most about this meet. Everybody had a good time. It was a party atmosphere all the way. Next year will be even better. I had three hours sleep a night for a week, and spent $38,000 on this meet to make it work for everybody. I just wished I had the time to join in. Moving on in super-heavy, 410 pound Vince Eldridge, did 710, and S.J Taylor was second with 633 and a Washington state Class I record. Outstanding lifter was Mark Freedman of Canada in lightweight and Bob Vessels in heavyweight. In junior men at 148, Ryan Snelling of Missouri broke the world record of 485, held by Carlos Dos Santos of Brazil with a huge 530 which also broke the open world record of 529. Patrick Schiffner, of Germany, was second with a German National Record of 462, and Sam Kabat was third with a California state record of 457. At 165 pounds, Duane Travis broke the world record with a world class 600 - nobody was anywhere near him - he's probably one of the top ten deadlifters in the world. Christopher McGrail of FL Leonard Wood, Missouri was second with 473 and Michael Moore of Hawaii was third with 473 which broke his own Hawaii state record by 100 pounds. Joe Ojeda was fourth with a Texas state record of 451, and Gabe Ramos and Alex Woods from the Washington school for the blind was fifth and sixth respectively with 330 and 286 pounds. I think its a credit to those lifters Woods and Ramos and their coach, Rob Peck, that they don't want to lift in the handicapped division, but straight up with the other junior lifters. As Rob Peck says, they don't feel handicapped so why should they lift handicapped. At 181, Tony Caprari, is on another planet - 705 weighing only 174. I know my opinion doesn't necessarily count for much, but he's the best deadlifter in the world today and the best I've seen since John Kuc. Andrew Corson was second with a Washington state record of 551, which broke Anthony Carillo's record of 545 set 3 1/2 years ago. Richard McKeefer of Oklahoma tied his state record for third. Steve McMillon of Georgia was fourth with 413. At 198, Ernie Mil-homens brought home the bacon with 600 for Canada. In second was Chad Matthews from Texas who also did 600, but was the heavier man. In third was Alexander Geitner from Germany who did 523. At 220, Don Goldsworthy did 501 unopposed. At 242, Travis Osborne beat Kevin Rose 606 to 551. At super, Joel Thiessen put up 611 to beat Andrew Snider and bring home the gold for Canada. Snider pulled 507. Outstanding lifter lightweight was Tony Caprari and heavyweight was Ernie Mil-homens. In open men's deadlift, Herberth Garcia of Guatemala was first in 123 with 402. Oscar Martinez of Washington was first with 424. Oscar is the former world record holder. At 148, Monte Hokoana from Hawaii broke his world record of 529 with a big jump to 551. Ryan Snelling of Missouri was second with 530 and Richard Wideman was third with 473. Kimo Luna from Hawaii was fourth with 457. At 165, Richard Cirigliano broke the California state record by 120 pounds with 551 to win the worlds. Chris McGrail was second with 473 and Brian Ridolfi was third with 468. At 181, Tony Caprari set a world record with 705 and was named best lifter fro open lightweight. Richard House of Klamath Falls, Oregon was second with 584. Josh Trewin was third with 529. Kirk Nakamura was fourth with 518. Kirk holds the Hawaii state record with 523. Nathan Turk and Shawn Miller were fifth and sixth respectively with 501 and 485. In open men's 198, Anders Wahlund of Sweden beat Phil Davi of Seaside, California 617 to 606. Davi is only 19 and took a fourth for a teenage world record of 623. In open 220, Willie McCoy of Omaha, Nebraska set his fourth world record in the last year with 734 to easily beat Dan Flunker who did 589. Parveen Khenna, from India, did 440 for third. At 242, Brent Howard from Maine blew the 706 world record away with 744, but Willie McCoy still beat him for outstanding lifter in the middleweight. Jerry Capello was second with 690 and Bobby Driskill was third with 650 and an Alabama state record. Capello's 690 was an Oregon state record. Calvin Mock Jr. was fourth with 628 and David Glahn was fifth with 600. In open 275, Phil Andrews beat Bull Stewart's world record of 805 with 810. Phil is 46 years old. He's one of the best, and any time you beat one of Bull Stewart's records is a tremendous accomplishment. Bob Vessels of Alabama was second with 755 and Mike Camlin was third with 738. Steve Khader was fourth with 551 and Pete Marcoff was fifth with 529. At 308, Rick Russell from Crescent City, California won with 677. Rick has done 700 and had only pulled twice in the last two months. He could easily be a 800 pound deadlifter if he quit his job, left his family - just kidding. He will be an 800 pound deadlifter some day. At super, Dean Munsey edged Vince Eldridge 716 to 710. Keith Ward was third with a Hawaii state record 462. Outstanding lifter heavyweight was Phil Andrews. In master men 40-46 in 148 pound, Bryan Lyeche set a big 496 for a California state record. J.D. Carr holds the world record with 551. At 165, Richard Cirigliano took a shot at John Tyree's world record of 578, but had to settle for a California state record of 551. At 181, Francisco Ventilari of Brazil won with 330 pounds. He's not a great deadlifter, but he is a world champion in Judo and is trained by the Gracie Brothers in Rio. At 198, Mark Byrant won with 485. Ken Wilson was second with 429. At 220, Willie McCoy of Nebraska pulled a world record 734 with room to spare. Willie just may pull 800 in a couple of years. David Stratton of Tacoma, Washington was second with a very good 683 and a Washington state record. David is making his move - 700 coming up. In third place was David Rodgers of Oregon with 529. At 242, Jerry Capello set a world record 690 and almost made 710. Bobby Driskill from Alabama was second with 650 and an Alabama state record. Duane Fuss from Canada was third with 600 and David Glahn of California set a California state record of 600, but was heavier than Fuss. Michael Moore was fifth with 578 and Gary Stevens was sixth with 545. Arthur Clayton was seventh with 518. At 275, Tom Brooks of Canada won the gold with 661. Ted Stewart of Nevada was second with 600 and a Nevada state record. Mario Cecarelli was third with 545 and Di Filippi was fourth with 501. At 308, Sam Peckstol pulled 650 but couldn't get the 700+ he was looking for. It didn't matter, he got a world championship. He's won 3 other worlds in ADFPA, as well as one other in WABDL. Gary Brower of Idaho was second with a 578 and an Idaho state record. Barry Duncan of Tennessee set a Tennessee state record of 529 and was third. Cory Huwe of Washington was fourth with 479. At super, Brian Rehberg, of Washington,

*Muscularly Massive **Willie McCoy***

(article continued on page 77)

News and Previews

"The 2500 BARRIER FALLS!!!! .... Garry Frank came to Burbank, California on a 75 degree December 3rd, Sunday to try to become the first man to total 2500 lbs. in powerlifting competition by competing at the WEPOF (World Elite Powerlifting Olympic Federation) Championships. Garry wanted to break the record in front of the likes of Herb Glossbrenner, so there would be no question about the authenticity of his performance. ... The Sunday powerlifting competition was APF sanctioned for those who were not competing in the WEPOF 5 lift format, which Garry was not doing. Ironically, on the same day, and - as noted in the last issue of *POWER HOTLINE* - perhaps at almost the same moment - Ed Coan was in Texas at the USPF World meet, also trying to do the same thing - break the 2500 barrier. ... He opened with an 880 squat that was done like it was 440 lbs. - extremely easy. He then went to 920, which was not passed by the judges who were comprised of Gordon Santee, Kevin Meskew, and Brian Delgado (until the latter flight of deadlifters when Kevin had to leave and was replaced by Scott Velliquette). The power to do the weight was certainly there, but Garry was a bit forward with the weight, and it was likely a little high. He jumped to 940 and dipped deeper and under control to get the white lights. In the bench press, Garry opened with 650, but he is having trouble getting used to his single thickness Inzer shirt and the lift was none too easy. A conservative jump to 670 saw Garry have difficulty getting the bar to his chest and then it was awkward to get the bar moving upward again. The lift was red-lighted and concern about making the 2500 was evident. Garry took 670 again on his 3rd attempt, and handled the weight more readily for a success. In the deadlift, Garry shocked everybody on his first attempt, when he started up with 840 and the bar just jumped out of his grip. Normally, he rolls the bar into himself when he starts, but on this effort, the bar was still too far out in front when he started up on this try. A repeat with the same weight on his 2nd attempt was strong, but he still required 50 more lbs. to break 2500. 890 is a realm where hardly any man has ventured, but that is what Garry called for and that is what Garry totally ripped up on his final try, to break the epochal barrier. ... This final attempt was easier than the 840. Knowing that Coan might be attempting to break the record at, potentially, the same time, I checked my watch. Garry made his lift and the first 2500 lb. total at 3:43 PM. As it turns out, Ed ran into some difficulties with the squat bar at the USPF meet and had to pass his final squat attempt after making 992, and that put him off pace for the 2500 total, as he ended up with a 562 bench and an 848 deadlift for just over 2400.

***Garry Frank** shows his elation after becoming the first man to break the 2500 lb. total mark*

Garry Frank is huge (6' 4", 375 lbs.), seriously athletic, reverent of Powerlifting and its history, yet surprisingly humble. After his monumental acheivement, he just sat down on a chair, soaked in sweat, and talked with whomever wanted to talk. ... This guy was a world class track and field athlete (throwing the shot 69 ft. 2 in. - see Herb's article on Garry in the June 2000 edition of *PL USA*) and a successful professional football player, but when he would call into the *PL USA* offices periodically over the years, he would just want to talk powerlifting - that's what he really cared about, and now that he has put football behind him and is starting to get the muscle fibers firing in his legs again after ACL surgery on both knees, his PL dreams are starting to come true. Lifting in several different federations over the years, always with modest lifting equipment, he is a man whose mission was postponed, but never forgotten.

Garry had just lifted at the WPC Worlds ... but he knows how to recover quickly from such an effort and reported that he felt good ("quick" he said) before the meet started. There were a few canvas squat suits in evidence at the contest, but Garry just had a single thickness lifting suit on. He is SCARY STRONG. The way he handled 880, 920, 940 in the squat was indicative of a man who routinely handles over 1000 in training. ... In the bench press, he has done 680 without a shirt, and would like to be able to say he can do 700 that way as well. With a shirt, he is still learning the ropes, so to speak, and likely will do more pre-meet work with the shirt in the future ... In the deadlift, he wants to break the all time record, and the way he yanked 890, a pull deep into the 900s is definitely in the cards. 2500 - heck - we should actually be talking 2600 when it comes to Garry Frank. He has such potential - his third attempts at this meet were his strongest, most explosive lifts - he gets stronger as the weight goes up. Though the temptation of strong man competition lurks in the future, Garry is still a powerlifter at heart. It took more than 25 years from the time 2400 was broken by Don Reinhoudt for the 2500 mark to fall. If Garry Frank keeps his blue eyes of the tiger focused on powerlifting, 2600 could fall a lot quicker." (this material was excerpted from *POWER HOTLINE*, a full report from Herb Glossbrenner is scheduled for the next issue of *Powerlifting USA*)

WPC Open World Highlights ... Amy Weisberger won at 123, and Mariah Ligget took her 14th(!?!) world title at 148 with 1201, making a 529 squat on a 4th. Ernesto Milian took the 123s, and Angelo Berardinelli took the 165s. Joe Doherty won the 181s via 705 523 672 1901, and Jesse Kellum the 198s with 826 595 639. Depner of Austria took the 220s with a 940 kg. total and Paul Urchick the 242s with 972.5. At 275, Ano Turtiainen squatted 914, benched 551, deadlifted 793, 859, missed 887, and then came back on a 4th attempt to get 887 for a WPC World Record. At 308, Andy Bolton of Great Britain squatted 925, took three tries to get a 540 bench in, then deadlifted 837, 881, 898 easily, but then missed a 4th attempt at 925, though he did get the massive weight above his knees. In the WPO competition Rob Fusner pushed him by going 903 688 766 for 2358. Garry Frank took the Supers via 865, 909, 942 in the squat, 650 and then two misses at 694 in the bench, followed by a success at 727 on a 4th, then he pulled 837 and 876, before missing 909 above the knees. Frank won the WPO 1st place cash, followed by Bolton and Fusner. In the bench press competition, we heard that Markus Schick got 540 at 151 bodyweight. (look for Herb Glossbrenner's in depth report in the next issue of *Powerlifting USA*).

Doug Hepburn Dies ... the 1953 World Weightlifting Champion and pioneer of powerlifting, particularly the bench press, passed away in Vancouver, British Columbia at age 74, from a perforated ulcer. He was a man of many talents beyond the world of strength and he had called *PL USA* only a couple of weeks before his passing to enthusiastically talk about his plans to set new strength standards in his eighties . Born with a club foot, he overcame his physical difficulties to become arguably the strongest in the world in his prime, and he used that same tenacity to become a "seminal" influence on lifters in Canada and beyond. Condolences have come in from around the world. In tribute to Doug, Ulf Savin of Sweden recalled Earle Liederman's words about the passing of Eugene Sandow: "So gently does he set his sandal down, that only when he passes can be seen the mighty footprints where his foot has been". Several hundred packed Doug's service on Dec. 9th. There is a great website documenting Doug's life and thoughts at www.doughepburn.com. We dedicate this issue of PL USA to Doug Hepburn's memory.

***Doug Hepburn's** trademark pose*

A. Griffith	700	370	500	1570
40-49				
M. Dimiduk	800	405	710	1915
BP				
J. Walk		340		
Guest Lifter				
J. Toranzo		700		
308				
Drug Free				
T.Graver Jr.	410	380	510	1300
BP				
B. Frisby		525		
40-49				
T.Graver Sr.				
50-59 BP				
L. Schoelkoph		315		
SHW				
Drug Free				
A. Lawrence	770	500	700	1970

Meet Directors: Carl Seeker & Scott Taylor. Sponsor: Inzer Advance Designs. Saturday & Sunday, April 1-2 at 9AM each day Carl Seeker & Scott Taylor saw the ballroom at Quality Inn and Conference Center, Lancaster, Pennsylvania filled to capacity. Spectators came from all around to see the big lifts being performed. This was by far the most popular event to come to the state of Pennsylvania this year. Special thanks to Inzer Advance Designs for sponsoring this event and helping this meet be possible. Without the generous sponsorships of John Inzer this sport would be in serious trouble. Carl Seeker trucked his equipment over 5 hours and set the site up with some grade A stuff. Monolifts were available for the platform and warmup areas thanks to Carl. The lifters loved it! Special thanks are also in order to R&A's, Ross Althouse, Dick Armstrong, Tom Levering, Mike Patton, Marcus and Dawn Coulter, Bob Huff, John Bott, Ben Young a.k.a Amish Outlaw, Keith Snyder Leo Ryan for the Coca-Cola Products, Emily Foust from MagTech, Sonny Johnson, and the loaders and spotters who did a fantastic job, Kathy Roberts & Wendy Edwards for the many hours spent judging and to anybody else I may have missed. On Saturday the ladies competed and the men up to the 181 classes. Lots of quality lifting! 14 year old Heather Schmoyer started the action and ended up making a 200 pound squat but missing all 3 attempts of the bench press. She had planned on deadlifting in excess of 300 to set some teenage records. The Womens Drug Free 123 class was won by Jenny Burkey who performed some awesome lifts including a 400 squat, 155 bench and 305 deadlift with a nice 860 total. Incredible lifting! Jenny ended up with the Womens Best Lifter Award. The Womens 132 classes saw some great benches as 18 year old Natashia Reynolds set a record lift of 165 and just missed out on a 185 pound lift. Jerry Lynn Lippert (Womens Bench Press Best Lifter) wowed the audience by benching 290 at a bodyweight of 129. Lisa Auckland did some incredible lifting at 41 years of age and bodyweight of 146.5. She squatted 400 setting a record, benched 245 and did a record deadlift of 385. Lisa is also a NPC International level bodybuilder. Rachel Goodwin competed in the Womens Teenage 148's and at age 15 set a 40 total. Best Total in the Womens 165 classes was set by Denise Musser who squatted 360, benched 210 and deadlifted 335 for a 905 total. Melissa Franklin did some great lifting for a teenager and ended up with a 770 total. Dottie Mikoloski competed in the womens grandmaster division and set some nice record lifts in the 60-64 bracket. She pulled an impressive 225 deadlift weighing 137. Cindy Crawford competed in the Bench Press only event and had a bad day missing a 230 opener on all 3 attempts. 16 year old Margaret Malkasian competed in the Womens 181 class and set a teenage record squat of 315. Her deadlift was an impressive 310 and she ended the day with a 725 total. Outstanding for 16 years of age. Only one competitor in the womens 198 classes. Unfortunately young JoAnne Chae only got one squat of 250 in, and missed all bench attempts putting her out of the competition. This young gal has lots of potential and we look forward to her return. Year after year the name John Redding has been heard at powerlifting meets across the world. John was around when the sport began and before that was an olympic lifter. He did not fail to please the crowd as he set some new Master records at age 56. John weighed 129.5 and squatted 400, benched 215 and pulled a nice 425. The crowd loved him. Another highlight of Saturday's lifting was Brian Crowe. The crowd went crazy as Brian squatted 620, benched 435 and pulled 550 to win the drug free 165 class with a 1605 total. I got to speak to Brian for awhile during intermissions and he is a very polite and impressive individual. Brian won the Drug Free Lightweight Best Lifter award. The 165 classes were filled with quality lifters. Dick Giller, the seemingly ageless wonder, had the distinction of being the oldest competitor and totaled a nice 1025 at 72 years of age and bodyweight of 156! Dick is a wealth of information and an incredible guy to sit down and speak with if one ever has the opportunity. Dick ended up taking the Master Lightweight Best Lifter award. A true asset to the sport, Marcel St-Laurent (CPA President) at age 57 did some great record lifts at a bodyweight of 162. He squatted 550, benched 360 (4th attempt for record), deadlifted 550 and put in a 1450 meet total and 1460 record total that leaves many a young competitor wishing. Fred Piermattei put in a 1475 total to take the drug free 181 and and Master 40-49 number 1 positions. Dean Moore took the drug free 198 top spot with 1450. The charismatic Joe Miozza at 66 years young, totaled 725 to take the number one spot in the 60-69 class and had a battle on his hands as he cross registered into the bench press only event and battled it out with Burt Rosenfield who ended up taking the bench class with a 325 pound bench press at age 68. Robert Mello took the top spot in the drug free and Submaster 220s with a 1650 total. The bench only division of the 220s was tough with Tony Vellake taking the Open and Submasters with a 500 bench and missing 525. Daniel Stitt was in the number 2 spot with 500 because he outweighed Vellake by one pound which broke the tie. Plenty of action in the 242s with John Davis leading the pack in the Drug Free class. James Pellegrini totaled 1335 in the Teenage class. In the bench division Joe Raynor of North Carolina took the top spot in the drug free and open classes with a 565 lift. Carl Seeker benched 500 to win the Submaster class. Some of the meet highlights took place in the 275 classes. In the Drug Free division, Milan Jovanovic of Yugoslavia battled it out for the number one spot with Canada's Richard Taylor. Jovanovic emerged as class winner with a 1785 total. The crowd really loves Milan Jovanovic. He was quite an interesting person, sporting a shaved head and standing a full head taller than most of the competitors. Milan had some long and interesting discussions with many of us and he was well liked by all. The crowd became very vocal and cheered like crazy whenever he appeared on the platform to lift. Milan also won the Drug Free Best Lifter award for the heavyweight classes. Winner of the Mens Open and Master 40-49, 275 class was Mark Dimiduk who is well known in the powerlifting world. Year after year Mark sets new records and he didn't disappoint this year as he squatted 800 and set a nice 1915 total. Mark won Best Lifter for the Open and Master heavyweight classes. When benches came around in the 275s there was a lot of talk going around and you could feel a certain electricity building up in the air. What was the special occassion? JOEL TORANZO! Joel was the guest lifter for the event. Weighing in at an even 275 Joel smoked an opener of 620. His next attempt was 700 which shot up like a rocket. No hesitation there whatsoever. Then came the 710 attempt. The weight shot up and came to a halt near the lockout point. He just missed the 710! Joel came with a great group of guys who were very helpful to many of the lifters. A true champion he had nothing but good to say about all the other 700+ benchers of today. 308 classes were thin today and the platform saw a father/son team of Tom Craven (Jr & Sr) Tom Junior won the Drug Free Class and his dad unfortunately did not make his squats to remain in the meet. Brent Frisby won the bench press event with 525 while Les Schoelkoph won the masters with a 315 bench. A few "no shows" left Aaron Lawrence the only Superheavy in the event. Aaron managed to keep his motivation up and ended with a 1970 total. Team award went to Euphrata Fitness Center. (thanks to Scott Taylor for providing these results)

WNPF/USPC Mid-Atlantic BP,DL,PC
10 SEP 00 - Baltimore, MD

105	BP	DL	PC	TOT
W Raw BP+DL				
P. Yiannouris	65	135		200
W Jr. BP+DL (20-23)				
P. Yiannouris	65	135		200
123				
W BP Open				
A. Salter	170			170
W Raw BP				
A. Salter	170		170	
M MTR Raw Bp (40-49)				
G. Murphy Jr.	175			215
M MTR. Bp (40-49)				
G. Murphy Jr.	215			215
W BP+DL Open				
B. Barnowich	120	240		360
W MTR BP+DL (33-39)				
B. Barnowich	120	240		360
148				
W BP Open				
A. Dalton	120			120
W Raw BP				
A. Dalton	120			120
Curl 180				
M Curl Open				
B. J. Edwards			150	150
B. J. Edwards			150	150
181				
M Raw BP				
G. Hope	315			315
M Raw BP+DL				
M. Platt	225	350		575
M MTR BP+DL (60-69)				
W. Richardson	270	400		670

198				
M BP Open				
T. Dorsey	455			455
M P/F/M BP				
D. Conway	300			300
M MTR BP (40-49)				
G. W. Shanholz	350			350
M MTR BP (50-59)				
R. Elliott	350			350
D. Conway	300			300
M BP +DL Open				
C. Morris	440	580		1020
T. Getsinger	375	480		855
Curl 200				
M Curl Open				
T. Getinger			165	165
M. Quarto			160	160
C. Walsh			160	160
220				
M BP Open				
J. Brown	415			415
G. Petrides, Jr.	385			385
M Raw BP				
R.S hanks	405			405
M MTR BP (33-39)				
J. A. Crockett Jr.	330			330
M MTR BP (40-49)				
D. Taylor	280			280
M MTR BP (50-59)				
R. Shanks	405			405
M MTR BP+DL (33-39)				
J. A. Crockett Jr.	330	485		815
M MTR BP+DL (40-49)				
D. Taylor	280	400		680
Curl 230				
M Curl Open				
P. Maizels			150	150
M MTR Curl (40-49)				
D. Taylor			130	130
M MTR Curl (60-69)				
R. DeBaufre			110	110
242				
M Raw BP				
D. D. Harris	325			325
M Raw BP+DL				
D. F. Riffle	375	635		1010
Curl 260				
Jr. Curl 14-16				
D. Praydis Jr.			125	125
M MTR Curl (30-39)				
F. Lawless			160	160
Curl M SHW				
M MTR Curl (40-49)				
D. Praydis Sr.			150	150
M MTR Curl (50-59)				
C. Smith			150	150
275				
M Raw BP				
Disantostefano	460			460
M Raw BP+DL				
M. Derda	340	480		820
M MTR BP+DL (40-49)				
M. Derda	340	480		820
M MTR BP+DL (50-59)				
C. E.Smith	365	450		815

(Thanks to Brian Washington for the meet results).

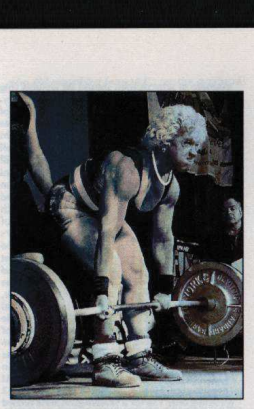
New Product

FULL BEAM SAFETY POWER HOOK "The Safety Power Hook is now available in the Full Beam version. This allows a full range of side to side adjustment even beyond the rack's width. Most lifters set the hooks at the elbow position for squats. Deep hooks and floating action allow near perfect entry before the lift off. You are not required to step back. This is especially useful when intensifying your training with rubber bands or chains, the fore and aft pulling is eliminated. The return lever may be used when spotters are available. The optional hydraulic system allows the level to be adjusted with the weights in place. The entire assembly breaks down easily and completely enabling quick transport to meets or installing the unit in confined spaces such as basements. The "Sumo" base, exclusive 1/2" incremental adjustments, foot room and exceptional corner bracing are all a part of the FULL BEAM SAFETY POWER HOOK when ordered with the IRON CLAD & BUILT TO SUIT SAFETY POWER RACK which is available many sizes and gauges. The FULL BEAM SAFETY POWER HOOK may also be fitted to your rack. A free standing version will also soon be available. Call us anytime for your design needs at 831-637-0797. Or write for more information to: CREPINSEK'S SAFETY POWER SQUAT BAR, 130 Barnheisel Road, Hollister, CA 95023"

(article continued from page 12)

beat David Chase of Florida 606 to 562. Chase set a Florida state record. Outstanding lifter lightweight was Willie McCoy and heavyweight was Jerry Capello. In master 47-53, Homi Shivaie set a California state record of 424 which was 11 pounds shy of Larry Muth's world record of 435. At 165, John Tyree hauled in a spectacular 600 for a world record and the outstanding lifter award for lightweight. At 181, Richard Hagedorn from Alabama set a world record with 584 to beat two of Bull Stewart's pupils, Gene Alexander and Mick Stevens, who did 567 and 529 respectively. At 198, Anders Wahlund, of Sweden, set a world record with 617 beating Ted Butler's old record of 600. Robert Ward of Astoria, Oregon was second with 479 and Emanuel Howard of Louisiana was third with a Louisiana state record 462. Warren Orbaugh of Guatemala was fourth with 451. Jim Snodgrass of Texas was fifth with 440, and Chris Pena of Hermiston, Oregon was sixth with 407. At 220, Craig De Soto of Lahaina, Maui pulled 584 to edge Patrick Fay who pulled 567. Patrick pulled 600 on a fourth for a law/fire world record. Steve Rosenberg, of Texas was third with 535. At 242, it was the battle of Central Washington with Cliff Sandberg of Tri Cities going up against Roger Nelson of Tri Cities and Dale McPherson, the owner of Han's Gym in Ellensberg, Washington. Sandberg won with 600, and Roger Nelson was second with 589. Dale McPherson was third with 556 and Bill Anderberg was fourth with 529. Bill coached by Jerry Capello from Medford. Jerry's Team Powerhouse Gym came in fourth. At 275, Tom Ekenberg of Texas beat Isaac Pankratz of Oregon 567 to 518. At super, Leo Contreras set a California state record with 473 to beat Keith Ward of Hawaii whose 462 was also a state record. Outstanding lifter lightweight was John Tyree and heavyweight was Cliff Sandberg. In master 54-60, Gordon Santee, a WABDL world judge set a world record with 535 at 165. Moses Timbal of Hawaii was second with 426 - 11 pounds shy of the Hawaii state record. Christian Brenol of France was third with 374. At 181, Mitch Sperling set a California state record of 418 and won his category over Frank Isernio, who did 407. At 198, Olicio dos Santos, all things considered, is the greatest deadlifter in the world today. He is from Brazil and is 56 years old. At 196 pounds, he pulled 700, a world record. His coefficient is 520, the highest I have ever seen. In second place, Dennis Johnson of Wisconsin pulled a National Record 622, a very good lift and one of the few deadlifters in the world with a coefficient over 400. At 220, Toe Preston, from Hawaii set a world record 511 to beat Jimmy Young's record of 600. Skip Hall of Alabama was second with an Alabama state record of 562, and Dave Cheek from Oregon was third with 473. At 242, Daniel Smith III beat Jimmy Duckett 440 to 380. Jimmy's 380 was an Oklahoma state record. At 275, Mike Fryar beat Bobby Dodd 556 to 468. At 308, Robert C. Smith hauled in 556, a ways short of his world record 578. At super, Don James did a world record 529. Outstanding lifters were Olicio dos Santos and Toe Preston. In Class I deadlift, Jon Shapiro set a California state record with 363 at 148. At 165, Joseph Withers set a Washington state record of 473. Joe Ojeda of Texas was second with 440. Erick Kuskie of California was third with 429 and a California state record. Al Gunoe of Wyoming was fourth with 413 and a Wyoming state record. Luke Bevill, of Texas, was fifth with 358. At 181, Mark Pearce of Texas shattered Kirk Taylor's Texas state record with 529 - about 80 pounds better than the old record. In second was Johnny Hernandez of Idaho who set an Idaho state record of 523. In third, was Steve McMillan of Georgia who did 413 and third was Bob Vickery of Texas who did 347. At 198, Alexander Geitner of Germany won the world championships with 523. Steve Ughe of California was second with 501, which tied the California state record held by Marc Coffey. In third was Wade Ricard with 473. At 220, Troy Fryar from Michigan set a state record with 600. In second was Rick Kornis of Alabama with 501. At 242, Jerry Hertager set an Oregon state record with 650 and is now in the open division. Robert Cuddeback was second with 534 and a California state record. Mike Smyser was third with 523 and Joe Garcia was fourth with 501. At 275, Darryl Ng of Hawaii set a Hawaii state record of 606 and won the worlds. In second was William Pontius of Washington with a Washington state record of 573 and third was Tome Ekenbers of Texas with 567. Mike Fryar was fourth with 556. At 308, Gary Brower of Idaho set an Idaho state record with 578. Barry Duncan of Tennessee was second with 529 and Cory Huwe of Washington was third with a Washington state record of 479. At super, David Chase set a Florida state record of 562 to beat Leo Contreras who did a California state record of 473. Outstanding lifter was Mark Pearce and Jerry Hertager. In master men 61-67 deadlift, Precious McKenzie of New Zealand set two world records - one in masters with 447 at 132 pounds at age 64 and the open, beating all the young kick butt in their prime WABDL lifters. Precious is a gem that never ages. He never ceases to amaze me. At 148, Lindy Blas of Hawaii tied his world record with 440, but it was a Hawaii state record since his world record was set while he was a resident of California. In second place was Richard Gidcumb, of Arizona, with 352. At 165, Richard Abbott pulled 485 just 5 pounds shy of his world record. At 181, Rudy Lozano set a California state record of 485. At 198, Pete Wilson set a California state record with 452, and Ron Jorgenson was second with a Washington state record of 391. At 220, Harold Smith of Montana set a Montana state record of 413. At 242, Omar Bruce tied his world record with 523. At 308, Gary Johnson, of Walla Walla, Washington, set a world record with 347 pounds. J.P. Krachunis was second with 253. In master 68-74, Jim Schall won at 165 with 347. At 181, Ross Phillips who holds the world record at 529 had to settle for 485. At 198, Austin Demello set a California state record with 347. In master 75-79, Robert Stephan, of Lacrosse, Wisconsin set a world record with 336 at 165 at age 77. He was named outstanding lifter for 61+ age group. and was the second outstanding deadlifter of the meet behind Olicio dos Santos of Brazil. In 75-79 181, Dr. Donald Dreyer of Louisiana set a world record with 170. He is 79 and is a full time doctor. In teenage men 13-15 age group, Andrian Brooks, coached by Bull Stewart, pulled a world record 242 at 97 pounds. At 105, Johnny Hernandez Jr. set an Idaho state record with 203. At 114, Stephen Lynn set a Washington state record with 248 and Rocky Hernandez was second with an Idaho state record of 181. At 123, Clayton Pinson, of Oklahoma, set an Oklahoma state record of 220. At 148, Hayward Blake coached by veteran John Ford pulled a huge 402 for a world record. Michael Enloe was second with 314, Andy Munsey

Meeker Makes Off with trophy!!



*Pulling Big Time – **Mary Jacobson***

was third with 308. Andy was the world record holder with 325. Adam Contreras was fourth with 198. At 165, Michael Minahan set a California state record of 303. At 198, Kevin Bowen set a Texas state record of 391 - world record is 413 by Chris Ware of Oregon. At 220, Keenan Brown did 358. Keenan is from the Washington school for the blind, and he brings a lot of enthusiasm to the platform. At 242, Nick Heppner beat Fernando Rigo's seemingly, or at least I thought, unbeatable world record of 529 at age 15. Nick did the impossible with 534 to beat Rigo's record. Rigo is from Brazil. Outstanding lifter was Nick Heppner. In teenage 16-19, Stefan Hudson from the Washington school for the blind set a world record 176 at 105. At 132, Gary Remiticado, of Hawaii, pulled a very impressive Hawaii state record of 424 - 16 pounds off the world record held by Barry Kunkel. At 148, Ramyar Baradari won the worlds with 418. In second was Travis Godawa, of Louisiana, with 352, a Louisiana state record. Herbert Allen was third with 231. At 165, Casey Gutches did 468 to beat Rick Mitchell who did 457. Tyler Charouhas did 451 for third. Tyler is the world record holder in 13-15 165 with 413. Jesse Kim was fourth with 402. At 181, Frank Silva did 451 to beat Ryan Ford who did 352, while representing the Washingtong school for the blind. Rob Peck and his assistants were fantastic in handling these kids and they were the most lociferous of the entire audience. At 198, Tyrese Hayes of Mississippi beat the reining World Champion and world record holder, Phil Davi, 623 to 606. Davi, while lifting in the open two days before, set the world record on a fourth with 623, so Hayes tied it. Hayes ws the outstanding lifter for middleweight and Gary Remiticado was the outstanding lifter for lightweight. At 220, Anthony Schlegel who is from Dallas, Texas and is on a football scholarship to the Air Force Academy set a world record of 628 and was named outstanding lifter of the heavyweights. At 275, DeShaun Milliken, the top high school running back in the state of Washington had had a duel with Lee Taylor. They, both, did 628, but Milliken was the lighter man and won. Bull Stewart was coaching Milliken, and I'm sure that had a lot to do with Milliken's win in a very tight battle. In open men law/fire Joe Sermeno set a California state record with 440 and beat Erick Kuskie, who also broke the California state record held by Sermeno which was 424 with a 429. At 181, Kirk Nakamura of Hawaii beat Richard McKeefer of Oklahoma 518 to 501. McKeefer's lift was an Oklahoma state record. At 242, Mike Smyser of California state record with 523. At 275, Mike Camlin set a world record with 738 to beat Walt Faulkner, who did a California state record of 600. Camlin is one of the best deadlifters in the world and should do 800 if he sticks with it. Outstanding lifter was Mike Camlin. In submaster law/fire, Andy Ellis broke the world record of 413 by over 100 pounds whit a 518 and, of course, was also a Texas state record. At 220, Jason Jackson did 600, a little off his world record of 611. At 275, Darryl Ng of Hawaii set a world record of 606 to beat Mark Jackson's old record of 601. I know Mark Jackson, and I'm sure he will be back to get the record again. At 308, Rick Russell set a world record of 677 to beat Malcolm Ahlo jr. who set a Hawaii state record of 622. Russell was outstanding lifter and should deadlift as much as he wants. Someday, maybe even 825-840 if he toughens up, gets consistent and loses 15 pounds. He only pulled twice in the last 3 months. He has a lot of potential. In master men law/fire 40-47 age group, Joe Sermeno broke Robert Straker's world record with 440. Straker, whose record was 380, broke his own record with 402, but Sermeno kept upping it until it was out of Straker's reach. Sermeno, also got a California state record and Straker got an Oregon state record. At 198, Michael Godawa beat his old Louisiana state record with 451. At 242, Arthur Clayton pulled a California state record of 518. At 275, Walt Faulkner pulled 600 for the win. At 308, John Minahan pulled 518, short of his California state record of 537. In master 48+, Tommy Green set a Washington state record with 462 at 198 to beat Emanuel Howard, who set a Louisiana of 462. Green was the lighter man and the world champion. At 220, Patrick Fay set a world record and beat Les Peratrovich's old record of 567 with 568. I'm sure that record will switch hands a few times before its over. Patrick Fay was named the outstanding lifter. In the special olympians' deadlift, David Morgan pulled both a special olympian record 286 at 123 and a California state junior record. That's big weight for 123. At 132, Rick Braae pulled both a special olympian and a California state record in teenage 16-19 132 pound class with 187 pounds. Gary Heuer pulled both a special olympian record and a California state record of 181 in submaster 148 pound. Jon Shapiro lifted on Thursday, set a California state record of 363 at 148, and lifted again on Sunday and pulled a special olympian record of 352. Lauren Dare pulled a California state record in junior women at 165 with 248

Application for Registration
WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL)

Last Name	First Name	Initial	Renewal	Current Card # *(if Renewal)*
			Y N	

Street Address	Club Name

City	State	Zip	Area Code/Telephone

Current WABDL Classification	Referee Status	U.S. Citizen?	Date of Birth	Sex	Today's Date	Card Issued By
Elite Master I II III IV	World National State	Y N		M F		

Registration Fee $15.00
Make checks payable to and mail to:
WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS
P.O. Box 5292
Bend, Oregon 97708

If under 18, have parent initial _____

NOTE: All WABDL-sanctioned meets will be subject to drug testing.

In recognizing the need for drug usage detection, I agree to submit to any testing procedures deemed appropriate by WABDL or its agents and shall accept the results and consequences of such tests.

Signature_____

pounds as well as a special olympian record. These special olympians are not handicapped; they're kicking butt in California. At 165, Jonas Freeburg pulled 209 for a special olympian record. Bernadette Hanson, who is 41, pulled a large 275 at 165 in the ladies division special olympics. Antwon Belfils pulled 341. In second was master lifter, Richard Dunning who pulled 236 for a California state record. At 220, Casey Dan pulled a very good 396 at age 20 for a California state record in the junior divison as well as a special olympian record. John Wooten Jr. was second with 275 and a California state record in Class I. Steve Vaughn was third with 248. In the 275 pound class, Paul Schaeffer got a special olympian record as well as California state record in the deadlift masters 54-60 with 292 pounds. Paul is 58. In second was David Ashcraft with 275 and third was Steve Molinari at 248. In the ladies' deadlift, in open women, there were some big pulls maybe the biggest in history. I'll have to check with Herb Glossbrenner on that one. But in 97 pounds, Ana Santiago Ordonez pulled a world record of 330 pounds - that's almost 4 sacks of cement. She is from Guatemala and is slim though. At 105, almost as amazing, Carmela Baqui of Hawaii pulled a world record 330. In second was Vickie McNeely of Alabama with an Alabama state record of 253 and in third was Mary Pederson with a Washington state record of 165. At 114, Valerie Tyree is probably the toughest and strongest women in the world pound for pound - on top of that she is beautiful and shapely - an example of why women should lift weights (big weights) - she did 429 at 114!!! What can I say. She's bionic, she's got the most intense psyche of any deadlifter I ever saw. Needless to say, it was a world record and the highest ever in her weight class with the possible exception of Diana Rowell and old Doyle Kenady protege. At 123, Jill Remitcado pulled a huge 336 as a teenage! Jenni Bechtold was second with 314 and an Oregon state record. Jill's 336 was a Hawaii state record in both open and teengae. In third was Beth Higginbotham with an Arizona state record of 259. At 132, Jerri Lynn Lippert broke Jo Walker's world record of 407 with 407. That combined Jerri's 314 bench may give her a strong argument as being the strongest woman in the world pound for pound. Her total of the two lifters would be 722, and I know she can squat over 300 pounds, which would give her somewhere between 1000 and 1100 pounds total in powerlifting. Valerie Tyree's total is about 950-1000 at 114. Both of those women would win IPF World Championships. In second place, to Jerri Lynn Lippert, was Lynn Robinson with 308 and Azure Skellington of Hawaii did 286 for a Hawaii state record. At 148, Flozzell Stewart pulled a very good 363 weighing only 138 for a Washington state record and a world championship. In second was Suzanne Williams with 341 and an Alabama state record. At 165, Mariam Power of Canada beat Mary Jacobson's world record of 381 with 391. Mary did 374 at this contest for second and wasn't even close with 391 to beat Mariam's record. However, she came back on Sunday and I lit a fire under her, and she broke her masters world record of 381 with 382. She just missed 392 by a hair. Mary is 45, Mariam Power is 25. Mary will deadlift between 450 and 500 at age 48-50 - that's going to be huge folks! Michele Jagoda, another youngster, was third with 341 and an Oregon state record. Betty Ann Heriford was fourth with 308. Betty is over 50. At 181, Valli Vance did 281 for a world record in master 40-46. 181 pound class, but well behind Julie Kimoto's world record in the open of 385. At 198, Kelly Hernandez set a world record of 303 to beat Mary Ann Cahill's record of 292. Mary Ann is from Canada. Outstanding lifters was Valerie Tyree and Flozzell Stewart. In master women deadlift at 40-46 105, Vickie McNeely of Alabama set a world record of 253. At 123, Carol Patterson set a world record of 337 - that's a big number for a 45 year old woman who only weighs 122. At 132, Lynn Robinson set a Washington state record with 308. At 165, Mary Jacobson set a world record with 382 and a near miss with an open world record of 392. At 181, Valli Vance from Hermiston, Oregon set a world record. In fact, she broke the world record 3 times and ended up with 281. Carol Patterson was outstanding lifter. In master women 47-53 132 pound class, Patty Pendergast beat Janet May's world record of 286 by one pound with a 287. Heidi Rodriguez of Guatemala was second with 225. At 165, Betty Ann Heriford set a world record with 308 - 16 pounds over her old record of 292. Cathy Chapman was second with Washington state record of 275. In master 54-60, Mary Louise Coffey set a world record with 203 at 148 pounds beating Marlene Nardes' record of 198 set in Brazil on September 16. At 198, Thea Strom broke her old record of 236 with a world record of 253 as well as a California state record. In master women 61-67, Grace Cloniger of Nevada beat the old world record of 125 pound by 156 pounds with a big 281 at age 65 - that's unbelievable. That's one of the best lifts I have ever seen all things considered. Patty Pendergast beat her by 1 point in the coefficient for best lifter, however. In junior women, Tamara Coulombe at 114 set a world record of 275 to beat her old world record of 259. At 123, Jenni Bechtold broke Carri McKeeter's world record of 231 with a big 314 and a near miss with 330. She is coached very well by Jerry Capello, who had 4 women set world records and he got one himself at 690 at master 40-46 242. In second place was Beth Higginbotham with an Arizona state record 259, and in third was Carrie McKeefer with an Oklahoma state record of 236. At 132, Erin Moore was one of Sam Pecktol's lifters who came in first. Sam's team Superior Gym and Fitness of Medford, Oregon won the team title as he had nine first place winners. Erin won the world championship over Karolina Liuska of Sweden with a 314 to her 231. At 148, Bonnie McMillion set a Texas state record with 369 to win the worlds. At 181, Anna Meisner set an Oregon state record with 303 pounds. Any time a woman can deadlift 300 pound is impressive. At 198, Heather Myers broke the world record 3 times and ended up with 330 and added an Oregon state record to her collection as well. Outstanding lifter was Bonnie McMillion. In submaster women, Vickie Paton, being one of John Tyree's lifters, is obviously a good deadlifter and she didn't disappoint with a world record 242 at 105 beating the old record by over 50 pounds. At 132, Heidi Gantz coached by Jerry Capello put up a huge 374 world record deadlift. In second was Dr. Jennifer Souders, who is a surgeon from Seattle, with a Washington state record of 264. In third was Hazel Greene of Ireland with 225. She is the former world record holder with 314. At 148, Susan Gall another one of Capello's girls did an Alabama state record of 341. At unlimited Daria Cal coached by Bull Stewart set a world record 363 to beat Jan Morales of Brazil who did 292. Outstanding lifter was Heidi Gantz. In teen women 13-15 age group, Azure Skellington from Hawaii at 132, broke her old world record by almost 100 pounds. She is coached by Keith Ward of The Fear God Power Team. In teen women 16-19, Merissa Baker of Texas shattered the world record of 187 by doing 242. At 123, Jill Remitcado of Hawaii broke her own world record with an impressive 336. At 148, Liz Kert-Kravitz of Canada beat Julie Waltenbaugh of Washington 253 to 159. Julie got a Washington state record for her efforts. Outstanding lifter was Jill Remitcado. In the special olympian's bench press at 123, David Morgan set a California state record in Class I with 115 as well as a special olympian record. At 132, Michael Bell also set a California state record in Class I with 110. At 148, Jon Shapiro was off his California state record of 275 with 253. Gary Heuer was second with 126. At 165, Jonas Freeburg set a special olympian record in WABDL with 110. At 181, Brent Ruth put up a nice 209 to set the WABDL record. At 198, Andrew Bixler set National special olympian record with 176 pounds. At 220, Steve Vaughn did a very respectable 192. At 275, Paul Schaeffer set the WABDL special olympian record of 126. This is probably the biggest meet in history with 562 lifters, 770 benchers and deadlifters, and 960 names mentioned in the program due to entering in more than one division. I would like to thank first and foremost Elma Thomas who spent numerous hours on the computer from 10:00 AM to 1:00 AM for 6 weeks prior to the meet 7 days a week. At the meet, she was working starting Tuesday, November 14 by stuffing 562 packets - about nine hours on Wednesday, he worked 9:00 AM to 4:00 AM. On Thursday, Friday, and Saturday, it was the same 9:00 AM to 4:00 AM. Out of 770 computer entries, she made 3 mistakes. Unfortunately one person and his wife, who we corrected the mistake for, wasn't very forgiving but life goes on. I want to thank her husband Gary Thomas, who ran the weigh - in room and was very cordial to everyone, and I think made the weigh - ins a pleasant experience. As a lifter, I hated weigh - ins. I want to thank Dennis Burke, the chief of officials. Beth Mallory, who did a great job of scorekeeping, was usual did not make one mistake. Also, Chris Erhardt, who did everything from M.C., ran the overhead projector, helped load weights, helped in the weigh - ins room. Dr. Don Bell was a good M.C. and helped judge, Terry Luehrs was a judge and ran the deadlifters brough in quick fashion. Donna Delleree, Ross Phillips, Joe McCoy, Gordan Santee, Bob Garza, Nancy Ford, Dave Cheek all did a fine job of judging. There was some blown calls, but that always happens. Bob Garza helped in the weigh - in room and helped take tickets. John Ford was a big help at the door, the weigh - in room and judging. Christie Hanson was extremely helpful in the weigh - in room and the overhead projector. Ken Anderson helped in the weigh - in room and judged. Guss Warrington helped judge. Allen Young and Ron Hood helped at the door and Ron helped load weights on the truck after the meet was over. The spotter/loaders, James Portek, Dan Partch, Justin Alley were irreplaceable. On the number chart, Ray Carokco, Naomi Frosland, and Vickie Gruver. The photographer was Brian Baertlein. The interpreter was Mary Jacobson, who helped with Spanish speaking countries. Also, Pat Jones and Jocelyn (Sonny Ronolo's daughter) were excellent on the computer. I want to thank Lynn Jones and Linda McBroom who sold T-shirts and tickets. Also, Jeff Jones, my first workout partner, who pointed the kilo weights, gave me a place to stay and convinced me to go to Reno instead of Vegas. I want to thank our sponsors, Victoria Kreiser and Tom Fletcher of 24 Hour Fitness, Ron Coleman and Steve Blechman of Twin Lab and Muscular Development, Wesley Kampen of Powerlifting Superstore, Rick Brewer of House of Pain, John Inzer of Inzer Advance Designs, Doug Patterson of Johnny Anderson of Adrocare, and Mike Bandera of Mac Barbell, Mark and Ellen Chaillet, Jan Dellinger, Barb Andrelczyk, and Jake Burkhardt of York Barbell, Don Harina and Steve Hawkins of Coca Cola, Jeff Magruder, Mike Lambert of *Powerlifting USA* for sponsoring and the excellent coverage, Neal Spruce of Apex Fitness, Giorgio USA of Forza Strength Systems, Kay and Laura Lee Grizzle of High Cascade Emu Oil, Randy Shepherd of T-shirts Hawaii, Don Buehl of Vital Foods Sports Supplements, Brian Clary and Nye Smolley of Budweiser, Gordan Sage of Life Smart and Ed McDonald of Thermo Link. Also, I want to thank Roger Slingerman and Tom Fletcher of Northern California Special Olympics and Rob Peck of The Washington School for the Blind. Team Scoring: Teams were limited to no more than benchers and 5 deadlifters or vice versa. 1st: Superior Gym and Fitness (Medford, Oregon) 228 points; 2nd: Team Fitness (Duncanville, Texas) 218 points; 3rd: Palace Gym Barbell Club (Burlingame, California) 212 points; 4th: Powerhouse Gym (Medford, Oregon) 202 points; 5th: Gateway Athletic Club (Seattle, Washington) 197 points; 6th: Team Texas (Dallas, Texas) 196 points; 7th: Guatemala 194 points; 8th: Training Station (Hermiston, Oregon) 186 points; 9th: Iron Island Gym (Alameda, California) 176 points; 10th: Brazil 120 points; 11th: Germany 112 points; 12th: Canada 104 points; 13th: Sweden 68 points; 14th France 54 points. (Thanks to Gus Rethwisch for providing results).

WABDL World BP and DL
16-19 NOV 00 - Reno, NV

BENCH
MEN
Open
114
E. Noj 259
123
H. Garcia 209
132
K. Unten 363
148
M. Hokoana 363
K. Luna 347
M. Montoya 281
165
S. Kaneshiro 446
4th 447
J. Luther 441
J. Youshimura 435
J. Romero 347
181
L. Jones (BL) 479
J. Korn III 473
T. Scott 462
J. Hernandez 451
A. Berry 451
P. Cannizzaro 429
P. Thomas 418
J. Jones 402
J. Picking 380
J. Trewin 369
M. Rainey 325
198
G. Warrington 457
G. Herring 534
B. Beebe 485
H. Rhoton 440
M. Desrosiers 429
P. Davi 407
220
M. Ludovico 551
M. LaMarque 501
C. Nightingale 496
R. Rogers 424
G. Lands
J. Raynor
242
S. McShane 584
A. Thompson Jr. 540
L. Birgado 523
J. Biewer 512
C. Gallagher 507
J. Fullerton 502
J. Sjogren 496
T. Singh 440
S. Ross 435
V. Garcia 352
275
T. Meeker 656
G. Nelson 589
B. Vessels 501
J. Robinson 468
S. Khader 374
P. Marcoff 369
308
R. Kennelly 705
B. Gillespie 639
S. Wong 633
T. Manno 611
309+
M. Ned 639
T. Lualemaga 573
B. Jackson 562
T. McKinney 501
K. Ward 374
Junior 20-25
148
S. Kido 336
4th 352
P. Schiffner 330
D. Martinez 319
R. Sanchez 319
R. Snelling 314
D. Engles 314
T. Deitrick 308
D. Weekley 275
R. Johnson 198
165
J. Luther (BL) 441
R. Kawabata 374
L. Luther 352
S. Sequin 352
D. Travis 325
M. Moore 275
G. Ramos 181
181
J. Korn III 473
R. McKeefer 358
J. Thomas 324
198
E. Mil-Homens 451
H. Rhoton 440
C. Matthews 402
J. Anthony 314
220
E. Wright 457
D. Goldsworthy 424
T. Charley 402
J. Schrag 363
42
K. Rose 479
T. Osborne 435
C. Smith 418
J. McCullough 385
B. Backstrom 369
A. Gruver 352
275
J. Thiessen 462
C. Sacher 440
A. Snider 413
Submasters 34-39
165
S. Kaneshiro 446
4th 447
S. Ward 413
V. Olivelra 352
4th 363
J. Hernandez 451
A. Berry 451
K. Lee 418
E. Bravo 374
198
E. Sim 468
W. Omura 457
F. Dena III 418
G. Fraser 413
205 220
J. Jackson 545
K. Millrany 435
R. Rogers 424
D. Bradshaw 402
G. Lands
273 242
R. Kitani 567
B. Leitz 518
J. Sjogren 496
K. Malone 429
275
J. Stewart 628
K. Walden 545
B. Vessels 501
W. Pontius 424
S. Khader 374
308
J. Cunningham 606
J. Erevia 462
M.Ahlo Jr.
309+
T. McKinney 501
G. Niualiku 440
R. Shepard
Teen 13-15
105
J. Hernandez Jr. 101
114
R. Hernandez 82
123
J. Chavez 188
C. Pinson 115
148
H. Blake 253
4th 264
M. Enloe 170
A. Munsey 126
A. Contreras 99
165
M. Minahan 203
220
K. Browne 170
242
N. Heppner 314
275
B. Weston 253
Teen 16-19
105
S. Hudson 82
132
G. Remiticado 248
148
A. Parker 286
T. Godawa 248
H. Allen 99
165
L. Bevill 309
J. Kim 225
181
A. Palombo 352
R. Ford 176
198
P. Davi 407
S. Hoffman 286
220
D. Puder 248
275
D. Milliken 413
J. Cam 407
L. Taylor 270
309+
S. McDaniel 402
Master 40-46
123
G. Murphy 209
4th 220
132
Allen Young 297
148
S. Weingust 363
165
D. Higa 391
D. Marxheimer 358
R. Davidson 236
181
J. Jones 402
B. Cox 363
R. Ventilari 286
198
G. Herring 534
D. Piggee 485
B. Beebe 485
K. Kanemoto 435
B. Hines 363
P. Radmilovich 336
K. Wilson 264
220
D. Callas 336
242
A. Thompson Jr. 540
D. Mulder 479
M. Lutz 451
J. Harms 440
A. Clayton 402
M. Moore 374
G. Stevens 286
275
P. Andrews 523
C. Moon 518
D. Frosland Jr. 496
4th 513
K. Sacher 473
J. Hofmeister 462
J. M. Ceccarelli 451
T. Di Filippi 242
R. Sanchez
308
B. Gillespie (BL) 639
T. Manno 611
G. Brower 462
P. Ratsch 435
C. Huwe 402
309+
A. Ramsey 551
R. Young 518
D. Chase 457
B. Rehberg 440
Master 47-53
132
H. Shivaie 192
165
J. Tyree 363
181
L. McAllister 418
R. Hagedorn 336
D. Bell 308
G. Alexander 303
M. Stevens 286
198
W. Orbaugh 402
E. Howard 385
R. Gessmann 352
N. Santora 314
220
S. Finegan 424
R. Edwards 385
R. Dunn 336
D.J. Jamerson 303
H. Barett 242
S. Ramey
242
R. Kendell 418
275
B. Dooley 485
C. Bonneau 418
A. Webb 413
T. Ekenberg 358
E. McConnell 314
308
R. Patterson (BL) 529
D. McCreary 440
O. Hampton 352
309+
C. Rosborough 451
L. Contreras 429
K. Ward 396
B. Lobins
Master 54-60
165
L. Cardon 348
4th 352
M. Timbal 303
C. Brenol 220
181
M. Sperling 325
R. Creevy 314
J. McCamman 303
D. Covello 259
198
R. Matheson 385
R. Tsutsui 374
T. Camp 347
O. dos Santos 325
G. Larue 325
L. Hilger 319
G. Holzinger 297
220
Sekermestrovich 440
T. Preston 369
J. Paggett 363
I. Skip Hall 225
242
D. Smith III 418
D. Cone 358
T. Bunce 330
J. Duckett 253
275
G. Nelson (BL) 562
P. Velazco 413
T. Lucas 264
308
R. O. Smith 435
309+
D. James 440
Master 61-67
132
P. McKenzie 253
148
L. Blas 220
R. Gidcumb 220
165
G. Johnson 325
4th 332
H. Nageri 297
R. Abbott 225
181
R. Lozano 337
4th 338
J. Gladson 242
198
P. Wilson 336
B. Miller 303
220 308
H. Smith 319
R. Yoshida 270
242
K. Anderson 402
4th 418
O. Bruce 314
275
D. Johnson 380
308
J.P. Krachunis 353
G. Johnson Sr. 303
Master 68-74
165
J. Schall 203
181
K. Koki 336
R. Phillips 242
198
J. Cantu 374
4th 385
Master 75-79
165
S. Ronolo (BL) 319
181
D. Dreyer 143
198
O. Whitehead 221
242
V. Starkel 292
Master 80+
148
J. Heizelman 176
Class I
132
O. Martinez 281
148
D. Engles 314
J. Shapiro 286
165
J. Withers 374
L. Luther 352
S. Hauger 347
E. Kuskie 347
B. Ridolfi 308
L. Bevill 303
J. Ojeda 297
A. Rerellana
181
J. Picking 380
K. Nakamura 380
J. Thomas 330
M. Rainey 325
T. Birkhead 270
198
S. Ughe 374
220
T. Charley 402
R. Edwards 385
J. Hutchings 369
J. Schrag 363
J. LaSalle 363
R. Dunn 336
D. Callas 336
242
D. Mulder (BL) 479
M. Lutz 451
M. Smyser 402
J. Mozingo 402
275
D. Ng 451
M. Camlin 451
W. Pontius 424
G. Ramsdell 391
T. Ekenberg 358
308
J. Erevia 462
G. Brower 462
B. Sabin 451
C. Huwe 402
309+
D. Chase 457
L. Contreras 429
Open Law/Fire
165
R. Bish 352
E. Kuskie 347
J. Sermeno 303
181
K. Nakamura 380
R. McKeefer 358
220
C. Bowen 413
242
S. Sims II 462
S. Ross 435
M. Smyser 402
K. Wilkerson 402
275
F. Wakakuwa 600
M. Camlin 451
W. Faulkner 407
308
M. Ahlo Jr. 501
309+
M. Ned 639
T. Lualemaga 573
Submaster Law/Fire
165
R. Bish 352
181
A.J. Agamao 429
4th 446
198
E. Sim 468
220
J. Jackson 545
K. Millrany 435
C. Bowen 413
275
J. Tovar 469
4th 479
D. Ng 451
308
F. Nelson 451
Master 40-47 Law/Fire
165
J. Sermeno 303
R. Straker 187
198
M. Godawa 352
220
M. McKenzie 440
J. Allenones 374
242
A. Clayton 402
275
W. Faulkner 407
308
J. Minahan 501
4th 512
B. Sabin 451
Master 48+ Law/Fire
198
E. Howard 385
220
P. Fay 336
J. Rhyne 275
275
R. Hood 529
P. Velazco 413
308
R. Patterson 529
309+
B. Lobins 479
WOMEN
Open
105
V. McNeely 121
C. Baqui 121
M. Pederson 88
114
V. Tyree 203
E. Avillanoza 137
123
J. Remitacido 198
4th 203
B. Higginbotham 132
132
J. Lynn Lippert 303
4th 314
J. Rodriguez 160
A. Skellington 143
A. Ferschwyler 137
148
K. Haller 225
S. Williams 154
C. Cameron 148
165
L. Blackburn 297
M. Jacobson 248
M. Power 242
G. Anderson 225
L. Vasquez 203
B. Ann Heriford 181
308
S. Lonn
199+
K. Pitts 325
4th 336
Junior 20-25
114
T. Coulombe 170
D. Gagliardi 154
123
B. Higginbotham 132
132
E. Moore 132
165
R. Plant (BL) 225
Submaster 34-39
105
V. Paton 126
123
J. Green 148
132
J. Souders 132
148
K. Haller 225
S. Gall 178
Wurdinger-Kelly 170
S. Williams 154
181
S. Allen 203
199+
T. Malone (BL) 314
J. Morales 99
Teen 13-15
97
L. Garcia 71
114
E. Schneider 126
4th 132
132
A. Skellington 143
Teen 16-19
123
J. Remitacido (BL) 198
4th 203
J. Waltenbaugh 77
199+
R. Malone 170
Master 40-46
105
V. McNeely 121
123
C. Patterson 159
132
S. Gomez-Leon 225
148
C. Cameron 148
165
M. Jacobson 248
198
L. Feusi 214
4th 220
Master 47-53
123
Taubmann (BL) 170
148
C. Luprete 159
165
B. Ann Heriford 181
G. Ramey 154
C. Chapman 115
Master 54-60
123
G. Camp 126
181
J. Hamblin 182
4th 187
Master 61-67
148
M. Turner 115
165
G. Cloninger 115
K. Gallagher 110
Master 68-74
198
G. Mighell 99
Master 75-79
148
G. Tomlin 88
Law/Fire
Submaster
165
L. Blackburn 297
Master 48+
148
C. Luprete 159
DEADLIFT
MEN
Open
123
H. Garcia 402
132
O. Martinez 424
148
M. Hokoana 551
R. Snelling 530
R. Wideman 473
K. Luna 457
165
R. Cirigliano 551
C. Grail 473
B. Ridolfi 468
181
T. Caprari (BL) 705
R. House 584
J. Trewin 529
K. Nakamura 518
N. Turk 501
S. Miller 485
198
A. Wahlund 617
P. Davi 606
4th 623
220
W. McCoy 734
D. Flunker 589
P. Khenna 440
242
J. Howard 744
J. Capello 690
B. Driskill 650
C. Mock, Jr. 628
D. Glahn 600
V. Garcia 501
D. Robinson
275
P. Andrews 810
B. Vessels 755
M.Camlin 738
S. Khader 551
P. Marcoff 529
S. Sahota
308
R. Russell 677
D. Askanas
309+
D. Munsey 716
V. Eldridge 710
K. Ward 462
Junior 20-25
148
S. Snellin 530
P. Schiffner 462
S. Kabat 457
J. Castillo
165
D. Travis 600
C. Grail 473
M. Moore 473
J. Ojeda 451
G. Ramos 330
A. Woods 286
181
T. Caprari 705
A. Corson 551
R. McKeefer 501
S. McMillian 413
198
E. Mil-Homens 600
C. Matthews 600
A. Geitner 523
220
D. Goldsworthy 501
242
T. Osborne 606
K. Rose 551
275
J. Thiessen 611
A. Snider 507
Submaster 34-39
148
M. Freedman 479
R. Wideman 473
J. Walker 424
165
V. Oliveira 440
181
J. Hernandez 523
N. del Cid 507
198
G. Fraser 540
220
J. Jackson 600
D. Flunker 589
R. Etsell 573
R. Kornis 501
242
J. Garcia 501
275
B. Vessels 755
W. Pontius 573
L. Harju 573
R. West 551
S. Khader 551
308
M. Ahlo Jr. 622
309+
V. Eldridge 710
S. J. Taylor 633
Master 40-46
148
B. Llyeoka 496
165
E. Diaz
181
F. Ventilari 330
198
M. Bryant 485
K. Wilson 429
220
W. McCoy 734
D. Stratton 683
D. Rodgers 529
242
J. Capello 690
B. Driskill 650
D. Fuss 600
D. Glahn 600
M. Moore 578
G.Stevens 545
A. Clayton 518
275
T. Brooks 662
T. Stewart 600
J. M. Cecarelli 545
T. DiFilippi 501
308
S. Pecktol 650
G. Brower 578
B. Duncan 529
C. Huwe 479
P. Ratsch
309+
B. Rehberg 606
D. Chase 562
Master 47-53
132
H. Shivaie 424
165
J. Tyree (BL) 600
181
R.Hagedorn 584
G. Alexander 567
M. Stevens 529
198
A. Wahlund 617
R. Ward 479
E. Howard 462
W. Orbaugh 451
J. Snodgrass 440
C. Pena 407
220
C. DeSoto 584
P. Fay 560
4th 600
S. Rosenberg 535
242
C. Sandberg 600
R. Nelson 589
D. McPherson 556
B. Anderberg 529
275
T. Ekenberg 567
I. Pankratz 518
309+
L. Contreras 473
K. Ward 462
Master 54-60
165
G. Santee 523
4th 535
M. Timbal 424
C. Brenol 374
181
M. Sperling 418
F. Isernio 407
198
O. dos Santos(BL) 694
4th 700
D. Johnson 622
G. Holzinger
220
T. Preston 611
J. Skip Hall 562
D. Cheek 473
242
D. Smith III 440
J. Duckett 380
275
M. Fryar 556
B. Dodd 468
308
R. O. Smith 556
309+
D. James 519
4th 529
Master 61-67
132
P. McKenzie 440
4th 447
148
L. Blas 440
R. Gidcumb 352
165
R. Abbott 485
181
R. Lozano 485
198
P. Wilson 452
R. Jorgenson 391
220
H. Smith 413
242
Om Bruce 523
308
G. Johnson Sr. 314
4th 347
J. P. Krachunis 353
Master 68-74
165
J. Schall 347
181
R. Phillips 485
198
A. De Mello 347
Master 75-79
165
R. Stephan (BL) 325
4th 336
181
D. Dreyer 165
4th 170
Teen 13-15
97
A. (TR) Brooks 242
V. Brown 126
105
J. Hernandez Jr. 203
114
S. Lynn 248
R. Hernandez 181
123
C. Pinson 220
148
H. Blake 402
M. Enloe 314
A. Munsey 308
A. Contreras 198
165
M. Minahan 303
198
K. Bowen 391
220
K. Browne 358
242
N. Heppner
Teen 16-19
105
S. Hudson 176
132
G. Remitacido 424
148
R. Baradari 418
T. Godawa 352
H. Allen 231
165
C. Guches 468
R. Mitchell 457
T. Charouhas 451
J. Kim 402
L. Bevill 358
181
F. Silva 451
R. Ford 352
198
T. Hayes (BL) 623
P. Davi 606
K. Eslick 556
220
A. Schlegel 628
275
D. Milliken 628
L. Taylor 628
A. Bales 424
Class 1
148
J. Shapiro 363
165
J. Withers 473
J. Ojeda 451
E. Kuskie 429
A. Gunoe 413
L. Bevill 358
181
M. Pearce 529
J. Hernandez 523
S. McMillan 413
B. Vickery 347
198
A. Geitner 523
S. Ughe 501
W. Ricard 473
123
J. Remitacido 330
J. Bechtold 314
B. Higginbotham 259
132
J. Lynn Lippert 408
L. Robinson 308
A. Skellington 286
J. Garcia 501
J. Mozingo 473
275
D. Ng 606
W. Pontius 573
T. Ekenberg 567
M.Fryar 556
G. Ramsdell 485
308
G. Brower 578
B. Duncan 529
C. Huwe 479
198
M. Godawa 451
242
A. Clayton 518
275
W. Faulkner 600
308
J. Minahan 518
Master Law/Fire 48+
198
T. Green 462
E.Howard 462
220
P. Fay (BL) 568
WOMEN
Open
97
A. S. Ordonez 325
105
C. Baqui 325
4th 330
V. McNeely 253
M. Pederson 165
114
V.Tyree (BL) 429
123
J. Remitacido 330
J. Bechtold 314
B. Higginbotham 259
132
J. Garcia 501
148
F. Stewart 363
S. Williams 341
165
M. Power 391
M. Jacobson 374
M. Jagoda 341
B. Ann Heriford 308
181
V. Vance 270
4th 281
198
K. Hernandez 303
Teen 13-15
132
A. Skellington 286
Teen 16-19
114
M. Baker 236
4th 242
123
J. Remitacado 330
4th 336
148
L. Kert-Kravitz 253
J. Waltenbaugh 159
Submaster 34-39
105
V. Paton 236
4th 242
132
H. Gantz 363
4th 374
J. Souders 264
H. Greene 225
148
S. Gall 364
S. Williams 341
Wurdinger-Kelly 286
199+
D. Cal 363
J. Morales 292
Junior 20-25
114
T. Coulombe 275
123
J. Bechtold 314
B. Higginbotham 259
C. McKeefer 236
132
E. Moore 314
K. Liuska 231
148
B. Mc Million 369
181
A. Meisner 303
198
H. Myers 303
4th 330
Masters 40-46
105
V. Mc Neely 253
123
C. Patterson 337
132
L. Robinson 308
S. Gomez-Leon 303
165
M. Jacobson 385
181
V. Vance 270
4th 281
Masters 47-53
132
P. Pendergast (BL) 287
H. Rodriguez 225
165
B. Ann Heriford 308
C. Chapman 275
Master 54-60
148
M. Coffey 203
198
T. Strom 253
Master 61-67
165
G. Cloninger 281
Master 68-74
198
G. Mighell 82
4th 88
Special Olympian
BENCH
123
D. Morgan 115
132
M. Bell 110
R. Braae 77
148
J. Shapiro 253
G.Heuer 126
165
J. Freeburg 110
B.Hanson 99
L. Dare 93
D. Ruffini 82
K. Jones
181
B. Ruth 209
A. Belfils 148
198
A. Bixler 170
4th 176
R. Dunning 137
220
S. Vaughn 192
J. Wooton Jr. 192
C. Dean 176
242
B. Kincaid
275
P. Schaefer 126
D. Ashcraft 126
S. Molinari 121
DEADLIFT
123
D. Morgan 286
132
R. Braae 187
148
J. Shapiro 352
G. Heuer 181
165
B. Hanson 275
L. Dare 248
J. Freeburg 209
181
A. Belfils 374
B. Ruth 314
198
A. Bixler 341
R. Dunning 236
220
C. Dean 396
J. Wooten Jr. 275
S. Vaughn 248
275
P. Schaefer 292
D. Ashcraft 275
S. Molinari 248