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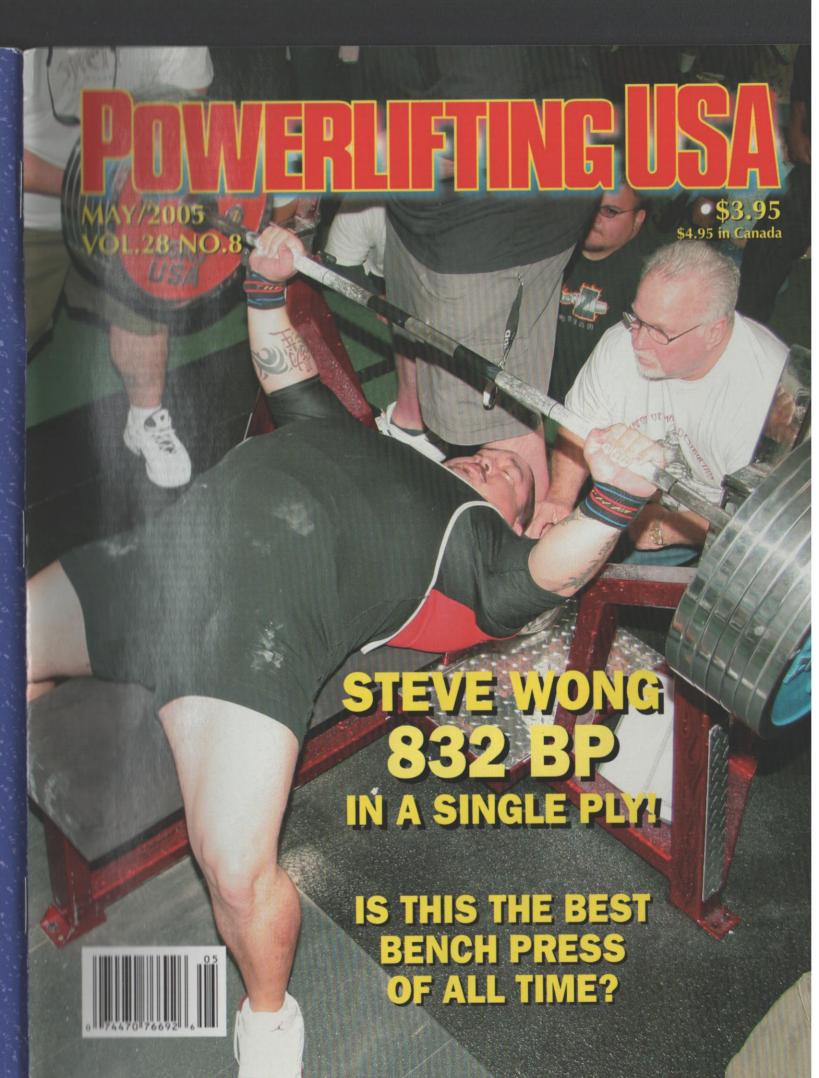
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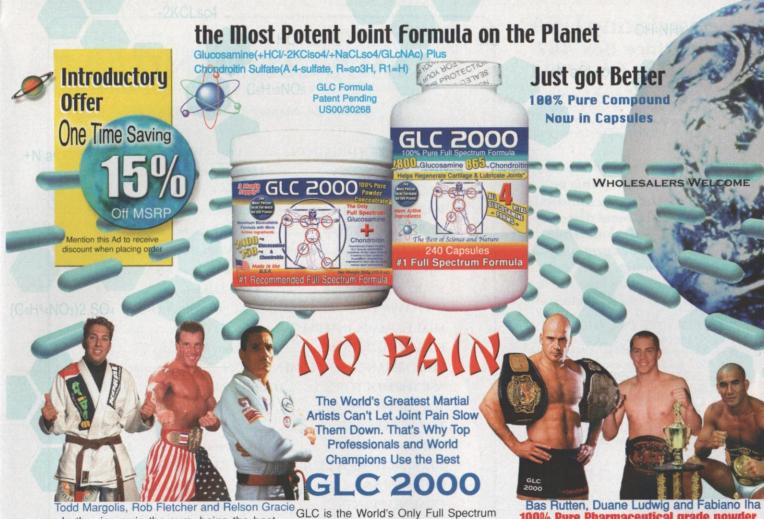
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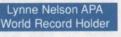
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It is with true sadness that I IN DEDICATION write this short note on one of the greatest powerlifters of all time.



A True Powerlifting Pioneer .. Pat Casey made history

over 800 and total of 2000 plus Pat was his compassion for others. were also milestones, but I think He would go the extra mile to help what I most will remember about someone with their lifting. I know

a young athlete in the late 60's I was constantly writing and then calling him to get tips on getting strong, advice on sets and reps, and all the latest information on other lifters, shot putters, and strongmen. I was always amazed that he would take time to write me back a short or long letter depending on my questions, and also I treasure the autographed photo of him bench press ing his world record 617. Probably one of his greatest attributes was that he never belittled someone's lifting. He would always say, so and so just set a great record in the bench press, did you read about it? And would always come back with some comment such as what was the supporting gear he used, or how deep was

the squat, or how much arch in the bench.? Through the years, as he went from athlete, to health club



Pat was already fighting cancer back at the 2004 California Powerlifting Hall of Fame ceremony

owner, to working the weapons ordinance at Seal Beach, to becoming a policeman, he always trained and watched his health. He was almost fanatic. He never exaggerated his lifts as he got older. He accepted gracefully the hand he was dealt and with great dignity. He never complained. So unlike me. I am going to really miss this amazing person. We, in the sport of strength and health, have lost a great person. We miss you Pat. **BRUCE WILHELM**

Remember when the strongest kid in your school was a girl?!

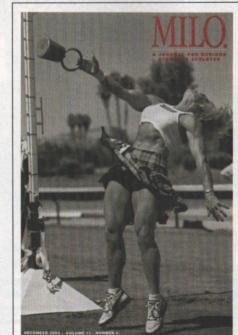
We've been lucky enough to know Shannon "Wonder Woman" Hartnett for years, and given some of her recent accomplishments (Highland Games world champion, World's Strongest Woman competitor, 2002 U.S. Olympic bobsled team hopeful), we weren't surprised to learn that she was the strongest kid in her grade school.

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to help you get a pile of new PRs, so maybe if you could turn the clock back, this time around you'd be the strongest kid in your school.

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My powerlifting memories start in 1966, just one month before my induction into the Army. I feel like Captain Ahab with his obsession with Moby Dick. I am strapped to powerlifting, and I know I will be pulled to my chalky death by it eventually, but I can't stop.

All my memories and my friends are involved in powerlifting, so I am drawn to it even more today than ever. So this is my story as I remember it.

My first exposure to powerlifting was a power meet in Dayton, Ohio, late in 1966. I had Olympic lifted since I was 12 and competed at 14, doing a 175 snatch and a 260 clean/jerk at a bodyweight of about 155. I really thought I was a strong guy until that first power meet. There were 11 men in the 165s and I got 10th place, beating only a 55 year old dude.

This was an eye opener for me. I never Olympic lifted again. My Olympic lifting training partners should have worn signs saying "Ilift weights", because if they were brought into court for it, the case would be thrown out for lack of evidence. However, the powerlifters I saw not only were strong but looked like they were

One of these men was Milt McKinney, a future world champion in the 132s. George Crawford was amazing at 165, trying a 525 world record squat with legs like tree trunks. He later squatted 650 at 165 with no gear, when 500

was good. George was the first to help me with my squat form. He was always helpful at meets. His son came to visit years later, and it was my honor to help him.

Vince Anello was in the meet as well, showing signs of his deadlift prowess even then. Vince told me once that anything made his deadlift go up. He was doing the conjugate system without knowing it. I just saw Vince at the 2004 IPF World Bench Championships in Cleveland, OH. He still looks great.

That meet in 1966 was my introduction to Larry Pacifico. He would become one of the greatest lifters I ever saw. There was nothing Idid not do to try to beat him, but I never did, nor did anyone else until injuries and a techical error in the 1980 Senior Nationals cost him his chance to win 10 Worlds in a row. He would give advice on benching, which was to gain weight and work your triceps. Larry's son is becoming quite a shot putter, throwing 60 feet as a ninth grader.

THEN AND NOW

as told to Powerlifting USA by Louie Simmons



Meltdown in Mississippi ... amidst the infernal humidity of the '79 Seniors in Bay St. Louis, MS, Louie Simmons benches in the 220s.

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LOUIE SIMMONS

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This group, along with Ed Matz and a few top lifters around the world, had a network of training knowledge at their disposal, which was a major factor in their success.

Today we have the Internet. but unfortunately many use it to bad-mouth each other, to cry about their training partners, or, worse, to be a legend in their own mind.

After that power meet, I went into the Army. The next month I was in the infantry, but did not go to Vietnam. Instead I was sent to Berlin, I think because of my father's untimely death in 1968. Now I could train fairly regularly, but my lifts were going nowhere. No one knew anything about powerlifting. One day I picked up Muscle Power Builder, which later became Muscle and Fitness. In that magazine, there was a powerlifting article about the Westside Barbell Club of Culver City, California. It was about box squatting. I had never heard of this, but with nothing to lose, I gave it a

try. To my amazement, the box squats worked to the point that I later made top 10 squats in five weight classes

Bill West, George Frenn, and the guys, through those articles, got me started on the right foot. I was never able to visit Westside in Culver City due to work, which I regret to this day.

After getting out of the Army in 1969, I built a power rack, got some weights, and started training full time using what I learned from the articles. They were my only training partners

After Bill West died, I refer Red to my place as Westside Barbell, but never publicly until 1986. Westside Barbell is a trademarked name (and so is Louie

I often wondered if I was on the right track with my training. Roger Estep was doing a 1600 total in the early 1970s. Then out of nowhere, he made an 1800 total. I asked him how he jumped 200 pounds so fast. He said he went out to Westside in Culver City, and the rest WAS history.

Chuckie Dunbar, Jack Wilson, Luke lams, Paul Sutphin, and some others were known as the Wild Bunch and were a very strong team. They proved to me that I was on the right track. My problem was that I had no training partners. When I went to meets, I would ask lifters who excelled in each lift for tips on that lift. When it came to benching, Larry Pacifico was always telling me to train my

triceps and lats.

I was lifting in Indiana and met Bill Seno. This dude was huge. He had won best chest in many Mr. American contests, but was also the American record holder in the bench press. I also asked Bill how to get my bench up to a top 10 lift (at the time there was only a top 10). First he stared at me, then grabbed me by the arms and said I needed to do illegally wide benches for a 6 rep max. When progress stopped, go to 8 reps, then to 10 reps I to failure. I hated the higher reps, but the 6s pushed my lousy 340 at 181 to 445 at 198 then finally 480 at 220 and a top 8 bench. Bill was a close-grip bencher, and he was telling me to bench extra wide?

What gives? In the end, he knew what he was talking about. Bill was training with Ernie Frantz. Ernie was 12 or 13 years older than me. A former bodybuilder turned powerlifter, Ernie was old by my standards, but not old-fashioned. He was and

still is on the cutting edge with power gear denim shirts and canvas squat suits — which are still some of the best today. For years he was a top 181, 198, and 220. He also formed the APF and WPC to lift some of the restrictions of the IPF. His wife, Diane, was also a top lifter in the 1980s. There were top lifters such as Jack Barnes, who could out-squat everyone at 181 and 198, and John Kanter at 242 with a 2000 total. The heavyweights were always in the limelight: John Kuc, Jim Williams, one of the greatest benchers of all time, and Jon Cole, who made a 2370 total at 286 with no gear.

I entered my first national meet, the Junior Nationals in Patterson, NJ, in 1971. I got third. I thought I had second place locked up until Joe Spack, also known as Spack the Wack, came out and pulled a 650 deadlift to push me into third. I made the top 10 in 1972 in Powerlifting News, a Dan Dewelt publication that was the predecessor to Mike Lambert's Powerlifting USA. In 1970, I met Herb Glossbrenner, who thanklessly keeps stats to this day. Herb and Mike keep it real for everyone.

My arch rival was George Clark. This guy was built like a tank. He would always beat me by 40-50 pounds. But what made it worse was that when he would arrive, everyone would stop and stare at him because he had muscles that did not have names yet. I dreamed about beating him every day of my life, but I never did. I did outlast him though.

I made my first Elite total in February 1973 in Toledo, Ohio. I did 605 - 380 - 670 and a 1655 total. At that time there was no gear. I almost made a 700 deadlift. A lot of good lifters, including Bill Ennis and Ed Matz, participated in that meet. It was known as The Key to the

The Chattanooga Open was a big, but not national, meet as well. After that meet, I said to myself that my back was indestructible. Boy, was I wrong. I broke my fifth lumbar vertebra.

I was on and off crutches for 10 months and in severe pain. I could not do any exercises that had made me strong before. By luck, I came up with the Reverse Hyper. It first helped the pain, then it repaired my back to its former

Walter Thomas was new and on the rise in the early 1970s. Inaba, Precious McKenzie, Eddie Pengelly, and Ron Collins were making names for themselves. Powerlifting was becoming international. The IPF was formed to organize the first world power sport. The AAU had run powerlifting in the beginning. The early 1970s was the springboard for U.S. powerlifting.

A lot of Canadians would lift in our meets in Ohio. I don't think Dr. Di Pasquale was one of them, but everyone knows him today by his column in Powerlifting USA. A lot of powerlifters hang on forever. Bob Cortes was in many meets in the early 1970s. I recall he was older than dirt then, and he is still lifting today.

In the 1971 Junior Nationals I broke the squat record with 565, breaking the mark held by Tony Fratto, who was a huge influence in my squatting. It's funny how although you are competing against these great lifters, they were also great men, as they were the pioneers of this great sport. I trained by myself until I saw Doug Heath at Ohio State University. He was strong as hell, but really eccentric, to say the least. He had many great contests with Ron Mercer of Glass City Power Team, in Toledo. Doug is still strong today, making top 10 lifts. After my back injury, it took me a few years to reach top form again. Spanjian supersuits came on the scene. They did not do much, but I was glad to have some support. I recall that they cost \$24.00. Bob's Belts supplied a 4 inch power belt, which I still

Larry Pacifico was not only lifting big, but was putting on the greatest power meets ever. I lifted in the 1977 Junior Nationals in Lincoln, NE. It was the first time I saw Fred Hatfield. He would become a squatting machine, maybe the greatest pure squatter of all time. I met a kid there who told me he was going to break the world record in the bench at 148. His name was Mike Bridges. He did break the record. I never saw such a lifting machine. He was and is the strongest man under 200 pounds I ever saw. If he would choose to use the best gear of today. it would be crazy. My friend Arnold Coleman oke Mike's and

Gene Bell's total record at the 2005 Arnold Classic. I was amazed to see Arnold break these records. It was unexpected, but the unexpected is commonplace today

Sam Mangialardi, Dennis Reed, and Henry Waters were making big noise, as well as Clyde Wright, Larry Kidney, and Paul Wrenn, who at superheavyweight sure could squat deep. Iwas now a 198. Estep, Jones, Cash, and my new training partner, Gary Sanger, were doing big lifts. In 1978, I was strong again: fourth in the squat, seventh in the deadlift with 710, and fifth in the total at 1825. I wanted to go to 220, but had a hard time gaining weight. I thought my injuries were behind me, so I go to

the 1979 Senior Nationals. Bridges is killing then, but Ricky Crain is right there. Walter Thomas was at the top of his game. I was there to beat Pacifico like everyone else. I did everything I could to beat him, but - of course - I didn't, but neither could anyone else.

The 1979 Seniors was known as the Meltdown in Mississippi, for good reason. Bill Kazmaier was making a name for himself and had planned to dominate the meet. I was sitting poolside with some lifters when Bill said, "Beam me up Scotty." His luck got worse when he bombed out with an 804 deadlift. He would have won by over 100 pounds. It was very humid, which caused a lot of missed deadlifts I weighed only 212 and made a 733 PR squat and a PR bench of 462. My opener of 677 would place me second behind Larry Pacifico. I pulled the weight easy, but as I locked it out, my grip slipped a little. The head referee was looking at my hand, then my bicep tore loose, causing me to drop the bar. My second place quickly became no place. What a meet. Only two made a total: Larry and Dr. Steve Miller.

To this day, people ask me Where's your bicep? Ireply, "Bay St. Louis, Mississippi." Two surgeons recommended surgery, but one said no, and that's the way I went. Many people asked if I was going to lift again. I said, "Hell ves." Six months later, in January 1980, at the Y Nationals, I was back. I squatted 765, benched 180 (my first top 10 bench), and deadlifted 705, to total 1950. It was the third best total ever, for a short time. That's the good news. The bad news was that I had hurt my groin and lower abs. I was in extreme pain, but I was getting to like pain, maybe a little too much.

Next stop, the 1980 Senior Nationals in Wisconsin. I opened with 722, but failed. I made my second attempt, but with a lot of pain and a popping sound. For the first time, I used my head and passed the rest of the meet. Ernie Hackett, a world record holder and physical

therapist, looked at me and said I had torn tendons of the pelvic bone and some lower ab muscles. He was right, and I was out for a while.

Meanwhile, Larry Pacifico had won his ninth world championship at the 1979 Worlds in his hometown of Dayton, OH. Japan, England, and Canada had world champs along with the United States. At the 1979 Worlds Lamar Gant beat Precious McKenzie at 123 by pulling a 617 deadlift. The world record was 551, and Lamar made 617 to a standing ovation, the only one I've ever seen.

With there being only one federation, my main goal was to do top 10 lifts in my third weight class. I had some time to think about training. I knew I was doing something wrong because I was stronger in training than at the meets. After breaking my fifth lumbar vertebra for the second time in 1983, I sought medical advice. The doctor wanted to remove two disks, fuse my back, and remove bone spurs. Isaid, 'No way, Jose'. In next month's article the story and the pain



Madness in Mad City ... Louie tore himself up seriously after this squat at the 1980 Senior Nationals held in Madison, Wisconsin.

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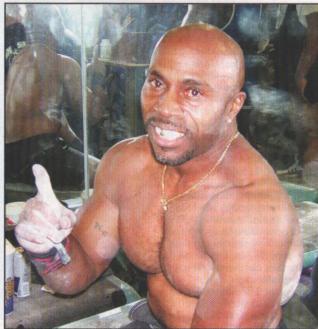
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T. Smith	295	215	245	755	The same of the sa		55 No.	TI	
J. Culfiton 242 lbs.	255	155	242.5	652.5		9 1		1	
B. Beetey Master (50+) 165 lbs.	292.5	160	277.5	730			-		
D. Coleman 181 lbs.	115	70	97.5	282.5		100			
	242.5	145	245	632.5				1	
	237.5	160	255	652.5				1	
D. Whitney	227.5	117.5	235	580	T				
181 lbs. E. Edwards	142.5	125	182.5	450	Tony Cony				
D. Parsons	160	115	160	435	moment he	elock	edou	ta 68.	3
220 lbs.	100	timbs.	.00	433	to total the	histo	ric 20	on the	
B. Jordan 242 lbs.	197.5	127.5	187.5	512.5	tototartric	111300	16 20	00 103	
J. Carter Open 148 lbs.	142.5	135	160	437.5	R. Weinstein B. Tripp 242 lbs.	287.5 290	205 190	272.5 272.5	
B. Williamson 165 lbs.	175	87.5	182.5	445	T. Burns 275 lbs.	312.5	185	237.5	735
S. Francis	210	175	200	585	L. Estevez	395	272.5	272.5	940
McWilliams	182.5	150	207.5	540	308 lbs.	A PROPERTY	Serie la		,,,,
181 lbs.					C. Cornett	362.5	265	272.5	900
	260	182.5		677.5	S. Priester	232.5	125	220	577
	227.5	157.5	240	625	SHW				
198 lbs.					S. Crumbley	455	252.5		101
	350	195		862.5	K. Southwood	377.5	250	272.5	900
	310	190		742.5	Guest Enters				
	250	160		637.5	165 lbs.				
	190	177.5 122	195	600 490	(Age 46)	200	047 -	210	00=
220 lbs.	190	122	18/	490	T. Conyers	380	217.5	310	907
	420	252.5	205	967.5	242 lbs.				
	420				(Age 29)				
	410	280	275	945	D. Blue		277.5	225	104



He is the MAN!! ... Tony Convers the first man to go 2000 as a Middleweight. (photos provided by courtesy of Jason McElroy)

NO PAIN... BIG GAINS

PHILIPPI...NO PAIN!

MILLER...NO PAIN!

KIRIT...NO PAIN!

After years of picking up 380 lb. stones fro the ground and pressing 300 lb. logs

RELEVE every day to keep my joints health

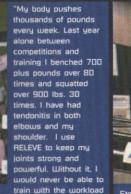
Strongest Man two

years in a row.





- World Record 1200 lb. Squat!



America's Strongest Mar

RELEVE—NATURE'S MOST POWERFUL JOINT SUPPORT FORMULA WITH ISOOXYGENE "THE PAIN ELIMINATOR"

If you train heavy and hard, you've had to RELEVE is the most powerful natural COX-2 deal with aching muscles and frustrating joint inhibitor available. This all-natural nutraceutiexplosive strength. But the reality is, you're strength, and you can't make serious gains if your joints can't handle the heavy weight!

Heavy power movements place exceptional amounts of stress on joints and the musculoskeletal system. Your body responds by producing COX-2, an enzyme responsible for the destructive chemical called prostaglandin E-2 (PGE-2) — the culprit behind your joint and RELEVE's ingredients to eliminate joint pain connective tissue destruction, inflammation and pain. Breakthrough research in the field of pain management has shown that inhibiting the COX-2 enzyme can significantly reduce the production of PGE-2 within your body. resulting in decreased pain, decreased inflammation and less tissue destruction.

pain. No matter whether you're squatting, cal formula contains isoOxygene™, a propribenching or deadlifting... you've trained around etary patent pending botanical that has shown these injuries, not wanting to slow down on to decrease PGE-2 production up to 20 times your fast track to continuous growth and more than any other natural ingredient! RELEVE's formula is further enhanced with only as strong as your weakest link. Injuries Baikal Skullcap, N-Acetylcysteine and Alpha limit your potential to achieve maximum Lipoic Acid — a synergistic combination of ingredients that work together to provide fast acting relief and anti-inflammatory action. RELEVE also contains Glucosamine Sulfate to help rebuild and repair damaged joint tissue for added joint support, mobility and flexibility. Rounding out this breakthrough formula is a patented, sustained release microencapsulation system, which prolongs the delivery of while you train and for hours afterward!

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- * Support Healthy Joints * Support Connective Tissue
- * Reduce Inflammation
- * Inhibit COX-2

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TELLING the TALE of the SCALE

hand to M.C. and judge attempts. Awarding cash prizes of \$2,500, \$1,500, and \$500 for Vincent Dizenzo. Sponsored by MET-Rx.

it was a great success. Atlantis meets differ from other strength competitions in that contested lifts, done with bars and plates, are easily practiced in most Five events keep neets short and sweet trap bar deadlift, bench press, push press, chin-up with weight, and Thomas Inch Dumbbell And because

Ine list of horrendous injuries suffered during Strongest Man in the World competitions functions as a warning to prospective participants. Gary Taylor suffered a leg crushing injury when a tire he was flipping fell back on him. Mark Philippi suffered compound fractures to both femurs in a similar accident with a car he was flipping. Kazmaier's tear from the suffered to train for the meet with normal gym equipment. The ability to prospective participants. Gary Taylor suffered a leg crushing injury when a tire he was flipping fell back on him. Mark Philippi suffered compound fractures to both femurs in a similar accident with a car he was flipping. Kazmaier's tear from the local suffered to customize their products for both femurs in a similar accident with a car he was flipping. Kazmaier's tear from the local suffered to customize their products for both femurs in a similar accident with a car he was flipping. Kazmaier's tear from the local suffered to competition powerlifting equipment. They are typically found at charity venues. In this lean environment Atlantis cash prizes are typically found at charity venues. In this lean environment Atlantis cash prizes are experience, bigger supponsorship and therefore larger purses translate powerlifting prowess to are typically found at charity venues. In this lean environment Atlantis cash prizes are typically found at charity venues. In this lean environment Atlantis cash prizes are typically found at charity venues. In this lean environment Atlantis cash prizes are typically found at charity venues. In this lean environment Atlantis cash prizes are typically found at charity venues. In this lean environment Atlantis cash prizes are typically found at charity venues. In this lean environment Atlantis cash prizes are typically found at charity venues. In this lean environment Atlantis cash prizes are typically found at charity venues. In this lean environment Atlantis cash prizes are typically found at charity venues. In this lean environment Atlantis cash prizes are he was flipping. Kazmaier's tear from the powerlifting. bar-bend forever reduced his best potential effort, and who can forget Franco Columbo's Derosier's mangled leg from the refrigerator race. feelings about these Even seemingly innocuous events like arm companies Atlantis wrestling resulted in a shattered arm for Foundation has no inexperienced Nathan "Mega-Man" Jones. marketing investment As athletes, we know any of these injuries in any competitor. Nor is potentially career ending. Is it really will they ever. Atlantis will the risk? Why not compete in events that more accurately test brute strength earned national 501 but also do so in the controlled environment C3, nonprofit status. of the lifting platform? Who needs an out Atlantis is a *charity* of control wheelbarrow to threaten one's foundation and

thoographic formular Rence Derosier's brain pressure. No Atlantis founder Bruce Derosier's brain pressure. No child. He wanted to eliminate the stamina/ pressure, no politics. athleticism component of strongman competitors doing well on esoteric events. And like many athletes, Kazmaier laments



Bill Kazmaierdid some MC work Ed Coan with the referee's view.

Strongest Man In America Contest

In January of 2004, Powerlifting USA ran an article about Atlantis Foundation a nonprofit organization almost of the standard of the standard

ran an article about Atlantis Foundation a nonprofit organization aimed at changing another insidious blot on professional prancing, more lifting," has become athletics... politics. World Strongest Man Derosier's mantra. To back his idea, competition. This November the fledgling organization hosted its third annual strongman meet. As in past years,

Bill Kazmaier and Ed Coan were on band to MC and integration and the first organization wonder why the events aren't standardized?

Thus far, response to Derosier's schoonveld has all around power ideas the province of the professional prancing, more lifting," has become Derosier's mantra. To back his idea, bersien significant cash prizes. Through corporate sponsorship he hopes wonder why the events aren't standardized?

Thus far, response to Derosier's schoonveld has all around power ideas the province of the province o

mountain of plates; plates calibrated in test raw power and leave out athleticism.

pounds. "What He believes the World's

heroes. York was premiere barbell company.

Deadlifts were on a Trap Bar

despite earned national 501 therefore far less

"We wanted to redress what we saw overly tall man.



Along with this return back to pure deas has been overwhelmingly positive.

Strength competition, Derosier, inspired Brian Schoonveld, winner of this year's place win through guts, determination and first, second and third the competition by American made York equipment, Atlantis Strongest Man in America agrees drew noted lifters Brian Schoonveld and purchased several calibrated bars and a that Derosier's events more effectively

appeals to me about York is it's the name that created all our Strongest Athlete.

Schoonveld sees a discouraging trend in strength competitions. We want to get Whereas in 2001 twenty to back to that. The twenty-five meets offered celebration of circa \$1500 for first prize, Whereas in 2001 twenty to s t r e n g t h exhibited at the old annual York they were also willing to pay plane tickets, hotels and meals, not to mention contestants compete vithin static, stable parameters, compared to odd lifts such as the tire flip; risk of injury is significantly reduced.

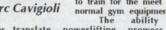
Deadlifts were on a Trap Bar old annual York picnics is appearance fees. In the meets," says Derosier. "York is about funding has gotten scarcer. building strength and Atlantis is about In Schoonveld's

Second place Dizenzo is not an (508) 885-3686.



good ol' fashioned strength. Bostick doesn't use lifting gear. As Atlantis competitions allow belt and chalk only, Bostick felt right

at home. His impressive showing became more so when Bostick relayed that he never trains the deadlift. His 710 trap bar deadlift came on the heels of only two and a half months of preparation. He found a gym that had such a bar in its arsenal and pulled about 550 in his very first workout. Though he has competed in more traditional strongman events, flipping tires and dragging anchor chains, he appreciated being able to train for the meet with



after you've won an Atlantis meet, by the time you sling to powerlifting, Ed says barbell centered strongman competitions are your lifting belt into easier for most lifters to relate to Derosier the back seat of Coan says, is primarily interested in your car, the check enabling lifters to showcase their talents is in your pocket. in cash meets that are free of politics... Derosier pays on which is why Coan himself became involved.

The continuing enthusiasm of competitors and audiences alike encourage Vincent Derosier to seek ever larger venues and Dizenzo's prize money for meets. He envisions future regional meets functioning as mirror Derosier's. qualifiers for national competition. Atlantis The brutally strong, can be reached for further information at MARC CAVIGIOU



Bench Press the King of Lifts

competitions in favor of focusing on the as unfair practices in certain strength never felt able to namesake: strength, pure and competitions," says Derosier. "Eliminating compete in more unadulterated. His idea won the favor of three time World's Strongest Man winner certain height or body geometry seems competitions because Bill Kazmaier because Kaz often saw weaker almost intentional. 'Less dancing and he was sure his stature would

disadvantageous. He also feels the events presented in Atlantis meets are more valid indicators of strength. Along with these advantages, Dizenzo believes competing with barbells enables greater transfer from powerlifting. No surprise, powerlifting was initially designed to test brute strength by those disgusted with weightlifters whose refined technique at times enabled them to defeat stronger

athletes Massachusetts

Atlantis 2004 - Strongest Man In New England 23 OCT 04 - Paxton, MA Overall Placings T-DL BP PP C-U TI TOT

B. Schoonveld-345	775	565	425	50	172	1987
V. Dizcnzo-297	100	535	390	25	130	1755
E. Bostick-258	710	470	275	120	120	1135
D. James-275	700	400	325	10	125	1560
G. Gauthior-216	640	350	280	125	150	1545
I. Nowicki-208	550	405	260	140	145	1500
C. Wilson-295	635	430	265	25	135	1490
S. Hurd-172	600	325	200	125	125	1375
l. Fasolino-190	550	355	250	90	125	1370
M. Tavalone-213	550	350	235	105	115	1355
T. Perry-285	615	335	235	20	140	1345
W. Thorng-224	525	345	260	85	120	1335
S. McGlone-214	52	365	225	75	125	1315
A. Sullivan-190	475	330	235	130	115	1285
G. Doherty-181	560	265	205	95	105	1230
C. Rijos-178	550	250	210	100	110	1220
N. Fitzgerald-275	540	270	220	4	155	1185
P. Kowal-149	405	230	205	105	900	1035
l. Amaral-200	440	270	195	5	100	1010
B. Schoonveld-345	775	565	425	50	172	1987
V. Dizenzo-297	700	535	390	25	130	1755
E. Bostick-258	710	475	275	120	120	1735
T. Raines-246	560	395	315	40	105	1415
C. Peterson-186	525	315	220	130	90	1280
C. Rijos-178	550	250	210	100	110	1220
Thanks to Bruce D	eRosier	for pr	oviding	these	meet r	esults)

WORKOUT OF THE MONTH

ANTHONY CONYERS SQUAT WORKOUT

determination, along with believing in yourself are crucial elements to the success of any powerlifter. A few years back. I remember asking a well known gym owner in Tampa, FL if he thought it was possible for me to squat 600 at 148 lb. bodyweight. "Sorry Tony, I just don't think it can be done without steroids." Well, I believed in myself and since then I have successfully completed much more. I have developed the following routine for the intermediate lifter with a current max squat of 600 lbs.

This routine is based on a 10 week cycle. For the first 2 weeks we will use no gear. On Weeks 3 &

Positive thinking, dedication, 4, add a belt. In Weeks 5 & 6, we will add a suit and wraps, keeping the straps down. During Weeks 7 through 10, we will have the straps up. lalso use an erector shirt the last 2 weeks of training on my heavy sets. We will train twice a week, Saturday being the heavy day & and Tuesday being light. Do leg extensions & leg curls on both days, 3 sets of 10 for each, going 80% on your light day. Remember to practice the proper form and depth on each rep and to complete every set. Some weeks you may feel like doing another set. Don't-keep that hunger for next week. I would also like to add that I train at or within 5 pounds of the bodyweight that I A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a Powerlifting authority. Each month, a different lift is analyzed. For those of different strength levels than the starting poundage specified, simply increase or decrease the training weights in direct proportion. For example; if your lift is 400, and the starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600, multiply the poundages specified 1.2 (600 divided by 500).

Week 1: Heavy Workout: Bar x 20, 135x10x2, 225x10x1, 315x10x3. Light Workout: Bar x 20, 135x10x2,225x10x3. Week 2: Heavy Workout: Bar x 10, 135x10x2, 225x10x1, 330x10x3. Light Workout: Bar x 20, 135x10x2, 225x10x1, 240x10x2.

Week 3: Heavy Workout: Bar x 20, 135x10x2, 225x8x1, 330x5x1, 370x8x2. Add belt, but no belt on light day. Light Workout: Bar x 20, 135x10x2, 280x8x2.

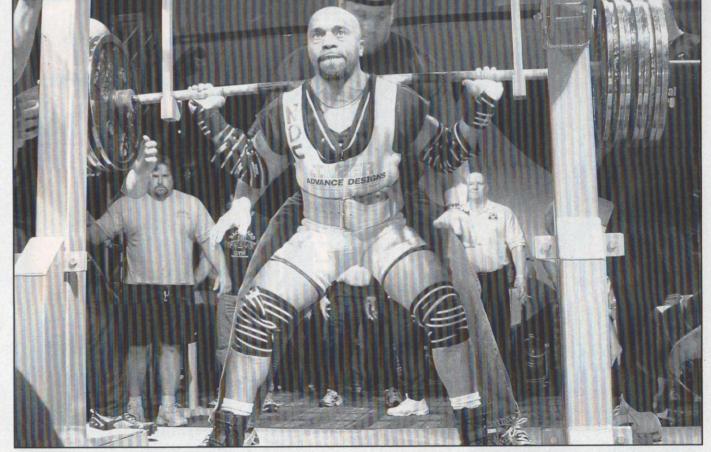
Week 4: Heavy Workout: Bar x 20, 135x10x2, 225x8x1, 330x5x1, 400x8x2. Light Workout: Bar x 20, 135x10x2, 225x8x1, 310x8x2.

Week 5: Heavy Workout: Bar x 20, 135x10x2, 225x5x1, 330x5x1, 400x3x1, 450x5x2. Add suit and wraps, straps down. Light Workout: Bar x 20,

135x10x2, 225x8x1, 310x8x2 Week 6 - Heavy Workout: Bar x 20, 135x10x2, 225x5x1, 330x5x1, 400x3x1, 480x5x2 Light Workout: Bar x 20 135x10x2, 225x8x1, 310x8x2 Week 7 - Heavy Workout: Bar x 20, 135x10x2, 225x5x1, 330x3x1, 405x3x1, 455x2x1 525x3x2. Straps up on last three sets. Cut out light day training.

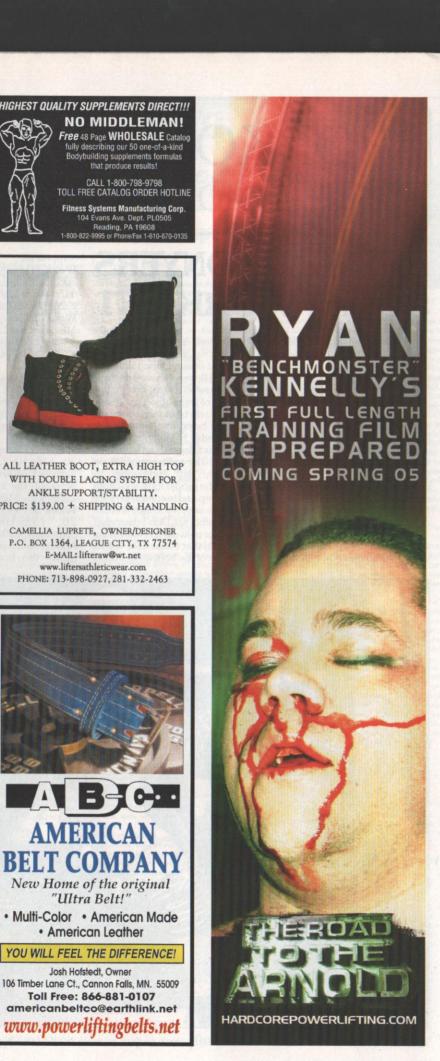
Week 8 - Bar x 20, 225x10x1, 135x10x2, 225x5x1, 330x3x1 405x3x1, 475x2x1, 550x3x2 Cut leg extensions and leg curls. Week 9 - Bar x 20, 135x10x2 225x5x1, 330x3x1, 405x2x1, 475x2x1,525x2x1,575x2x2. Week 10 - Bar x 20, 135x10x2 225x5x1, 330x3x1, 405x2x1, 475x2x1, 540x1x1, 600x2x2.

1 week rest. Meet Day-Bar x 20, 135x10x2. 225x5x1, 330x2x1, 405x2x1 495xlxl. Opener - 575, 2nd attempt-610, 3rd attempt-630



Anthony Convers is a multi-time WPO Champion who just recently nailed the biggest Middleweight squat in history 837 lbs.







Last month we looked at a couple of Hard Core Gyms; both were named simply the 'The Gym.' We talked about the dangers of using generic names for your gym, as in the old sitcom where there were three brothers - all named Darryl. A similar thing happened to my sister Cindu when she had her 5th (!?) son. They basically ran out of new names. and so they started reusing old ones - so that their oldest and youngest now share the same name. Michael Scott is the big brother of William Michael. Of course, I just call the youngest "Little Willie" to avoid con-

Similarly, all of my 3 kids have nicknames, to more easily separate them from their classmates. There may be other children named Caitlin, Callie, and John - but there aren't many named Possum, Pip, and Pancho. This works great for us, but it presented a problem when our middle child (Pip) started kindergarten and couldn't spell her real name (Callie). Apparently the teacher wasn't prepared to accept her neatly printed 'Pip.' These teachers can be so picky... which brings us to the extensively trademarked name 'HOUSE OF PAIN.' As you can imagine, we have copyright protection on all of our logos and designs, and have trademarked our legal name 'HOUSE OF PAIN' nine ways from Sunday. This means (among other restrictions) that other apparel companies cannot use the term HOUSE OF PAIN without our express written permission. We have stopped several bigger companies

HARD CORE GYM #41

House of Payne Gym in North Carolina (How Misspelled Names Prevent Lawsuits)

astoldto Powerlifting USA by Rick Brewer, House of Pain

ment. Other companies cannot even egally use a name that is 'confusing similar, such as HOUSE OF PAYNE GYM-because it would be confusing to the public. BUT, what if we had a loyal HOUSE OF PAIN customer who had the misfortune of being named Keith Payne. What if he opened a gym and wanted to name it after himself? As in 'HOUSE OF PAYNE GYM'? Well, legally - that won't work-but we have to take care of our good powerlifting friends. So we made an exception for Keith because we like him! Let's go to North Carolina and see what he has

from this sort of trademark infringe-

The House of Payne Gym is located in Yadkinville, North Carolina, which is a little town near Winston-Salem. The HOPG is a 1000 square foot powerlifting facility. Although relatively small, the gym is equipped with a monolift, reverse hyper, glute/ham machine, cable machine, various bars and benches, and a couple tons of free weight. The walls are covered with pictures and other memorabilia that we have collected through the years that serves to motivate us as well as create an absolutely great lifting

atmosphere. The HOPG is a strength training gym made up of mostly powerlifters. Our members are strictly interested in Strength. We have no mirrors!

Like a lot of lifters, we studied successful groups such as Westside, Metal Militia, L.A. Lifting Club and NGBB to name a few. We try to reproduce their success. We are cultivating our own HOPG philosophy by taking certain principles we have learned and adding things from practical training experience to form a functional training ideology that works for us.

Most of our members prefer to train in groups. Currently we have three main groups that train together, but we do have several individuals that train alone due to their work schedules. We are very proud of the diversity of our members. We have both assisted and raw lifting groups. Our members range from elite world class lifters to youth lifters, Our members include Travis Mash who just broke Ed Coan's alltime total record in the 220 class. Also, Chris "Ox" Mason who is an elite APF lifter. Mike Lovelace, Tony Atkins Donnie Atkins Shane Gaydon and Lynn Hodges hold

various APF/AAPF State and American records. Walter "Truck" Ferguson (a veteran of over 100 meets) is one of our Master lifters. James Lopes, Jason Robertson, Eric Payne and Timmy Payne own various State and American records in the USAPL and AAU. We have several up and coming lifters including Rodney Rochester, Shawn Griffin, Tom Hill, James Gentry, LB Bullins, Brett Payne, Brennan Anderson, Tom Payne, Dakota Phipps, Dustin Phipps and Wayne Rochester.

We welcome lifters that are serious about getting stronger. You can find more information about the HOPG on our website: www.houseofpaynepowerlifting.com or email keith@ironboyenterprises.com.

Equipment: MonoLift, Power Racks with flat benches, Competition Flat Benches, Incline Bench, Decline Bench, 90 degree Military Bench, Lat Cable Machine with attachments, Reverse Hyper Machine, Glute/Ham Machine, Row Machine (Chest supported), Leg Press Machine, Deadlifting Platform, Dumbbells (5 through 120 pounds), Adjustable Dumbbells, Tons of plates. An assortment of bars including: Texas Power Bars, Safety Squat Bar, Texas Squat Bar, Texas Deadlift Bar, Cambered Curl Bar, and Triceps Bar. Accessories: Dragging Sled, Stability Balls, Squat Boxes, Chains, Bands, Boards, Weight Releasers, and Manta Ray,

Sounds like Keith is doing a great job in the small town in Yadkinville, North Carolina! Anyone that wel-

comes serious lifters is a friend, and any gym with a lifter named 'Truck' or 'Ox' is a winner. People e-mail us all the time asking us to help them find a serious gym in their area. We are creating an online list of great training spots for powerlifters. While we work on that - you can already see all of these old articles at houseofpain.com.

Next month, we'll check out a little Texas gym, then we'll probably go a long ways from home. Either to Kuwait or to Illinois. Until then, nickname all of your kids, and watch out for trademark laws.

Comments/ Questions? rick@houseofpain.com or HOUSE OF PAIN P.O. Box 333 Fate, TX 75132



From NOVICE to NUCLEAR ... the members of House of Payne Gym cover a very wide spectrum of powerliftingabilities.

Win if you can, lose if you must, always cheat.

Sputnik Monroe, pro wrestler

In the finals of an early Olympiad in Athens, Eupolos was a heavy underdog against Phormio of Halicarnassus. Although Eupolos had defeated Agenor the Arcadian, and Prutanis of Cuzicus in his first two bouts, no one gave him a snowball's chance in hell of beating Phormio. Phormio, who had won at the preceding Festival, had never tasted defeat in his ten year boxing career. In fact, he was considered to be unbeatable in the sport of boxing. In his first two fights he literally destroyed his opponents, beating both of them into submission in less than one round. Amazingly though, Eupolos shocked the sports world by demolishing Phormio in less than a minute of the first round, beating him into a bloody pulp. After the fight, Eupolos was hailed as the greatest fighter of all time.

Interestingly, Eupolos had won his championship with a strategy that has long been a vital component of sport. He cheated.

Eupolos paid the three boxers he fought a large sum of money to take a dive. This is said to have been the first time that an athlete violated the rules of the games and is the first recorded incident of an athlete being immortalized as a cheater.

It seems we haven't changed all that much since then! It is no big secret that many of today's athletes cheat more than a married couple on ...well, Cheaters. Just about anything goes in sports - drugs, cheating, lying - anything to gain an advantage. College football and basketball programs are filled with closet professionals who play for pay. There were so many infractions at one Southeastern Conference college that the standard joke on campus was that their players had to take a pay cut when they went to the pros. It's not just the colleges that are cheating. Professionals, amateurs, high schools, even little leaguers cheat in today's world of sports. In fact, few areas of competition at any level have been spared this massive epidemic. Remember the Little Leaguer who was so old he had a full beard and scared the hell out of all the other players? And how about that kid that cheated in the soap box derby? I mean, how low can you go? Next thing you know they'll be fixing little bitty league T ball games. Maybe they have, and we just haven't heard about it vet.

DR. JUDD

The Hypocrisy of Sport-Part I

as told to Powerlifting USA by Judd Biasiotto Ph.D.

Without question the history of sport is crammed with instances of cheating, and athletes have spared no effort discovering ingenious ways to deceive others, from recreational tenth rate golfers to professional baseball. In fact, over the years there have been a number of athletes who have taken cheating to new levels ... literally, Hall of Fame phonies and frauds.

For starters look at American

For starters look at American marathoners Fred Lorz and Thomas Hicks. At the 1904 Olympics in St. Louis, Lorz finished first in the marathon easily outdistancing Hicks the second place finisher. It was later discovered that Lorz traveled via car from mile 9 to mile 20. His gold medal was taken away and given to Hicks. It was later discovered that Hicks' trainers had given him a mixture of brandy and strychnine to keep him going ... drugs that were illegal in Olympic competition Hicks was still awarded the gold medal, but nearly died getting it..

Then there was Poland's Stella Walsh, one of the fastest women in the world in the early 1930s. In the 1932 Olympics, she smoked everyone in the 100 meters. winning the gold medal in world record time. Four years later, running with a serious leg injury, she took silver at the 1936 Olympics. She had a long and memorable career that included 20 world records in various track and field events. She was once proclaimed as the greatest female athlete to ever walk the face of the earth. Then in 1980 tragedy struck. The once unbeatable Pol was killed in a shooting, and an autopsy revealed that she was ... well, not

a she - but a he. And how about Ukrainian Boris Onischenko, a member of the Soviet Army, who entered the 1976 Olympics as one of the world's leading pentathletes. In the discipline of fencing, one of his weaker events, Onischenko wired his sword so that he could register a hit at any time by pressing a switch on the handle of his sword. Onischenko was kicking everyone's butt until he went up against Jim Fox the reigning world champion. At the start of his match against Onischenko, Fox avoided the Ukrainian's first thrust by a good six inches, but the scoring light still went on. An investigation



Eddie Coppin of Belgium failed his drug test at the 1987 IPF Worlds

followed, and Onischenko's deceit was revealed. He was disqualified.

Another member of the

Hoodwinker's Hall of Fame is Rosie Ruiz at the Boston Marathon in 1980. She reached the finish line of the grueling race literally without breaking a sweat. She looked as fresh as a daisy, not a hair out of place. A major reason she was the first woman to cross the finish line was that Ruiz started the race a half-mile away from the finish line. Interestingly, it was later discovered that she qualified for Boston by osting a terrific time in the New York Marathon by riding the Manhattan subway for much of the 26.4 mile distance.

And who could forget Tonya Harding, figure skating's darling at the U.S. Nationals in 1994. She skated her way to a national championship after her husband Jeff Gillooly paid a goon named Shane Stant to break the legs of her major competitor Nancy Kerrigan. Stant failed to break Kerrigan's legs, but he was successful in getting caught. His confession about the conspiracy to injury Kerrigan brought Gillooly two years in prison and Harding a lifetime ban from amateur skating.

Still the athletes that get my vote for the all-time trickster's award are the intellectually disabled Spanish Paralympic basketball team of 2000. These guys played with grace, cunning, and a precision

that made me feel like I was intellectually constipated. They literally waltzed through their competition like a fine oiled machine. The euphoria that the Spanish Paralympic team experienced from winning that magnificent gold medal was soon ruined when it was learned that 10 of the team's 12 members had no mental deficiency at all. They were just pretending to be intellectually disabled so that they could compete and bring gold to themselves and their beloved country. Hello!!!!!!!

Then there was the judging scandal that rocked the 2002 winter figure-skating competition at the Olympic Games. The problem started when the Russian team of Yelena Berezhnaya and Anton Sikharulidze were awarded the gold medal in pairs figure skating, despite falling on their butt in what was widely perceived as a significantly inferior performance to that of silver medalist's Jamie Sale and David Pelletier of Canada. How did they get the gold then? Easy—the competition was fixed. Indeed, the next day, a French judge, Marie-Reine Le Gougne, said she had been pressured by her own skating federation to favor the Russian couple. The real plot was a vote-swapping deal between figure skating judges from France and Russia. In brief a classic quid pro quo was arranged: the French lined up and gave support for the Russian pair: the Russians in turn lined up and gave support for the French pair, and everybody went away with gold, except the Canadian pair who actually deserved the

On and on and on, the scandals and stigma of cheating have cast a dark cloud over the field of sports. Think about it: When was the last time you haven't read or heard about athletes and cheating? Honestly, and sadly, I can't really remember such a time. Fixed boxing matches, academic fraud, illegal recruiting contacts, illegal payments to college athletes, corked bats, illegal drugs, gambling scandals, corrupt referees, judging scandals, recruiting sex scandals. bogus federations, point shaving, illegal equipment, amphetamines, steroids, human growth hormone. erthropoetin, ephedrine ... and the list goes on and on and on.

In sports there seems to be an insatiable desire to win no matter what the cost. While the spotlight shines on a few prominent transgressors, hundreds of other frauds and phonies are sneaking by. Perhaps Victor Conte, the founder and owner of the Bay Area Laboratory Co-Operative in San Francisco, put it best when he said, "The culture of cheating has become so self-perpetuating in that people think if everyone is doing it, it's a disadvantage not to."

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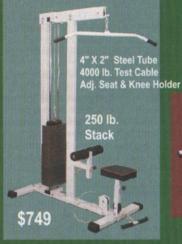
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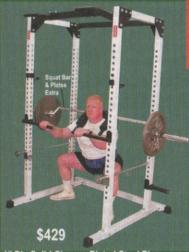


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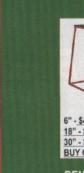
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INTERVIEW

MIKE MILLER

interviewed by Bruce Citerman

Bruce: Mike give us some personal background on

Mike: I live in Tatamy, PA. I grew up a few miles down the road in Bushkill Twp., PA, a small rural farm community. I spent my summers working on a farm and my winters hunting and trapping. I have 5 kids and one on the way. Their ages are 6-15. Bruce: What's your athletic background?

Mike: I played football and wrestled in high school. I was a defensive lineman and I played offense for a short period of time. I had too many penalties called on me, so they stuck me on defense full time. I have done the Highland Games as an amateur.

Bruce: How did you get into lifting?

Mike: I started weightlifting in my basement when I was a little kid. I had the old Sears set of sand weights. I lifted on and off throughout high school and into my 20s. I took a break for a while and then one day I decided to get back into it. I went to a hardcore gym in a small town up the road. I met this girl there, whom I found very attractive. She had long legs and a tight round butt, and was wearing short blue shorts doing chain suspended good mornings. She told me I was a big guy and should start powerlifting. I ended up with the girl and started my career in the sport.

Bruce: What contests have you entered and what were the results?



Mike: Well, here are a few of the most recent: 01-08-2005 IPA NY State Meet - 1st Place SHW, Mens'

Zero Momentum training is most beneficial when used with the bench or the squat. All benching is done with a close grip. When you get to your 5 work sets, each rep should take 3-5 seconds, or the weight is not heavy enough. This is designed to teach you how to grind weight and make your lockouts and presses very strong. Do all your raw work with the same technique you use for your shirt. Also, do not worry about how strong your raw bench is anymore. A strong raw bench does not equate to a strong shirt bench

Due to the extreme nature of this workout, you should only do it once per month. The other 1-2 workouts, you may want to alternate with the following exercises. Try close grip reverse bands or regular close grips, mule presses, and lockouts. You can also hook the bands up from the bottom up and do lighter weight for 8x3 of 5x3. After you're done with your work sets, drop the bar weight and do 2-3 sets of 20 reps for hypertrophy.

I want you to do these in a power rack starting with a set of green minis or purples, one or the other, also around 80 lbs. of chain. Again, you will need spotters. Do not do these without spotters.

1. Your first 2 sets should be the bar and the bands, just to get the feel of the bands

Your next set should be the bar, bands and 40 lbs. of chain.

3. Next the bar, bands, and 80 lbs. of chain. And then 160.

4. Now start adding bar weight. You will need to do 3-4 sets until you get to a weight that forces you to grind. When you get there do 5 singles. Remember it should take 3-5 seconds

Your first wave should be done at 85% of your one rep max. 85% includes bar and chain or bar and band weight. Meaning, if you have a 675 squat, you start with 200 lbs. of chain and 370 lbs. on the bar, after 5 weeks, you will start wave 2. The percentage will move up 5-10%, depending on how strong you are and how fast you are moving the weight. You will also increase the bar weight 10-20 lbs. every time. Your lifts should be fast and strong and take no longer than 3 seconds to descend and 2 seconds up for each rep.

In each cycle for the bench and squat, there are 15 weeks and 3 waves. Each wave consists of 5 weeks. I hope this makes sense. The first three weeks of the bench and squat are spend using chain and bar weight. The last two weeks of the wave are straight weight with the bench and bands with the squat. Your first wave is done at 85% combination chain and bar weight. Each wave for the next 3 waves will go up 10-20% increases so that your combination of band and bar weight or bar and chain weight exceeds 100% of your one

Open, 2155 total, 1200 squat, 455 bench, 500 DL. 04-17-2004 APF Northeastern Regional Championships, New Brunswick, NJ-1st Place SHW, Mens' Open, 2510 Total, 1050 squat, 805 bench. 655 DL, Best lifter award. 11-16-2003 IPA Senior Nationals, Harrisburg, PA - 1st Place SHW Division, Mens Open, 2405 total, 1015 squat, 750 bench, 640 DL, IPA world record sub total 1765. 07-05-2003 2003 Bench America, Chicago, IL - 730 Bench Press, 2nd place overall. 06-07-2003 2003 IPA Strength Spectacular - 2nd place SHW division, 760 Bench, World record submasters division. 04-01-2003 2003 IPA Metal Militia Bench Wars - 2nd place SHW Division, 755 Bench, World Record Submasters Division. 03-15-2003 IPA Beast of the Bench-1st place SHW, 705 Bench, World Record submasters Division. 09-29-2002 2002 IPA Northeast Regional Championships-1st place SHW, 700 Bench, World Record Submasters. 08-10-2002 IPA Metal Militia Bench Wars - 1st place SHW division, 655 Bench Press. 06-2001 2001 AAU National Bench Press Open - 1st place/Best Lifter, Division SHW, 535 bench press. 06-28-2000 2000 York Strength Spectacular - 1st place SHW Police-Fire, 680 World Record Squat.

Bruce: What is your exercise program like these days?

Mike: The system we use at Nazareth Barbell is based off a 5 week wave, in a training system called ESP (Enhanced Strength and Performance), which is a combination of Zero Momentum Work (see inset) and CNS (Central Nervous System) Overload. This system is designed to optimize strength by using a

maximal amount of weight through active resistance, zero momentum, progressive force training and plyometrics. We also use the conjugate method which allows use to train all year long, free of injury, and we continue to get stronger. These methods are some of the best in the word and have produced some of the strongest powerlifters on the planet. If followed correctly you will maximize your strength in a very short period of time.

Bruce: What kind of vitamins and supplements do

Mike: I use MHP Up Your Mass protein Powder, MHP alutamine and Trac, I have a rather lengthy list of vitamins, but I will give you a few, Vitamin C, E, B complex, L-Tyrosine, and D-Phenylalanine.

Bruce: What are your plans in PL?

Mike: My goals are to hit a 1400 lb. squat and to total over 3000. I would like to coach a lot afterward and take time to enjoy the sport. Bruce: Any comments about PL?

Mike: I would like to see more unity in the sport. We are our own worst enemies. Instead of working together to promote the sport and increase it's public exposure, we fight and argue and criticize something that only a few thousand people give a - about. Instead of finding ways to belittle one another, why not find ways to help each other and make something of this? I would like to thank Frank and Gerard at MHP, Alan at Pro wrist straps, Rick and Jason at HOP, John Inzer for the best powerlifting gear around, Iron Woody Fitness Bands, Lloyd Hemenway at Metro Motors for all his support, Larry at ANAFIT and Rob Morris for making the trip to the Seniors possible and more comfortable. Also, to my wife Deb and all my friends and Family thank you for everything.

they are resistant to it. However, STARTIN' OUT powerlifters are a bit more open to change than the average person.

A special section dedicated to the beginning lifter

CHANGE CAN BE GOOD as told to Powerlifting USA by Doug Daniels

beverages as before. Don't change their quantity or frequency of intake.

implementing change, it's best to On the other hand, meets are have some ground rules to follow. one of the best places to learn about new lifting gear. You'll hear First, approach any change on contest day with the greatest lifters either praising or knocking the latest knee wraps, etc. Often care. One misjudgment can wipe out months of training in the blink the information and opinions you of an eye. Any change in food hear can be valuable, but — as with consumed beforehand could be diet - don't try any new gear on meet day. You need numerous disastrous. Blueberry pancakes with wheat germ may be the staple of workout sessions to become choice for the lifter you just met at accustomed to the use of new gear Denny's the morning of the meet. and the leverage changes it may cause. Trying new gear on meet but that doesn't mean it will work for you. You don't know what its day with maximum weights can effects can be on your stomach. result in missing a lift or, at the Another lifter may drink a large worst, injury due to a miscue during volume of electrolyte liquids the lift. Use the gear you came throughout meet day. This same with, but you may want to order some new brands of gear for the amount may bloat you and kill your meet performance. I suggest taking next meet and give them a try any pre-meet dietary suggestion during your training sessions to see if they have merit. If they don't, back home with you and give it a then you have given them a try and try on a day when you have no contest to worry about. On meet eliminated them from future day, consume the same food and consideration. If they are miracles,

Many people would say they

are open to change, but in reality

Lifters digest every paragraph in

PLUSA to get the latest tip, exercise

or supplement that can bring better

results. Most are willing to pay to

obtain the latest hi-tech knee wrap

or protein supplement or try a new

assistance exercise. Many times

trying new things can result in

progress, but if we are going to try

then use them in your next cycle and in competition after becoming accustomed to their effects.

Changing lifting technique is another factor. This can range from grip changes to using a different style of execution such as conventional deadlift style versus sumo. At one meet, a lifter could not get a successful lift in with sumo style, so as a last ditch effort, he attempted and made his third deadlift using conventional style. He was trying out the new deadlift style, but he found out it was not working so he reverted to his old style and saved the day. If you decide to change techniques, I would not use it in a meet until you are sure of succeeding with competition weights.

The best time to break in to new lifting style is in the off season, more than 8 weeks prior a meet. This allows plenty of time to get used to make training adjustments and evaluate if it works.

For example, if you want to switch from conventional deadlift, start doing very light sumo deadlifts in training far in advance of your contest training period. Changing styles may require increasing flexibility. Hamstring stretches would be highly recommended in this effort. This would also be true for switching to a wide stance squat. Increasing the width of your bench press grip will require more flexibility in the shoulder area, especially at the pec/delt tie-in. Increasing flexibility will decrease the likelihood of tears and pulls in muscles that are not quite ready for the new exercise style.

Change can be a good thing. In our office is a quote from Albert Einstein: 'Insanity is trying the same methods time and time again and expecting a different result'. We should always be evaluating our training methods, diet, and lifting gear for their effectiveness. Something that has worked for a long time may not be effective forever. New products and methods become available that can improve results. Other times trying new things only proves that our current ways are still the best. Common sense should always be used when making a change. Abrupt change at a contest can be suicide. Plan change carefully and make changes only for the better not just for the sake of change.



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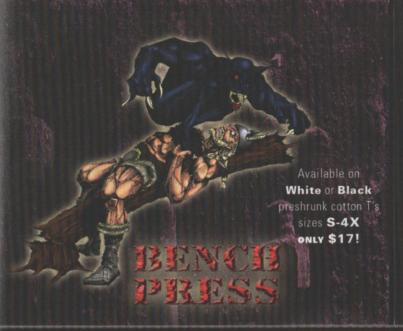
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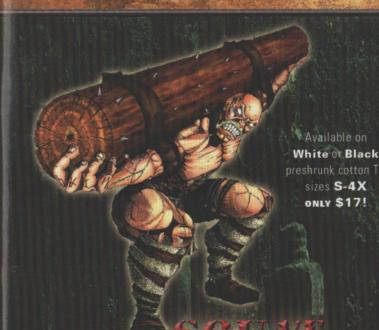


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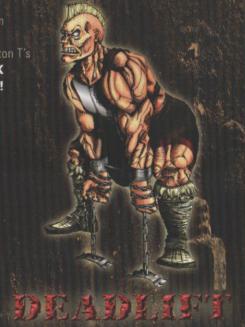


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POWER - RESEARCH

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Much research has been conducted related to training for muscular hypertrophy and maximal relative strength development, including repetition ranges, rest period durations, and repetition cadence. If two hypothetical athletes have identical muscular development and muscle fiber

composition, how does one exceed the other if they have equal training experience and technique? The fastest method can be found in the scientific improvement of muscle fiber recruitment. implemented over as brief a period of time as one day. Lift progress is both faster and more substantial when one increases the number of muscle fibers used in a given movement vs. simply their individual size or firing speed.

There are no direct connections between nerves and skeletal muscle fibers. There is a microscopic gap, a space, between motor neurons and the muscles they contract, referred to as the Neuromuscular Junction (NJ) or synaptic cleft. This is, for strength athletes, the essential "powergap"

that must be bridged for strength development beyond muscular hypertrophy and training effect.

To properly maximize the electrochemical nature of muscular contraction, it is important to understand the series of discrete events that leads to all physical movement, in this example, the arm extension in the bench press:

1) Based on the intended movement, a signal from the spinal cord causes an electrical current, referred to as the action potential, to travel down the motor neuron towards its associated group of muscle fibers in the tricep. This motor neuron and its group of muscle fibers are, combined, referred to as a single "motor unit".

2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

3) Acetylcholine binds to receptor sites on the muscle, recreating the electric action potential.

4) The electric current causes the release of calcium (Ca++) from the sarcoplasmic reticulum in the muscle.
5) The calcium contacts the contractile machinery of the muscle (actin and myosin), and muscular contraction

ACETYLCHOLINE: 10 World Records in 12 Months and the Future of Strength Development as told to PLUSA by Timothy Ferris, ACSM

and most easily fatigued

muscle groups, where

each neuron must ser-

vice larger numbers of

muscle fibers (i.e. white

type II-b fibers in the

thighs, back, and other

major groups critical to

maximum lifts instrength

is for another article,

and the above physical

adaptation does not in-

crease neurotransmitter

production or the num-

per of receptor sites for

them: the two missing

links, so to speak. Within

the context of this brief

article, we shall focus on

the most neglected ve-

hicle for maximal

strength development

via supplementation:

president of Human Per-

sports pharmaceutical

formance Specialists, a

Thomas Incledon,

acetylcholine.

consulting firm, cites acetylcholine and

associated neural co-factors as the

next generation of ergogenics: "In-

creasing acetylcholine and neurotrans-

mitter enhancers will be one of the next

phases. When you increase acetylcho-

line, you are able to activate more

muscle fiber, which, in turn, lowers the

relative intensity of a workout [by in-

creasing the amount of weight that can

By actively providing the precur-

sors and conversion agents necessary

for optimization of nerve conduction,

strength is increased through the power

of multiplication: using more muscle

fiber in a given movement, which

equals greater gains and hypertrophy

The quantifiable real-world improve-

ments athletes are demonstrating with

neural accelerators, now that they are

appearing in the competitive circuits,

is more impressive than physiological

Scot Mendelson, who has increased

his world-record bench-press from

786.2 lbs. to 875.2 lbs., now has 9

world records to his credit and states:

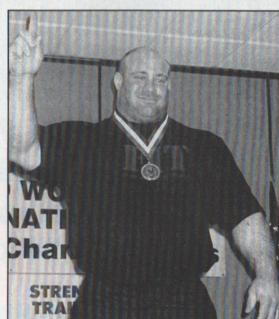
"BodyQUICK [the only acetylcholine-

based neural accelerator currently on

theory or hypothetical speculation.

in a shorter period of time.

Training, however,



Scot Mendelson is a big endorser of Body OUICK

occurs; the fibers in the tricep head slide over themselves in a ratcheting movement, shortening and extending the arms.

Without chemical stimulation from a motor neuron, muscular contraction cannot occur. Without optimal chemical stimulation, maximal strength output cannot be generated.

To facilitate and optimize the above process for strength gains, one can increase area-specific calcium release, increase the number of motor units activated by a given motor neuron, or increase acetylcholine production at the Neuromuscular Junction. Two vehicles can be used to further these goals: training and supplementation.

As a sample of the former, researchers and scientists at the University of Connecticut have demonstrated that high-intensity training, defined as resistance training at a minimum of 90% Maximum Heart Rate (MHR), can increase the number of branches that extend from the end of a given motor neuron. In this manner, broader connectivity increases the number of motor units reachable by multiple motor neurons, resulting in greater muscle fiber recruitment and strength output. This is of particular value within larger

the market] helps everything fire faster. The power and speed it generates is like nothing I've ever tried." Peter Primeau, IPA World Cham-

pion, states: "Last year I was able to squat 565 [lbs.] in a competition. By using [neural acceleration] earlier this year I achieved a 705 squat in competition. My bench went from 440 to 550 in the same cycle. My deadlift improved from 625 to 645. Today I squatted 715 deep for a double."

t is understood that world-class athletes progress based on multiple factors and training is no small component; a supplement cannot replace these prerequisites as it is intended only to amplify and multiply the training effect. That said, if acetylcholine production is impaired or suboptimal, no type or volume of scientific training will produce the highest-possible performance gains, as all contraction is limited by its supply. Using blood analysis testing, it has been demonstrated that plasma levels of choline (a precursor to acetylcholine) are decreased by 25-40% in runners after completion of the Boston Marathon. Randomized placebo-controlled crossover testing has also concluded that increased acetylcholine levels directly correlate to faster running and swimming times in competitive athletic subjects. It is important to note that, as critical as acetylcholine is to strength output, it is equally important to extended muscular performance and sports endurance.

How does one simultaneously increase motor unit recruitment, increase muscle fiber stimulation, and decrease muscle fiber fatigue? Understanding the role and optimization of acetylcholine is the key to bridging the "power gap" and actualizing true genetic strength potential.

Consumption of acetylcholine precursors and necessary conversion agents improves muscle-fiber recruitment and introduces a new basis for the development of maximal strength within shorter time frames than ever before possible with training and supplementation focused on hypertrophy, whether sarcoplasmic or sarcomeric.

Acetylcholine (ACh), unstable when ingested directly, is ideally produced by consuming constituent precursors, conversion agents, and extension agents that increase the intersynaptic half-life once acetylcholine is produced internally.

At the time of this writing, there is only one patent-pending and tested neural accelerator on the market that contains these above three necessary components, sold in New Zealand, Japan, and now the USA as B o d y Q U I C K

(www.getbodyquick.com). Featured on FOX Sports and CBS' "Science of Fitness", BodyQUICK has quickly entered the world of professional sports and immediately demonstrated the power of acetylcholine, setting nearly 10 world records in competitive powerlifting alone within the last 12 months. BodyQUICK is ASDA-approved and contains no banned substances listed by the International Olympic Committee (IOC) or NCAA. To affect the calcium component of neural transmission and muscular contraction, this product also includes methylxanthines which increase Ca++ release.

Analogous to insulin as a so-called "master hormone" in its ability to regulate testosterone and Human Growth Hormone (HGH) production, the nervous system is the parent biosystem that determines the output and limits of the muscular and cardiovascular systems, as they both depend on electric impulses and action potentials. For this reason, the biochemicals that support neural transmission and help recruit the maximal number of motor units must be optimized to realize the true upper limits of muscular power cuttout.

With an excellent record of clinical safety, acetylcholine-based neural accelerators may present a safer alternative to the more harmful anabolics and androgens so prevalent and so often misused in competitive strength sports today.

Timothy Ferriss, ACSM, has been featured by media worldwide, including Maxim Magazine, The Philadelphia Inquirer, Amazing World News (Japan), and MTV. For more information on acetylcholine-based strength development and athlete case studies, visit www.adaptagenix.com or www.getbodyquick.com

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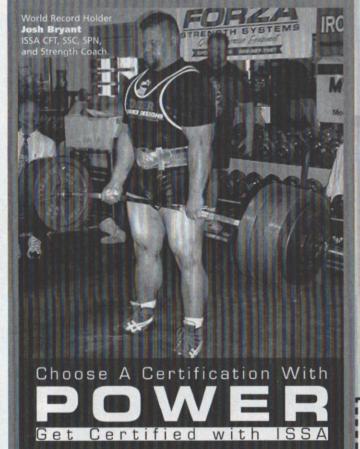
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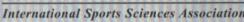


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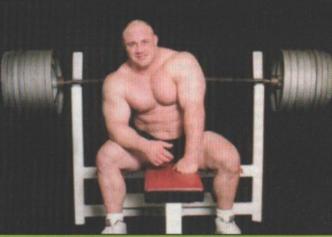
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I was very excited about the success of the first Hawaii World Record Breakers, with an attendance of over 1700, at the Turtle Bay Hilton in 1977. Through a friend, I got a job as a house detective at the 2,000 room, 32 story Sheraton Waikiki Hotel. It was only three years old, dominated the skyline, and faced the most famous stretch of sand in history - Waikiki Beach. When you think that only 36 years prior the Pearl Harbor attack took place and then there were only three hotels. Now there are 75. I always had a sense of history and how civilization grew and where it came from. In 1845, the population of Oahuwas maybe 5,000. Now it is over one million. There was an influx of Chinese, Koreans. Japanese, Filipino, Portuguese, Samoan, Tongan, and Fijian. They all place size and strength at the top of the totem pole. In the Mai Tai system of chiefs in Samoa, Tonga, Hawaii and Fiji, the biggest people were often the rulers. In 1977 the king of Tonga was 6'5", 420#. The head of Western Samoa was 6'3", 380#, and the head of American Samoa was 6'4", 405#. King Kamehameha, who united all the Hawaiian Islands, was 7', 400#. In Japan the most famous athletes are Sumo wrestlers. In Korea, boxing and Tae Kwon Do rule. In China, martial arts and weightlifting rule. The Philippines has produced great boxers. That history, along with my passion for the sport of powerlifting, is why on April 10, 1978, the biggest crowd to ever attend a weightlifting event in the United States gathered - 4026 spectators in a 40,000 square foot ballroom! That ballroom had never been filled before, nor since, and this hotel has hosted pro boxing and wrestling matches, Sonny and Cher, Frank Sinatra, Tony Orlando and Dawn, Kenny Rogers, etc.

Let's back up a little bit. I had been working 36 hours a week as a bouncer in Waikiki, 40 hours a week in security at the Sheraton, finishing my Master's degree in International Relations from the University of Hawaii, and still training for powerlifting. On March 11, 1977, I won the National Collegiates at Oklahoma State in the SHW division in a single-ply squat suit: 675 squat, 475 bench raw, and a 760 deadlift raw, for a 1910 total. Then I finished 2nd in the Senior Nationals at the Santa Monica Civic in L.A. in August of 1977. I almost didn't lift because I got a bad infection and on the plane from Hawaii my leg swelled up like a balloon. Mike Lambert of PLUSA picked me up at the airport and took me to a hospital in Thousand Oaks. Doctors told me I would lose my leg in less than 24 hours. Because I didn't have health insurance, they sent me out the door, and Mike took me to the VA Hospital. They hooked me up to an IV for 2 days. I got out on a Friday evening, weighed in the next day, and lifted the day after that. Mike thought I was crazy, and he was probably right. I squatted 683, benched 473, and deadlifted 710 for an 1868 total and 2nd place. Dave Waddington was 1st with a 1940 total and Paul Wrenn and

Legends of Powerlifting

April 10, 1978 - the second Hawaii World Record Breakers Meet by Gus Rethwisch



Head Judge was Jaska Parviainen, promoter of the '77 IPF Worlds, and an IPF referee, and the spotter was the late John Harrison, co-founder of the Fudpucker Barbell Club. Canada's Mauro Di Pasquale was cramping badly, but managed to get some good lifts in.

Manager called me in and said his son was having problems at his camera shop, a half block from the hotel. A group of guys would come in around closing time, knock displays over, and steal stuff. It always happened on a Monday or Tuesday. This was Tuesday. He wanted me to leave my job

Doyle Kenady bombed-out. Jon Cole, at 242, also bombed out, but it was an honor to see a "lifting God" for the first time. He had a presence that was as strong as anyone I have ever been around, with the exception of Dick Butkus, the Chicago Bears Hall of Famer whom I did a Magnum P.I. enisode with in 1981.

Life was tough. My wife and two

daughters left me because I was having

trouble financially and I couldn't seem to get a job in Civil Service, even though I had a Bachelor's degree from the University of Hawaii and had completed 28 credits of Law School at Oklahoma City University. My wife and two daughters lived with her mother and I lived with friends for a couple of days, the beach for a week at a time, in my car, backwith friends, etc. The only thing that made me happy was squatting and deadlifting as much as I could. I managed to give my family \$500-\$700 a month and just became a powerlifting bum. I would sit in the ballroom at the Sheraton Waikiki, when it was empty, dreaming of what it would be like to fill the place. The ballroom rented for \$10,000, but somehow I was going to pull this off-a great international meet in the middle of the Pacific with lifters from at least 10 nations and records galore. As it turned out, I was going to

spend \$34,000 to make it work. The break I was looking for came in a very unlikely way. The General Manager of the hotel, Carl Kent, a very distinguished gentleman, called me into his office. I had worked there for about six months and had been involved in some crazy confrontations: fighting six Samoans on Waikiki Beach because a Japanese tourist's hand bag had been stolen, a tussle in a vellow colored service elevator that turned red (and it wasn't my blood as far as I could remember), and dealing with a 350# Hawaiian into the hotel pool in front of 1500 spectators at a water show. The guy had just gotten out of a mental facility in Kaneohe and wanted to join the pretty girls in their bikinis. They couldn't get him out of the pool so the

the da's Tuesday. This was Tuesday. Hewanted me to leave my job and protect his son. He had ar

show could continue, so I

went in and knocked him out,

put him over my shoulder and

walked out of the pool to a

standing ovation. Because of

these confrontations, anytime

there was a real threat, they

called on me. The General

Inaba's lifting drew great crowd response, as Bob Packer judged him.

already talked to the Chief of Police who said there's nothing he can do unless something happens. Every once in a while a police cruiser would park in front of the shop, and then, of course, nothing would happen. I got there early, and hung around the magazine rack. At 10:00 pm he started closing. I walked out, figuring the punks weren't going to show. About 100' down the sidewalk I turned around and six guys walked into his shop. As I'm writing this, I can't believe it even happened, but If it hadn't, I never would have promoted a meet and WABDL would never have been created. Istormed back-the punks had already locked the door. No problem. I trashed the door and got the son of the General Manager out of a prone position on the floor and absorbed numerous weird blows to the head and body (when you're angry, you know you're being hit, but it doesn't hurt). Then I went into search and destroy mode, searching because they were scattering, and destroying because I was kind of angry. Three bodies through storefront windows later and the other three nowhere to be found, I was back at work at the Sheraton with nothing more unusual than a pulse of 200. The son had no idea his father had sent me. The next day I was called into Carl

Kent's office. He had a big smile on his face. "You did a lot of damage, but at least none of them died." I said, "I'm sorry. I got carried away. I'll pay for the windows." He said, "No need. Three were arrested and they're looking for the other three. They know who they are." Then he laughed uncontrollably and said, "My son says, Dad, you wouldn't believe this guy. It was like God sent him to me. They were going to kill me and the next thing I knew, gravity failed - bodies, book racks, camera shelves, it was like nothing was attached to the floor." Then he says to me "Don't ever breathe a word of this to anybody and if there's anything I can do for you, let me know." I said, "As a matter of fact there is. I want to put on a big international powerlifting tournament and I want your ballroom. He said, "I can't give it to you on a weekend because we're always booked. How about a weekday?" I said. "How about a Monday?" He said, "Okay," and I said, "I need rooms for lifters from

other countries who are flying on Apex tickets, which means they have to stay two weeks." He said, "Pick a number between 10 and 15." I said "15 sounds about right." He laughed, we shook hands, and he said, "I can never thankyou enough." Isaid, "Trust me, you already have."

I set out to get as many big name lifters as I could. I gave them plane fare, meals, and, if they were from the USA, a room for a week. If they were from another country, they got a room for two weeks. My first target was Jon Cole. I even tried to get Vasili Alexeyev to come and do an exhibition clean and jerk. Tommy Kono said he was hurt. I got Bruce Wilhelm, and he did an

exhibition snatch with 407. The lifters from England were Tony Fitton, Eddie Pengelly, Mike McHugh, the great Ron Collins, Eamon Toal, and Eddie Kershaw. From Sweden we had Lars Hedlund and Ulf Morin. From Finland we had Taito Haara, who had won the IPF World SHW title in November of 1977, and Kempainen. Then Precious McKenzie from New Zealand. Hideaka Inaba and Tominaga from Japan, Mauro Dipasquale from Canada. From the United States we had Jon Cole, Walter Thomas, Dennis Wright, Vince Anello, Clay Patterson, Marvin Phillips, Doyle Kenady, Dave Shaw, Terry McCormick, Doug Young, and Jo Jo White, who claimed he was going down

I went door-to-door throughout Honoluluselling tickets and distributed them through the 1100 employees of the Sheraton Waikiki Hotel and Royal Hawaiian Hotels as well. I put flyers in all 2,000 rooms of the Sheraton Waikiki. I set up a ticket booth in the main lobby and did a deadlift demonstration. I utilized all three network TV affiliates and both newspapers. We had a bikini contest that had the best looking women I have ever seen. The winner, Lourdes Estores, was discovered by *Playboy* was the Playmate of the Month two months

later. Then we had a men's physique contest and big name guest posers Boyer Coe and Dave Johns. To top it off, we had Arnold Schwarzenegger, just as a guest speaker, but he did flash his famous bicep pose. We also had the great Larry Pacifico as the MC. I required all the local bodybuilders and powerlifters to sell 20 tickets each. We had 4 local lifters other than myself. They sold 72 tickets. Then the 16 bodybuilders sold 345 tickets.

The night before the contest, after we set up 3600 chairs in the ballroom, I had a nightmare that only 10 spectators would show up. Terry Todd had gotten NBC Sports to televise the event and they paid \$10,000 in rights fees. However, my budget was \$34,000 and my accountant had a mild heart attack from the stress of me spending so much

The lifters showed up a week early. I picked them up at the airport and brought them to the hotel. The balloom had four rooms that could be opened up into one big room. Each room bad a seating capacity of 900 and was 9 thousand square feet. I would take each lifter up to the ballroom and show them the first room. I said, "Here's where the meet is. Do you like it?" They would always go "wow" or "this is unreal". Then I would go to the second room and tell them the wall would come down. Then I would go to the third room, and by the time I showed them the fourth room and said the whole place would be open, they were speechless. Mostwould say, "Well, at least we will have a lot of warm-up space." I told them "this is where the audience sits and the warm-up area is behind in the service area". Most would say, "There's no way you're going to fill this up.

The meet was to start at 5:00 pm. By 3:00 pm there was a line four abreast from the ballroom entrance back to the escalator, (the ballroom was on the second floor) down the escalator, back through the lobby and out to the front of the hotel. My staff consisted of five judges, two ticket takers, MC, expeditor, scorekeeper, bikini contest judges. I was ready for one thousand people at best. I needed a staff at least three times bigger. The attendance was 4,026 at \$5.00 a ticket. No sponsors and I spent about \$10,000 of my own money to make up the difference in the \$34,000 budget. I still can't believe that means the production of the start of the st

that many people showed up on a Monday! On to the lifting - in the 114# class, Hideaki Inaba was very animated. He would jump up and yell "banzai", and he squatted 455 raw at 114, benched 250 raw, set a World Record deadlift of 495 raw and his total of 1190 was a World Record. All of these lifts, except the squat, were raw. The deadlift suit and bench shirt hadn't been invented yet. At 123, Precious McKenzie of New Zealand squatted 460. benched 275 and deadlifted 540 for a 1275 total. Precious is in the Olympic lifting Hall of Fame. Mike McHugh of England was a distant 2nd with 1060. At 132. Eddie Pengelly squatted 475, benched 300 and deadlifted 500. He just missed 560 in the deadlift. McKenzie and Inaba were the reigning IPF champions. Pengelly had been 2nd at the Worlds. At 148, Mauro Di Pasquale of Canada deadlifted 580. The WABDL World Record with a very tight supportive deadlift suit is still only 573. At 181, Walter Thomas went 640 430 705 1775 to beat Dennis Wright's 705 450 620 1775 on bodyweight. Ron Collins of England, the reigning World Champ, tokened in the squat and bench, then opened with 680 on the deadlift and jumped to 755 which he almost made. He also jumped from 145 to 680 and then 720 on the squat. He did come up and they weren't more than an inch high.

At 198, Vince Anello opened with 760 on the deadlift and then jumped to 820 and locked it out, but not to the satisfaction of the judges. At 220, Tony Fitton went 685 415 680 1780 and got a 700# deadlift on a fourth. Epeli Ligairi of Fiji was 2nd with 1420. At 242, Jon Cole was very explosive: 770 squat (just missed 785), 515 bench, and an 800#



Jon Cole was absolutely awe-inspiring, even at a trim 242 pounds. (photograph by Daluisio)

deadlift he pulled so fast the plates were rattling-2085 total-no squat suit. Jon Cole deadlifted 883 in 1972 weighing 283 and was the first man to squat 900, in coaches shorts and a t-shirt. He could throw a baseball 400 feet, shot put 63', throw the discus 218 feet, clean and jerked 446 and snatched 360. He could also run a 9.8 100 yard dash, and he looked just like Hercules. He was only 5'11". I would label him the Mickey Mantle of Powerlifting. (Mantle was only 5'10 1/2", weighed 195, no steroids, and still has the fastest time from home to first - 3.1 seconds. From the right side, he hit a ball 575', and from the left 643'). My favorite two Cole stories are (1) when he and the gang from the legendary Thorbecke's Gym were squatting off pegs on the power rack. Jon dumped 900# and slammed one of the pegs in anger, bent it, and went outside. Squatting stopped. After Jon cooled off, he came back inside, BENT THE STEEL PEG STRAIGHT, and squatting resumed. Another time, Jon did a promo for a Volkswagon alership and they wanted him to pick up the front of a VW. Jon had a better idea. He and one of his lifting buddies picked up the entire car, took ten steps, and dropped it. Jon was on the backend, of course. I believe these stories - I trained at Arizona State with Jon in January of '78. I was doing wrist curls on a Universal Wrist Curler. I had it set on Resistance 8 and wasn't exactly smoking it. I had just tripled 740 in the deadlift. Jon put the resistance at 15 - the highest - and his wrists were a blur. He casually did 3 sets of 5 with 285 in the behind the neck press that day. In 2nd place was Terry McCormick, who went 740 490 770 2000. In 3rd was Clay Patterson, of the IPF, who went 7105157201945. Mary Phillips set a World Record squat of 810 and went 460 670 for 1940. Ulf Morin of Sweden went 695 475 650

At Superheavy, Doyle Kenady went 880 575 805 2260. He tried 845 on a third deadlift, and just missed it. Taito Haara of Finland was 2nd with 880 485 755 2120. I went 760 480 790 2030 and got 830 over my knees. Kempainen went 730 475 780

1985. Jo Jo White opened with 940 easy, but high. He said he needed more weight. He walked out with 1000 - and it looked light. He came up 3/4 of the way and stalled. He cried. He wanted the lift so much. Haara came up with 940 too, but it was high.

Back when Cole went 903 585 883 2368 @ 283 bodyweight, imagine if he wore a canvas squat suit - maybe an 1150. With a split neck double denim shirt or Double Fury or Double Rage, he would bench 850 and in a deadlift suit he would go 940, a theoretical 2940. Bill Kazmaier, with the same gear in the squat, might do 1150, bench 920, and deadlift 900, which is 2970. Don Reinhoudt squatted 924 in Chattanooga, TN, in 1975 at a meet that I went to. He also deadlifted 885 and benched 606. He wore no knee wraps. He would also total 2900# with today's gear. Paul Anderson in a canvas squat suit would squat 1400 to 1500#. I'm just trying to put in perspective what these guys in the old days did. They were very strong, make no mistake about it. They were the legends of this sport and to be able to see them lift was an honor. t was like watching Babe Ruth, Ty Cobb, Walter Johnson, Willy Mays, and Ted Williams. I'm not taking anything away from anybody, but the double and triple ply canvas squat suit and monolift makes it hard to compare the lifters of yesterday to today. In WABDL we only allow single ply suits along with single ply groove briefs and erector shirt.

TV executives from CBS, NBC & ESPN have

TV executives from CBS, NBC & ESPN have told me that the squat was their favorite lift. At the World Record Breakers and the 12 National Championships that I went to, only three spotters were allowed-usually all weighing over 300#. The TV executives now see the squatter entombed by the Monolift with five or six spotters who look like they might be touching the bar or plates. All powerlifting federations should have kept the same rules as the IPF. Single ply gear only so the squat, bench, deadlift and total could be compared for all time. In single lift federations like WABDL, we allow double ply denim and polyester, but IPF legal single ply shirts are outperforming double ply denim and

double ply polyester. We don't allow canvas, period. One TV executive said you should rename the lift the 'suicide squat' and require the spotters to stand at least four feet away and then if he crashes with the weight, jump in. I remember Paul Jordan of Australia was trying a squat at the IPF Worlds in Perth, Australia. He waved off the spotters, and with a wild look on his face, he crashed and blew out both knees and ankles. NBC played that on their NBC SportsWorld show every Saturday for 7 years. My argument is that the best lifters in the world competed from 1972 to 1990. With the gear of today, it's hard to know just how the lifters of today stack up. The majority of those lifters from 1977-1990 took the stage in Hawaii at the Record Breakers. I was getting calls from Europe, USA, Australia, Japan and Canada from lifting fans for at least two weeks after every year's show wanting to know how their favorite lifters did. Even though the lifting gods like Jon Cole, John Kuc, Jim Williams, Bill Kazmaier, Don Reinhoudt, Larry Pacifico, Doyle Kenady, Paul Wrenn, Walter Thomas, Ron Collins, Precious McKenzie, Mike MacDonald, Ed Coan, Mike Bridges, Gene Bell, Vince Anello, Steve Goggins, O.D. Wilson, Dr. Squat Fred Hatfield, Doug Furnas, Pat Casey, Larry Kidney, Mel Hennessey, Dave Shaw, Dave Pasanella Gary Heisey, Dave Waddington, Carlton Snitkin, Lee Moran, George Hechter, George Frenn, Terry McCormick, Dr. Terry Todd, Ausby Alexander, Wayne Bouvier, John Inzer, Rick Gaugler, Ricky Crain, Dan Wohleber, Doug Young, Steve Wilson, John Gamble, Hideaki Inaba, Lamar Gant, Taito Haara, Lars Hedlund, Anthony Clark, and Ted Arcidi don't compete with today's lifters, never, never underestimate their strength, their greatness! Without them, the Hawaii Record Breakers never would have happened and we wouldn't have the sport of

INTERVIEW

Personal dialogue between PL USA Magazine and the Sport's Greatest Names

MIKE HUMMEL: CAN YOU LEND ME A HAND? as told to Powerlifting USA by JD Gavnor

How many times have you asked someone if they could lend you a hand? This took on a new meaning for me about 3 years ago, but allow me to preface this interview with a little history. I've been around powerlifting my entire life. There probably isn't another 30 year old who has experienced as much in PL as I have. Some of the more vivid memories: Jim Williams benching 700 lbs. on a narrow bench in my father's (Bob Gaynor) basement gym without a bench shirt and with a pause (I was an infant, but my Dad tells me I was watching), and at my father's numerous national ADFPA meets: John Kuc deadlifting 800 lbs. plus, Mark Henry deadlifting 903 lbs at SHW, Ray Benemerito totaling 1906 lbs at 181 BW, to my personal competitions over the years. I am also a Physical Therapist. I know the types of forces powerlifting places on the body. I say this to give context to what I witnessed when I walked into World Gym in Delray Beach, FL in 2002. It was my first day at this gym. I was heading back to do my deadlift routine, making my way past two guys benching. 500 lbs. was on the bar. Unless you train in a powerlifting gym, it's rare to see someone doing this kind of weight. Without being too obvious, Ilooked to see who was doing the lifting. I noticed that one guy was a midforearm amputee. I assumed he wasn't the guv lifting and began stretching for my workout. This 'one arm guy' began putting on a prosthetic (a device designed to take the place of a missing limb). It took him 2-3 minutes to don the prosthesis with the help of his training partner. I figured he was getting ready to give his training partner a lift-off or spot one side of the bar. What I saw next is something I'll never forget: the first time I saw Mike Hummel bench. Definitely add this to my list above of most memorable lifts. I was in mid-stretch while Mike assumed his position on the bench and his training partner attached the end of the prosthesis to the bar and gave him a lift-off. My mouth was hanging open and a few rapid thoughts were running through my head: 'This guy is crazy', 'someone get ready to call an ambulance', 'no one can bench without a hand', and most importantly 'Damn! I wish I could bench that much'. My thoughts were quickly stifled when Mike blew up 4 reps as easily as I could do 135 lbs ... with perfect

After recovering from my disbelief, and closing my gaping mouth, I thought about things I take for granted. Like having two hands. Think about it ... what it would be like to have only one. Try playing a video game with one hand. How'd that go? Next, try putting on a tie. Any easier? Tie your shoes, zip your pants, or button a shirt. Now, here's the tough part: make a fist and put a 1/4 inch gel pad on the flat part of your fist, take your normal bench position with the bar resting on top of your fist (you're allowed to use your other hand normally). For extra support, you can even duct tape the bar on top of your fist. Now try and push 135 lbs off the upright. How does that weight feel? Now, imagine 600 lbs. resting there. On second thought, don't try this at home ... or anywhere else. You won't be able to do it, and you'll probably break your hand. As a Physical Therapist who has worked with many amputees, I can say that I have never heard of someone without a hand who has benched at the

level Mike can. I wouldn't have thought it possible if I didn't see it personally. The balance and coordination required are enough to boggle the mind. Not to mention the sheer force of weight being distributed on the residual limb (half of the bones of the radius and ulna and a thin piece of flesh to cover them). spoke with Mike briefly that day and over the next few years became very good friends with him. Despite the obvious inspiration that we can all gain by seeing this man do what he does after losing an arm, let us not forget that Mike is also one hell of a bencher re-

gardless of circumstance. The term disability is not one that should be used when talking about Mike Hummel. It has been my pleasure to be able to assist Mike in the last year through the course of his training and competitions.

I sat down with Mike at his home in South Florida to shed some light on a truly incredible story: JD: Tell me a little about yourself?

Mike: I'm 40 years old. I grew up in Long Island, NY. I moved to Florida when I was 12. In high school I played lacrosse and football, and wrestled. I started working out seriously when I was 15 and did my first 300 lb. bench. Now, I live with my wife, Monique, in Boca Raton and have two daughters: Hayley who is 6 years old and Amanda who is 13. I own my own tile and marble company in Delray Beach, Florida and have been doing that for the last

JD: How and when did you lose your arm?

Mike: It was Superbowl Sunday in 1998. I flipped my car with both my wife and I in it. Luckily, there was a paramedic who happened to be driving behind. He retrieved my arm, started an IV, and called 911 in the first few minutes. I would have died if he hadn't been driving behind me. The paramedic's name is Demetrius. He was incredible. My wife sustained a broken leg and she broke her back in 3 or 4 places.

JD: How much pain were you in?

Mike: (Grimacing) Excruciating pain. You want to know what it feels like? Crush your arm in a vice and put a blowtorch to it; then shoot lightning bolts through it. That's what it felt like

JD: What were the first few thoughts you had when the doctors told you they couldn't save your

Mike: It really didn't faze me. I knew I was lucky to be alive. Even then I knew my goal would be not to quit. I would stay in good shape and continue working out. I thought about that even when I was first in the emergency room.

JD: What other injuries did you have?

Mike: I had a broken leg; my face was lacerated badly. I had so much wrong with me that it took a few days to realize that I had pain in my foot. Shortly thereafter I found out I had broken that as well. JD: What was involved with the surgery?

Mike: They had a team of experts who specialize in amputation at Broward Medical Center in Florida. The doctors did everything possible, but they couldn't save it.

JD: How long did it take to rehabilitate after your

Mike: They told me it would be 6 weeks in the hospital. I was out in 17 days. The hardest part initially was bending the arm because scar tissue had built up. I had two choices, have another surgery to un-freeze my arm, or stretch it myself every night and break up the scar tissue. I needed to bite down

on a wet towel just to keep from screaming and biting my tongue off. I used a wheelchair to get around because I had a long cast on mulea. Mu wife was bedbound initially, then she had to use crutches. We weren't able to help each other at first because we both were injured, so we had nurses come to our home. We also received a great deal of support from family and friends. Then the doctors told me I would need psychological consultation. (Laughing) I said to get all the doctors together and that I would sell them some marble for their homes! That was my



JD: What drove you to get better?

Lock Down ... Mike's prosthesis

literally has to be bolted to the bar.

Mike: I wouldn't be the person I am today without my wife. I used the gym to become normal again for my wife, in the best way that I could. My wife and I were there for each other through that difficult time, to help each other become well again. I feel she sacrificed more than I did because she's the one who ultimately had to become my left arm.

JD: What it was like adjusting to having only one arm. Was there anything in particular that you felt you would now be unable to do?

Mike: The only thing that really bothers me is that I can't hold my wife with both hands and I can't hold my children with both hands.

JD: What causes you the most problems? Mike: (laughs) I can't cut my own steak or tie my own shoes.

JD: How devastating was it knowing you wouldn't be able to powerlift again?

Mike: The realization was that I would not be able to compete, but I would at least stay in shape. I accepted that I wouldn't be able to powerlift right

from the start. JD: Why did you decide to try benching again? Mike: I was working out, so why not bench. I knew there were prosthetics made for people who ski, people who run marathons, so I thought why not one for benching?

JD: How difficult was it the first few times?

Mike: When I first got my prosthetic it was a harness that went around my shoulder. I looked like a freak. I immediately went back to the Doctor. He changed the design to a sleeve prosthetic, which I wear to this day. The first few times I was able to bench and get stronger was incredible, but each time required small adjustments by the Doctor.

JD: Did you ever want to give up?

Mike: Never!

JD: Tell me about your prosthesis. Mike: The prosthesis is a sleeve of hard plastic and gel underlay that fits over my arm. Jonathan from NovaCare Prosthetics and Orthotics in Delray Beach, Florida designed the sleeve. I initially had a hook that would hold the bar. This made balancing the bar virtually impossible. I was still able to do 470 lbs. with that attachment. The real advancement came when TRS Prosthetic Research's owner: Bob Radocy: 800-279-1865 (Denver, CO) designed a clamp that allows me to lock onto the bar. At that point I felt I had no further limitations due to equipment and my desire to compete was as strong as ever

JD: Were you ever told that you couldn't bench?

Mike: I was told I would never compete again.

JD: Where did you draw the inspi-

ration to keep going?

Mike: (Shrugs) Being competitive, you always set higher goals for yourself. As far as benching went, my normal desire to exceed was all that I needed

JD: Walk me through a competition bench press attempt.

Mike: I have a "team. My bench shirt and belt go on the same way everyone else's does. From there, need my "team" to help me. There's a gel sleeve that has to be dry and free of any debris. This acts as a cushion over my arm. If it has even the slightest debris on it, it could end up breaking the skin on my arm, which would end the day for me. I'd have to wait for the cut to be fully healed before benching again. I have to lock the gel sleeve, which has a screw at the end of it, into the hard prosthetic. I lock that down tight and then proceed to the bench: The clamp from

my prosthesis has to be centered

perfectly on the bar and tightened down. One person does that, while another person checks to make sure it stays that way. I then need a monster lift-off. This is essential because it's difficult for me to get the bar off the rack and out over my body. (Mike laughs again) My other guy is screaming encouragement in my ear, usually obstructing the judge's view. After it's all said and done, someone has to unclamp me or else I'll leave my arm on the bench. I usually like to dry off the sleeve after each attempt because sweat will cause the prosthesis to slip JD: What does the

weight feel like when it's pressing down on the prosthesis?

Mike: It's a tremendous amount of pressure. My arm is always "alive" because the nerve

a crushing, throbbing pain, but something I've become accustomed to.

JD: Let's talk training now. Who influences you now and/or before your injury

Mike: I have respect for the powerlifters who came before me, and my fellow competitors, but I will always try to set the bar higher, always try to do more. If there is one person who influenced me, it would be Bill Crawford. He is the one who persuaded me to get my first denim bench shirt in 2001 and probably was one of the first to start with that type of equipment.

JD: Where do you currently train?
Mike: Jim Woolard's World Gym in Delray Beach, Florida.

JD: What is your current bench press routine?

Mike: Most of my bench work is done on a Smith Machine. I can't take the chance of training without constant spotters because of the balancing of my arm. With the Smith Machine, it's either up or down, less room for error. I'll train for 10 weeks on the Smith and then just jump into free weight ... ready to go. It would be nice to have the constant spotters to always train "normally", but I just don't have that luxury. My precontest routine starts 10 weeks out. I start with 3 sets x 10 reps at 405 lbs and finish with a single at 535, no shirt. Each week I add 10 lbs. to the work sets and 10 lbs. to the max. I finish my 10 week routine with a single rep at 620 lbs. with no shirt. This will all be done on the Smith machine. (Laughing) I'd like to have a contest . raw ... on the Smith machine to see how I stack up against the best. I only train chest one time a week. Additionally, I do incline presses on the Smith using a pyramid scheme. I start with

405 lbs. x 10, then 455 x 6, then 500

endings are more sensitive there. It's x 4. Generally I work around this weight throughout the pre-contest course. I also do some Hammer Strength work. Pre-contest, I'll do one day of triceps work weekly, which is a "speed day". I'll do 365 for triples close grip on the Smith for 4 sets, followed by 405x3, then 500x3. As the contest gets closer, I'll add a heavy single ... like 595 lbs. without a shirt.

JD: Do you train your whole body? Mike: Yes. Monday: Chest. Tuesday: Legs, Wednesday: Back, Thursday: off, Friday: Tris, Saturday: Shoulders, Sundays off. I don't train my Biceps. Instead of Bis, I like to go out and have a good time on Saturday night, so I take Sundays off. I'll train abs 3 x week, but not on specific days.

JD: How about your nutrition? Mike: Including protein shakes and bars, I eat 8 times a day. I stay low carb because I like to stay around my competition weight of 242 lbs. A typical meal for breakfast would be an egg white omelet, a bowl of oatmeal and a protein shake. I'll have 2-3 meals of 2 chicken breasts to which I sometimes add a sweet potato. I finish the day with another egg white om-

JD: What was your best bench prior to the injury?

Mike: As a drug free lifter, I set records in ANPPC, NASA, and WNPF in the bench. At 198 lbs I benched 500 lbs. At 220 lbs I did 530. At 242 lbs I did 540. I did these with a single ply poly shirt.

JD: What are some of your accomplishments since you lost your arm? Mike: In 2002, I won the APA Bench Press Nationals with a 540 lb. bench at 242 lbs. From there I decided to set my goals higher. I wanted to lift in the WPO. In Daytona Beach, at an APF Bench Challenge hosted by Kieran Kidder in 2003, I broke the 600 lb. barrier with a 606.

The next meet was the Bench Bash for Cash where I did 624 lbs. at 242 BW. In a local meet in South Florida I posted a 634. Recently, at 40 and with a pec injury, I did 600 at the Arnold Classic. In the gym, I have done 650 lbs. on two occasions.

JD: I can vouch for that. I was there and would have had no qualms about 3 whites, pause included.

Mike: My goal is to break that 650 mark in competition.

JD: A lot of people view what you have as a disability. What are your thoughts on that?

Mike: It is an obvious disability, but I don't look at myself as disabled.

JD: Myself included, there are many who look to you as a source of inspiration. How does that make you Mike: It definitely makes me feel

good to be able to inspire people. That is truly an honor and accomlishment in life

JD: Knowing there may be others who have a similar injury: do you have any words of wisdom for them?

Mike: When I first received this injury it was like standing on top of a mountain. It would be easy to fall back and lose confidence. Instead, I believed in my will power to be able to overcome the obstacles that were before me. It's lifting that pulled me through this. So, if there is a person out there who doesn't have that drive in them, whether or not they have ever set foot in the gym, I want them to believe that they can accomplish whatever they set their goals to be. It's obvious that lifting can give someone the strength to overcome. Like the quote: "Strong mind, strong body" JD: What about the future? What can we expect to see from Mike

Mike: I would like to compete as a Masters Lifter. I'd like to do the APF

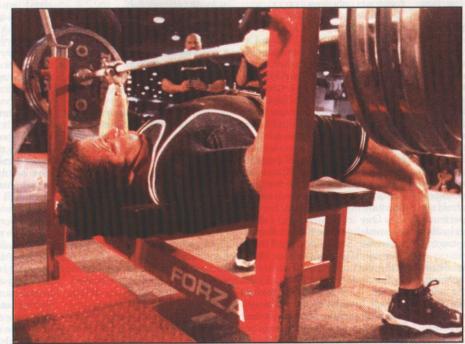
Hummel?

Seniors in Detroit in June and then the Bench America in October.

JD: Is that where we'll see the 650?

Mike: As long as I'm healthy and injury free. JD: Any final thoughts or statements?

Mike: I need to thank the people who have been there to support me. My wife, Monique, through all the years ... she is my inspiration. My training partner for the last 5 years, Neal Elkin. Larry Diodato, my voice of encourage ment. Yourself, for the lift-offs and training tips. I want to thank Kieran for doing so much for me and for Powerlifting as a whole. He brings national credibility to the sport and puts his whole heart into what he does. Obviously, I want to thank my family and friends who have always been there for me



Can You Bench 600? ... Mike does his utterly amazing bench thing at the Arnold Classic.

Every once in a while a star seems to suddenly burst on to the powerlifting stage, making us wonder where this specimen might have come from. When Anthony Clark made a 600 pound bench press as a teenager, powerlifters couldn't believe what they had seen. Little did they know that from Westside Barbell would emerge a lifter so strong and so young it would amaze everyone. The new teen bench phenom is none other than Mike Brown. He set an unthinkable mark on September 11th, 2004 when he not only eclipsed Anthony Clark's teenage mark, but destroyed it. The super Bench Press Monster - 19 year old Mike Brown brought a massive 730 pounds down to his chest and blew it off like it was a broomstick To top it off. Mike hit a full meet on November 21st, 2004 with a Squat of 850, Bench of 735 and a pull of

715 for an amazing 2300 total. You would expect that such a "Monster" would come from Westside Barbell. No doubt it is the most hardcore powerlifting gym on the face of this earth. With the expert coaching of Louie "The Living Legend" Simmons, Westside is known for their super benchers. When Kenny Paterson did his 721 bench as a junior the powerlifting world witnessed something they never thought they would see again. But out from the shadows Mike Brown was waiting to unleash his fury on a record that most thought would never be broken. At a time when most 19 year olds are hanging out, going to clubs, chasing girls, and just being a menace to their parents and society, Mike is in the gym training to be the strongest powerlifter who ever lived.

With nothing but the best coaching and hardcore atmosphere available. Mike was ready to do some damage. All that was left was one area - a power nutrition plan. The nutritional sciences were something that intrigued Mike. He tried to learn from different bodybuilding books and magazines, but he knew the nutrition plans of bodybuilders, athletes, and everyday sedentary individuals were not going to help him bench press over 700 pounds. After reading my column, he was intrigued. With numerous World and National Champions singing my praises, Mike called and told me he wanted to be my new specimen. Since that day, Mike hasn't looked back and he has been destroying everything in his way.

I like taking on new clients who I know are going to tackle my nutrition program with the same dedication they do with their training program. When an athlete has the burning desire to succeed like Mike does, and when he is surrounded by the likes of Louie

NUTRITION

THE MIKE BROWN STORY

by Anthony Ricciuto, B.Phed. C.F.T. S.P.N. S.W.M. F.T.

and the Crew at Westside overlooking his training and myself monitoring the nutrition end, then you are going to have a powerlifter who is destined for success.

When Mike first consulted with me I was impressed. Unlike a lot of other clients, he had been studying my theories like they were sacred texts. I have not seen a 19 year old as focused on the sport of Powerlifting as Mike. In our first conversation he told me that he drove to Westside, an hour and a half each. If that is not a serious attitude to be the best, then I don't know what is. The only thing most teenagers can do for three hours is play X-Box or gyrate their bodies on a dance floor in a tribal frenzy while intoxicated on alcohol and who knows what else. The fact that he took the time to study my nutrition methodology and then personally contacted me is not something your average teenager does. Mike wants to be the best bench presser in the world and when the time is right I believe he will. With a start like he already has, it would be foolish to think that this could not be in his future. With this introduction to Mike, let's take a look at how he uses the Nutrition XP3 system to lift poundages other teenagers only dream of.

When Mike laid out his nutritional journal to me a smile came across my face. It was if a student just laid a masterpiece in front of his teacher. It wasn't that his plan was perfect, and I didn't expect it to be, but it had my "trademark" all over it. There was no doubt that he studied my articles and did his best to apply the knowledge. There were a lot of things that needed to be corrected. but he was much better off than the majority of other powerlifters who seek my guidance. Mike had the basics down, and it was my job to fine tune the plan and dial him in.

One of the things I was impressed with was the fact that he was eating 5 times per day. That's pretty good for a powerlifter. Most that I start with barely get three square meals in per day. Even though 5 is decent, it wasn't enough. It was time to bump him up to 8 meals per day. Every two hours he was going to eat a solid meal or have a meal replacement shake to make sure that his body was getting

the nutrients he needed to be a power beast.

Now that we had his meals increased, we had to make his meals more calorie dense. This doesn't mean add in some chocolate chip cookies and ice cream. Since Mike weighs in around 315 pounds, it's important that he has enough calories to sustain his daily needs. The fact that he is young is another factor. At the present time I have Mike's calories ranging from 7-8000 per day. There is no way a 300 pound powerlifter is going to make much progress on a measly 3000 calories a day! As I have said time and time again, "If you want to succeed you have to feed the machine!" The main thing to remember here is that the quality of the calories is very important. You have to remember that a calorie doesn't necessarily equal a calorie. The way they affect your metabolic rate, fluctuation of hormones like testosterone, level of insulin sensitivity, glycogen replenishment, rate of recovery, energy level, and workload capacity is going to be different depending on what you shove in your mouth. If anyone tells you different, then they most likely don't know an amino acid from an

Mike was taking in a decent amount of protein. It wasn't enough for what I had planned for him, but it was a lot more than I am used to seeing with someone that is just starting with me. It was time to double it up and change the varieties. This would give him a different amino acid spectrum. We had to address the bio-availability of his protein intake as well as the timing. Biological value relates to how much protein the body can absorb from a specific source of protein. Whey is very high, scoring 100 or more. Soy, on the other hand, scores in the 60 range or less. Protein timing relates to how quickly the body absorbs different types of protein. This is very important because if you take in the wrong type of protein at the wrong time, then you will see a decrement in your results. When you are looking for every advantage available, then you have to use the science behind the food to get the most bang for your buck. Since certain proteins can actually

hit your bloodstream as fast as sugar this can play a major role in your rate of recovery, protein synthesis, and post workout hormonal manipulation. Other proteins can take several hours to get into your bloodstream and will provide a slow, time-released dose of amino acids to your muscles. Knowing what types of proteins to take at the right time and how to match them according to their biological value and amino acid spectrum can make a big difference in your results. And you thought this whole nutrition thing was as simple as just wolfing down some chicken and rice and calling it a

Next up, his carb choices were not in order. Carbohydrates, much like proteins, have different rates at which they are absorbed, as well different qualities and how they affect your hormones. Eat the wrong ones in the meal before you train and you will bottom out when you need energy the most. I had to increase the amount of complex low glycemic carbs in his plan to fuel his massive frame. His pre- and post-workout plans were in need of reconstruction. These were very important if I was going to keep him fueled up for his workouts and help him recover. Another thing that I had to fine tune were his macronutrient ratios. This is looked at on a single meal basis, but also his ratio totals for the day have to come into play. This is a complex area because each and every powerlifter I work with is different. The comprehensive blood work and glucose tolerance test protocol that is performed on a regular basis with all my athletes helps lay the groundwork. When you go as in depth as I do when working with a client you can understand a lot about the make up of an individual by looking at their blood profiles. This is very important for the lifter, not only to maximize his performance, but also to keep their

nealth in tiptop shape. Hudration was another area that we had to improve on. Most powerlifters don't realize how important this is for your energy level and your strength output. Even a 3% dehydration level will cause a major decrement in your strength. Not to mention that proper hydration will help flush out toxins, keep your blood pressure down, help prevent kidney stones, help reduce your bodyfat percentage and much more. I try to have Mike drink a gallon and a half of water per day. At his weight one gallon is not enough and with the amount of protein that he is taking in he has to make sure that he keeps himself well hydrated.

After reading all this, you must be wondering what actually fuels his young but powerful frame to the point that he can bench press over 700 pounds. As I have said before, do not try to duplicate this diet for yourself, because what you are about to see is what has been customized specifically for him. So let's take a look at a 1 day nutrition plan that Mike followed prior to a recent contest victory. This is not what he follows day in and day out as I provide my athletes with variety to keep them from getting bored. That allows their body to get a wide spectrum of different nutrients from the many different foods that I have selected to be part of their plan.

Day 1: Mike Brown Power Meal Plan

Meal 1 - Breakfast - 16 Egg Whites, 3 Yolks, 2 Whole Wheat Pitas, 2 Bananas, 2 Tablespoons of Nutra Sea Herring Oil, 16 oz of water

Meal 2 - 2 Cups of 1% Low Fat Cottage Cheese, 2 Cups of Mixed Fruit, 1 Trioplex Protein Bar, 2 Tablespoons of Nutra Sea Herring Oil, 16 oz of Water

Meal 3 - Lunch - 16 oz of Salmon, 3 Cups of Brown Rice, 2 Cups of Broccoli, 3 Tablespoons of Udo's Ultimate Blend EFA Oil, 16 oz of Water

Meal 4 - 4 Scoops of Anthony's "Proprietary Blend" Protein Powder, 24 oz of Skim Milk, 2 Cups of Rolled

2 Tablespoons of Nutra Sea Herring

Meal 5 - Pre Workout - 12 oz of Chicken Breast, 3 Cups of Yams, 2 Cups of Mixed Vegetables

3 Tablespoons of Udo's Ultimate Blend EFA Oil, 16 oz of Water

Meal 6 - During Training - Anthony's "Proprietary Training Formula", 32 oz. of Water Meal 7 - Post Workout - Anthony's "Proprietary Post Workout Concoction", 24 oz of Water

Meal 8 - Dinner - 24 oz Lean T-bone Steak, 3 Baked Potatoes, 2 Cups of Broccoli, 4 Cups of Mixed Salad, 3 Tablespoons of Udo's Ultimate Blend EFA Oil, 16 oz of Water

Meal 9 - Bedtime Meal - 4 Scoops of Anthony's "Proprietary Blend" Protein Powder, 24 oz of Skim Milk, 1 Cup of 1% Low Fat Cottage Cheese, 2 Tablespoons of Nutra Sea Herring Oil

Nutritional supplements are a big part of all my athletes' plans and Mike is no exception. Below I have laid out some of the supplements that I have included in his nutrition plan to provide a synergistic effect. Here are some, but not all, of what I have included in this beast's plan to take him to the next level!

Protein Powder - Mike's supplementation plan needed a revamp to compliment his eating schedule. The first thing that I did was get a proper protein supplement. Mike was using a protein shake in his regimen before working with me since he was trying to follow the advice in my articles, but he was not using the right types at the right times. The type of protein you use, it's amino acid spectrum, biological value, filtration process, glutamine content, rate of absorption, and BCAA content all play an important role. It's not as easy as just running down to the local health food store and picking up a "Tub of Whey". I have many



The Amazing Mike Brown is now recovering from a broken left arm (check out the surgery scar!) suffered when he was attempting a 744 bench press. (photograph provided by Doris Simmons)

customized formulas I have designed for my athletes to get them the best result possible.

Universal Animal Pack Multivitamin / Mineral Formula included a comprehensive multivitamin/mineral supplement twice per day. Making sure you get a comprehensive spectrum of all your fat and water soluble vitamins, minerals, and electrolytes is very important. Vitamins and minerals have different functions in the body and even a deficiency in just one will cause your performance to not be 100%. The vitamin formula that I have put Mike on is called the "Animal Pack" by Universal Nutrition. This is one of my personal favorites due to its wide spectrum and high quality ingredients. I have personally used it for over 12 years dating back to my teenage competitive days. I recommend this formula to all powerlifters looking to take their performance to the next level, because it can make a big difference in jacking up your strength, preventing micronutrient deficiencies, improving the digestion and absorption of your meals, enhancing your rate of recovery and so much more. I have used many different formulas and there are others that I recommend as well, but this is one of the best on the market for the hardcore powerlifter.

Essential Fatty Acids - Essential fat is another area that Mike needed to improve. When I started working with him he had no healthy fats in his plan. I started him on two important formulas. The first one that I put him on is called Udo's Ultimate Blend. This is an EFA formula that has a balanced ratio of Omega 3-6-9 fats to make sure that you are not missing out on any of them. The taste is also good so for those of you reluctant to try it, there are no worries. The other EFA supplement that I put him on is concentrated herring oil from the

company Ascenta. The Nutra Sea Herring Oil is what I mentioned in my column over a year ago. Just because I said herring oil, you must be thinking that it tastes horrible, but this is a pharmaceutical grade oil that has the fish taste removed and replaced with a lemon and thume flavor. It enhances the taste of your protein shakes or it can be used on salads and veggies as well. This product is recommended because it has a high Omega 3 concentration but most importantly the specific type and ratio of Omega 3's present in this formula. It includes an excellent ratio of EPA and DHA, which in my opinion are the best fats

that you can get.

Vitamin C - Another thing that I do is keep Mike's level of Vitamin C in a range where he is going to get the most benefit. I have preached the many benefits of this wonder vitamin in my column over and over. I keep it in Mike's plan for many reasons. First off, is to keep his testosterone on the up and up. Next, this little wonder can help reduce his cortisol level from his hardcore training sessions. Next, it helps him recover from his workouts and helps repair his connective tissues. It is also a very potent antioxidant. This will help beat down those free radicals that will cause many different health problems down the road. With Mike I keep in 4000-6000 mg of Vitamin C daily in his plan. I break this up in 1000 mg dosages throughout the day. It is a

water-soluble vitamin, so taking too much at one time will not be as effective as

spacing out your dosages.

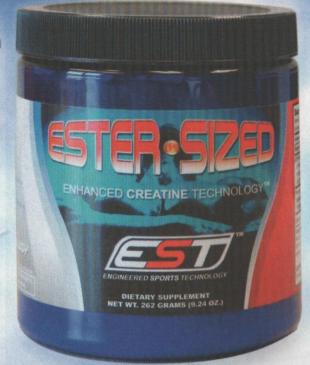
My Secret Weapons of Mass Construction - Mike also uses my Secret "Training and Post Workout" formulas. I know you guys are dying to know what they are, but that is saved for my private elite clientele. They don't taste pretty, but they will get you results. They consist of numerous different ingredients to take advantage of the critical post workout period, to maximize an environment that will increase strength and muscle mass, increase cell volumization, replenish glycogen stores, improve recovery, decrease body fat levels and much more. These result-producing formulas are included in the Nutrition XP3 Customized Nutrition Program.

With all you have just read I am sure you realize that this young powerhouse has one very successful powerlifting future ahead of him. He has accomplished more in his teen years than most powerlifters can in an entire career. Mike's goal is to compete with the best of the best and come out the victor. With Louie and the Crew at Westside guiding his training and with me taking care of all his nutrition and supplementation needs, Mike is going to be a major force to be reckoned with. Look out powerlifting world, I have warned you about this teenager. Mike has just scratched the surface of what he can accomplish. With his determination, positive mindset, and dedication to his training and nutrition plan, there is nothing that is going to stand in his way!

For those of you interested in the Nutrition XP3 customized Nutrition System please feel free to contact me for availability at Aricciuto@NutritionXP3.com or check out my website at www.NutritionXP3.com

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disease, cancer and detoxify your liver, wouldn't it be worth finding out more? I am 46 years old and last year I set 10 world records. In the World Association of Bench Pressers and Deadlifters (WABDL), I added 50 lbs. to the open world record deadlift. At the Nationals, I lifted more than any competitor, even the superheavyweights. I out deadlifted all competitive lifts nationwide at 181 lbs., even in competitions that were not drug tested. I have severe arthritis in my right knee as a result of a bicycle injury more than 30 years ago. I have no anterior cruciate ligament or lateral meniscus. Fourteen years ago, after my second knee surgery, I was told my knee was similar to an 80 year old's and doctors compared it with another patient who was confined to a wheelchair. I also have severe arthritis in mu neck. According to the medical establishment, this would preclude me from strenuous activity. The reason I bring up these

Anabolic steroids, like all

drugs, are dangerous. They

have side effects including

liver toxicity, increased risk

of cancer and heart

disease. If you've found

dietary supplements that

increase strength and

decrease your risk of heart

school to become a chiropractor. As a result of my education, I soon decided to become a vegetarian. The changes in my diet, coupled with my busy schedule, resulted in less competitive lifting. In 1995 I graduated from Life Chiropractic College A couple of years later tried creatine and achieved good results. decided if creatine worked there must be other things that might work. Now I take numerous

wife Julie, raising my two boys,

Tom Eiseman's supplementation program has helped produce prodigious pulls. and regular chiropractic care. The supplements decrease inflammation and help rebuild joints. Therefore I

Performance Supplementation

as told to Powerlifting USA by Tom Eiseman DC

don't suffer from arthritic pain. Today, most sports have an image problem. The public believes steroid use is prevalent. Baseball is implementing testing and controversy is high about records

that were set during non-tested years. High school athletes and younger are getting a strong message that steroids are necessary to compete at a high level. I believe that with the right supplements. training, and chiropractic, great results can be achieved. Whether steroid use is prevalent or not, I am

convinced that in most compete at just as high a level using dietary supplements chiropractic. Whether you're young or old, amateur or professional, drugs always cause ill side effects, and the gains are supplementation, the increase in athletic performance comes with many additional health benefits. Here are some examples

Cordyceps: extract mushroom increases testosterone levels and elevates energy levels. Additional benefits of this supplement are reduced asthma and respiratory problems, improved memory, and kidney function

Lipoic Acid: This helps carry creatine to the muscle cells and provides energy for intense exercise. Additional benefits of this supplement include helping detoxify the body from heavy metals, and it acts as a powerful antioxidant.

L-Carnosine: Enhances strength and improves high intensity performance Furthermore, it is a powerful antioxidant and improves wound healing.

Alpha Glycerylphosphorylcholine (GPC): ncreases the body's growth hormone levels which improves, with weight training, strength and athletic performance. In addition, it improves mental focus, cognitive functioning and improves fat burning

N-acetyl glucosamine: Improves joint structure and function and reduces pain and inflammation from arthritis. Some other benefits include aiding in the maintenance of healthy mucosal lining of the urinary and digestive tract and healthu skin.

Aloe: Also improves join and gastrointestinal function. Additionally, it's a powerful antioxidant, antiinflammatory, antiviral

antibacterial agent that helps with fat loss, fighting cancer and heart

There are so many more, and I'll out it all together in the near future.

Dietary supplementation, not ugs, is the future --- for improved health and enhanced athletic performance.

conditions is that, in my

powerlifting.

In 1991 I went back to

experience, the dietary

supplements available

today actually help rebuild

joints and allow me to enjoy

supplements with great results. Although I train less than ever, only two times per week, and have many more responsibilities, running a busy chiropractic office and, with my Gabriel and Aaron, I am able to lift more than I ever have in my life. A big part of this is the supplements

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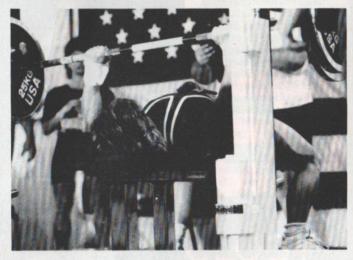
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722 lb. Bench at SHW

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Anthony Clark 775 lb. Bench

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"This is the shirt that will blast your bench to the ceiling."

Mike Hall
633 lb. Bench
ADFPA-USPF
National Champion

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Gerald Welch - ADFPA Ntl. Champ, PL USA Coverman

Steve Goggins - 970 Squat at 242

Gary Henton - ADFPA Ntl. Champ

Eric Arnold - USPF & ADFPA Sr. Ntl. Champ

Jim Cash - World Champ

Lorraine Costanzo - 1st Woman to squat over 600 lbs. with a 628

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Weight

Upper Thigh

ASK THE DOCTOR

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 2RR#4 Cobourg, Ontario, Canada K9A 4J7 (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

DEAR MAURO: I have recently purchased your Anabolic Solution book and for the as two months have experienced good results. I am a 37 year old experienced powerlifter (600 plus squat and deadlift raw, and 500 plus bencher raw). I weighed approximately 320 lbs when I started your diet and have lost 20 lbs in two months without any effect on my lifts. My question is that I am constantly hungry during the night. I eat 6-7 meals a day and take in 275-300 grams of protein during the day. My weight

loss has stalled, however, I continue to lose body fat. I will be competing in a world bench press championship in late June and want to lift in the 275 lb class. If I go to the cutting phase in your book I fear that I will be even hungrier. To reiterate, I need to know how to get through the night without waking up and wanting to eat my arm. I am awaking twice during the night which is also effecting my deep sleep, another no-no according to your book. Any help would be greatly appreciated.

DEAR READER: I know where you're coming from as in my almost 20 years of competing I varied my weight class from 132 lbs to 198 lbs and it was sometimes really tough to drop weight and keep the maximum amount of muscle for that weight class.

The whole trick is to eat the nutrient dense foods that satisfy you the most so that your overall calorie uptake is low enough for you to lose weight, mostly as bodyfat. I've copied the list of foods I recommend for those on my Radical Diet (which I'm in the process of revising—it'll be in hard cover by this coming Spring). It's a good start.

As well, using NitAbol (http://www.mdplusstore.com/pdfs/nitabol.pdf) at night really helps in cutting down your appetite and improving body composition and strength. Heaping up on the Myosin Protein (for you up to 6 scoops before bed) and taking the TestoBoost and GHboost should help you sleep through as well as providing other benefits. As far as the best supplement for you to use during the day, I'd give LipoFlush a try (http://www.mdplusstore.com/pdfs/lipoflush.pdf). A lot of athletes trying to maximize their lean body mass and get rid of excess body fat are using LipoFlush as their pre-training primer and it's really working well for them. Let me know how you do in the next few months. Best regards, Mauro

THE COMPLETE RADICAL DIET FOOD LIST

FOOD**	CALORIES	CARBS
MEAT AND POULTRY		
1 and ½ oz processed turkey breast	47	0
1 cup beef bouillon	17	0
1 cup chicken broth – Low Fat	10	1
5 oz shrimp, 5 oz lobster, or 5 oz crab	125	0
2 oz corn beef	142	0
2 oz beef bologna	76	0.4
2 oz turkey salami	111	0.3
3 oz fresh or canned salmon	130	0
3 oz lean ground beef	218	0
3 oz rib eye or T-bone steak	188	0
3 oz tenderloin	141	0
3 oz top sirloin steak	176	0
3 oz turkey breast	133	0
3 slices bacon	129	0
3 oz eye round roast	143	0
4 oz fish fresh or packed in water*	120	Ö
6 oz beef broth in water	20	0.6
3 oz chicken (baked, broiled, or BBQ)	133	0.0
Eggs	100	
Egg white	17	0
Hard boiled or poached egg	65	1
Dairy	03	1
Cottage cheese 1% or less – ½ cup	90	4
VEGETABLES	ID AND	4
	5	0.6
Alfalfa sprouts ½ cup	15	3
Asparagus ½ cup	25	5
Brussel Sprouts 1/2 cup cooked		
Cabbage, Broccoli, Cauliflower 1/2 cup coo	oked 15 50	3 12
Carrots ½ cup chopped (125 grams)		
Celery ½ cup diced	10	2.2
Cucumbers 1 medium	5	1
Dill Pickles 1 medium	5	1
Green beans, Pole Beans 1/2 cup	15	3 2
Lettuce loose leaf 1 cup	10	2
Lettuce greens 2 cups + 1 tbsp light dress	ing 50	3
Mushrooms 1/2 cup	21	4
Radishes ½ cup	10	. 2
Spinach, swiss chard, beet greens, turnip		
collards ½ cup cooked	20	3.5
Tomato ½ cup	15	3
Watercress 1/2 cup chopped	2	0.2
and the second s	ANT GUARANT	

FOOD**	CALORIES	CARBS
Fruits		
½ orange or ½ a medium grapefruit**	45	10
½ apple	45	10
4 cantaloupe	45	10
Strawberries		
(with or without artificial sweetener) 1 cup	*** 40	10
1/2 lemon without skin	8	2.7
MISCELLANEOUS		
Salsa 2 tablespoons	14	3
Sugar free Jell-O 1 cup	8	0
Diet pop and other no carb drinks	0	0
Tea or coffee - black	0	0

 * Fish includes tuna, flounder, haddock, halibut, sole, trout and whiting. It also includes 12 medium oysters since the calorie count is the same as 4 oz of fish.

** Grapefruit seems to encourage weight and fat loss more than most other foods, regardless of it's carb content. Eating half a grapefruit (but not grapefruit pills or juice) seems to lower insulin levels. ¹ Thus its effects seem to be opposite to the effects of carbs on insulin and as a result doesn't act like a real carb.

As well, it's been shown that the grapefruit flavanone naringenin inhibits insulin-stimulated glucose uptake in fat cells by inhibiting the activity of phosphoinositide 3-kinase (PI3K), a key regulator of insulin-induced GLUT4 translocation. This leads to a decrease in the amount of dietary carbohydrate that is stored as fat. Thus grapefruit seems to decrease the insulin response in two ways, one by decreasing insulin levels and two by decreasing the effects of insulin on fat formation from carbohydrates. One half a medium sized grapefruit also has 5 grams of fiber, which accounts for almost half of its caloric value.

*** Strawberries, along with grapefruits, are also almost an ideal fruit for those on the Radical and Metabolic Diets. That's because they are relatively low in carbs, contain useful fiber and have positive effects on health ³

¹Fujioka K, et al. Presented during the 228th national meeting of the American Chemical Society in Philadelphia, August 2004.

² Harmon AW, Patel YM. Naringenin inhibits phosphoinositide 3-kinase activity and glucose uptake in 3T3-L1 adipocytes. Biochem Biophys Res Commun. 2003 May 30;305(2):229-34. Biochem Biophys Res Commun. 2003 May 30;305(2):229-34.

³Hannum SM. Potential impact of strawberries on human health: a review of the science. Crit Rev Food Sci Nutr. 2004;44(1):1-17.

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WOMEN'S TOP 20

These are the PL USA TOP 20 women powerlifters in the United States for the year 2004. If any errors or omissions are noted, please report them to POW-ERLIFTING USA Magazine, P.O. Box 467, Camarillo, CA 93011. We do make some errors in the compilation of this list, and some meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's gender or bodyweight, in which case we don't know which class to credit the efforts toward.



Margaret Kirkland a top woman & master.

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330 Robbins, A..6/2/04 330 RODOMS, A..6/2/04 290 Grinwood, E..7/9/04 286 Carder, T..6/2/04 275 Miller, C..1/31/04 265 Dickey, E.1/31/04 255 Miller, K..11/13/04 253 Sieps, B..5/29/04 245 Sifuentez, D..3/19/04 240 Ramirez, E..3/19/04 236 Solan, C..1/31/04

235 Garcia, L..3/19/04 Moser, H..3/19/04 Cisneros, M..3/19/04 Anderson, C..8/22/04 Anderson, C..8/22/04 Jaynes, J..3/19/04 Arrieta, M..3/19/04 Morgan, H..3/19/04 Burnette, W..12/11/04 Aliminosa, D..3/6/04 220 Lopez, M., 3/6/04

105 SQ

352 Maile, J..6/2/04 330 Grimwood, E.11/19/04 303 Leverett, A..1/31/04 300 Miller, C..11/13/04 292 Richard, C..4/17/04 280 Rodriguez, V..3/19/04 270 Legget, K..3/6/04 270 Malherne, A..11/6/04 260 Brittain, M..3/19/04 260 Furr, K..3/19/04

259 Ufret, G. 4/3/04 259 Ufret, G. 4/3/04 259 Gedney, J. 5/8/04 250 Castillo, D. 3/19/04 250 Samford, J. 3/19/04 250 Trevino, A. 3/19/04 248 Karbowksi, A. 3/19/04 248 Sieps, B. 7/17/04 245 Fox, J. 3/19/04 245 Rivas, D. 3/19/04 242 Lee, J..1/31/04

391 Kirkland, M., 11/3/04 341 Awalt, A., 1/31/04 341 Await, A...1731/04 300 Williams, S...3/19/04 300 Tankersly, H...3/19/04 300 Denmon, A..3/19/04 297 Fry, H...8/14/04 295 McLemore, B...3/19/04 280 Mendoza, V., 3/19/04 280 Fair K 3/19/04

275 Marietta, Lora..9/8/04 270 Brown, J..3/6/04 270 Houle, L..3/19/04 265 Seay, R..3/19/04 265 Hooper, J..3/19/04 265 Karbowski, A..5/15/04 265 Fairchild, K..11/20/04 264 Kubik, S..3/6/04 264 Shuttleworth, M..5/8/04 264 Richard, C..6/5/04

123 SO

460 Burkey, L.5/1/04 460 Burkey, J..57/104 363 Tom, K..8/21/04 352 Rinn, S..6/5/04 347 Ladnier, T..6/5/04 347 Nogle, C..9/9/04 341 Marietta, Leah..4/10/04 330 Faraone, J..5/1/04 325 Motter, A..1/31/04 319 Grubbs, C..1/31/04

315 Palacios, B..3/19/04 310 Davis, S., 3/19/04 310 Davis, S.3/19/04 301 Talley, S.12/4/04 300 Berry, J.3/6/04 300 Mollica, T.7/9/04 297 Wilson, L.10/15/04 298 Rotramed, T.3/19/04 292 Deutsch, D.1/31/04 292 Hughes, H.2/14/04

132 SQ

451 Urso, S..4/3/04 425 Kaufman, J..4/3/04 400 Nogle, C..11/13/04 380 Scott, J..3/19/04 380 Morello, J..11/6/04 380 Morello, J..11/6/04 374 Ladnier, T..10/13/04 365 Johnson, M..3/19/04 352 Silvas, A..4/3/04 347 Adelmann, T..8/14/04 340 Garcia, N..3/19/04

335 Jackson, S., 3/19/04 335 Churchward, R..11/6/04 330 Carter, M..9/25/04 330 Van Dusen, K..10/9/04 325 Burke, H.. 10/15/04 319 Magierek, T..2/14/04 319 Peterson, K., 10/2/04

97 BP

314 Robbins, A..6/2/04 303 Anderson, C..11/10/04 297 Carder, T..1/31/04 292 Miller, C..1/31/04 292 Solan, C..1/31/04 170 Burnette, W..12/11/04 160 Anderson, C..11/10/04 154 Robbins, A..6/2/04 148 Dickey, E..1/31/04 145 Grimwood, E..7/9/04 137 Miller, C..1/31/04 286 Sieps, B..5/29/04 280 Grimwood, E..7/9/04 275 Burnette, W..12/11/04

97 DL

264 Dickey, E. 1/31/04 260 Miller, K. 11/13/04

259 Aliminosa, D..3/6/04 259 Aliminosa, D..3/6/04 253 Anderson, A..6/25/04 250 Ramirez, E..3/19/04 242 Deville, S..3/19/04 240 Powell, A..3/6/04

240 Moser, H., 3/19/04

105 DI

240 Morgan, H., 3/19/04

374 Maile, J..1/31/04 335 Miller, C..11/13/04

330 Matherne, A., 1/31/04 330 Tucker, B., 3/19/04

330 Bertoli, M. 3/20/04

137 Sieps, B..5/29/04 137 Carder, T..6/2/04 135 Miller, K..11/13/04 132 Solan, C..1/31/04 130 Baqui, C..11/11/04 127 Stowers, S..11/11/04 120 Garcia, L..3/19/04 120 Jaynes, J.,3/19/04 120 Jaynes, J.,3/19/04 110 Aliminosa, D.,1/31/04 110 Moser, H.,3/19/04 110 Reed, K.,7/31/04 105 Naynick, V.,2/27/04 105 Sifuentez, D.,3/6/04 105 Ramirez, E., 3/19/04

105 RP

123 BP

198 Arndt, D..11/11/04

190 Oburn, J..8/28/04 190 Frank, R..10/23/04

190 Benner, B..12/11/04 190 Benner, B..12/11/04 187 Wilson, L.10/15/04 185 Kirkland, M..12/11/04 181 Grubbs, C..1/31/04 181 Moore, D..5/15/04

181 Lucchesi, S..9/18/04

402 Rinehart, T..3/6/04 314 Thompson, J..5/1/04 308 Altizer, B..1/31/04

306 Attizer, B. 1/31/04 264 Robertson, J. 5/1/04 242 Adelmann, T. 8/14/04 242 Gomez, S. 11/11/04 236 Simons, A. 4/10/04 225 Magierek, T. 2/14/04 225 Kaufman, J. 4/3/04 225 Urso, S. 4/3/04

220 Nogle, C..11/13/04 214 Silvas, A..4/3/04 210 Joyce, I..7/9/04 205 Hockeborn..8/6/04 203 Myers, C..6/19/04

203 Hayes, M.. 12/12/04

200 Benner, B..3/28/04

200 Haislar, E., 9/25/04

198 Rev. L.12/11/04

132 BP

180 Burnette, P., 11/13/04

220 Neely, C..6/5/04 203 Maile, J..1/31/04 200 Matherne, A..11/6/04 185 Grimwood, E..11/19/04 185 Grimwood, E. 11/19/04 172 Moorman, C. 11/11/04 171 Fujisaki, C. 11/11/04 170 Leverett, A. 1/31/04 165 Lemus, B. 7/17/04 165 Vallejo, A. 11/11/04 160 Kassel, R. 4/17/04

330 Bertoli, M..3/20/04 326 Leverett, A..1/31/04 315 Grimwood, E..11/19/ 314 Ufret, G..4/3/04 310 Malone, A..3/6/04 300 Castillo, D..3/19/04 160 Rurnette, W. 11/28/04 300 Fox L 3/19/04 160 Burnette, W..11/28/04 155 Rodriguez, V..3/19/04 154 Krochmal, C..8/21/04 150 Qasem, S..5/15/04 150 Routzong, J..11/13/04 148 Miller, C..4/10/04 143 Putchio, T..8/7/04 300 Fox, J., 3715704 300 Watson, C., 3/19/04 300 Kassel, R., 4/17/04 300 Qasen, S., 5/15/04 297 Vallejo, A., 3/6/04 295 McDavid, S., 3/19/04 295 Ferguson, B..3/19/04 292 Sieps, B..7/17/04 280 Rodriguez, V..3/19/04 137 Richard, R..4/17/04 137 Brown, D..6/5/04

209 Awalt, A., 1/31/04 352 Kirkland, M., 8/21/04 352 Kirkland, M.,8/21/04 330 Awalt, A.,1/31/04 326 Hairston, D.,1/31/04 325 Arelliano, D.,1/31/04 320 Williams, S.,3/19/04 320 Stephens, B.,3/19/04 315 Tankersley, H.,3/19/04 308 Kubik, S.,4/10/04 198 Aanenson, K..4/17/04 187 Hollier, J.9/10/04 176 Leach, M..4/17/04 176 Shuttleworth, M..5/8/0-175 Haines, L.11/27/04 170 Kirkland, M..6/19/04 304 Zierold, M., 3/6/04 165 Miller, H., 11/11/04 304 Shear, L.6/13/04 159 Kubik, S..4/10/04 159 Richardson, C..8/28/04 159 Lemes, M..9/10/04 155 Mamola, A..2/28/04 155 Kunze, C..3/19/04 155 Hartwig, S..8/21/04 154 Marietta, Leah..1/31/04 154 Aretliano, D..1/31/04 154 Marietta, Lora..3/19/04 154 Richard, C..6/5/04

303 Marietta, Leah..1/31/04 303 Brown, J..3/6/04 303 McGonagle, T..8/21/04 300 Mendoza, V..3/19/04 300 Fair, K., 3/19/04 300 Estrada, C..3/19/04 300 Estrada, C..3/19/04 300 Karbowski, A..5/15/04 297 Zintsmaster, B..8/21/04 297 Zintsmaster, B..8/21/0 297 Metcalf, P..12/4/04 295 McLemore, B..3/19/04

123 DL

290 Faraone, J..5/29/04 259 Darling, J..9/10/04 253 Rinn, S..10/15/04 245 Burkey, J..5/1/04 231 Smith, T..9/25/04 225 Awalt, A..5/1/04 415 Myers, C..11/10/04 402 Nogle, C..3/19/04 390 Ferguson..8/6/04 380 Hughes,H..2/14/04 364 Gordon, K..4/3/04 355 Kirkland, M..12/11/04 220 Myers, C..11/10/04 203 Sarris, m..9/10/04 203 Yamashita, J..11/10/04 198 Nogle, C..3/19/04 354 Yamashita, J..11/10/04 350 Austin, D..12/11/04 345 Faraone, J..5/29/04 341 Sakai, S..11/10/04

132 DI

336 Rufs, D.3.713/04 335 Bures, K.3/19/04 335 Manuel, G..11/27/04 330 Rotzinger, J.3.74/04 330 Rotzinger, J.3.74/04 330 Marietta, Leah...7/10/04 330 Rinn, S.1.01/3/04 330 Neidlinger, A.12/11/04 330 Yukness, K.12/12/04

441 Hayes, M..12/12/04 440 Walker, J..8/21/04 425 Nogle, C..11/13/04 424 Urso, S..4/3/04 424 Urso, S..4/3/04 424 Myers, C..6/19/04 407 Pierce, V..11/6/04 380 Morello, J..11/6/04 374 Altizer, B..1/31/04 369 Hughes, H..5/15/04 369 Henesian, C..11/13/0-

369 Rev. L.12/11/04 369 Key, J.-12/11/04 365 Silvas, A..3/19/04 363 Brisbane, A..3/6/04 352 Pendergast, P..3/13/04 352 Carter, M..9/25/04 352 Churchward, R..11/10/04 350 Kaufman, J..4/3/04 347 Drenth, L.8/28/04 340 Farek, J..11/6/04

799 Robbins, A. 6/2/04 716 Carder, T..6/2/04 715 Grimwood, E.7/9/04 705 Miller, C..1/31/04 688 Sieps, B..5/29/04 677 Dickey, E..1/31/04 670 Burnette, W..12/11/04 661 Solan, C..1/31/04 650 Miller, K..11/13/04 644 Anderson, C..8/22/04

620 Garcia, L.3/19/04 595 Ramirez, F. 3/19/04 595 Kamirez, E..3/19/04 585 Moser, H..3/19/04 584 Aliminosa, D..3/6/04 580 Jaynes, J..3/19/04 570 Morgan, H..3/19/04 565 Arrieta, M..3/19/04 560 Cisneros, M..3/19/04 551 Deville, S..3/19/04

105 TOT

920 Maile, J..1/31/04 830 Grimwood, E..11/19/04 777 Leverett, A..11/3/04 775 Matherne, A..11/6/04 775 Miller, C..11/13/04 775 Miller, C..11/13/04 715 Rodriguez, V..3/19/04 710 Ufret, G..4/3/04 694 Richard, C..4/17/04 677 Sieps, B..7/17/04 675 Malone, A..3/19/04

665 Castillo, D. 3/19/04 665 Castillo, D..3/19/04 665 Kassel, R..4/17/04 655 Legget, K..3/6/04 655 Fox, J..3/19/04 655 Gedney, J..5/8/04 650 Karbowski, A..3/19/04 640 Samford, L.3/19/04 635 Tucker, B..3/19/04 635 Rurnette, W. 11/28/04 625 Watson, C..3/19/04

909 Kirkland, M..11/3/04 909 Kirkland, M., 11/3/104 881 Awalt, A., 1/3/104 755 Williams, S., 3/19/04 749 Marietta, Leah., 1/31/04 745 Tankersly, H., 3/19/04 730 McLemore, B., 3/19/04 727 Arelliano, D., 1/31/04 727 Kubik, S., 4/10/04 722 Brown, L.3/6/04 716 Marietta, Lora, 3/19/04

705 Hairston, D..1/31/04 700 Kunze, C..3/19/04 699 Houle, L..3/19/04 699 Metcalf, P..12/4/04 695 Mendoza, V., 3/19/04 694 Shuttleworth, m., 5/8/04 690 Fair, K..3/19/04 685 Stephens, B..3/19/04 680 Denmon, A..3/19/04 680 Fairchild, K..11/20/04

123 TOT

1020 Burkey, J..5./1/04 950 Faraone, J..5/29/04 936 Nogle, C..3/19/04 936 Rinn, S.10/15/04 875 Kirkland, M.12/11/04 837 Grubbs, C..1/31/04 837 Marietta, Leah..4/10/04 826 Hughes, H..2/14/04 804 Yamashita, J..4/2/04 804 Tom, K..8/21/04

790 Austin, D..12/11/04 782 Wilson, L..10/15/04 782 Wilson, L.10/15/04 780 Palacios, B..3/19/04 775 Talley, S..12/4/04 755 Cunningham, A..1/31/04 750 Rotzinger, J..3/14/04 744 Deutsch, D..1/31/04 744 Casper, P.,5/21/04

132 TOT

1102 Urso, S.4/3/04 1085 Altizer, B..1/31/04 1045 Nogle, C..11/13/04 1006 Kauiman, J.4/3/04 945 Morello, J..11/6/04 914 Silvas, S.4/3/04 903 Adelmann, T..8/14/04 887 Rey, J..12/11/04 876 Thompson, J.7/9/04 870 Magierek, T..2/14/04

855 Churchward, R., 11/6/04 855 Churchward, R..11/6/04 848 Carter, M..9/25/04 843 Henesian, D..11/13/04 832 Ladnier, T..10/13/04 826 Simons, A..4/10/04 825 Johnson, M..3/19/04 820 Scott, J..3/19/04 800 Joyce, J..7/9/04 799 Husber, H. 5/15/04 799 Hughes, H..5/15/04 785 Farek, J..11/6/04

545 Weisberger, A..10/8/04 534 Bohigian, K..10/8/04 518 Ribic, P..7/9/04 518 Ribic, P.,7/9/04 501 Orlega, M..10/15/04 455 Foreman, L.,7/25/04 424 Murawski, m..5/21/04 424 Baldwin, S.,6/5/04 396 Powell, S.,3/20/04 380 James, D., 3/6/04

365 Hetzel, M..8/14/04 363 Matt, A..3/19/04 350 Hartman, N..2/28/04 347 Newman, C., 2/1/04 347 Newman, C...2/1/04 347 Dennany, M...2/1/04 341 Silvas, A...5/15/04 341 Walterman, E..8/28/04 341 Meshkov, S..10/2/04 340 Maldonado, M...3/19/04

600 Scanlon, J.3/5/04 562 Phelps, R.6/5/04 550 Boshoven, L.5/30/04 535 Hulsberg, H.5/29/04 503 Myers, C.12/04 500 Seiple, E.5/29/04 473 Fineis, B.8/21/04 457 Denison, L.3/20/04 451 Walford, K..4/3/04

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415 Labushesky, B..11/19/04 402 Hatfield, D..2/1/04 402 Ford, K., 4/10/04 402 Ford, K.4/10/04 402 Packer, K.5/7/04 390 Sanders, A..11/6/04 385 Silbert, L.2/1/04 380 Derosier, J..11/13/04 375 Torres, A..3/19/04 360 Fucek, E..3/19/04

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573 Ford, K..6/5/04 573 Mendelson, S..6/5/04 512 Widdis, D..3/27/04 479 Manly, S.6/5/04 462 Huston, A..10/2/04 460 Hatfield, D..11/20/04 450 Harvey, J..3/19/04 425 Wilson, B..11/19/04 418 Packer, K..4/24/04 410 Chow, S..7/25/04

407 Phillips, J..3/20/04 407 Blyn, L..10/2/04 402 Tacktill, J..6/5/04 390 Summers, T..10/10/04 380 Ford, K..2/1/04 370 Schroeder, M..3/19/04 363 Meador, N..5/7/04 360 Kirkpatrick, D..3/19/04 355 Henneky, H., 3/19/04 352 Till, T..3/19/04

530 Watkins, J..8/21/04 520 Martinez, A..11/19/04 520 Martinez, A...11/19/04 451 Brown, B..9/10/04 450 Phillips, K..7/19/04 446 Sternberg, m...5/7/04 429 Moore, C..4/4/04 413 Gonzales, A..4/3/04 405 Santamaria, E.3/19/04 400 Green, K.3/19/04 385 Allen, W.2/1/04

385 Louque, K..11/6/04 375 Thomas, E..3/19/04 375 Moran, S..12/4/04 370 Arnold, L..3/19/04 370 Sebastian, S..11/6/04 360 Phelps, B..7/17/04 355 Oxford, H..5/22/04 352 Polansky, K..5/7/04

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385 Bohigian, K.10/8/04 314 Ribic, P.4/10/04 314 Ortega, M.10/15/04 308 Weisberger, A..3/5/04 308 Asp, M.8/28/04 303 Thompson, J.10/10/04 275 Newman, C.2/1/04 264 Baldwin, S.6/5/04 265 Roberts, A.8/21/04 255 Foreman, L..7/25/04

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407 Meador, N..5/7/04 402 Ford, K..2/1/04 402 Price, M..4/3/04 402 Taylor, J..8/21/04 402 laytor, J..8/21/04 402 Kampen, M..9/25/04 400 Kilpatrick, D..3/6/04 395 Summers, T..10/10/04 391 McLean, M..2/1/04 391 Weber, C..8/14/04 385 Picou, L..1/17/04

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1069 Ford, K.,6/5/04 1063 Fineis, B..8/21/04 1030 Denison, L..3/20/04 1008 Nelson, L..10/29/04 1008 Nelson, L.10/29/04 986 Chaney, D..2/1/04 975 Freel, L.7/10/04 975 Labushesky, B..11/19/04 965 Sanders, A..11/6/04 955 Ferguson, M..4/3/04 947 Hatfield, D..2/1/04

181 TOT

1438 Ford, K..6/5/04 1438 Ford, K.6/5/04 1355 Mendelson, S.6/5/04 1151 Widdis, D.5/7/04 1125 Haffield, D.11/20/04 1096 Manly, S.3/20/04 1091 Huston, A..10/2/04 1074 Tackill, J.6/5/04 1035 Wilson, B., 11/19/04

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970 Santamaria, E.3/19/04 965 Sebastian, S.11/6/04 925 Jackson, S..7/17/04 910 Thomas, E..3/19/04 910 Green, K..3/19/04 910 Green, K..3/19/04 888 Gonzales, A..4/3/04 887 Polansky, K..5/7/04 885 Phelps, B..7/17/04 885 Moran, S..12/4/04 880 Arnold, L..3/19/04

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1912 Swanson, B..3/5/04 1510 Willett, L.6/6/04 1328 Hall, H..2/1/04 1306 Dudley, M..10/2/04 1200 Daniels, M..3/19/04 1200 Daniels, M..3/19/04 1170 Johnson, J..11/6/04 1140 Conner, J..11/6/04 1100 Henry, T..3/19/04 1080 Goodman, K..3/19/04 1063 Sternberg, M..10/15/04

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Superstars: Bohigian, Swanson, Weisberger



2004 Was A Great Year for Priscilla Ribio



Taylor Ladnier: nationally ranked as a teen

POWERLIFTING USA presents the

TEENAGE TOP 20

These are the PL USA TOP 20 teenage powerlifters in the United States for the year 2004. If any errors or omissions are noted, please report them to POWERLIFT-ING USA Magazine, P.O. Box 467, Camarillo, CA 93011. We make errors in the compilation of this list, and some meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's gender or bodyweight, in which case we don't know which class to credit the efforts toward.



Nick Hatch dominates two classes in everything but the DL

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242 Cross, T.9/10/04
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235 Guzman, M.3/27/04
235 Martinez, C.3/27/04
225 Mortinez, C.3/27/04
225 Wiltz, R.4/3/04

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148 DL 578 Veal, W..3/20/04 573 Nicdoliwka, V..3/20/04 540 Chiodo, K..11/12/04 529 Mikulecky, S..3/20/04 525 Williams, J..3/27/04 520 Hill, A..3/27/04 520 James, B..3/27/04 520 Bayhia, L..3/27/04 512 Hatch, N..3/27/04 510 Taylor, H..3/27/04

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165 DL 585 Saxton, R..2/27/04 575 Berryman, A..3/27/04 573 Chiodo, D..11/12/04 560 Archhie, C..3/27/04 555 Valdez, J..3/27/04 550 Daniels, Q..3/27/04 545 Taylor, L.3/27/04 545 Caylor, L.3/27/04 545 Saylor, C..3/27/04

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181 DL 600 Moore, R..3/27/04 585 Nickerson, E..3/27/04 580 Joseph, M..3/27/04 575 Thomas, D..3/27/04 565 Talbot, Z..2/28/04 560 Williams, P..3/27/04 560 Gooden, B..3/27/04 560 Martik, A..7/10/04 556 Beikman, B..8/15/04 114 TOT 980 Freeman, J..3/27/04 980 Moreno, J..3/27/04 965 Summers, D..3/27/04 945 Escobedo, F..3/27/04 920 Maile, J./131/04 892 Soto, L..11/6/04 880 Pryor, B..3/27/04 875 Garcia, D..3/27/04 875 Garcia, J..3/27/04

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123 TOT 1135 Cheyne, S..3/27/04 1080 Medina, D..3/27/04 1050 Hill, M..3/27/04 1045 Brubaker, D..3/27/04 1035 Guzman, M..3/27/04 1030 Ortiz, C..3/27/04 1015 Martinez, C..3/27/04 1015 Martinez, C..3/27/04 1016 Cross, T..3/20/40

975 Stein, K..3/27/04 970 Clarkson, C..3/27/04 965 Martinez, A..3/27/04 955 Horton, C..3/27/04 955 Horton, C..3/27/04 945 Thomas, B..3/27/04 942 Nogle, C..3/10/04 940 Criffin, K..3/27/04 940 Caseras, T..3/27/04

132TOT 1200 Tankersley, J..3/27/04 1170 Hynson, B..3/27/04 1160 Moore, T..3/27/04 1146 Dugosh, B..4/3/04 1140 Kamp, M..3/27/04 1124 Sheppard, D..3/20/04 1118 Derstine, M..3/20/04 115 Trejo, D..3/27/04 105 Gonzalez, B..3/27/04

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148 TOT 1609 Hatch, N..3/27/04 1432 Niedoliwka, V..3/20/04 1432 Williams, J..3/27/04 1344 Veal, W..3/20/04 1335 Hill, A..3/27/04 1315 Crosby, D..3/27/04 1295 James, B..3/27/04 1295 Callagan, T..3/27/04 1280 Taylor, H..3/27/04

1265 Jackson, B..3/27/04 1262 Bickford, J..8/21/04 1256 Hynson, B..11/20/04 1255 Woodlift, B..3/27/04 1259 Houston, M. 11/6/04 1230 Stovall, C..3/27/04 1229 Mikulecky, S..3/20/04 1229 Marshall, J..11/6/04 1218 Summer, B..10/13/04

165 TOT 1658 Hatch, N..5/8/04 1445 Hicks, K. 11/20/04 1420 Valdez, J. 3/27/04 1405 Saxton, R. 2/27/04 1375 Archie, C..3/27/04 1375 Archie, C..3/27/04 1361 Mason, N.. 10/9/04 1345 Berryman, A..3/27/04 1335 Cox, S..3/27/04

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198 SQ 661 Knutson, J..5/8/04 655 Kendon, C..3/27/04 622 Fredette, B..3/28/04 600 Pettigrew, D..3/27/04 600 Golden, T..3/27/04 600 Golden, T..3/27/04 600 L., C..3/27/04 590 Luu, C..3/27/04 585 Gaffney, J..3/27/04 585 Handrinos, R..6/12/04

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242 SQ 730 Herrera, J. 7/10/04 725 Martinez, M. 3/27/04 666 Krogman, J. 9/12/04 650 Baker, C. 3/27/04 650 Baker, C. 3/27/04 644 Santiago, R. 10/31/04 639 Rogers, D. 11/6/04 632 Gardner, C. 3/27/04

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275 SQ 775 Millbesier, K. 4/17/04 700 Billiot, D. 3/27/04 675 Wisniewski, L. 3/27/04 639 England, S. 4/4/04 630 Hissam, J. 3/27/04 630 Fuentes, C. 3/27/04 625 Jeter, C. 3/27/04 625 Eter, C. 3/27/04 615 Taylor, R. 3/27/04

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220 BP 562 Briggs, R. 10/12/04 5520 Hines, J. 8/21/04 451 Anderson, C. 8/22/04 440 Sinclair, A. 6/5/04 429 Cunningham, J. 3/21/04 429 Rogers, D. 7/24/04 425 Del. ong. R. 5/29/04 425 Hoff, A. 8/7/04 420 Holloway, C. 8/15/04 418 Mezera, N. 8/22/04

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551 Weech, S. 10/13/04
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470 Arevalo, J. 3/27/04
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242 DL 700 Baker, C.3/27/04 661 McKay, L.6/26/04 650 Rasmussen, N.4/24/04 628 Krogman, J.9/12/04 620 Riewe, D.3/27/04 617 Byrne, J.2/27/04 610 Pauley, B.3/20/04 610 Pauley, B.3/20/04

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MASTERS TOP 20

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Mike McDaniel continues to rank well up in the 275 lb. Masters.

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165 SQ 705 Heath, D. 12/12/04 606 Bracken, D. 10/6/04 584 Roy, M. 5/1/04 573 Olson, G. 5/8/04 562 Lumpe, S. 3/20/04 556 Woodworth, M. 6/12/04 551 Wiltshire, G. 4/17/04 550 Boshoven, L. 5/30/04 540 Sorenson, D. 11/13/04

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181 SQ 677 Perkins, T..8/14/04 665 Piermattei, F..11/20/04 633 Graham, D..8/22/04 622 Denton, T..8/7/04 611 Garofalo, R..5/1/04 606 Ruettiger, R..3/21/04 600 Cornier, M..3/28/04 600 Senedix, R..4/17/04 600 Scully, B..10/6/04 114 BP 231 Barleen, D. 4/30/04 230 Murphy, G. 12/11/04 210 Zeolla, G. 7/9/04 75 Haines, L. 11/27/04 712 Moorman, C. 11/12/04 717 Eujisaki, C. 11/12/04 710 Leverett, A. 1/31/04 170 Kirkland, M. 6/19/04 170 Burnette, W. 12/11/04 155 Lenus, B. 7/17/04

165 Miller, H. 11/12/04 159 Lemes, M. 9/10/04 154 Krochmal, C. 8/21/04 154 Sage, O. 9/19/04 148 Deutsch, D. 110/5/04 143 Schwarz, C. 8/21/04 143 Hairston, D. 9/10/04 143 Metcalf, P. 12/4/04 137 Brown, D. 6/5/04 137 Christopher, L. 6/04

123 BP 250 Snell, K..3/20/04 245 Helnis, J..6/12/04 240 Lamb, B..11/20/04 235 Caputo, R..4/17/04 220 Snyder, S..6/12/04 220 Murphy, G..10/30/04 220 Myers, C..11/14/04 196 Arndt, D..11/12/04 190 Frank, R..10/23/04 190 Benner, B..12/11/04

187 Wilson, L. 10/15/04 185 Kirkland, M. 12/11/04 180 Burnett, P. 11/13/04 176 Lucchesi, S. 3/20/04 176 Haines, L. 10/5/04 165 Ruff, D. 3/13/04 165 Hughes, K. 9/19/04 159 Casper, P. 5/21/04 159 Casper, P. 5/21/04 154 Opplinger, T. 2/7/04

132 BP 308 Altizer, B. 1/31/04 303 Garcia, R. 6/12/04 281 Corsello, J.-4/24/04 275 Bates, A..7/17/04 271 Southwood, K. 8/21/04 270 Gee, S. 8/14/04 259 Richey, S. 10/13/04 253 Smith, T. 4/30/04 253 Jones, K. 4/30/04 250 Helms, J. 10/10/04

242 Gomez, S. 11/12/04 242 Kennedy, C. 11/13/04 236 Bradley, G. 11/4/04 225 Kawasaki, N. 3/20/04 225 Evans, M. 10/23/04 225 Evans, M. 10/23/04 220 Lamb, B. 1/24/04 214 Simmons, A. 1/31/04 210 Lamb, E. 1/24/04 219 Trujillo, R. 4/30/04

148 BP 435 Evangelista, A..6/19/04 385 Venturella, C..9/11/04 375 Zerbe, S..5/1/04 352 Judge, T..10/13/04 342 Stewart, S..2/14/04 349 Pacheco, E..3/28/04 336 White, T..2/14/04 330 Guthrie, M..3/27/04 325 Wilson, D..5/22/04

319 Edmondson, D.. 11/14/04 315 Rohan, B.. 11/20/04 314 Robinson, M.. 8/21/04 310 Slyman, M.. 8/15/04 308 Sechser, P.. 2/21/04 305 Aldag, T.. 6/5/04 303 Osgood, J.. 3/20/04 303 Pellegrino, J.. 4/30/04 309 Pellegrino, L.. 4/30/04

165 BP 473 Baker, G. 4/17/04 455 Heath, D. 12/12/04 447 Cook, K. 11/14/04 446 Weingust, S. 11/14/04 424 Santarone, N. 7/17/04 418 Slaughter, L. 9/11/04 410 Keele, J. 4/25/04 400 Jenkins. 10/30/04 396 Hamby, D. 11/4/04

380 Bracken, D...5/1/04 375 Page, G...6/5/04 374 Rickett, T...8/15/04 374 Krueger, T...9/11/04 371 Naughton, D...3/20/04 369 Mattoni, L...6/19/04 367 Cencich, T...4/24/04 365 Sharpe, A...11/04 360 Venturella, C...2/8/04 360 Knapinski, A...8/14/04

181BP 500 Proya, T..9/11/04 496 Furnas, A..9/11/04 475 Conner, T..7/10/04 473 Lopez, R..5/22/04 473 Santarone, N..11/14/04 462 Zangl, C..4/25/04 460 Piermattei, F..7/10/04 451 Worishima, E..3/21/04 451 Worishima, E..3/21/04 114 DL 410 Zeolla, G...7/9/04 363 Barleen, D. 4/30/04 352 Kirkland, M..8/21/04 326 Leverett, A..1/31/04 326 Hairston, D..1/31/04 304 Shear, J..6/13/04 297 Metcalf, P..12/4/04 292 Solan, C..1/31/04 292 Zintsmaster, B..2/27/04 292 Zadubera, S..11/14/04

286 Brigham, C..3/20/04 286 Deutsch, D..10/5/04 285 Clough, J.11/20/04 281 Christopher, L.6/04 286 Burnette, W..11/28/04 275 Hooson, A. 8/21/04 270 Steffan, B. 6/12/04 265 Stowers, S..11/14/04 265 Parisi, C..5/15/04 265 Ryman, R.8/14/04

123 DL 460 Snell, K...3/20/04 450 Caputo, R...4/17/04 450 Snyder, S...6/12/04 418 Lamb, B...10/30/04 415 Myers, C...11/14/04 380 Hughes, H...2/14/04 335 Kirkland, M...12/11/04 336 Ruff, D..3/13/04 308 Casper, P...5/21/04

305 Picciotti, D..5/15/04 303 Hughes, K..9/19/04 300 Whidden, L..3/14/04 297 Wilson, L..10/15/04 290 Winkelblech, C..9/18/04 290 Benner, B..12/11/04 286 Cournan, P..3/6/04 286 Froeschle, J.10/2/04 281 Christopher, L..6/25/04

132 DL 462 Smith, T. 4/30/04 462 Kavarnos, J. 10/30/04 440 Walker, J. 8/21/04 440 Funjillo, R. 9/19/04 440 Evans, M. 10/23/04 424 Myers, C. 6/19/04 418 Richey, S. 5/8/04 405 Lamb, B. 1/24/04 402 Kawasaki, N. 3/20/04 391 Bissen, J. 10/6/04

390 Jones, K.. 1/27/04 374 Alfizer, B.. 1/31/04 369 Hughes, H.. 5/15/04 363 Brisbane, A.. 3/6/04 355 Landess, G.. 3/20/04 352 Pendergast, P.. 3/13/04 341 Schultz, M.. 10/30/04 336 Kennedy, C.. 11/13/04 331 Rosales, L.. 3/6/04 330 Drenth, J. 1/31/04

148 DL 630 Castro, M. 8/14/04 578 Brown, C. 9/19/04 556 Kaneshiro, D. 8/04 534 Weinstein, L. 4/30/04 529 Robinson, M. 2/04 529 Edmondson, D. 11/14/04 525 Rohan, B. 11/20/04 501 Payne, W. 9/19/04

485 Hoff, R. 2/21/04 485 Green...5/1/04 485 Evangelista, A. 8/21/04 480 Wong, C. 3/6/04 475 Simone, L. 2/8/04 473 Marchio, J. 5/8/04 473 Uyeoka, B. 11/21/04 470 Gengo, J. 7/9/04 468 Whitney, D. 9/19/04 462 WcCarty, T. 1/25/04

165 DL 600 Wright...7/17/04 600 Felton, D...9/25/04 584 Sigala, M...5/1/04 578 Crifgliano, R...11/4/04 573 Dargin, C...6/5/04 573 Croft, W...10/30/04 567 Nickele, J...5/8/04 562 Snyder, B...4/25/04 556 Tyree, J...11/14/04 551 Bracken, D...57/1/04

545 Smith, G..7/17/04 545 Sorenson, D. 11/13/04 545 Sorenson, D. 11/13/04 534 Flores, R..8/21/04 529 Olitshire, G..4/17/04 529 Theodorou, N..4/25/04 523 Mattoni, L..6/19/04 518 Kleyn, G..6/5/04 512 Rivera, M.5/8/04 512 White, F..8/14/04

181 DL 755 Eiseman, T..11/14/04 705 Woodley, L.11/14/04 633 Braca, J.6/13/04 632 White, E.4/3/04 622 White, E.4/3/04 622 Byas, A..5/1/04 610 Myers, L.7/10/4 600 Cirigliano, R..3/6/04 600 Richardson, K. 10/13/04 114TOT 1025 Zeolla, G..7/9/04 909 Kirkland, M.11/4/04 892 Barleen, D..4/30/04 777 Leverett, A.11/4/04 705 Hairston, D..1/31/04 699 Metcalf, P..12/4/04 677 Shear, J.6/13/04 670 Burnette, W..12/11/04 661 Solan, C..1/31/04

640 Haines, L..11/27/04 611 Zintsmaster, B..2/27/04 606 Nelson, V..1/31/04 605 Partsi, G..5/15/04 605 Ryman, K.8/14/04 589 Brigham, C..3/20/04 585 Clough, J..11/20/04 584 Aliminosa, D..3/6/04 545 Michaels, T..11/20/04 530 Steffan, B..6/12/04

123 TOT 1115 Caputo, R. 4/17/04 1090 Snyder, S. 6/12/04 1095 Snell, K. 3/20/04 1025 Lamb, B. 6/5/04 875 Kirkland, M. 12/11/04 826 Hughes, H. 2/14/04 742 Wilson, L. 10/15/04 744 Deutsch, D. 1/31/04 744 Casper, P. 5/21/04

690 Whidden, L. 3/14/04 690 Picciotti, D. 5/15/04 688 Lucchessi, S. 3/20/04 677 Haines, L. 10/5/04 640 Burnett, P. 9/11/04 639 Cournan, P. 3/6/04 617 Zintsmaster, B. 5/22/04 590 Winkelblech, C. 9/18/04 556 Rouse, S. 5/21/04

132 TOT 1102 Smith, T., 4/30/04 1091 Richey, S., 5/8/04 1085 Altizer, B., 1/31/04 1063 Kavarnos, J., 10/30/04 1005 Jones, K., 1/17/04 986 Trujillo, R., 4/30/04 975 Bissen, J., 4/30/04 959 Kawasaki, N., 3/20/04 920 Kennedy, C., 11/13/04 854 Evans, M., 10/23/04

799 Hughes, H.. 5/15/04 782 Simmons, A. 1/31/04 760 Dingle, K. 1/31/04 727 Eslick, K. 1/31/04 720 Tallion, K. 12/4/04 715 Hockeborn. 8/6/04 710 Drenth, J. 1/31/04 700 Bishop, T. 8/7/04 694 Mulloy, C. 2/27/04 670 Amos. 3/27/04

148TOT 1410 Brown, C..2/14/04 1339 Weinstein, L..4/30/04 1311 Robinson, M..8/21/04 1285 Edmondson, D. 11/20/04 1284 Judge, T..10/13/04 1270 Green..5/1/04 1265 Rohan, B..11/20/04 1212 Hoff, R..2/21/04 1212 Tanabe, V..5/8/04 1190 Mason, M..4/30/04

1180 Gengo, J..7/9/04 1165 Liggett, M. 6/12/04 1162 Uyeoka, B. 11/21/04 1151 Whitney, D. 9/19/04 1140 McCarty, T. 1/25/04 1130 Charles, R. 7/9/04 1120 Osgood, J. 3/20/04 1107 Hedrick, T. 8/14/04 1096 Wilson, D. 5/22/04

165 TOT 1665 Heath, D.. 12/12/04 1515 Bracken, D.. 10/6/04 1455 Sigala, M. 12/11/04 1410 Wiltshire, G.. 4/17/04 1410 Sorenson, D.. 11/13/04 1405 Woodworth, M.. 2/14/04 1395 Wright. 5/1/04 1372 Cirigliano, R. 10/13/04 1361 Smith, C.. 7/17/04 1339 Lumpe, S. 8/27/04

1322 Flores, R. 8/21/04 1310 Boshoven, L. 5/30/04 1306 White, F. 8/14/04 1300 Alduenda, S. 5/1/04 1300 Trujillo, P. 5/1/04 1300 Olson, G. 5/8/04 1300 Jenkins. 10/30/04 1295 Bolen, K. 12/11/04 1289 Nickele, J. 5/8/04

181TOT 1700 Piermattei, F..7/10/04 1642 Carofalo, R..5/1/04 1587 Scully, B..106/04 1570 Perkins, T..8/14/04 1555 Benedix, R..4/17/04 1543 Richardson, K..10/13/04 1526 Cormier, M..3/28/04 1521 Boyer, B..6/19/04 1504 White, E..4/3/04 585 Boutte, P..5/8/04 584 Wiley, D..5/1/04 578 Richardson, K. 10/13/04 573 McMillion, G.5/8/04 562 Boyer, B.6/19/04 562 Peterson, D..10/13/04 560 Wolfe, C..1/1/20/04 530 Anderson, D..9/25/04 540 Naughton, D..8/22/04 540 Varrone, J..11/20/04

198 SQ 810 Caplan, M..5/9/04 710 Kanemoto, K..10/13/04 672 Fleming, D..10/13/04 670 Ingravera, R..11/20/04 655 Bush, K..10/13/04 650 Scott, J..4/4/04 650 Scott, J..4/4/04 650 Wastley, W..4/17/04 650 Wastley, M..4/17/04 650 Massley, A..11/6/04

650 Schmidt, J..11/20/04 644 Rhoades, D..4/17/04 629 Solan, D..3/20/04 630 Young, B..7/10/04 630 Young, B..7/10/04 628 Buckley, T..4/17/04 611 Van Cleave, M..4/3/04 606 Traub, L.5/1/04

220 SQ 810 Burlingame, D..3/22/04 761 Taylor, M..10/14/04 760 Jeurink, J..5/30/04 749 Maxwell, C..5/9/04 738 Myers, B..11/6/04 730 Murrell, J..12/11/04 722 Zenzen, D..5/9/04 705 Beaudin, D..5/9/04 699 Pessell, G..3/21/04

688 McNeish, K.. 5/9/04 677 Kelly, B.. 3/20/04 677 King, B.. 4/24/04 672 Evanstra, S.. 5/1/04 672 Evanstra, S.. 5/1/04 672 Hambright, S.. 11/6/04 672 Hambright, S.. 11/6/04 661 Cain, S.. 5/1/04 655 Ortolano, P.. 4/17/04

242 SQ 810 Halliwell, P.: 12/18/04 805 Avigliano, J.: 11/21/04 760 Mistric, L.: 4/3/04 755 Montembault, D.: 10/14/04 740 Chellino, M.: 9/25/04 738 Ward, R.: 5/9/04 733 Warren, B.: 3/20/04 727 Zenzen, D.: 10/14/04 722 Anderson, J.: 5/9/04

722 Wheeler, K.. 10/14/04 716 Taylor, M.. 10/2/04 710 Roberts, R. 8/22/04 710 Zemken, J. 11/21/04 705 Chavez, R. 10/31/04 700 Parks, D.. 12/11/04 630 Davis, R. 11/21/04 680 Davis, R. 11/21/04 675 Havrilesko, D.. 11/21/04

275 SQ 881 Tillman, K..3/20/04 870 Primeau, P..11/21/04 832 Mimnaugh, B..10/30/04 805 Isabella, T..3/21/04 800 Shuman, B..7/11/04 800 Dimiduk, M..11/21/04 788 McDaniel, M..10/14/04 755 Ford, J..5/9/04 755 Boytlon, R..5/9/04 750 McKimmie, S..4/14/04

750 Wagner, J. 9/11/04 750 Simpson, P. 11/21/04 749 Gonzales, D. 5/2/04 744 Cyranoski, S. 6/6/04 730 Pace, L. 10/30/04 727 Moore, M. 10/14/04 716 Lombardi, V. 5/2/04 716 Huizar, R. 12/12/04

SHW SQ 1025 Hutson, T..7/11/04 865 Hutson, T..7/11/04 865 Hutson, D..5/9/04 865 Pearson, D..5/9/04 854 Manly, J..3/20/04 850 Delan, N..11/21/04 777 Lavarro, L..4/3/04 760 Deutuch, L..10/31/04 749 Lane, T..8/22/04 745 Hetcher, P..8/21/04

744 Soto, G. 3/27/04
738 Benjamin, N. 12/04
738 Peshek, J. 6/13/04
730 Saunders, B. 11/21/04
729 Oyler, D. 6/6/04
711 Pecktol, S. 6/26/04
710 Kress, H. 4/3/04
700 Meyers, N. 5/8/04
688 Magee, J. 3/21/04
688 Weiss, J. 11/6/04

450 Brown, J..9/11/04 440 Van Affelen, D..8/22/04 435 Arrendell, M..2/15/04 435 Naughton, D..10/33/0/4 430 Benedix, R. 4/17/04 424 Ward, S..6/12/04 418 Estrada, R..5/22/04 410 Mann..8/7/04 402 Scully, B..5/104 402 Fabiano, B..10/13/04

198 BP 600 Piggee, D..12/4/04 540 Mortshima, E..11/14/04 534 Whitney, J..9/11/04 510 Kielczweski Sr., R..6/27/04 505 Conner, T..11/13/04 505 Furnas, A..11/13/04 501 Arrendell, M..9/11/04 501 Arrendell, M..9/11/04

500 Watts, S..8/8/04 500 Newman, D..8/22/04 500 Stevens, A..9/25/04 496 Cmura, W..8/7/04 490 Gings, R.5/22/04 480 Banks, L.7/17/04 479 Kanemoto, K..5/1/04 475 Resse, T..2/14/04 475 Wiles, M..8/8/04

220 BP 580 Red, A. 12/4/04 575 Herring, G. 12/12/04 574 Millrany, K. 11/14/04 562 McConaughey, B. 3/21/04 561 Michaels, F. .8/14/04 551 Wilkinson, E. .3/21/04 545 Cozza, J. 8/14/04 545 Taylor, M. 10/14/04 545 Grassi, J. 12/4/04 545 Brownfield, K. 12/12/04

540 Lindsay, M. 11/21/04 534 Dohaniuk, R. 5/2/04 525 Wyand, J. 9/18/04 520 Gerard, H. 11/27/04 515 Minichiello, M. 3/28/04 510 Lahodny, R. 4/3/04 507 Hays. 9/04 501 Harris, R. 5/22/04 501 Edwards, R. 12/12/04

242 BP 625 Knight, M..8/7/04 607 Kitani, R. 11/14/04 606 Wilkinson, E. 11/14/04 570 Robinson, R. 6/12/04 570 Robinson, R. 6/12/04 567 McConaughey, B. 6/26/04 565 Donati, R. 27/1/04 565 Levers, B. 11/21/04 562 Hayeraft, D. 11/14/04 560 Paskell, E. 9/26/04

560 Barkey, R. 12/11/04 560 Price, C. 12/18/04 556 Gunn, B. 4/3/04 550 Erb, R. 3/27/04 550 McIntire, B. 5/30/04 540 Coodman, B. 1/24/04 540 Chellino, M.-9/25/04 540 Pamplin, C.-9/12/04 534 Taylor, M. 10/2/04 529 Connor, M. 8/22/04

275 BP 700 Peshek, J. 11/4/04 650 Klinger, B. 7/10/04 650 Cawley, B. 7/24/04 650 Primeau, P. 11/21/04 650 Primeau, P. 11/21/04 623 Dalaval, M. 10/16/04 617 Finegan, S. 11/14/04 600 McKee, B. 1/22/04 590 Vickery, S. 8/8/04

589 Ludlam, R. 11/14/04 584 Donati, R. 4/25/04 579 Harms, J. 9/26/04 573 Christenson, T. 5/2/04 570 Richey, R. 3/27/04 570 Norris. 3/8/04 567 Dooley, B. 11/14/04 562 Hemenway, L. 5/9/04 560 Balthace, D. 4/17/04

SHW BP 782 cillespie, B..7/04 765 Galligan, J..11/21/04 707 Manno, T..5/22/04 705 Peshek, J..12/18/04 678 Iovar, J..6/5/04 675 Patterson, R. 12/4/04 660 Hamby, M..12/12/04 630 Marchant, D..11/14/04 630 Tancil, J..6/26/04

615 Doherty, J..11/21/04 611 Gaudreau, D..5/7/04 605 Bumgarner, R. 11/21/04 601 Watts, W..11/14/04 600 Lavarro, L.4/3/04 600 Lavarro, L.4/3/04 600 Petrino, T..11/6/04 600 Minahan, J..11/14/04 600 Beeler, F..11/21/04 585 Piermattei, F.. 3/27/04 584 Wright, C.. 3/6/04 584 Scully, B.. 10/6/04 580 Green. 10/17/04 573 McMillion, G.. 5/8/04 567 Boyer, B.. 6/19/04 567 Krowech, R.. 11/14/04 562 Cormier, M.. 3/28/04 556 Yeats, J. 5/1/04 556 Piush, P.. 11/14/04

198 DL 767 Elseman, T..5/29/04 735 Meyers. 8/8/04 661 Ferstler, G..5/1/04 655 Welch, L..8/22/04 650 Givens Fr., F.7/24/04 639 Caplan, M. 10/13/04 633 Rhoades, D. 4/17/04 633 Traub, L..5/1/04

633 Williams, T.. 10/30/04 624 Schmidt, J.. 11/20/04 620 Ingravera, R.. 11/20/04 617 Willett, M. 4/17/04 617 Willett, M. 4/17/04 611 Jones, G.. 5/1/04 611 Heming, D.. 5/9/04 606 Ulvang, J. 7/17/04 606 Russell, L.. 11/14/04 606 Harpe, J. 12/12/04

220 DL 800 Herring, G.. 12/12/04 710 Laney, M. 5/8/04 705 Maxwell, C. 5/9/04 688 Clark, Z. 3/6/04 680 White, B. 11/20/04 672 Kwanstra, S. 5/1/04 672 Bennett, M. 10/31/04 666 Hambright, S. 4/3/04 665 Slaybaugh, C. 10/23/04

661 Cain, S...5/104 661 Passell, G...8/22/04 661 Passell, G...8/22/04 661 Taylor, M. 10/14/04 655 Calia, V...9/18/04 650 Berntssen, L..3/6/04 650 Berntssen, L..3/6/04 650 Campbell, T..4/24/04 650 Stratton, D..6/19/04 650 Burlingame, D..7/17/04

242 DL 750 Goodman, B. 1/24/04 727 Capello, J. 11/14/04 722 Davidson, D. .6/22/04 700 Soekardi, S. .6/5/05 683 Jackson, P. .4/10/04 666 Gnerre, J. 10/2/04 660 Davis, R. .11/21/04 660 Bullock, B. .12/4/04

655 Czerwiec, J.. 12/11/04 650 Higgins, T.. 1/17/04 650 Hagins, T.. 1/17/04 650 Halliwell, P.. 10/31/04 650 Clark, J.D. 7/17/04 650 Dawson, A.8/22/04 650 Mistric, L.. 10/14/04 650 Sims, C.. 11/21/04 644 Ciano, R. 4/17/04 644 Ciano, R. 4/17/04

275 DL 760 Hodges, J. 10/9/04 725 Vickery, S. 7/10/04 722 Medak, A. 6/19/04 705 Soekardf, T. 8/22/04 700 Soekardf, T. 8/22/04 700 Bajsert, B. 11/27/04 699 Davidson, D. 11/14/04 699 Davidson, D. 11/14/04 690 Ball, R. 10/23/04 685 Stewart, K. 9/4/04

683 Capps, J..5/2/04 680 Robinson, J..8/28/04 680 Pace, L..10/30/04 680 Primeau, P..11/21/04 675 Kline, K..8/7/04 670 Tillman, K..1/17/04 670 Smith, R..4/17/04 650 Silverbloom. 7/11/04 650 Silverbloom. 7/17/04 650 Wagner, J..9/11/04

SHW DL 777 Lavarro, L.4/3/04 733 Fastolkner, W..3/6/04 733 Pearson, D..5/9/04 722 Medak, A. 11/14/04 715 Hutson, T.3/6/04 711 Pecktol, S.6/26/04 705 Ryder, K.5/2/04 705 Fletcher, P..8/21/04 700 Hunt, J.R.7/11/04

688 Lane, T..8/22/04 677 Manly, J.3/20/04 661 Cyler, D..6/6/04 661 Ratsch, P..6/26/04 661 Rutsch, P..6/26/04 650 Ringer, M..2/28/04 650 Wright..4/24/04 650 Israelson, M..9/18/04 650 Finland, T..12/12/04 1471 Graham, D..8/22/04 1465 Byas, A..3/14/04 1460 McMillion, G..5/8/04 1455 Fabiano, B..5/8/04 1440 Shanebrook, S./9/11/04 1430 Wiley, D..5/1/04 1421 Hambric, T..5/1/04 1410 Peterson, D..10/13/04 1405 Stanley, M..11/28/04

198 TOT 184 S Caplan, M..5/9/04 1736 Fleming, D. 10/13/04 1708 Brantly, W. 4/17/04 1692 Kanemoto, K. 10/13/04 1685 Jones, G..5/1/04 1665 Ingravera, R. 11/20/04 1658 Lichtenberger, M. 4/3/04 1647 Buffington, G. 11/13/04 1630 Young, B..7/10/04

1625 Schmidt, J. 11/20/04 1620 Traub, L. 5/1/04 1615 Givens Jr., F. 7/24/04 1581 Clark, R. 5/1/04 1559 Rhoades, D. 4/17/04 1548 Buckley, T. 4/17/04 1543 Wilson, T. 6/26/04 1537 Agnew, W. 3/13/04 1535 Shaw, B. 4/24/04 1535 Ruscitelli. 8/8/04

220 TOT 1967 Taylor, M. 10/14/04 1850 Burlingame, D. 3/22/04 1818 Maxwell, C. 10/14/04 1802 Myers, B. 11/6/04 1790 Murrell, J. 12/11/04 1770 Gerard, H. 11/27/04 1752 Pessell, G. 3/21/04 1747 Cain, S. 5/1/04 1740 Laney, M. 5/8/04

1736 Montembault, D..5/9/04 1730 McNeish, K..5/9/04 1714 Roberts, S..12/11/04 1710 Jeurink, J..5/30/04 1708 Ring, B..4/24/04 1708 Becker, M..6/6/04 1703 Sierpien, D..5/8/04 1692 Muslo, M..1/13/04 1666 Roberts, P..11/6/04

242TOT 1918 Halliwell, P...3/28/04 1896 Taylor, M..10/2/04 1837 Mistric, L..10/14/04 1835 Gnerre, J..10/2/04 1830 Chellino, M..9/25/04 1802 Bowman, T..10/14/04 1800 McIntire, B..5/30/04 1800 Avigliano, J..11/21/04 1796 Ward, R..5/9/04

1774 Warren, B..3/20/04 1752 Callahan, B..5/2/04 1752 Connor, M. 6/26/04 1752 Deverville, J..9/4/04 1747 Wilson, B..8/15/04 1740 Zemken, J..11/21/04 1730 Dilworth, R..3/13/04 1730 Wenner, R..5/2/04 1730 Montembault, D..10/14/04

775 TOT 2200 Primeau, P. 11/21/04 2120 Minnaugh, B. 12/18/04 2006 Tillman, K. 3/20/04 2005 Shuman, B. 7/11/04 1950 Vickery, S. 2/21/04 1940 Isabella, T. 3/21/04 1899 Gonzales, D. 5/2/04 1890 Stewart, K. 9/4/04 1858 McDaniel, M. 10/14/04

1835 Boynton, R. 4/3/04 1835 McKimmie, S. 4/4/04 1824 Cyranoski, S. 6/6/04 1818 McKee, B. 8/22/04 1815 Sturdivant, B. 12/11/04 1807 Collins, B. 5/2/04 1780 Leinfelder, J. 1/24/04 1780 Morris, T. 10/14/04 1774 Rece, D. 5/2/04 1765 Dimiduk, M. 11/21/04

SHWTOT 2185 Hunt, J.R..7/11/04 2154 Lavarro, L. 4/3/04 2099 Pearson, D. 5/9/04 2083 Manly, J..3/20/04 2015 Peshek, J..6/13/04 1934 Meek, B..10/14/04 1932 Pecktol, S..6/26/04 1920 Fletcher, P..8/21/04 1906 Benjamin, N. 12/04 1901 Gaudreau, D..5/2/04

1870 Saunders, B..11/21/04 1862 Lane, T..8/22/04 1851 Ryder, K..5/2/04 1829 Oyler, D..6/6/04 1829 Deutuch, L..10/31/04 1810 Meyers, N..5/8/04 1785 Ratsch, P..6/26/04 1730 Reecc, D..10/8/04 1730 Weiss, L.11/6/04



Scott Richey at the WPC Worlds, has the top squat at 132 pounds

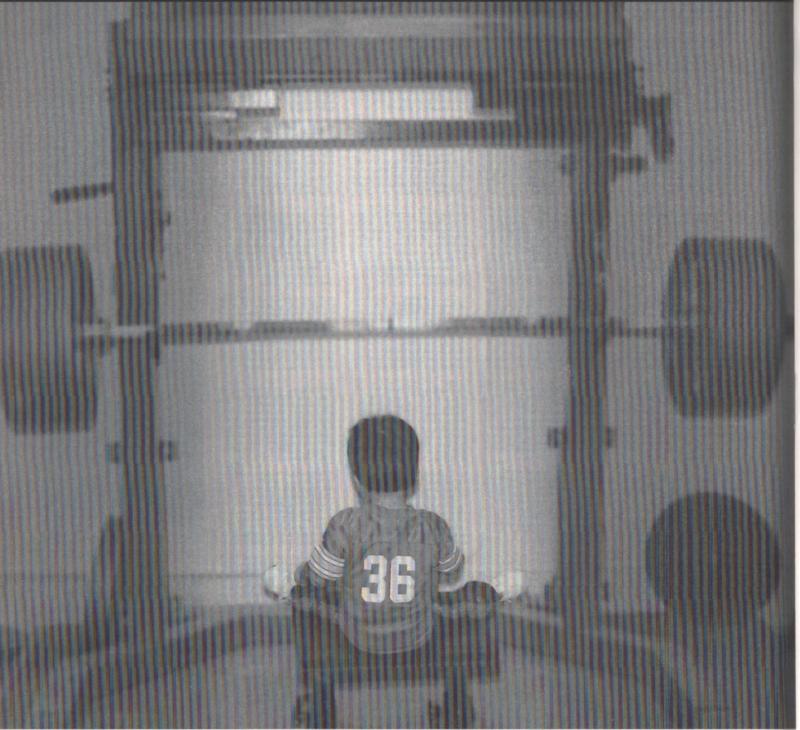


USAPL Star Mark Sigala isin the Top Ten ranks in 3 categories.



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Date 21NOV04 160CT04 11JUL04 21NOV04 Lbs. 1005.0 975.0 965.0 950.0 Lifter RYCHLAK, Eugene Rychlak Rychlak 430.912 (1) Rychlak (2) Rychlak () Rychlak (4) KENNELLY, Ryan 424.562 936.0 925.0 09MAY04 04DEC04 74USA 409.367 902.5 408.230 403.697 900.0 Rychlak Rychlak 16NOV03 11JUL04 08NOV03 10. 401.429 885.0 11. 397.5 876.33 12. 397.0 875.23 Rychlak 876.337 875.235 859.802 Rychlak 06MAR04 12JUL03 06MAR04 10JUL04 (2) MENDELSON, Scot (2) LATTIMER, Shawn 390.0 387.821 387.5 385.553 855.0 854.291 850.0 17. 385.553 850.0 18. 385.0 848.779 19. 381.017 840.0 20. 380.0 837.757 Lattimer 183.0 05MAR05 380.0 837.75 378.749 835.0 64USA 837.757 FRANK, Garry 04APR04 21AUG04 12JUL03 Lattimer Mendelson 23. 377.5 832.245 376.481 830.0 375.0 826.73 374.213 825.0 04DEC04 FIEDLER, Andrew Mendelson 07AUG04 05JUL03 66USA 374.213 825.0 Rychlak 154.22 16NOV03 185FP04 08JUN03 06MAR04 821.221 821.221 821.221 821.221 29. 372.5 30. 372.5 (2) Kennelly Rychlak Kennelly 06MAR04 05MAROS 05MAROS 74USA 71USA 33. 372.5 821.221 BRANDenburg Clay 182.0 34. 371.945 820.0 35. 370.0 815.710 36. 370.0 815.710 37. 369.677 815.0 38. 367.5 810.198 MEEKER, Paul Brandenburg 11DFC04 815.710 (1) Lattimer 37. 369.677 815.0 38. 367.5 810.198 39. 367.409 810.0 Rychlak Lattimer Rychlak 161.21 178.25 161.03 10AUG03 27SEP03 07JUN03 367.405 810.0 365.141 805.0 365.141 805.0 10APR04 17APR04 10APR04 804.687 Mendelson 142.4 08JUN03 804.687 804.687 (2) Rychlak (3) Kennelly 27SFP03 13DEC03 06MAR04 169.4 365.0 804.687 143.5 129.5 132.95 47. 365.0 48. 365.0 804.687 804.687 (1) COOKE, Chris (3) WONG, Steve 25SEP04 12NOV04 49. 363.10 800.5 (4) Meeker 800.278 (4) Kennelly 800.278 (2) CRAWFORD, Wm 133.81 124.95 178.48 06MAR04 260CT03 74USA 52. 362.873 800.0 (3) Lattimer (1) Kennelly 53. 362.873 800.0 54. 362.873 800.0 13MAR04

Location
Shamokin Dam, PA
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Shamokin Dam, PA
Shamokin Dam, PA
Shamokin Dam, PA
Kumite Classic
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Elk River, MN
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		Currituck, NC		A. Marrow 220 lbs.	135	(12-13) D. Cheese	75	(14-15) J. Marrow	175	220 (12-		
BENCH		L. Gagoon	250	D. Richardson	145	123 lbs.		181 lbs.		M. (Chavis	100
Overall		J. Moore	240	M. Chavis	100	(12-13)		(12-13)		(14-	15)	
48 lbs.		J. McGourn	200	242 lbs.		D. Harris	105	K. Glover	135	D. F	Richards	son 145
M. Gadiazia	185	J. Marrow	175	D. Owens!	375	132 lbs.		(14-15)		242	lbs.	
R. Walsh	175	D. Inman	165	D. Taylor	255	(10-11)		M. Jones	125	Ope	n	
). Priddy	160	B. Patrick	115	D. Lyks	235	M. Lewis	45	198 lbs.		D. (Owens	375
. Talley	115	T. Warren	100	319 lbs.		148 lbs.		(18-19/F)		(14-	15)	
1. Foster	110	181 lbs.		R. Ware	475	(12-13)		A. Marrow	1355	D. 1	aylor	255
). Harris	105	D. Parrish	300	R. Slate	365	D. Richards	80	MEN	50	BP	DL	TOT
). Cheese	90	B. Hooker	235	V. McDaniel	275	(14-15)		148 lbs				
C. Cannady	85	K. Glover	175	INDIVIDUAL		S. Talley	115	B. Walsh	270	175	335	780
R. Ware.	70	J. Miller	175	105 lbs.		C. Cannady	95	M. Gadiada!	225	185	345	755
). Richards	60	M. Jones	125	(14-15)		165 lbs.		D. Priddy	300	160	365	825
M. Lewis	45	198 lbs.		H. Foster	110	(12-13)		R Ware	120	70	210	400
165 lbs.		D. Daffron	155	114 lbs.		T. Warren	100	165 lbs.				

PL	USA	BACK	ISSU	JES	Squatter, Performar Feb/95

100 SHWs, ADFPA TOP 20 181s Sep/93... ADFPA Men's Natls., NASA 100 242s, ADFPA TOP 20 148s

Grand Nationals, Female Confessions,

Nationals, Rest Pause, Bombing Out, Dec/93... WDFPF Worlds, Anthony Reverse Hypers. How Often to Bench. TOP 100 148s, ADFPA TOP 20 275s

Feb/94... Drug Test Methods, ADFPA 123s, ADFPA TOP 20 220s. Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s

National Masters, Malibu Classic VI, Nov/94... WDFPF Worlds, Goodwill

Apr/94... Saliva Tests, Coan DL Video, United We Stand, TOP 100 165s. bob Dempsey Profile, Psyching Up or Jan/95... WPC Worlds, IPF Worlds, IPF Training Devices, TOP 100 148s.

ance Review, TOP 100 181s. 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.

Karwoski Squats, Tamara Rainwater-Apr/95... NASA Natural Nationals,

May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF or Adaptation?, Greg Warr Interview, Season Hints, TOP 100 Flyweights

Karl Saliger of Austria, Meet World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week World's Strongest Man, Jesse Peaking Routine, TOP 100 181s

Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill

Rankings, Chromium, Plant Extracts, Framework for the Novice.

Jul/96... AAU Men's, USPF JRs., DHEA, '65 vs. '95 Top Ten, "Chain Reactis" by Louie S., Rob Wagner, TOP 100 114s Aug/96... ADFPA Men's, APF Sr. Natls, "Ban All Equipment", Rest Pause Interview, Herb G. "Responds to the

Nov/96... APF Can-AM, Clark benches Paul Wrenn, TOP 100 165s

Supplements, AAU Jr. Olympics, New Strongest Man, USA PL Decline, John

. Gagnon! McGourn 256 415 200 165 290 255 D. Inman 365 181 lbs. 235 B. Hooker 405 480 1120 Miller 225 175 375 198 lbs. D. Daffron 155 310 665 265 242 lbs. D. Luks 38D 235 500 1115 319 lbs 725 R. Ware! 36S 275 R. Slate 550 V. McDaniel 350 450 WOMEN (12-13) 120 70 210 400 165 lbs B. Pattrick 200 115 280 595 123 (18-19) M. Gadiazia 225 185 340 77\$ 148 (16-17) 270 175 335 780 148 (18-19) 300 365 825 165 lbs. Open D. Inman 255 165 365 785 (16-17) 315 250 L. Gagnon McGourn 290 200 450 940 Police/Fire Moore 350 240 405 995 (45-49) 350 140 Moore 405 995 181 lbs. 500 1250 (20-24)405 (35-39)D. Parrish 450 198 lbs. (14-15) 200 210 165 D. Daffron 198 (16-17) 265 242 lbs (16-17)D. Luks 380 235 500 1115 4th-SQ-390* 275 lbs Police/Fire

319 lbs 605 475 725 1805 R Ware (40-44)V. McDaniel 350 275 450 1075 =Best Lifters. *=World Records. Team Champions: P/L - Body Shop of Ashebore, BP - Project Lift. Currituck High School was host to the 2004 RAW power-lifting was host to the 2004 RAW power-lifting worlds, as well as the Currituck Bench Press Championships. We saw the return of many familiar faces, and some strong new kids that are quickly making the veterans look over their shoulders. A multitude of weight classes and divisions were offered, but we like to list the top overall lifters in each weight class. In the 148 and below class we had two lifters that jumped out of the pack. Brendon Walsh would squat 270, to take a 35 pound lead in the class, but he had to watch as his lead quickly shrink with Matt Gadiazia hitting four 123 (18-19) World records. In the end Brandon would squeak out a five pound win, but Matt would take home best lifter teen honors. At 165 veteran lack Moore talented young lifters. Jacks strength is his squat, and hitting 350 gave him the leeway needed as he set four world records on a way to his 995 total and the best lifter master award. Luther McGourn was solid

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(35-39)

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but just not this particular day. Roscoe have a solid core of veteran lifters, but in all three lifts, and he set three state records (18-19), on his way to second with squatted 605, benched 475, and pulled 725 attitude, and with lifters such as Jack 220 lbs. 980 total. Joey McGourn didn't seem a for a 1805 total with four world records and Moore, Ben Hooker, Rusty Slate, and S. Kramm a 980 total. Joey McGourn didn't seem a threat for the top total, but then he uncreked a 450 deadlift to give himself 8 very respectable 940 total. Jack is going to have his hands full. In the 181 class Dough Parrish was pumped, and used text book perfect form on his way to three state records (35-39) and the 181 title. As good as Dough was, twenty year old Ben Hookers four Junior state records and 1,120 total makes him the man to absolutely fear to phonors over Brandon Walsh's 175. At they lifted superbly, and their coaches or a 1805 total with four world records and Moore, Ben Hooker, Rusty Slate, and Moore, Ben Hooker, Rusty Slate, and Sound Hoore, Ben Hooker, Rusty Slate, and Sound Hoore, Ben Hooker, Rusty Slate, and Sound Hoore, Ben Hooker, Rusty Slate, and Sound House Singht House Slifter heavy honors. I don't know if it's bough Parrish they' have a bright future Surjet Hooker, Rusty Slate, and Sound Hoore, Ben Hooker, Rusty Slate, and Sound House Singht House Surjet House Surjet House Surjet House Surjet House, I surjet House ers four Junior state records and 1,120 the bench Matt Gadiazia would bit 185 for Their young team was perfectly behaved, D. Dunio total makes bim the man to absolutely fear top honors over Brandon Walsh's 175. At they lifted superbly, and their coaches in this class, and if he was a pound lighter to be would have been in the 165 class... how win over Jack Moore. Dough Parrish bescary is that? At 198 Dave Daffron was the top lifter. At 242 Dylan Luks was alone in and bencher with a 300. At 198 Dave racks didn't work correct, so the spotters and bencher with a 300. At 198 Dave racks didn't work correct, so the spotters B. Hill and bencher with a 300. At 198 Dave racks didn't work correct, so the spotters B. Hill his class, but he became the first high Daffron hit 155 to repeat the feat. In 220 bad lots of fun manually moving the weight Masters school student from Currituck to pull 500, Darius Richardson hit 145 for top honors. up and down to the proper rack helelits. 132 lbs. and he set two (16-17) state records, and Donald Owens would hit 375 in the 242 The poor Spotters actually believed Paul J. Fisher verily missed 510 for the World record. In class to earn best lifter as well as top when he said it'd be over by one, the 165 lbs. and ne set two (16-17) state records, and verified by the heavy weights Rusty Slate is just the heavy weights Rusty Slate is just the heavy weights Rusty Slate is just the heavy weights with a 620 top bench honors in the heavy weight that would be the biggest total of the day, of Asheboro NC took top honors. The lifters as well as top when he said it'd be over by one, the 165 lbs. Honors, and surprise Roscoe Ware earned veterans, we new better. Thanks to titie M. Cox top bench honors in the heavy weight Spotters of Donnly Nelson, Danny 198 lbs. Decastillia, and especially Kinta Mallory D. Deute of Asheboro NC took top honors. The lifters who loaded/spotted all day long. Thanks to 242 lbs.

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together." - Collin Rhodes

Pam Balance for announcing, and gave Luther Gagnon hug her after he broke her sons squat, bench, and total record that had been on the books for several years. Chris Bafance is now a Marine at Camp Lejeune, and we all wish him the best, and look forward to seeing him again. (Thanks to Ben Zak for providing the meet results)

APF South Texas

Deadlift Primer, TOP 100 275s.

Jun/97... J.M. Blakley, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF Mar/98... Mark Philippi Interview, TOP Worlds, Jerry Tancil, TOP 100 198s. TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW

Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s. Aug/97... Power of Color, How to BP 500 Easy by Louie S., ADFPA TOP 25 All Jun/98... Mark Henry, Ernie Milian, Time, APF Seniors Chronology, Mark Pasillo, TOP 100 123s

Sep/97... USAPL/USPF/APF Triple Seniors, IPF Women's Worlds, World's Jul/98... Kirk Karwoski, Angelo Russian Stretches, TOP100 275s. Strongest Team, NEW Mineral Orotates, Progressive Overload, TOP 100 132s. Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich, Power Biceps Training, Larry Miller interview, Top 100 Ltwts. Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.

Dec/97... Vicki Steenrod, Functional Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s

Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Ir. - Master Worlds, World's Strongest Man Qualifiers, Best WPC/WDFPF/AAU/AAPF World Meets, Nov/99 ... Muscle Beach Lives, East in the 800s and 900s, TOP 100 114s IPF Women, TOP 198s

Your Squat, Ken Ufford 800 lb. Deadlift Feb/98... WABDL Worlds, IPF BP DLs, Dennis Brady, TOP 100 181s Workout, Pyruvate, the Art of Winning, World's Strongest Man, WPC Jan/99 ... WABDL Worlds, WPC Worlds Louie S., TOP 100 165s. Worlds, Bench Primer Pt. 1, IPF Seniors,, Speed Strength, TOP 100 220s

20 Women, Teen, Master Rankings, Feb/99 ... WPC Worlds Pt. 2, Coan goes James Henderson, George Nelson, 1st 2463, USPF Worlds, IPF World Bench, Jul/97... Shane Hamman Profile, Doug Worlds, Brad Gillingham backstage Apr/98... Bull Stewart Speaks, USAPL Women's, APF All Time TOPWomen, Westside Invitational, Foundational Training by Louie, TOP 242s.

Olympic Cycle, Louie on "Researching Resistance", 10 Keys to Success, AAUPC/ WDFPF Split, TOP 100 SHWs.

Berardinelli, World 's Strongest Man Jun/99 ... Powerlifters as Bodybuilders, Jouko Ahola, Jon Arenberg, IPF Women's

Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam. Sep/98... APF Seniors. Part 1, the Ed 2 by Louie Simmons, TOP 100 123s Training Plan Part 1, TOP 100 132s Protein Powders, Louie Simmons Squat Nov/98... A Worlds to Remember, Japan Spectacular, TOP 100 132s Nationals, PL Weapons, Pat Beaumaster, Oct/99 ... USPFSeniors, APF Seniors Pt. Fred Peterson, TOP 100 SHWs. Joe Dube, Jackie Davis, TOP 100 Middlewts., Isoflavones.

Injury Avoidance, USA All Time 800 German Breakthrough, DL Details, Walk Aug/00 ... USAPL Men's, APF Srs. Pt. I,

Pt. 1, IPF Men's Worlds Report, Louie Dec/99 ... IPF World Masters/Juniors,

Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s

Apr/99 The FD COAN Book, Why Whey?, Gordon Santee, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.

... LA Tech Program, "Sir May/99 Guggulot", Arnold Classic, Westside Mar/00 ... USAPL Women's , WPC Invitational, USAPI Women's Nationals.

1st Women's Worlds, USAPL Apr/00 ... Amold Classic, WPF Worlds, Worlds, TOP 100 Flywts.

Collegiates, Louie S. on Pre-Meet Mike Danforth, Leonard McCormick Aug/98... USAPL Men's, Platform Training, "Choking", TOP 100 SHWs Interview, PL USA Cover Chronology, Deadlifts, ADFPA Women, Yueh-Chun Aug/99 ... the Rubber Band Man, the "Muscletown USA" book, Beauty & the May/00 ... Dennis Cieri, J.M. Press?, Coan Decision, Power Bells, York Sep/99 ... USAPL Men's, APF SRs. Pt. 1, Chemical Exercise, TOP 100 275s. Summer Picnic, Visit to Westside, 3x3 Mike Bridges Workout, Special Olympics Jun/00 ... Garry Frank Profile, Black's

2, Ribose, Backstage with Ed Coan, Jul/00 ... WPO Pro Championships

Away From Death, Dynamic Duo by

Simmons on Bands and Chains, WNPF USAPL/AAU BP Natls, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s Jan/00 ... IPF Worlds, WABDL Worlds Dave Ricks Interview, Russian Mystery

> Strongman II, TOP 100 198s Feb/00 ... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Natls, Best Lifters of the Century, Big BPs by Louie S. TOP 100 220s

Extra Workouts by Louie Simmons

Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons

Beast, IGF-1, Overcoming Plateaus Part Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows,

Methoxivone, TOP 100 242s

World Games, Zenith = Triac, York Health World, Dawn Reshel Dies, From Canada to Westside, BP by Larry Miller,

Horace Lane Interview, Circa Maximal The 900 Lb. Squat Club, Beyond Dec/98 ... IPF Masters-Juniors - Mens/ Phase by Louie Simmons, TOP 148s Diminishing Returns, Louie on Squatting

Jun/94... NASA Natural Natls, WPA O.K.G., Craig Tokarski Seminar, TOP Worlds, DASH Record Breakers, Bill 100 114s, ADFPA TOP 20 198s Nichols Profile, Sticking Points , TOP 100 114s, ADFPA TOP 20 198s Nichols Profile, Sticking Points , TOP Oct/93... APF Seniors, NASA World 100 275s, ADFPA TOP 165s

Cup, Grant Pitts Profile, ADFPA DL Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike TOP 100 123s, ADFPA TOP 20 220s MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s

Workout, Leg Training by Louie Simmons, Jan/94... IPF Men/Women Worlds, IPF TOP 100 114s, ADFPA TOP 20 198s. Ir/Master Worlds, WPC Worlds, Greg Sep/94... ADFPA Men's, USPF Men/ Lowe Squat, Cycling Systems, TOP 100 Women's Srs., Relieve Pain With Aloe, Jul/95... IPF Women's Worlds, Nick 165s, ADFPA TOP 20 SHWs.

Box Squats, Phytochemicals, TOP 100 Lavitola Deadlift Workout, Pec Tear

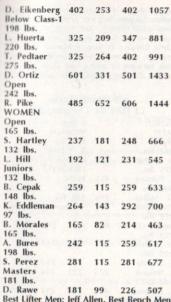
Games, Is PL a Mockery of Strength?, Mar/94... Women's TOP 20, Drug 100 148s, ADFPA TOP 20 275s. Testing Methods Pt. II, The Trap Bar, Dec/94... Jon Cole, Asian Success Syndrome, TOP 100 132s

Psyching Out?, WNPF Worlds, TOP World Masters, Greatest All Time Dec/95... Walter Thomas Interview, IPF May/97... Dream Team Pt. 1, Kick Start

Grimwood BP Routine, TOP 100 220s Multi-Year Training System, First Seniors, eadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm, L.M.W. Compounds, TOP 100 242s.

Changing Weight Classes, Joe Revisited, Specializing in the DL by Clark Profile, Ed Coan Interview Pt. II, Aug/94... APF SRs, Paula Suzuki McAuliffe SQ Workout, TOP 100 275s Louie S., FIBO Show, TOP 100 123s Interview, Shane Hamman Squat Jun/95... Antonio Krastev, USPF Oct/96.. WDFPF Worlds, Ed Coan/Kirk Collegiates/Bench Natls, Overtraining Karwoski Interview, Anthony Clark Curt Leslie BP Workout, TOP 100 SHW Response", TOP 100 148s Box Squats, Phytochemicals, TOP 100 Lavitola Deadlift Workout, Pec Tear 780, James Henderson says "Face Me", Nightmare, Aloe Vera for Training, Off Triboxin, Wade Hooper Squat Workout,

> Sep/95... Triple SENIORS ISSUE ADFPA/ Feb/97... Power of Compelling Craig Tokarski Interview, Isometrics, TOP APF/USPF, How to Use Creatine, Chris Outcomes, WPC Worlds, IPA Natls, Confessore Interview, Women & the Formula for Success, Making Weight USPF Biography, TOP 100 220s



Joe Putnam, Best Squat Men: Jeff Allen, Best Deadlift: Alvino Garcia, Rest Lifter Junior Men: Jeremy Marsball Junior Men 18-19, Best Lifter Women: Britney Cepak, Best Bench Women: Susan Hartley, Best Squat Women: Britney Cepak, Best Deadlift Women: Brandi Morales, Best Lifter Junior Women: Britney Cepak, (Thanks to Seguir Fitness for providing these meet results)

CID			
		nas for Kids	
4 DEC	04 -	Mattoon, IL	
BENCH		T. Seats	355
WOMEN		275 lbs.	
Master (40-44)	J. Garza	415
242 lbs.		4th-430	
C. Muessman	145!	Master (40-44)	
MEN		165 lbs.	
Novice		D. Phillippe	320
181 lbs.		4th-350!	
P. Sabala	310!	165 lbs.	
220 lbs.		(Raw)	
J. Rogers	370	T. Folkerts	255
4th-400		181 lbs.	
242 lbs.		J. Clark	290
A. Altamira	350	242 lbs.	
4th-360		M. Porter	420
Teen (13-15)		Master (45-49)	
198 lbs.		220 lbs.	
M. Rodriquez	200	V. Palazzolo	415
Junior		4th-425	
242 lbs.		242 lbs.	
T. Rogers	600!		520
Submaster		Master (50-54)	

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320		~	·	^_	~~~~		his first competition, had a great day, finishing with 415, before making an even
	G. Chrun	470	4th-360		B. Faught	C. Price	easier 425 fourth attempt. I was just glad
	Master (55-59)		242 lbs.		375	Master (50-54)	that Uncle Vito, who won the 220 weight
255	181 lbs.		J. Casemier	430	Master (40-44)	242 lbs.	class, did well, because I was a little
	R. Carlson	310	4th-450		165 lbs.	J. Ewing 460	concerned, when at the weigh-ins he
290	Open		DEADLIFT		D. Phillippe	4th-480	commented how, "I sure hope I get my lifts
	123 lbs.		MEN		Master (45-49)	Open	in, ALL of my liftsyou know I have
420	V. Voen	235!	Novice		198 lbs.	123 lbs.	connections!"whatever that meant! Also
	4th-240!		220 lbs.		M. Raya	V. Voen 345!	at 45-49 was 242 winner Chuck Price.
	198 lbs.		S. Heiner	465!	580	242 lbs.	Opening with an easy 520, Chuck missed
415	J. Carson	430	275 lbs.		242 lbs.	I. Casemier 660	a personal and state record 570 twice,
	220 lbs.		S. McCarry	620!	!=Son Light Power	Illinois state record.	having problems with his lift-offs each
	J. Mireles	410	SHW		Best Lifter Bench: Tr	ent Rogers. Best Lifter	time. That was too bad, because I know
520	4th-420		T. Carr	550!	Deadlift: Jim Case	mier. The Son Light	Chuck was shooting for 600, which he is
	(Raw)		Teen (16-17)		Power Christmas Fo	or Kids Bench Press/	dangerously close to! Greg Chrun won at
	E. McArthur	340	148 lbs.		Deadlift Champions	hip was a great suc-	50-54/242 again, but fighting a recent

AAPF/APF Natls.,IPF Women's Worlds, Masters Rankings, Hooking Up the Jamie Harris Interview, John Corsello Jr. World Masters BP, Fatten Up Your Total, Wade Hooper Interview, Joe Onosai, Bands, USAPL Women's Natls, Westside Interview700 BP Club, Speed Cycling Louie Simmons on Volume, Dan Austin

BP/DL, Pre-Meet Checklist, Do the SQ - 2535, Bill Crawford BPs 750, Daisuke Nationals, IPF Jr. Worlds, T.J. Hoemer Women's Worlds, APF Nationals, by Louie , Emie Frantz Insights, Rick Midote, Jeremy Arias, Extra Workouts by Squat Workout, "Analyzing Your Squat" Carbohydrate Manifesto Pt. 1, Karen by Louie S., TOP 100 165s

More from Ken Leistner, Drug Free Bz[Squat Cycle, Big Boys Menu Plan by Worlds, Garry Frank goes 2606, IPA Strongman, Training Organization Pt. 1 Guide, Advanced Squat Cycle by Louie J.M., Victor Naleikin Interview, Diane Nationals, Carmen Perrotta Interview, by Louie S., Preventive Maintenance, Training the Lockout, TOP 100 198s Dec/00 ... Tao of Competition Pt. I, IPF Jul/01 ... IPF Women's Worlds, Bill Feb/002 ... WABDL DL Worlds, IPF BP Oct/02 ... 556 squat @132 by Nance r. + Masters Worlds, More World Record Crawford, APF Nationals,, Shane Worlds, WNPF Worlds, WPC Worlds, Avigliano, USAPL BP Natls, Powerhouse Benches by Louie Simmons, the Bench Hamman, Leslie Look SQ Workout, Halbert on Lockout, Blakley on Grains, The Positive of Negatives, Bench Shoulders, All Time SQs, TOP 100 220s Shirt Blues, TOP 100 148s Jan/01 ... IPF Men's Worlds, WABDL Aug/01 ... Garry Frank Goes 2601 - APF Mar/02 ... USAPL Women's Natls, TOP Nov/02 ... Sivokon Speaks, IPF Jr.

Repetition Method" Feb/01 ... Garry Frank Goes 2500, WPC Sep/01 ... WPO Semis, "No Deadlift" Apr/02 ... WPO Finals/Qualifer/Arnold Dec/02 ... WPO Semis (931 DL1), Bench Worlds PT.1, IPA Nationals, How Brad Routine, Ray Benemerito, Knee Pain & Bench Bash, Ano Turtiainen, Louie on Bash for Cash, WPC Worlds, IPF SubJr. Gillingham Won, Louie on Special MSM, Louie on Exercises for the Triceps, DL Training, Jennifer Thompson, Back Worlds, Fred Hatfield, Louie on

Up Your BP, TOP 242s

Interview, TOP 100 SHWs. Sep/00 ... USPF Srs, IPA Worlds, WABDL Apr/01 ... Arnold Classic, Frank Goes Nov/01 ... Nance Avigliano, USAPL BP Jul/02 ... Kennelly Benches 780, IPF

cess again this year. This annual event,

sponsored in part by the Cross County Mall Association, helps to provide needy area

children with toys for Christmas. Each year the lifters are asked to bring a new

or good used toy to donate to these children, and as always, everyone responds

generously to this cause. Thanks to mall manager Mike Witwicki for his continued

support of this sport and to all of the lifters

elpers and spectators who were involved.

Thanks also to my son Joey and to "Wee-Man" for their help loading and spotting. Finally, a big thanks to Joe Mireles and Jesse Garza for bringing down the large

group from Michigan, and to all they both do to promote the sport in Michigan. In the

bench press event first-time competitor

Carolyn Muessman had a great time, tak-

ing the women's master 40-44/242 class with a new Illinois state record of 145. In

the novice men's division Pete Sahala set

the state record there with his 310 final

attempt. At 220 it was Junior Rogers with 370, before coming back with his first

official 400 bench on his fourth attempt

Alberto Altamira also got in four good attempts, finishing with a personal best 360. Both Junior and Alberto were compet-

ing for the first time. Mario Rodriguez won

at 13-15/198 with 200, which was a per-

sonal best for him. Then at junior it was Trent Rogers, taking the 242 class, as well

as the best lifter honors for the competi-

tion. At a 235 bwt., Trent blasted up his

second attempt with 600, a new personal best and Illinois state record for him! In the

submaster division Tim Seats won at 181 with 355 while Jesse Garza took the 275's

with 415. A fourth with 430 was also good.

Doug Phillippe had a great day in the bench, finishing with a personal best and

new Illinois state record 350 on his fourth

attempt, after finishing with 320. Tom Folkerts, lifting in the raw division, won at

165 with a new personal best 255! John

Clark took the 181 class with an easy 290

opener, after missing 305 twice. Then at 242 it was Mike Porter for the win with 420,

he to, just making his opening lift. In the 45-49 age group Vito Palazzolo, lifting in

Sizemore Interview, TOP 100 114s. Bench Shirt by Halbert, TOP 123s.

Mikesell Interview, TOP 100 132s

Interview, Ed Coan DL, TOP 100 165s

shoulder injury kept him from setting a pr, which he has done every other time he lifted here. Richard Carlson looked strong at 55-59/181, finishing with 310. In the open division Vin Voen, lifting raw, set the Illinois state record at 123 with 235. A fourth with 240 was also good. At 198 it was lason Carson with 430, while Joe Mireles ANNUAL MEMBERSHIP DUES won at 220 with 410, followed by a soild 420 fourth. Evan McArthur, also a raw Coach lifter, finished with 340, before his successful fourth of 360 and the in at 220 raw. cessful fourth of 360 and the in at 240 raw.

Jim Casemier took the 242 class with two new personal bests, his 430 third followed hy his 450 fourth attempts. In the deadlift Challenged, Rosquestal, Rowing, Saling, Rowing, by his 450 fourth attempts. In the deadlift competition Steve Heiner upped his own state record in the novice men's 220 class to 465. Shannon McCarry pulled a new personal best 620 @ 275 to set the state record there. And for the novice shw title PO Box 10,000 there was big T. J. Carr, finishing with 550 Lake Buena Vista, FL 32830 and a new state record for that class. Brett Faught settled with 375 @ 16-17/148. coming up just short of a new state record pull of 395. In the 45-49 age division, Mike Raya looked vastly improved with his 580 pull at 198. James Ewing pulled 460, then 480 for the title at 50-54/275. In the open division Vin Voen continued his assualt on the 123 class, setting the state record there with 345. Jim Casemier had the biggest pull of the day with his 660 final attempt at 242. This was Jim's second pr of the day and his second title at 242. Thanks again to every-

one. See you all again next year! (Thanks to Dr. Darrell Latch for these meet results) AAU Red Swaim Memorial Open 4 DEC 04 - Enterprise, NC SO BP DL TOT MEN Open 325 225 415 965 D. Bell 220 lbs 480 380 600 1460 T. Wright 242 lbs 350 305 500 1155 S. Jordan Teen (12-13) 97 lbs. T. Caudle 115 85 155 355 88 105 lbs. 135 75 180 390 D. Kirkman 123 lbs. 150 70 205 425 J. Doss 181 lbs. B. Kirkman 265 125 300 690 Teen (14-15) 114 lbs. 165 135 365 665 I. Thomas Teen (16-17) 132 lbs. 160 130 275 565 C. Ladd 181 lbs. 210 205 315 730 Walker 198 lbs.

Back by Louie, TOP 100 242s.

500 lb. SQs & DLs, TOP 100 275s.

Workout, Team PL, TOP 100 SHWs

Gym, TOP 100 114s

165

ASS

MEN

Ope

181

C. Pressley

Master (40-44)

Swanson Squats 705, Intensity Zone Workout, Sioux-z Hartwig, A.R.T. Loading Pt. 1 by Louie, TOP 100 198s. Techniques, 50 Best SQs/BPs, Louie S. Feb/03 ... IPF BP Worlds, WABDL DL on Training the Back, TOP 100 132s. Ams, IPF Jr. Worlds, Mastering Technique rankings, Ken Patera, TOP 100 220s. by Louie, TOP 148s

400 660 1760

lists, Controlled Chaos BP, The Tendo Alexander, "Story of Arthur Jones", Speed Simmons, Luke lams, Women's All Tim Workout, 1st Hawaii Record Breakers, Unit, TOP 20 Women/Master/Teen lists Apr/03 ... WPO Finals & Bench Bash for Day Pt. 1 by Louie S., TOP 100 165s SQ/TOT, TOP 100 SHWs Cash, Crawford Benches 785, Jamie Jan/04 ... IPF Worlds, WPC Worlds, IPA Sep/04 IPA Worlds, Mountaineer Apr/05 ... WPO Arnold Classic BP & PL, Harris Pt. 1, Equipment, Never Looking Seniors, Acetylcholine, Wade Hooper Cup, Becca Swanson, Shrugs for a Big USAPL Women's Nationals, Karwoski May/03 ... Bill Crawford's Road Back, Effort Day, Mabel Rader, TOP 165s Odd Haugen, Virtual Force by Louie, Feb/04... IPFWorldBP, WABDL Worlds, Oct/04 ... WPO Finals, Recuperative

Bill Kazmaier Profile Pt. 1, Women's Hyperhydration, Coan Update, Low Modalities, Optimal Eccentrics by Louie LIST THE ISSUES YOU WOULD LIKE Back Pain, Becca Benches 465, All Time S., Shrugs,

Bench Press Shirt, Vince Anello Deadlift Message, TOP 100 220s

lb. Squat Club, What You Need in Your Louie on "the Staggered Load", California Hall of Fame, TOP 100 242s

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> > M. Brady

offense nor felony; or, if so, I must apply for membership (and receive

herwood	370	245	350	965	198 lbs.				
Davis Ibs.	315	235	400	950	B. Nichols Master (45-49		375	570	1515
lanton	360	225	300	885	165 lbs.				
(18-19) lbs.					R. McLendon 275 lbs.	475	315	480	1270
Austin lbs.	340	285	450	1075	Montgomery Master (50-54		425	650	1700
ovce	275	250	390	915	242 lbs.				
een (10-1)					B. Strauss RAW	510	360	430	1300
Robbins ISTED	85	55	135	275	WOMEN Submasters 123 lbs.				
en Ibs.					F. Howie MEN	180	120	265	565
Moore lbs.	235	185	335	755	Submaster 220 lbs.				
Wells lbs.	525	330	545	1400	Masters (40-4	435	270	450	1155
Stephenson lbs.	330	280	420	1030	165 lbs. J. Brown	365	295	500	1160
Caudle	490	325	475	1290	181 lbs. R. Robbins	240	160	250	650

Master (50-54)

181 lbs.

275 lbs. Hilliard 45 460 135 640 Masters (60-64) I. Michael 325 215 350 890 Masters (80-84) 181 lbs. M. Gordon 175 125 220 520 BEST LIFTERS - Teen: Daniel Everhart Women: Felicia Howie. Men: Charlie Pressley. Men Masters: Monk Montgomery. For best lifter purposes, when assisted and raw divisions were grouped together, assisted totals were reduced by 10% to account for the gear, then multiplied by co efficient. Youngest lifter award: Cody Robbins. Oldest lifter award: Max Gordon Alan Campos award: Justin Thomas. Team Awards - 1st place: Phil Caudles's "Gym Dogs". 2nd place: Enterprise Workout Center. Special thanks to Santa Claus for his appearance. For more information go to www.enterpriseworkout.com. (Thanks to Johnnie Howie for providing results)

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Strength, TOP 100 275s

SQ, Atlantis Foundation, Louie on Max BP, Advanced System for Beginners by Re-Emerges, Jim Kilts Interview, 800# Louie Simmons, TOP 100 114s

Aug/03 ... Mendelson Benches 804, 821, 825, 832, 875 ... APF Seniors, Mikesell Squats 1107, Louie on The Mar/04... USAPLWomen's Natls., Becca Nov/04... WPC World PL/BP, BA Worlds, S&H), SEND TO POWERLIFTING USA, Louie S. on Speed Work, Travis Mash & BACK ISSUES, BOX 467, CAMARILLO, CONTROL OF THE CONTROL Brent Mikesell Interview, IPF President's Tony Conyers Interview, Jon Smoker CA 93011. (SPECIAL PRICE ON Squat Workout, TOP 100 132s.

SEP/03 ... USAPL Men's Natls, Bench Apr/04 ... Frank Goes 2706/2805!, Dec/04 ... Rychlak BPs 1005, IPFWorlds, America, Keeping Iron in the Blood, 1000 Amold Classic, Power Nutrition Recipes, Siders Interview, Louie on DL Training, -\$4 EACH, 10-24 BACK ISSUES - \$3.50 Women's/Men's All Time BPs, Scott EACH, 25+ BACK ISSUES - WE Lade BP Workout, TOP 100 148s

Worlds, IPF Masters Worlds, Becca Oct/03 ... Gene Bell, John Ware Jun/04...TOP20Women, Teen, Masters, Jan/05 ... WABDL Worlds, IPF World Worlds, Steve Goggins Interview, Nov/03... Bench Bash for Cash-Rychlak, Jul/04... APF Seniors, Bench America II, Feb/05... Mike Miller's 1200 lb. Squat, "Lessons Learned", All Time 308 & SHW Lattimer, Schick Interviews, WPC North APF Nationals, Louie Simmons on his IPF BP Worlds, Louie on "Prepare to "Virtual Force Swing", Digit Ratios and Bench", IPA Sr. Nationals, 400 Kilo DL Club, All Time DLers, TOP 100 165s Men's 300 kg &Women's 300 lb. BP Dec/03 ... WPO Finals, Rychlak BPs Aug/04 ... IPF Women's Worlds, USAPL Mar/05 ... Mendelson BP Classic, Louie 900, IPF World Masters, Ausby Men's Nationals, World Powers by Louie S. on Accommodation, Mikesell SQ All Time BP/DL lists, TOP 100 198s Drug Free DL Workout, TOP 100 220s

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181 lbs.

242 lbs.

Weil BP, TOP 100 132s

Club. TOP 100 148s.

Press Shirt, TOP 100 181s

Training by Louis S., TOP 100 198s Strengths, TOP 100 220s.

50

Deadlifting, WPC Worlds Pt. II/BP

Louie, TOP 100 242s

Weight by J.M. Blakley, Top 100 275's Salvagni, TOP 181s Nov/00 ... Best Bench of All Time, final Jun/01 ... Siouz-Z Hartwig, Russian Jan/02 ... IPF Men's Worlds, WABDL BP Sep/02 ... Kennelly BPs 800, American Siveny Interview, Top 100 SHWs

Fixing Lockout, TOP 100 114s

Worlds, AWPC Worlds, Roy Fokken BP Seniors, USAPL Men's, FIBO, Stretching 20 Teen/Women/Masters, Russ Barlow, Worlds, Serious Mass Pt. 1, Priscilla Workout, Eccentric & Concentric With Bands, Box Squats by Louie S., Becca Swanson, 850 DLs, Louie on "the Ribic Interview, Willie Wessels Warrior Spirit,, TOP 100 123s

Chalk & Powder, TOP 100 132s

by Louie S., TOP 100 148s

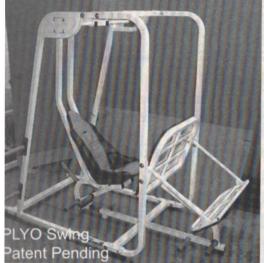
Oct/00 ... Positive Illusions, Tako not May/01 ... Ed Coan Interview, Russian Dec/01 ... IPF World Masters, WPC Can Aug/02 ... APF Seniors, USAPL Men's Taco, Powerlifting's Salvation?, Beauty BP Training, Russian Nationals, Rob Ams, Halbert Video, WPO BP for Cash, Natls, USPF Srs/Mountaineer Cup IV, & the Beast, Women's 300 Bench Press Fusner's Program, Why Can't I Gain Westside Success , Jill Mills, Rich Strong Legs for Recods by Louie, Your

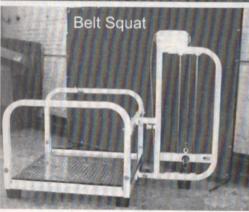
Mar/01 ... TOP 20 Women - Teen - Oct/01 ... World Games, TomManno, Jun/02 ... Meet Scot Mendelson, IPF Jan/03 ... IPF Men's Worlds, WABDL BP

Explosive Strength, TOP 100 181

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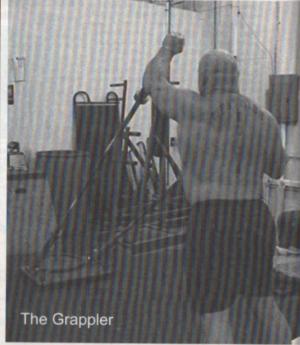
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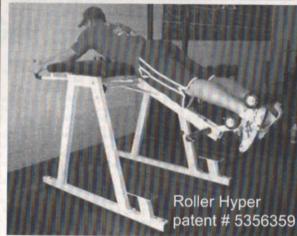
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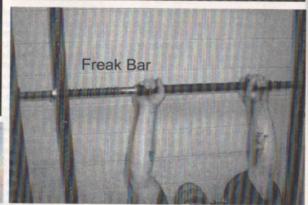
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28 MAY, NASA East Texas State (PL, BP, PP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com 28 MAY, WABDL Midwest Regional BP/DL (Holiday Inn West Minneapolis (St. Louis Park), MN, Gus Rethwisch, 503-901-1622 or 763-

28 MAY, APA Central Florida BP/DL (Oviedo, FL), Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102,

scott@apa-wpa.com
28 MAY, AAU Crawford, Erie, Warren Counties Youth PL (PA) Zeke

28 MAY, APF/AAPF Back Bay Bench Bash (Biloxi, MS) Joe Ladnier, 1185C Gorenflo Rd., D'Iberville, MS 39540, 228-669-4240 www.joeladnier.com 28,29 MAY, WDFPF European Single Lift Championships

(Pompeii, Italy) jm-gedney@wiu.edu MAY, NHSP BP Championship, Jamie Fellows, NUTRITION 101, 865 Second St, Manchester, NH 03102, AmericanPowerlifting.com, NHBodybuilding@yahoo.com MAY, NASA Kentucky State PL'ing,

BP, Push/Pull &. Power Sports.Greg &. Susan Van Hoose, Route 1 Box 166, Ravenswood, WV 26164. Call: (304) 273-2283 or email

gvhl@wirefire.com
4 JUN, WABDL Great Northern BP/ DL (Tacoma Inn, Tacoma, WA) Gus Rethwisch, 503-901-1622 or 763-

4 JUN, APF South Texas (Seguin men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com 4 JUN, SCHS Athletic Booster BP (S. Charleston H.S., S. Charleston, W. Va) John Messinger, 304-766-0352 (school), 304-744-2475 (home) 4 JUN, APA Battle on the Bay BP/ DL/Push-Pull (Bay City, MI), Scott Taylor, P.O. Box 27204, El Jobean, 33927, 941-697-7962, fax 413-

828-6102, scott@apa-wpa.com.
4 JUN, ISS Big Bench Open (Kenosha WI) Mike Strom, Kenosha Athletic Center, 4211 Green Bay Rd., Kenosha, WI 53144, 262-960-2155 mikesbench@hotmail.com.

4 JUN, APA War on the Shore (Daphne, AL) Ryan Cidzik, 315-794-1836, Rcidzik@yahoo.com, www.apa-

4 JUN. SLP MISSOURI OPEN BP/ DL CHAMPIONSHIP (Festus, Mo.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com. sonlight@netcare-il.com
4 JUN, YMCA Maple City Classic

BP (open, women, teen, submaster, master) Hans Schnell, YMCA, 12 Center St., Hornell, NY 14843, 607-

324-3520 4 **JUN**, West YMCA Open PL, BP, DL, PP, 7502 Maple, Omaha, NE, Roger or Machia 402-393-3700 4 JUN, SRPA Georgia Ironman (Tucker, GA) Mark Fain 770-935markfain@juno.com

4 JUN, Capital City Challenge Strongman, Ford's Gym, 2509 E. Washington Ave., Madison, WI 53704, Ford

4 JUN, SPF Natl. PL & Open BP (Glenstone Lodge, Gatlinburg, TN) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-

8 4 1 0 , www.southernpowerlifting.com 4 JUN, AAU Military Nationals (Little Rock AFB, Jacksonville, AR) LKYE@NETSCAPE.NET, 501-

982-7668 4 JUN, Pete Lanzi Memorial Push/

Pull, (Cleveland, OH) Gary Kanaga, 4 4 0 - 7 1 7 - 9 6 2 4,

gary.kanaga@nordoniaschools.org 4,5 JUN, NASA Masters & Submasters PL & PS (OKC, OK) Rich Peters, Box 735, Noble, OK 405-527-8513, SOBPDL@aol.com

4,5 JUN, Raw A.D.A.U. National Powerlifting Championships Men and Women of any age, in all weight classes Meet held in Bigler Weight classes Neet held in bight PA, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com 4,5 JUN, APF Senior Nationals PL + BP (WPO Qualifier), Detroit

MI, Jim Hinze, 386-734-3128,

worldpowerlifting.org
5 JUN, Big Bench at the French
BP/DL/C Class II (Memphis, TN) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com,

10-12 JUN, USAPL Teen/Jr. Nashoemaker Dr., Killeen, TX 76543, 254-526-0779 11 JUN, SLP SUPERMAN CLASSIC

CHAMPIONSHIP (Metropolis, IL.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
11 JUN, AAPF Florida State

(Lantanna, FL) Pamela Clayton, 386-734-3128, pamelaclayton@aol.com 11 JUN, AAU Jefferson, Armstrong, Indiana Counties Youth PL (PA) Zeke

11 JUN, 12th Miller's Ironhouse All Natural BP (open, women, high school raw, teen subs, masters, grand masters, Allegany High School, Cumberland, 301-777-0644 Millersiron@hereintown.net.

11 JUN, USAPL Minnesota Push/

Pull, Fran Huston, 2801 Flag Ave. #319, New Hope, MN 55427, 763-591-0067.

11 JUN (REVISED NEW DATE), USPF West Coast BP/DL (Venice, CA - 2 single lift meets, not total) Steve Denison, pwrlftrs@msn.co www.powerliftingca.com, 661-333-9800

11 JUN, Summer Push Pull, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683

11 JUN, WABDL Sonny's 5th annual Push-Pull (Kaneohe, HI) Sonny Ronolo, 808-261-4518

11 JUN (NEW DATE), 15th AAPF/ APF Snake River Meet (PL, BP, DL, Youth - Apple Athletic Club, Idaho Falls, ID) 208-521-3434/520--8773,

11 JUN (revised date), IHM Festival BP, DL, Ironman, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

11 JUN, WABDL Capitol City Classic BP/DL (Marriott Hotel, Rancho Cordova (Sacramento), CA) Gus Rethwisch, 503-901-1622 or 763-545-8654 11 JUN, APA Gulf Coast Record

Breakers PL, BP, DL, PP (Ft. Myers, FL) Scott Taylor, Box 27204, El

COMING EVENTS

Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-

11 JUN, WLOP World Bench Press Championship (Raw & Drug Free, All Weight Classes, All Ages, Trophies, Elite, Masters, Amateurs, Youth) -Radisson Hotel, Whittier, CA. Entries : 7238 S. Painter Ave., Whittier, CA 0602. 562-693-8005.

11-12 JUN, AAPF Police & Fire Nationals (Frantz Gym, Aurora, IL) Ernie Frantz & Amy Jackson,

amyljackson@aol.com 12 JUN (NEW DATE), USA 'RAW' SUMMER NATIONALS (Mattoon, II.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

12 JUN, 2nd Headhunter Barbell BP (Wadsworth, OH) Open, Master, Teens, Women. John Kelly, 184 Pine St., Wadsworth, OH 44281, 330-334-2034

12 JUN, WNPF North Americans & Elite Nationals (Ephrata, PA) WNPF, BOX 142347, Fayetteville, GA 30214, 678-

Rayetteville, GA 30214, 676-817-4743 or wnpf@aol.com 17-19 JUN, (new website) 3rd IPF/NAPF North American Re-gional and USAPL International Open PL (18th) (J.L. Knight Cen-ter, Miami, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.ipfworlds.com/napf 18 JUN, 6th annual New England's

Strongest Man (5 events) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

18 JUN, NASA U.S.A. Nationals (PL, BP, PS - Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513,

73068, 405-527-8513, SQBPDL@aol.com
18 JUN, APA California Open PL/BP/DL/Push-Pull/Strict Curl (Sacramento, CA), Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102,

18 JUN, APF Florida State (Lantanna FL) Pamela Clayton, 386-734-3128, pamelaclayton @aol.com

pamelaclayton @aol.com

18 JUN, APA Kentucky State PL
(Louisville, KY) Wade Johnson 6157 8 2 - 4 0 3 6 ,
supersquat800@yahoo.com, 404 Willis
Pass, Mt. Juliet, TN 37122.

18 JUN, WABDL Emerald Coast Clas-

sic BP/DL (Destin, FL) Rick Hagedom, 256-545-8654 18 JUN, SLP Wisconsin's Strongest

BP/DL (Waupaca, WI) Son Light Power, 122W. Sale, Tuscola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9 www.sonlightpower.com,

sonlight@netcare-il.com

18 JUN, USAPL Great West PL/BP Nicole Craig, 4716 Trail Dr., Rapid City, SD 57703, 605-718-9622

18 JUN, USAPL Kansas State Open, Wayne David Herl, 3503-A Chaumont, Hays, KS 67601, 785-625-1761 18-19 JUN, AAU Raw National PL and AAU North American Bench, Deadlift and Push Pull (San Diego, CA) Martin Drake,

APF/AAPF/WPO Schedule

June 4th: APF South Texas PL+BP, Seguin TX. Gary Pendergrass. June 4th-5th: APF Senior Nationals PL+BP (WPO Qualifier), Detroit MI.

June 11th: AAPF Florida State PL+BP, Lantana, Fla. Kieran Kidder. lune 18th: APF FLorida State PL/BP, Lantana, Fla., Kieran Kidder. lune 25th: APF Metal Militia Powerlifting Wars, Bill Crawford. Glens

July 29th-31sts, APWC Worlds (Unified National Qualifier) Chicago, Illinois, Kieran Kidder

Aug, WPO Qualifier, Kieran Kidder

September 3rd, APF Georgia State PL/BP, Kennesaw, GA, Jon Grove September 10th, APF Gulf Coast Open PL/BP, Hudson, FL, Rick

October 7th-9th, WPO Semifinals + WPO BB4Cash @ GNCSOS, Atlanta, GA, Kieran Kidder

October 15th, US National PL Championships (Unified Nationals). Las Vegas, NV. AAPF/NASA/AAU/USPF joint effort.

November 3rd-6th, WPC Worlds/WPO European Semifinals/WPO European BB4Cash. Helskinki, Finland. Minna & Ano Turtiainen November 19th, AAPF Southern States, Kieran Kidder

December 3rd-4th, APF Southern States, Jax, FLA, Kieran Kidder

Dates subject to change Call 386-734-3128 for info. (worldpowerlifting.org) (worldpowerliftingcongress)

P.O. Box 108, Nuevo, CA 92567, 9 5 1 - 9 2 8 - 4 7 9 7 , MARTIN.J.DRAKE@BOEING.COM. 18,19 JUN, USPF Nationals Men & Womens Open, Jrs., Submasters, Masters (Los Alamitos, CA) Steve Denison, pwrlftrs@msn.com, www.powerliftingca.com, 661-333-9800

18,19 JUN, WDFPF European PL Championships (Grangemouth, Scotland) jm-gedney@wiu.edu 20 JUN, Samson Sportsflex Com-petition (San Juan, PR) William Rosario, 787-668-6336, FAX 787-

24-26 JUN, Prairie State Games (BP), Fenton High School, Bensenville, IL. Eric Stone - Sport Commissioner, thestone@chicagopowerlifting.com. www.chicagopowerlifting.com. 25 JUN, AAU Potter, Steuben,

Allegany Counties Youth PL (PA) Zeke 25 JUN, APA Indy BP/DL/Push-Pull Combat (Indianapolis, IN), Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-

25 JUN, 100% Raw PLF National BP/PL Championships (Sanford, NC) www.rawpowerlifting.com,

rawlifting@aol.com
25 JUN, AAU-USPF Sooner State Games, 4 rcrain@charter.net 405-275-3689,

25 JUN, WABDL Rocky Mountain Regional BP/DL (Salt Lake City, UT) Randy Marchant, 801-465-2349 **25 JUN,** APF Metal Militia Powerlifting Wars, Bill Crawford. Glens Fall NY, 386-734-3128,

worldpowerlifting.org

25 JUN, APC Central California
Open/Novice, (APC qualifier to go
to GPC Worlds) Bob Packer, 559-

cans, Lancaster, PA

792-6670

658-5437

25 JUN, Mountaineer Cup VII Strength & Sports Expo Power-lifting, Mountaineer Race Track & Gaming Resort, Rt. 2 South, Chester, WV, 304-387-8185, 3 8 7 - 8 1 7 4

mlollini@mtrgaming.com 25 JUN (DATE CHANGE), ADAU 1st Annual RAW "Sports Connection" Challenge (SQ, BP, DL) Drug Free & 100% RAW. (Hagerstown, MD) Kevin Prosser (Meet Director) 301-573-7853 or Alan Siegel: www.pikitup.com

25 JUN, SLP Men/Women Teenage & Open Women's National BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com,

sonlight@netcare-il.com 25 JUN, NASA Missouri Grand (PL. BP, PP, PS - Joplin, MO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com 25,26 JUN, WNPF Drug Free Nationals PL & Single Lift, Ron DeAmicis, 6531 New Road, Youngstown, OH 44515, 330-792-6670

26 JUN, Wally World Bench Press (drug free raw, St. Louis, MO), www.wallyworldpower.com, www.usaplnationals.com. www.dsapinatronais.com, www.sonlightpower.com, wallywld@nothnbut.net, Nancy, 314-832-6465, popeyedldf@aol.com, Jim Bell 314-894-1532, sonlight@netcareil.com, Darrell Latch, 217-253-5429

26 JUN, APA Space City BP Extravaganza, Health Clubs of America, 14900 Westheimer, Houston, TX 77082, Tom McCullough, mc56@earthlink.net

26 JUN, USAPL Big Bench Blowout / Fireworks in the Rockies, Garu

UPCOMING WNPF MEETS

DRUG FREE POWERLIFTING

June 12 - Elite Nationals & North Ameri-

Jun 25-26 - Drug Free Nationals, Young-

stown, OH, For this event call Ron @ 330-

July 10 - USA Championships, Atlanta, GA

August 6 - Single lift Nationals & Ironman

August 14, Motown Open, Detroit, MI. For

20 August, Ralph Peace Memorial/NC

PO BOX 142347, Favetteville, GA 30214.

this event call Dick @ 269-521-4031

Championships, Asheville, NC

678-817-4743 or wnpf@aol.com,

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Gertner, 3601 S. Lowell Blvd., Denver, CO 80236, 720-394-6657 **26 JUN,** APA CT Open BP & DL (Norwich, CT) Donna Slaga, APA CT Chairperson, 38 John Brook Rd., Canterbury, CT 06331, 860-546-2091, djslaga@yahoo.com

2 JUL, 11th Independence BP Raw & Assisted, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@adelphia.net

2 JUL, NASA Houston Grand, PL'ing, BP, Push/Pull & Power Sports, Alvin, TX. Rich Peters, Phone - 405-527-8513, E-mail SBPDL@aol.com , P.O. Box 735, Noble, OK. 73068

8-10 JUL (revised listing), GPC American Cup PL & BP (Canada/ USA, Athens, GA) and APC Na-tional PL & BP (Global Powerlifting Committee World Champion-ships Qualifier) L.B. Baker, 770-725-6684, mobile 770-713-

3 0 8 0 , lbbaker@americanpowerliftingcommittee.com,

www.irondawg.com
9 JUL, APF/AAPF Chicago Summer
Bash II, Velocity Sports Performance,
Willowbrook, IL. Eric Stone - Sport Commissioner, 630-892-7793. Thestone@chicagopowerlifting.com.

www.chicagopowerlitting.com.

9 JUL, APA Maine State BP, DL,
PP, Scott Taylor, Box 27204, El
Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-

9 JUL, USAPL Mid Atlantic PL, BP, Ironman (Charlottesville, VA) John Shifflett, Box 941, Stanardsville, VA 22973, valifting@adelphia.net, ww.virginiausapl.com

9 JUL, Downtown Sportsfest BP/DL. Mike Laudenberger 425 S. 15th St., Allentown, PA 18102, 610-434-9333. 9 JUL, SLP FT. HAMILTON DAYS P/DL CHAMPIONSHIP (Hamilton, Oh.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com,

9 JUL, NASA Western States Nationals, PL'ing, BP, Push/Pull &. Power Sports, Mesa, AZ. Rich Peters, Phone - 405-527-8513, E-mail SBPDL@aol.com, P.O. Box 735, Noble, OK. 73068 10 JUL, WNPF USA Open Cham-

pionships & Women's Nationals (Atlanta, GA) WNPF, BOX 142347, Fayetteville, GA 30214, 678-817-4743 or

wnpf@aol.com
10 JUL, SLP HEART OF ILLINOIS BP/DL CHAMPIONSHIP (Peoria, II.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com.

15,16 JUL, APF/AAPF Firecracker Push/Pull Open, "Step up or Step Aside" (WPC Rules, Police/Fire, Open, Men, Women) - The Gym, Las Vegas, NV. Mark Swank, Meet Director, 72-245-6852 and Carol Upton, Assistant Meet Director, 702-656-6762, 3010 N. Torrey Pines Dr., Las Vegas, NV 89108, thegymlasvegas@earthlink.net.

16 JUL, Greystone's Battle of the BP

Juniors, Women, Open, Assisted, Unassisted - Rivera Family Fitness, Birmingham, AL) Pete Bouchard, c/o Rivera Family Fitness, 210 Doug Baker Blvd., Birmingham, AL 35242, 205-995-5505 or 205-992-5247. **16 JUL,** WABDL Great Lakes Re-

gional BP/DL (Holiday Inn South, Lansing, MI) Gus Rethwisch, 503-901-1622 or 763-545-8654 16 JUL, ANPPC WORLD CUP POWERLIFTING

CHAMPIONSHIP (Tuscola, II.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

16 JUL, NASA Grand Nationals (PL, BP, PP, PS - Selmer, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

16 JUL, P.L. BP on the Ohio River lopen, teen, women, masters - Huntington, WV) Willie or Chris Williams, 307 Shorr St., Huntington, WV 25702, 962-5129

16 JUL, World Games 16 JUL, USAPL Forum Fitness BP (women, teen, masters, open - Glen Carbon, IL) Maureen Post, 618-616-

5260, mpost57@sbcglobal.net 16 JUL, AAU Tioga, Lycoming, Centre, Blai..., Cambria, Huntington, and Clearfield Counties Youth PL (PA) Zeke

16 JUL, AAU Cornhusker State Games (Lincoln, NE) Howard Huffman, Don McElravy

16-17 JUL, IPA World Powerlifting Championships, York Barbell Company, 3300 Board Rd., York, PA 17402, Ellen Chaillet echaillet@aol.com or Mark Chaillet at 717-495-0024, chailfit@suscom.net.

17 JUL, SLP Healthquarters BP Classic (Hazelwood, MO) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, ht@netcare-il com

23 JUL, SLP ARKANSAS OPEN BP/DL CHAMPIONSHIP (Glenwood, Ar.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com,

Bench America Qualifiers

23 July - WABDL House of Pain Push Pull Nationals, Sheraton Brookhollow, Dallas, Texas. Qualifier for Bench America. No Deduction. Every Bencher has to wear a single ply shirt and every bench presser qualifying for Bench America must also do a deadlift.

6,7 August - WABDL Powerlifting Superstore National BP/DL Championships, Sheraton Airport Hotel, Portland, Oregon. Normal WABDL rules. Double ply shirts allowed. Come see the beautiful Northwest -- Oregon and Washington -- two of the most scenic states in the country.

GUS RETHWISCH 503-901-1622

sonlight@netcare-il.com 23 JUL, USAPL Iron Works Bench

and Deadlift, Matt Smith, 1111 E. Wackerly St., Midland, MI 48642, 9 8 9 - 8 3 7 - 8 7 0 0 ,

23 JUL, ADAU (Raw) Squat Nationals (Catasauqua, PA - all age/ wt. classes & divisions) Nicholas Theodorou, Nutritional Technologies, 5 Stonecroft Dr., Easton, PA 18045, 610-258-1894, nutritek@aol.com

23 JUL, ADAU (Raw) Bench Press Nationals (Catasauqua, PA - all age/wt. classes & divisions) Nicholas Theodorou, Nutritional Technologies, 5 Stonecroft Dr.,. Easton, PA 18045, 610-258-1894, nutritek@aol.com 23 JUL, ADAU (Raw) Deadlift Nationals (Catasauqua, PA - all age/ wt. classes & divisions) Nicholas

Theodorou, Nutritional Technologies, 5 Stonecroft Dr.,. Easton, PA 18045, 610-258-1894,

nutritek@aol.com
23 JUL (New Date), PPL Southeastern Drug Free, Tee Meyers, 2250
Lumpkin Rd., Augusta, GA 30906,
7 0 6 - 7 9 0 - 3 8 0 6,
PYTHONGYM@AOL.COM 23 JUL, WABDL House of Pain Push

Pull Nationals (Sheraton Dallas Brookhollow, Dallas, TX) Gus Rethwisch, 503-901-1622 or 763-545-8654

23 JUL (new location), WNPF South Florida BP, DL, PC (Plantation, FL) Brian Burritt 772-621-8988 or bburritt@hatshackcom

23 JUL, APA 2nd annual Jackson Open Battle of the Bad PL, BP, DL, PP (Jackson, MS) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102,

23 JUL, USAPL Carolina Clash PL & Championships - Cleveland Mall, NC. Rob Wess at rwess@darrcam.com 704-538-6099.

23 JUL, USAPL/USOC Palm Beach County Tropical Games BP & DL (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, w geocities com/floridausapl

23 JUL. AAU Larry Garro Memorial BP - DL - Iroman - Ironwoman Open, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, Brian@usbf.net

23-24 JUL, USAPL PL Champion-ships at the Tropical Games of the Palm Beaches, Robert Keller, 4264 Vineyard Circle, Weston, FL 33332, 954-384-4472.

24 JUL, SLP Oklahoma Sur Open BP/DL (Sallisaw, OK) SLP, 122 W. Sale, Tuscola, IL 61953, 217-

253-5429 www.sonlightpower.com

29-31 JUL, APWC Worlds (United National Qualifier - Chicago, IL) 3 8 6 - 7 3 4 - 3 1 2 8,

worldpowerlifting.org 30 JUL, WABDL Rocky Mountain Classic BP/DL (Holiday Inn Airport, Boise, ID) Gus Rethwisch, 503-901-1622 or 763-545-8654

30 JUL, NASA Colorado Grand Nationals, PL'ing, BP, Push/Pull & Power Sports, Rich Peters, Phone 405-527-8513, E-mail SBPDL@aol.com , P.O. Box 735, Noble, OK. 73068

30 JUL, NASA Tri-State Natural (1st 50 entries) Smitty, The Gym, 112 W. North St., Flora, IL 62839, 618-662-3414 1-8PM M-F,

Hesmitty@bspeedy.com

30 JUL, Arkansas Benchpress Association (ABA) Central Arkansas BP

& DL (Bryant, AR) D.D. Nichols,
2122 Misty Circle, Benton, AR
72015, 501-860-6851

30 JUL, SLP Open World BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com sonlight@netcare-il.com 30 JUL, APF West Coast Push-Pull

John Ford, 650-303-7518 30 JUL, ABA Central Arkansas BP (Bryant, AR) D.D. Nichols, 2122 Misty Circle, Benton, Ar 72015, 501-860-

30 JUL, Vermont State Open BP, Al American Fitness Center, 1881 Williston Rd., S. Burlington, VT 05403, Rick Poston, 802-865-3068 30 JUL, APF Barbee Classic (Sar Antonio - men & women - open below 1, masters (5 yr. age groups) submaster, junior (2 yr. age groups) police, fire, single lifts) Seguin Fitness 256 W. Court St., Seguin, TX 78155 8 0 0 - 3 7 8 - 6 4 6 0

30.31 JUL USAPL Seminole Classic (Tallahassee, FL). All weight classes and divisions. Robert Keller/Les Cramer

30-31 JUL, AAU Junior Olym pics - New Orleans, La - ages 5-21, aausports.org or contact meet director Judy Wood - 804-559-4624 after 7pm est or 804-512-0921 or email: judi6108@aol.com

JUL, NHSP Push-Pull Championship, Jamie Fellows, NUTRITION 101, 865 Second St, Manchester, NH 03102, AmericanPowerlifting.com.

NHBodybuilding@yahoo.com

JUL, APF Valley Classic (Harlingen men & women - open, below 1, mas ters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-

JUL, USSA Men & Women PL Nationals, USSA, Box 844, OK Wewoka. ussapl@hotmail.com

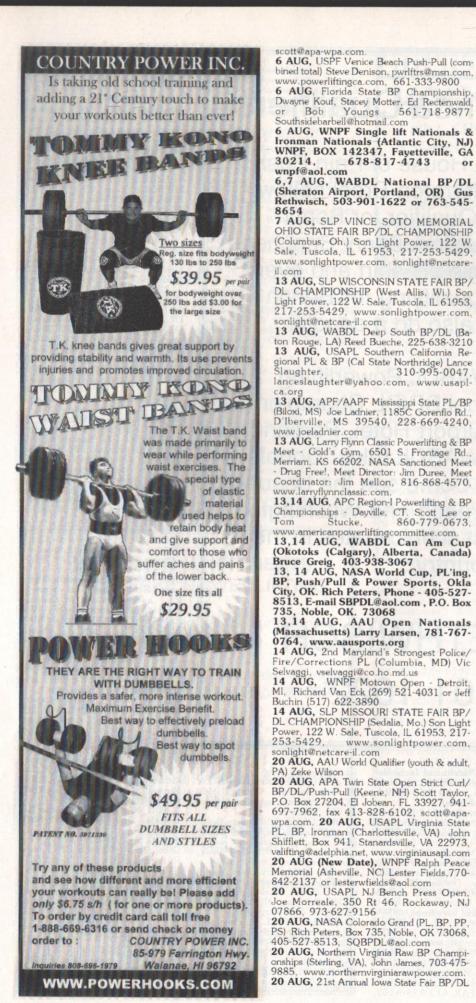
5 AUG, NAP PL Open Senior Na-tionals, Bob Garza, 281-820-

6 AUG, 2nd USAPL Maximum Meta Outdoor BP (Dunmore, PA) Jason Richardson, 570-341-7665, 570-840-4462, JRicha3593@msn.com 6 AUG, APF Southeast Challenge

Orange - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 8 0 0 - 3 7 8 - 6 4 6 0 ,

6 AUG, APA Heavy Metal BP/DL Push-Pull (Taylorville, IL) Scott Taylor P.O. Box 27204, El Jobean, FL 33927 941-697-7962, fax 413-828-6102

Nationals Atlantic City, NJ



nin (517) 622-3890

g@adelphia.net, www.virginiausapl.com

www.northernvirginiarawpower.com

6 AUG, USPF Venice Beach Push-Pull (combined total) Steve Denison, pwrlftrs@msn.com, www.powerliftingca.com, 661-333-9800 6 AUG, Florida State BP Championship, Dwayne Kouf, Stacey Motter, Ed Rectenwald, or Bob Youngs 561-718-9877. Southsidebarbell@hotmail.com 6 AUG, WNPF Single lift Nationals & Ironman Nationals (Atlantic City, NJ) WNPF, BOX 142347, Fayetteville, GA 678-817-4743 wnpf@aol.com 6,7 AUG, WABDL National BP/DL (Sheraton Airport, Portland, OR) Gus Rethwisch, 503-901-1622 or 763-545-7 AUG. SLP VINCE SOTO MEMORIAL OHIO STATE FAIR BP/DL CHAMPIONSHIP (Columbus, Oh.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, Death Squat www.sonlightpower.com. sonlight@netcare-Poster 13 AUG, SLP WISCONSIN STATE FAIR BP/ DL CHAMPIONSHIP (West Allis, Wi.) Son Light Power, 122 W. Sale, Tuscola, IL 61953. 217-253-5429, www.sonlightpower.com, @netcare-il com Just \$7.00 13 AUG, WABDL Deep South BP/DL (Baton Rouge, LA) Reed Bueche, 225-638-3210
13 AUG, USAPL Southern California Re-To order go to www.FOOSTA.com gional PL & BP (Cal State Northridge) Lance Secure Online Ordering 310-995-0047

> Pure, Natural, Novice, Master 1 & 2, Submasters, Women, Teens, Beginner. Jeff Baird, bairdzz@aol.com 20 AUG, APF South Dakota Bench Bash, Summit Activities Center, 1801 Summit St., Yankton, SD 57078. Josh Law, 605-665-2705,

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lawmerica@hotmail.com, www.upfsd.com.

20 AUG, WABDL Tennessee State BP/DL (Holiday Inn, Murfreesboro, TN) Ken Millrany, 931-962-

21 AUG, SLP GUY CARLTON MEMORIAL ILLINOIS STATE FAIR BP/DL CHAMPIONSHIP

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(Springfield, II.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-2 5 3 - 5 4 2 9 , www.sonlightpower.com, 27 AUG, APC Region-III Powerlifting & BP Championships - Athens, GA. LB Baker 770-725-6684 or 770-713-3080. www.areiapovelligomitecon or www.irondawg.com.
27 AUG, WABDL 9th annual Alki Beach BP/ DL (Seattle (Alki Beach), WA) Bull Stewart, 206-

27 AUG, 2nd Drug Free

Summer Time Splash Southern Ohio PL/BP

(Moraine, OH) David Ricks, 937-435-2127.

RICKS181@HOTMAIL.COM

27 AUG, SLP KENTUCKY STATE

CHAMPIONSHIP

(Louisville, Ky.) Son Light Power, 122 W. Sale,

Tuscola, IL 61953, 217 2 5 3 - 5 4 2 9

2 5 3 - 5 4 2 9 ...
www.sonlightpower.com,
sonlight@netcare-il.com
27 AUG, SPF Strongest BP/DL in the South
(Holiday Inn, Birming-ham, AL) Jesse Rodgers,
1326 Koblan Dr.,

Hixson, TN 37343, 423-

www.southempowerlifting.com

27 AUG, USAPL 2nd

Annual Southern OH PL & BP Championships,

Dave Ricks, 8835 Win-

ston Farm Ln., Dayton, OH 45458, 937-435-

27 AUG, WABDL Scan-

dinavian BP/DL (WABDL World Quali-

fier - Tampere, Fin-land) Sakari

Selkainaho, 358-14-

28 AUG, Central BP

League & E-normous PL 15th Endless Summer

Class Push/Pull (Granger,

Wood, 574-903-4586,

AUG, WNPF AL-MS-LA

State Championships-Lester Fields, 770-842-

esterufields@aol com

AUG, WPO Qualifier (sanctioned APF) 386-

7 3 4 - 3 1 2 8

worldpowerlifting.org

1 SEP, APA Palm Beach

Open PL/BP/DL/Push-Pull (Palm Beach Gar-dens, FL) Scott Taylor,

P.O. Box 27204, El

Jobean, FL 33927, 941-697-7962, fax 413-828

scott@apa

www.e-normous.biz

423-856

876-8410

IPA WORLD

BIGGEST SQUAT, BENCH

Prize money sponsored by

York, Pennsylvania

3 SEP, SPF Virginia State Push/Pull, (Holiday Inn Bristol VA) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410. www.southempowerlifting.com 3 SEP, NASA Kansas Grand (PL, BP, PP, PS Salina, KS) Rich Peters. Box 735, Noble, OK 73068, 405-527-8513. SQBPDL@aol.com

6102.

25 June - APC Central California Open and Novice (Teen, Women, Junior, Masters, Open - APC Na- | tional Qualifier to go to the GPC Worlds), Bob Packer, 559-658-5437, 559-322-6805, www.calapc.net

3 SEP. APF Georgia State PL/BP Kennesaw, GA) Jon Grove, 386-734-3128, worldpowerlifting.org 3 SEP, WABDL Oklahoma State BP, DL (Powerhouse Gym, Tulsa, OK) Cale Sherwood 918-955-4789

10 SEP (NEW DATE/LOCA-TION), WNPF Lifetime Drug Free Nationals (Armonk, NY or Piscataway, NJ) WNPF, BOX 142347, Fayetteville, GA 30214, 678-817-4743 or

wnpf@aol.com 10 SEP, APF Gulf Coast Open PL/ BP (Hudson, FL) Rick Lawrence, 386-734-3128, worldpowerlifting.org 10 SEP, USPF Venice Beach PL/

BP, Steve Denison, pwrlftrs@msn.com, www.powerliftingca.com, 661-333-

10 SEP (new date), NASA New Mexico Regional (PL, BP, PS - Albu-querque, NM) Mike Adelmann, werlifter@surfhest net

10 SEP, SLP TENNESSEE STATE FAIR BP/DL CHAMPIONSHIP (Nashville, Tn.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

10 SEP, the Power Quest Strength

Promotions BP Championship, Days Inn, Fremont, OH. Rob Twining 419-307-4162.

10 SEP, APF Massachusetts Open Bench Press Championships, Steve Smith, 978-361-6729, 4 Liberty St. Unit 2, Salisbury, MA 01952, smsrudedog@adelphia.net 10 SEP. WABDL Idaho State BP/

DL (Templin Red Lion Hotel, Post Falls, ID) Roger Neff, 208-964-0194 10 SEP, 100% Raw Virginia State BP, John Shifflett, Box 941. Stanardsville, VA 22973, 434-985-3932, valifting@adelphia.net

11 SEP, United We Stand (BP, DL, Ironman, Ironwoman, Raw, Equipped, all classes, trophies, 1st-5th \$30.00 entry fee, free meet t-shirt), Charles Venturella, 718 Mabel St., New Castle, PA 16101, 724-654-4117.

17 SEP, WABDL Nevada State BP/ DL (Elko, NV) Raul Lopez, 775-753-2374 rlopwts@frontiernet.net

17 SEP, Open BP meet, Glenwood Athletic Club, (Glenwood, AR) Jason or George at 870-356-6250

17 SEP (New Date), NPA (drug free) Naationals BP&DL, Fitness Lifestyes, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, fitlifedb@cs.com 17 SEP, USA 'RAW' BENCH PRESS FEDERATION FALL NATIONALS (Tuscola, II.) Son Light Power, 122 W. Sale,

Tuscola, IL 61953, 217-253-

5429. www.sonlightpower.com

sonlight@netcare-il.com 17 SEP, APF Northern California Open, John Ford, 650-303-7518 17 SEP (revised date), APF/AAPF Midwest Classic (Missouri/Kansas/National Records. All divisions plus police/fire. Olympic weightlifting exhibi-tion). Susan Sharpe-Patterson 816-914-9709

Www.midwestbarbell.com.

17 SEP, NASA E. Texas Regional (PL, BP, PP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com 17 SEP, WABDL West Coast Classic BP/DL (Marriott Hotel, Rancho Cordova (Sacramento), CA) Gus Rethwisch, 503-901-1622 or 763-545-8654 24 SEP, 100% Raw Tri-State Pl

(Hagerstown, MD www.rawpowerlifting.com awlifting@aol.com

24 SEP (New Date), WABDL Ha waii State BP/DL (Waimanalo, HI) Keith Ward, 808-259-5266

24 SEP, Bartlesville Drug Free Classic, Gilkey's Gym, 5701 SE Adams Blvd.. Bartlesville. OK 74006, 913-626-1141 or 626-1142, uree7086@aol.com

24 SEP, SLP OPEN NATIONAL POWERLIFTING/BP/DL CHAMPIONSHIP (Tuscola, IL.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com,

sonlight@netcare-il.com
24 SEP, NASA Tennessee Region (PL, BP, PP, PS - Pickwick Dam, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513 SQBPDL@aol.com

24 SEP, APF Hawg Farm Come & Get 'Em (Henderson, KY) Larry Hoover, RR3, Box 164, Princeton, IN 47670, 812-385-9932, 47670, quad4hoover@peoplepc.com

24,25 SEP, APF/AAPF Sin City Ironfest, "Bring it If You Got it", Powerlifting & BP (Police/Fire, Women, Teen, Junior, Men, Open, Submaster, Master, 114 lbs. - SHW, No Late Entries Accepted!), - The Gym, Las Vegas, NV. Mark Swank, Meet Director, 72-245-6852 and Carol Upton, Assistant Meet Director, 702-656-6762, 3010 N. Torrey Pines Dr., Las Vegas, NV 89108, thegymlasvegas@earthlink.net

29 SEP, SLP Genesis Open Push/ Pull Classic (Celina, OH) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9 www.sonlightpower.com conlight@netcare-il.com

SEP (Date Change), WNPF Northern Florida BP, DL, Ironman & PC (Lake City, FL) Lester Fields, 770 842-2137 or lesterwfields@ao1.com

30 SEP-1 OCT, BenchAmerica 3 (Elgin, IL "DO YOU QUALIFY"), info@benchamerica.com.

1 OCT, APF/AAPF 2nd NYC Coliseum Impact PL for Charity, PL, SQ, BP, DL, Raw and Assisted, Coliseum Gym, 7509 71st Ave, Middle Village, NY 11379, 718-326-2496 7-10pm as for Teddy or Stacy,

1 OCT (NEW DATE), WABDL Washington State BP/DL (Sam Benn Gym, Aberdeen, WA) Dr. Don Bell, 380-532-8330

1 OCT, WABDL Night of the Champions (All American Gym, Lakeland, FL) Ken Snell, 863-687-6268
1 OCT, WPA/APA World BP/DL/

Strict Curl (Hanover, PA) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102,

scott@apa-wpa.com.

1 OCT, SLP FALL BENCH PRESS/ DEADLIFT CLASSIC (Mattoon, II.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

1 OCT, Arkansas Benchpress As sociation (ABA) Arkansas Open BP & DL, D.D. Nichols, 2122 Misty Circle, Benton, AR 72015, 501-860-

1,2 OCT, 14th WNPF World Powerlifting Championships (Philadelphia, PA) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515

2 OCT, ADAU Connecticut State Open PL/BP, Rob Delavega, Powerhouse Gym, 71 Commerce Dr., Brookfield, CT 06804, 203-775-8584, phgbrookfield@sbcglobal.net 2 OCT, SLP IOWA STATE BP/DL CHAMPIONSHIP (Clinton, Ia.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com,

sonlight@netcare-il.com
7-9 OCT, WPO Semi-Finals &
WPO BB4Cash @GNC SOS (Atlanta, GA), 386-734-3128,

worldpowerlifting.org 8 OCT, ADAU "No Druggies Allowed" Raw SQ, BP, DL (no total - men & women - open & all ages) Joe Orengia, 4468 W. 26th St., Erie, PA 16506,

8 OCT, SLP OKLAHOMA STATE BP/DL CHAMPIONSHIP (Tulsa, Ok.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, ight@netcare-il.com

8 OCT, NASA Ohio Regional (PL, BP, PP, PS - Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com 9 OCT, SLP MISSOURI STATE BP/ DL CHAMPIONSHIP Mo.) Son Light Power, 122 W. Sale,

UPCOMING SLP COMPETITIONS

11 JUNE - SLP Superman Classic BP/DL Championship (Metropolis, IL)

12 JUNE - USA 'RAW' Bench Press Federation Summer Nationals - World Qualifier (Mattoon, IL)

25 JUNE - SLP Teenage Men/Women & Open Women's BP/DL Nationals (Tuscola, II)

9 JUL, SLP FT. HAMILTON DAYS BP/DL CHAMPIONSHIP (Hamilton.

Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, 23225 14, 15, 16 OCT, WDFPF Single

Lift Worlds (Croatia) jm-gedney@wiu.edu 15 OCT, 9th Annual PA Power Chal-

lenge (Leesport, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823. 15 OCT, PPL "Drug Free" Nationals and Body Challenge, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806,

PYTHONGYM@AOL.COM 15 OCT, SLP ARKANSAS STATE BP/DL CHAMPIONSHIP (Paragould Ar.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429

www.sonlightpower.com, 15 OCT, US National PL Champi

onships (Unified Natioanls - Las Vegas, NV - AAPF, NASA, AAU, USPF joint effort), 386-734-3128,

worldpowerlifting.org
15 OCT, The Ashtabula YMCA BP
Championship - YMCA Ohio, Lonnie 440-964-3013,

Anderson, 440-964-3013, anderson1142@yahoo.com.
15 OCT, PPL "Drug Free" Nationals and Body Challenge, PPL, 2250 Lumpkni Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM

15 OCT, NASA West Texas State (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com 15 OCT, USPF Central California

Open & Novice PL & BP (Modesto, CA) Steve Denison, pwrlftrs@msn.com, www.powerliftingca.com, 661-333-

15-16 OCT (corrected dates). AAU National Bench, Deadlift and Push/Pull (Richmond, Va. Holiday Inn) aausports@org or aaupower@aol.com, Va Powerlifting Association - 1811 Southcliff Road, Richmond, Va

16 OCT, SLP Big Bench at the French BP/DL/C Classic III (Memphis, TN) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com,

17-23 OCT, GPC World PL/BP (Dessau, Germany) LB Baker, 770-725-6684 or 770-713-3080, www.globalpowerliftingcommittee.com

www.americanpowerliftingcommittee.com 22 OCT, NASA Colorado Regional (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513. SOBPDL@aol.com

22 OCT, SLP MID-AMERICA OPEN CHAMPIONSHIP (Metropolis, II.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com,

sonlight@netcare-il.com
22 OCT, 23nd Annual Raw
A.D.A.U. "Central PA Open" Powerlifting Championships Open and All age Groups for both men and women The longest. continually conducted DRUG-FREE meet in Pennsylvania Meet held in Bigler PA, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214,

23 OCT, SLP HARD CORE OPEN II BP/DL CHAMPIONSHIP (Chicago, II.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com sonlight@netcare-il.com

29 OCT, ANPPC NATIONAL P O W E R L I F T I N G CHAMPIONSHIP (Tuscola, II.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

29 OCT (corrected date), USAPL Blue Ridge BP Raw & Assisted, John

Shifflett, Box 941, Stanardsville, VA 434-985-3932. valifting@adelphia.net

29 OCT, NASA North Carolina

Regional (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com 29 OCT, Iowa/Midwest Open BP or DL (teen, novice, open, submaster, master 1-2-3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 641-673-5240

52577, 641-673-5240

29 OCT, 8th Fred Rogers/Paul Smart BP/DL, Clyde, NY. Steve Rogers 315-365-3377. Seeper67@tds.net.

30 OCT, SLP Midwest Open BP/DL (Indianapolis, IN) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429. www.sonlightpower.com, ght@netcare-il.com

onlight@netcare-il.com
OCT, USAPL Florida Collegiate PL
(Florida Gulf Coast University, Ft.
Myers, FL) Jim Dundon,
jdundon@fgcu.edu, 239-590-7709
OCT, WNPF Michigan State and
Open, Benton Harbor, MI, Richard Van Eck (269) 521-4031

OCT, NASA Big River Classic, Tobey & Daryl Johnson, Blytheville, AR.
OCT, NHSP PL Championship,
Jamie Fellows, NUTRITION 101,
865 Second St, Manchester, NH 03102, AmericanPowerlifting.com, NHBodybuilding@yahoo.com
OCT, NASA Kentucky Regional

'PL'ing, BP, Push/Pull & Power Sports, Louisville, Ky. Greg & Susan Van Hoose, Route 1 Box 166, Ravenswood 273-2283 ood, WV 26164. Call: (304) or

3-6 NOV, WPC Worlds/WPO European Semifinals/WPO European BB4Cash, Minna & Ano Turtiainen Helsinki, Finland, 386-7 3 4 - 3 1 2 8 ,

worldpowerlifting.org
5 NOV, APF Texas Cup (Dallas - men & women - open, below 1, masters (5 vr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460,

5 NOV, APA 4th annual Battle of the Badasses BP, DL, PP (Georgetown, SC) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962. FAX 413-828-6102.

5 NOV, Northern Virginia Raw PL & BP Meet (Sterling, VA) John James, 7 0 3 - 4 7 5 - 9 8 8 5 , www.northernvirginiarawpower.com. 5 NOV, NASA lowa Regional (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SORPDL@aol.com 5 NOV, USAPL California State (PL

BP - Dublin, CA) Jason Burnell, 510-4 7 5 5 deepsquatter@deepsquatter.com, Lance Slaughter, 310-995-0047, lanceslaughter@yahoo.com,

www.usapl-ca.org
5 NOV, USA 'RAW' BENCH PRESS FEDERATION WORLD CHAMPIONSHIP (Tuscola, II.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
5 NOV, NASA Kansas City Regional,

Jim Duree, 5619 Pawnee Ave., Kan sas City, KS 66106, 913-626-1141 or 626-1142, jduree7086@aol.com 5 NOV, USAPL NJ State, Joe Morreale, 350 Rt 46, Rockaway, NJ 07866, 973-627-9156 5 NOV, AAU Star City Classic (Lin-

12 NOV. ADAU BP/DL Meet (raw/ drug free) (Pep's Gym, Leominster, MA) Chris Melanson, 978-466-5888 12 NOV, USAPL Ohio BP/PL, Ed

King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464. 12 NOV, SLP OHIO STATE BP/DL CHAMPIONSHIP (Hamilton, Oh.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

12 NOV, NASA Arizona Regional. PL'ing, BP, Push/Pull & Power Sports, Rich Peters, Phone - 405-527-8513, E-mail SBPDL@aol.com, P.O. Box 735, Noble, OK. 73068

12-13 NOV, WNPF World Bench, Deadlift, Ironman & Powercurl (Atlantic City, NJ) WNPF, BOX 142347, Fayetteville, GA 30214 678-817-4743 or wnpf@aol.com 13 NOV, SLP Central Illinois Open BP/DL (Hillsboro, IL) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429. www.sonlightpower.com,

8-13 NOV (REVISED NEW DATE - new website) - IPF Men's Worlds (J.L. Knight Center, Miami, FL) Robert Keller, 954-384-4472, rhk@verizon.net,

www.ipfworlds.com 8-13 NOV (REVISED DATE), IPF Pan-American Men's & Women's PL (J.L. Knight Center, Miami, FL) Robert Keller, rhk@verizon.net, 9 5 4 - 3 8 4 - 4 4 7 2, www.geocities.com/floridausapl 11-13 NOV (NEW DATE), IPA Se nior National Powerlifting Championships, York Barbell Compan 3300 Board Rd., York, PA 17402, Ellen Chaillet at echaillet@aol.com or Mark Chaillet 717-495-0024,

chailfit@suscom.net. 16-21 NOV, WABDL World BP/ DL Championships (Reno Hilton Hotel, Reno, NV) Gus Rethwisch, 503-901-1622 or 763-545-8654 19 NOV, Sacramento Open PL, Push-Pull/BP/DL/Strict Curl Champi onships (Sacramento, CA) Chip Conrad bodytribefitness@hotmail.com or Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-

19 NOV, AAPF Southern States 3 8 6 - 7 3 4 - 3 1 2 8

19 NOV. YMCA Nationals (Austin, TX)We accept all federation and YMCA cards. All weight classes and divisions. Raw, single ply and unlimited equipment. Les Cramer/ PLJ, PO Box 300966, Austin, TX 78703, www.powerliftingiournal.com.

19 NOV, 100% Raw World BP (Currituck, www.rawpowerlifting.com, rawlifting@aol.com, 252-339-

19 NOV, USAPL Police & Fire Nationals, Keith Simonds, 800 N. Portland, Oklahoma City, OK

73107, 405-321-1775 19 NOV, SLP KENTUCKY STATE BP/DL CHAMPIONSHIP (Lou Ky.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com,

26 NOV, NASA Kansas Regional (PL, BP, PP, PS - Salina, KS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com NOV, WSA Men & Women Worlds, USSA, Box 844, Wewoka, OK 74884, ussapl@hotmail.com

NOV, APF Northern California, John Ford, 650-303-7518 NOV, Mass/Rhode Island State Open PL. Greg Kostas, 781-447-6714 & Rene Moyen, 401-934-2040 and 401-5 2 7 - 3 7 1 1 www.newenglandusapl.com and

vuu nevtlevel-fitness com 2-4 DEC (NEW DATE), WDFPF World PL Championships (Turin, Italy) jm-gedney@wiu.edu 2-5 DEC, AAU World Bench,

Deadlift and Push-Pull (Laughlin, NV) Martin Drake, P.O. Box 108, Nuevo, CA 92567, 951-928-

MARTIN.J.DRAKE@BOEING.COM 3 DEC, USAPL Ed Nellor Memoria HS Championships, Jim Hart, 4418 NW 50th, Lincoln, NE 68524, 402-

3 DEC, Ed Nellor Memorial Collegiate Championships, Jim Hart, 4418 NW 50th, Lincoln, NE 68524, 402-470-

3 DEC, APF Rio Grande Valley (Harlingen - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 8 0 0 - 3 7 8 - 6 4 6 0, www.seguinfitness.com

3 DEC, SLP CHRISTMAS FOR KIDS BP/DL CHAMPIONSHIP (Mattoon, II.) Son Light Power, 122 W. Sale Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, ht@netcare-il.com

3-4 DEC, APF Southern States (Jack sonville, FL), 386-734-3128, worldpowerlifting.org

3.4 DEC (NEW DATE), WNPF Drug Free for Life/Battle of the Countries Championships (Orlando, FL or Atlanta, GA) WNPF, BOX 142347, Fayetteville, GA 30214 678-817-4743 or

wnpf@aol.com
4 DEC, SLP Missouri Christmas For
Kids BP/DL Championship (Poplar
Bluff, MO) SLP, 122 W. Sale,
Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

4 DEC, 13th Annual Raw A.D.A.U.
"Coal Country" Classic Separate
Bench Press and Deadlift contests Open divisions and all age groups divisions for both men and women Meet held in Bigler PA, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214,

al@pikitup.com
9-11 DEC, USAPL American Open
PL/Invitational BP (Philadelphia, PA)
Robert Keller, rhk@verizon.net, 954-

10 DEC, SLP ARKANSAS CHRISTMAS OPEN BP/DL CHAMPIONSHIP (Glenwood, Ar.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com. sonlight@netcare-il com

10 DEC, IPA Christmas Carnage (Leesport, PA) Full Power, BP/DL, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-

10 DEC, NASA Missouri Regional (PL, BP, PP, PS - Joplin, MO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

10 DEC (date change), WNPF New WNPF, BOX 142347, Fayetteville, GA. 30214, 678-817-4743 or

10 DEC, NASA Novice Nationals PL & PS (Springfield, OH) Gary Scholl, GSat2950@aol.com

10 DEC, USAPL Christmas BP Rav Assisted, John Shifflett, Box 941. VA 22973. Stanardsville valifting@adelphia.net. www.virginiausapl.com
10,11 DEC, 52nd APC Iron Man PL

& BP/Mr. Iron Man, (APC qualifier to go to GPC Worlds) Bob Packer, 559-658-5437, 559-322-6805,

11 DEC, SLP Turner Classic BP/ DL (Sallisaw, OK) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

31 DEC, SLP "THE LAST ONE" BP/ DL CHAMPIONSHIP (Tuscola, II.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

DEC, 100% Raw World PL, www.rawpowerlifting.com, rawlifting@aol.com 27-29 JAN 06 - 2005 AAU

World Championships (three lifts) and International Bench Press Contest (Richmond, VA - Holiday Inn): aaupower@aol.com or Va Powerlifting Assoc., 1811 Southcliff Road, Richmond Va

14 JAN 06, APF Michigan Bench for Cash. Jim Harbourne, 1018 Coolidge Ave., Clawson, MI 48017. 313-610-2019. Jimharborme@comcast.net. MAR 06, Mass State Open High

School Powerlifting Championships. Greg Kostas, 781-447-6714 & Rene Moyen, 401-934-2040 and 401-527-3711. www.newenglandusapl.com ad www nevtlevel-fitness com

MAR 06, USAPL Florida State PL lorida Gulf Coast University, Ft. Myers, FL) Jim Dundon jdundon@fgcu.edu, 239-590-7709 8,9 APR Power Palooza 9 (Leesport PA) Full Power, BP/DL, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823.

19-23 APR, IPF Pan-American Men's & Women's Masters BP (Miami, FL) Robert Keller, rhk@verizon.net, 954-384 4472, www.geocities.com/

floridausapl 19-23 APR, IPF World Masters BP (Miami, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/

floridausapl APR 06, USAPL Collegiate Nationals (Nova Southeastern Univ. Ft. Lauderdale, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/

384-4472, www.geocities.com/floridausapl
26-28 MAY 06, WDFPF European Single Lift Championships (Varese, Italy) jm-gedney@wiu.edu
MAY 06, New England States Open Powerlifting Championships. Greg Kostas, 781-447-6714 & Rene Moyen, 401-934-2040 and 401-527-3711, www.peugnolandusapl.com 3711. www.newenglandusapl.com and www.nextlevel-fitness.com.
15-22 JUL (06) Gay Games Pow

erlifting (Chicago, IL - register by 15 JUL 05 for out of competition testing program), info@GayGamesChicago.org, www.GayGamesChicago. org JUL 06, USAPL Men's Nationals PL (Miami, FL) Robert Keller,

rhk@verizon.net, 954-384 4472, www.geocities.com/ floridausapl JUL 06, USAPL/USOC Palm Beach County Tropical Games BP & DL (W Palm Beach, FL) Robert Keller

rhk@verizon.net, 954-384-4472 www.geocities.com/floridausanl 14,15 OCT 06, WDFPF Single Lift Worlds (Bendigo, Australia)

jm-gedney@wiu.edu OCT 06, USAPL Florida Collegiat PL (Florida Gulf Coast University, Ft. Myers, FL) Jim Dundon jdundon@fgcu.edu, 239-590-7709 1-5 NOV, 2006 GPC World PL BP (Gent, Belgium) LB Baker 770-725-6684 or 770-713-3080, www.globalpowerliftingcommittee.com

10-12 NOV 06, WDFPF World (Cork, Ireland) jmgednev@wiu.edu

MEET DIRECTORS ... there are HUNDREDS of meets for readers of PL USA to choose from each month. Put a display ad in POWERLIFTING **USA to make YOUR MEET** stand out. Call Mike Lambert at 800-448-7693 for details. We will even do the typesetting for you ... FREE!!

2005 APC / GPC Meets

May 14: APC Excalibur Classic Powerlifting and Bench Press (Alabama State Meet) Jeff Green: 205/817-6681; 205/823-4745

June 25: APC California Open and Novice Powerlifting and Bench Press Bob & Kim Packer: 559/322-6805: 559/658-5437

July 9 & 10, 2005: GPC American Cup - Canada/USA and APC Nationals Powerlifting and Bench Press Nationals: Open, Submaster, Master, Junior Teen. Athens, GA LB Baker 770/713-3080; 770/725-6684

Aug. 13 &14: APC Region I PL and BP Championships, Dayville, CT - Scott Lee, 860/779-0673 Aug. 27: APC Region III PL & BP Championships. Athens, GA LB Baker 770/713-3080; 770/725-6684

Sept. 17: APC Northern California Open - Bob & Kim Packer 559/322-6805; 559/658-5437 Oct 17-23: Global Powerlifting Committee (GPC) World PL & BP Championships, Dessau Germany Dec 11: 2nd Annual Iron Man. Fresno, CA. Bob & Kim Packer 559/322-6805; 658-5437

USA POWERLIFTING CORNER

National Office

P.O. Box 668 Columbia City, IN 46725 Administrator: Barbara Born

Website: www.usapowerlifting.com

Email: USAPLADMIN@skyenet.net

President Larry Maile, Ph.D. Email: L-MAILE@usapowerlifting.com

Vice President Johnny Graham Email: itruck52@hotmail.com

President's Message: An **Exciting Spring in USAPL**

Spring is typically our busiest time Nationally, and starts the international competition schedule as well. Last month, I mentioned the Master's Bench Press (World) Team. They have returned from Slovakia, with a number of Gold Medals, individually, and as a team. In the team standings, the USA brought home the Gold Medal in the Master 1 (40-50) Division. The Men's Master II (50-59) and the Women's Master I (40-49) divisions garnered the Bronze Medals.

Individual athletes who medalled were: Gold Medal: Helen Sauer (M2, 75 kg.), Dave Doan (M2, 110 kg.), Brad Klinger (M2, 125 kg.), Frank Beeler (M2, +125 kg.). Silver Medal: Angela Simmons (M1, 60 kg.), John Corsello (M1, 60 kg.), Greg Zangl (M1, 82.5 kg.), Raoul Donati (M1, 125 kg.), Kevin Johnson (M2, 125 kg.), Paulette Calhoun (M1, +90 kg.). Bronze Medal: Leigh Haines (M1, 56 kg.), Pam Zangl (M1, 75 kg.), Dana Rosenweig (M1, 90 kg.), Rich Wenner (M1, 100 kg.), Dan Gaudreau (M1, +125 kg.), Ivan Zwick (M3, 67.5

There were many excellent performances by lifters who weren't fortunate enough to medal, but whose efforts supported the team efforts and success. The coaching staff, headed by Nectar Kirkiris.

National Competitions

The High School Nationals was held toward the end of March in Milwaukie, Wisconsin. 390 athletes competed, and while the results are too extensive to review here, they may be accessed at: www.usapl-wi.com. There were a number of teams present at the

competition, and the high number represent the continued growth of high school programs in the U.S. The placings of teams are:

Varsity Boys - 1st Plainwell, Michigan (Tod Miller), 2nd Alexandria, Louisiana (Duane Urbina). St. Xavier, Wisconsin (Larry Traub), 4th GET, Wisconsin (Jon Steffenhagan), 5th Neenah, Wisconsin (Joe Lewis), 6th Bellevue E., Nebraska (Phil Burlingame). N. Central, Indiana (March Anderson).

J.V. Boys - 1st Plainwell. Michigan (Tod Miller), 2nd Neenah, Wisconsin (Joe Lewis), 3rd GET. Wisconsin (Jon Steffenhagen).

Varsity Girls - 1st Alexandria, Louisiana (Duane Urbina), 2nd Plainwell, Michigan (Tod Miller), 3rd Neenah, Wisconsin (Joe Lewis), 4th GET, Wisconsin (Jon Steffenhagan)

J.V. Girls - 1st Neenah. Wisconsin (Joe Lewis), 2nd Necedah, Wisconsin (Erich Mach), 3rd GET, Wisconsin Steffenhagan.

By these team results, it is obvious that USAPL powerlifting is big in the Midwest, but that there are many other areas with well developed and growing programs. Athletes from many other states attended as

Collegiate Nationals

As I write this, the Collegiate Nationals are ongoing. 200 athletes from more than 20 universities are contesting for Team awards, and athletes may earn All-America honors in addition to medals. Preliminary reports are that a number of Jr. World Records have been attempted. Stay tuned for results next month.

Top 20

This month, we feature the top 20 Women at 67.5 kg., and the top 20 Men at 82.5 kg. The complete top twenty rankings can be found at: http:// www.usapowerlifting.com/newsletter/ranking/rankings.html.

National Office Move

The USA Powerlifting National Office has relocated to a spacious new facility, but remains in Columbia City, Indiana. The new mailing address is: P.O. Box 668, Columbia City, IN 46725. The phone number is unchanged: (260) 248-4889, as is the email (usapladmin@skyenet.net).

USAPL Merchandise

While we have always had USA Powerlifting t-shirts and polos available, USAPL is expanding our line of merchandise to include hats (beanies), women's t's, tank tops, sweatshirts, and singlets. You may still get USAPL medals through the National Office, Look for our online store, coming soon to USAPL website: the www.usapowerlifting.com.

USAPL Club Information

We continue our efforts to encourage USAPL lifters to get together to train and exchange ideas when traveling.

Jersey Shore Fitness 711 Brinley Ave Bradley Beach, NJ 07720 Matthew Clark (732) 988-9888

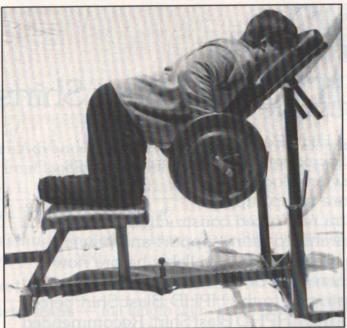
G.E.T. Powerlifters W18575 Ctv Rd DD Etrick, WI 54627 Stephanie Baer (608) 582-4487

Naval Academy PL Club P.O. Box 14971 Annapolis, MD 21412 Joseph Sweger (717) 438-

> Team NSR 1162 Wilkinson Rd Richmond, VA 23227 (804) 422-0200

Women's 165 class				
Name	Squat	Bench	Deadlift	Total
Rebecca Phelps	480	298	480	1246
Kimberly Walford	402	237	468	1108
Kimmie Everett	457	226	430	1091
Katie Ford	402	248	424	1069
Disa Hatfield	402	265	380	1047
Lynne Nelson	350	200	450	1000
Deanna Chaney	336	255	397	988
lizabeth Freel	325	220		COLUMN TO THE PARTY OF THE PART
Ashley Sanders	364	171	424	970
Rhonda Clark	320		402	937
aura Stryland		193	408	920
Angelle Matte	305 331	235	375	915
Holly Geersen		220	353	904
	303	243	347	893
Molly Dennany	331	221	336	887
isa Van Buskirk	303	209	375	887
Rachel Swanson	303	220	342	865
Ronny Melancon	331	193	331	854
Tracy Marks	358	165	314	838
Particia Schutte	314	198	308	820
ane Larson Wellborn	305	185	320	810
Men's 181 class				
Name	Squat	Bench	Deadlift	Total
Steven McLawchlin	694	463	678	1825
David Ricks	683	463	678	1813
addie Gibson	620	450	630	1700
Ron Garofalo	612	397	634	1642
(yle Ricchio	590	386	650	1626
Mike Wade	579	413	628	1620
Robert Wagner	551	430	628	1609
ean DiCataldo	606	391	606	1604
ony Reid	557	408	623	1587
Bill Scully	601	402	584	1587
layward Blake	540	446	584	1571
ohn White	557	375	634	
ouie Morrison	546	402		1565
ohn Maccanelli	585	360	601	1549
dwin Whitaker	595	380	600	1545
ason Bowers	568		600	1532
Devin Cagnolatti		375	584	1527
fal Scholnick	565 573	400	560	1525
Brendan Beikman		413	535	1521
	612	320	584	1516
Randy Stone	573	380	551	1505

NEW PRODUCT



The Knee Chest Rowing Bench (patent pending), designed by a chiropractor with more than 24 years of lifting experience, enables users to build functional strength in their upper back without jeopardizing or over-tiring their lower back for subsequent workouts. Normal breathing and range of motion are maintained. Multiple training variations are possible, including dumbbell work, and standing rows. The standard model is \$600 + s/h and the deluxe model is \$650 + s/h. For more information, contact Dr. John Ketcham, 947 "C" St., Meadville, PA 16335, 814-337-2032.

		ma State rmingham, A	1	Teen 181 lbs.		A. May 220 lbs.	285
					215	C. Gray	325
PUSH PULL		G. Marsh	775	K. Gentry	215	Junior	323
WOMEN		242 lbs.		198 lbs.	220	181 lbs.	inu
198 lbs.		S. Cox		J. Casey	330		380
C. Edwards		1100		MEN		D. Hagen	300
MALE		S. Brown	980	165 lbs.		220 lbs.	400
Teen		259 lbs.		A. Hyche	255	A. Hagen	400
148 lbs.		P. Nolin	885	259 lbs.		MEN	
P. Duke,Jr.	690	Masters (55-59	9)	K. Rogers	455	198 lbs.	425
M. Mayhall	590	220 lbs.		Police/Fire		S. Harrell	435
Teen		T. Butler	955	242 lbs.	703	275 lbs.	
259 lbs.		DEADLIFT		B. Tindull	420	J. Ross	500
B. Atexzander	660	MALE		Submasters		Submaster	
luniors		Teen		242 lbs.		165 lbs.	
198 lb.		220 lbs.		T. Snetling	450	R. Anderson	270
C. Dunaway	1005	M. Gibbs	465	Master (40-44)		198 lbs.	
lunior		165 lbs.		198 lbs.		S. Harrell	435
SHW		M. Taylor	385	C. Stinson	300	242 lbs.	00
B. Colee	1010	220 lbs.		Master (45-49)		D. Edwards	450
MEN		J. Leftwich	450	242 lbs.		SHW	
181 lbs.		242 lbs.		B. Tindull	420	K. Crump	450
A. Bowen	905	S. Roberts	585	Master (50-54)		Master (40-44)	
Client	780	259 lbs.		242 lbs.		181 lbs.	
242 lbs.		B. Driskill	700	D. Purcell	360	S. Brown	450
S. Cox	1100	275 lbs.		259 lbs.		259 lbs.	
P. Dean	TO SER	I. Ross	500	M. Harden	400	T. Vanhorne	450
275 lbs.		A. Quinn	475	Open		Master (50-54)	
S. Mckenny	1230	MEN		MALE		198 lbs.	
I. Robinson		Submasters		Teen		R. Hagadorn	350
N. Peppers		165 lbs.		148 lbs.			
308 lbs.		R. Anderson	430	R. Whitmore	225		
K. Overbey	1080	220 lbs.		198 lbs.			
Police/Fire	1000	R. Watkins	525		h Pull:	Shane McKenny	y, AL.
S. Livingston	810	242 lbs.		Best Lifter De	adlift	Dan Davidson	, AL.
Submasters	010	T. Snelling	600			ench Press: Th	
165 lbs.		Master (45-49				Open Bench	
R. Anderson	700	198 lbs.	'	Justin Ross, Th	e SPF	Alabama State	Push
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Masters (40-4	4)		323			the event. We	
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D. Glaze	785	RAW				Rodgers, for re	
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148 lbs. T. Ruhland 12 MAR 05 - St. Louis, MO . Adams 145 S. Moran 1: 3. Cathcart 120 Master (40-49) 155 67.5 170 392.5 Ozark WOMEN C. Stratton 150 M. Post 13 Master (40-49) MO State Open 110 100 127.5 337.5 Master (40-49) 102.5 (Formula) 123 lbs. C. Gee R. Petzoldt 182.5 R. Rich 95 77.5 130 302.5 MEN 182.5 MO State Teen 148 lbs G. King G. Heleine J. Faines I. Zwick 155 181 lbs. L. Pledger MO State 125 T. Thomas 137.5 62.5 137.5 337.5 Master (50-59) 167.5 (Formula) Open 132 lbs. Z. Craig 220 R. Petzoldt 182.5 J. Cash 162.5 117.5 192.5 472.5 Dreyer 130 J. Hunn 148 lbs. 220 lbs. Master (60-69) C. Poore 242 lbs. 72.5 50 107.5 230 J. Gaine 165 lbs. 215 125 B. Stewart 1. Zwick R. Bartel K. Bolen 160 100 202 5 462 5 275 lbs. 130 M. Lawson 232.5 142.5 235 610 160 S. Bales Teen (Formula) 181 lbs. 242.5 160 252.5 655 I. Gaines T. Greene SQ DL TOT Ozark 157.5 205 602.5 S. Reando MEN 177.5 227.5 700 237.5 182.5 250 700 R. Petzoldt J. Schwartz 182.5 100 197.5 480 190 135 227.5 552.5 270 167.5 242.5 680 Price 187.5 452.5 A. Hall 315 210 350 875 D. Adamson 205 130 207.5 542.5 C. Holmes Teen (Formula) T. Greene 198 lbs. 242.5 160 252.5 655 190 127.5 210 527.5 K. Bathjen M. Farrell 145 70 285 Adams 220 lbs. Smallwood 245 155 242.5 642.5 Master (40-49) 275 lbs. (Formula) C.Skorzewski 160 147.5 160 467.5 K. Bolon 275 lbs. K. Bolon 232.5 142.5 235 610 R. Petzolddt 237.5 182.5 250 570 Teen (Formula)

R Civar 105 95 162.5 362.5 G. King 250 182.5 227.5 659 215 82.5 197.5 495 B. Cuvar 105 95 162.5 362.3 A. Odenwald 227.5 175 227.5 630 K. McNease 250 167.5 265 682.5 Master (50-59) Master (40-49) (Formula) D. Winkler 247.5 167.5 247.5 662.5 B. Brady 212.5 142.5 215 670 (C. Dreyer 160 147.5 70 377.5 S. Levine Master (50-59) (Thanks to USAPL for providing results)

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POWER PEOPLE 1. Woods 242 lbs.



competed in his first PL meet in the MEN summer of 2002. In March '05 he Open 165 lbs. looks like he will win a Florida 242 lbs. High School Weightlifting title, just R. Hebeler D. Carroll like his illustrious uncle, the great S. Pena Gene Bell (who supplied this Satterthwaite photograph to Powerlifting USA) 275 lbs. G. Nolen

USAPL Nor-Cal Winter Classic 15 JAN 05 - Livermore, CA Teen-2 (16-17) WOMEN 220 lbs Master-4 (55-59) A. Contreras 120 198+ lbs S. O'Neill

T. Richards

MEN

125 87 157 370 Watts 120 72 130 322 181 lbs. 198+ lbs 145 95 142 382 Loveall Master-1 (40-44) 122 87 140 350 Wallace Bell, 18, of Bartow, Florida A. Barnhill 72 87 140 350 A. Barnhill 72 67 132 272 clean and jerked 300 lbs. and bench pressed 350, weighing 188 lbs. Presently, he is over 600 in both the squat and deadlift as well.

200 lbs. Presently, he is over 600 in both the squat and deadlift as well.

210 lbs. 165 lbs. 160 log 205 465 lbs. 160 lb 272 130 272 675 242 147 255 645 182 205 220 607 290 187 287 765 S. Cartwright -275+ lbs. D. Freeland Master-1 (40-44) 275 lbs. Nolen 290 187 287 765 242 lbs. P. Heffren 245 190 250 685 185 M. Koufos 215 127 232 575

Lance Slaughter - ER competition rack, Mark Reifkind - Squat jacks, bars, warmup room weight, Jason Burnell - Squat racks, bench, bars, Jody Woods - benches and deadlift helpers, Mike Koufos - Squat racks, deadlift helpers. Finally, I would like to thank John Inzer and Inzer Advance Designs and Rick Brewer and House of Pain for sponsorship of this meet as well as all the folks who helped setup and tear down of the meet venue. Your help is appreci-ated. Hope to see everyone in Palm Springs in May 20-22 for the USAPL Men's Masters Nationals directed by USAPL CA State Chair Lance Slaughter. See www.usaplca.org/masters for more information.
(Thanks to USAPL for these meet results)

Open	SQ	BP	DL	TOT
132 lbs.				
M. Kuhns	550	355	400	1305
J. Beck	765	525	700	1990
242 lbs.				
S. Mann	700	570	660	1930
SHW				
B. Laudadio	800	700	705	2205
Coordinators:	loe No	ealis an	nd Allar	Mille

USAPL Winter Oualifier 15 JAN 5 - Bloomington, IN SQ BP DL TOT 65 65 65 195 Youth (10-11) 5. O'Neill 205 137 212 555 1. Favreau 65 60 85 210 Master (40-44) D. Dienelt 65 65 65 195 198 lbs. D. Harney 145 135 135 415 220 lbs M. Garry 117 97 192 407
Meet Director: Rob Meulenberg. The 2005
Nor-Cal Winter Classic would not have been possible without all the help from the M. Willett 600 445 600 1645

USAPL Qualifier (National), Scott Waits (State), Lance Slaughter (National), Joe Randazzo (National), Doug Dienelt (State), and Dean Reece (State), Spotters and Loades: Steve Silver, Dean Reece, Aaron Pete, Dave Cummerow, and Greg Buffington. BarLoad program: Nick Bruckner. Computer scoring: Betty Lee. Announcer: Dave van Brocklin. Expeditor: Ken Kim. Concessions: Christa Conzado, and Sugan Waits

USAPL Athletic Performance Drug Testing Official: Latine Staughter. Addition, the following people provided addition, the following people provided addition, the platform and warmup equipment for the platform and warmup the most ran smoothly: C. Hartle 145 125 235 505 area to ensure the meet ran smoothly: C. Hartle 145 125 235 505 Steve Denison - Competition kilo set, (Thanks to USAPL for providing the results)

USA Powerlifting ™ (formerly ADFPA) Membership Application • 124 W. Van Buren St., Columbia City, IN 46725

M. Minietta 122 275 lbs.

R. Kitani 242 lbs.

220 lbs.

J. Woods

242 lbs

181 lbs.

165 lbs. J. Stanley

D. Roman

181 lbs.

275+ lbs.

I Reali

E. Ansberry

D. Barnes

J. Randazzo 120 87

Master-4 (55-59)

Master-5 (60-64)

Master-8 (75-79)

148 lbs

R. Tsutsni

198 lbs.

220 lbs

205 K. Schiessl

227 242 lbs.

L. Contreras 207 Master-3 (50-54)

TOT

265 J. LaGrill

265 220 lbs.

242 lbs.

DEADLIFT

J. Stanley

I. Woods

220 lbs.

165 lbs

198 lbs. L. Reali

72 67 132 272

SQ BP DL

Stanley

Master-2 (45-49)

Master-3 (50-54)

132 290

205

S. Pena

S. Wong

220 lbs.

20 lbs.

DeGennaro

Woods

275+ lbs.

220 lbs. D. Marba

181 lbs WOMEN

A. Vallejo

A. Barnhill

Master-2 (45-49)

Master-3 (50-54)

Master-4 (55-59)

Master-5 (60-64)

M. Goodwin 215 185 230 630 J. Tremblay 215 140 227 582

S. Hamilton 160 160 185 505

G. Wiltshire 250 147 237 635

F. Martinez 200 150 195 545

L. Contreras 160 190 202 552

following people: Referees: Steve Denison (National), Scott Waits (State), Lance

sions: Christa Conrado and Susan Waits. Drug Testing Official: Lance Slaughter. In

205 P. Connolly 117 95 112 215 Master-2 (45-49)

160 182 160

182 205 265 652

240 175 260 675

222 125 217 565

160 100 205 465

175 155 202 532

272 227 272 772

200 105 227 532

142 137 185 465

145 125 165 435

Conditions Of Membership: As a condition of membership to USAP, I garee to follow and obey all rules, regulations, and drug testing procedures are subject to change at any time and that I agree to obey any new or or changed rules, regulations, and drug testing procedures are subject to change at any time and that I agree to obey any new or or changed rules, regulations, and drug testing procedures as a condition of continued membership. I agree that the rules, regulations, and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently, suspended, and/or denied for large that the results of the test are conclusive, and if urther agree to accept the consequences of that positive lest regarding my membership.

1 agree that the results of the test are conclusive, and if urther agree to accept the consequences of that positive lest regarding my membership.

2 SOC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance unknowingly, and test positive for that banned substance or doping method that of the consequence and shall accept that I results and consequences of that test.

If I am suspended from membership for any reason, including lesting positive for a banned substance or doping method, not held therefore. If Not the suspended for testing positive for a banned substance or doping method on the Internet. I Powerfilms USAP or a robot procedure in Powerfilms USAP.

for a banned substance or doping method on the Internet, in Powerlifting US	A, or any other publication that USAPL so chooses.	and, rpainin our in E to publish my	rianto as a suspendou member andra a m	onition who is suspe	ended for testing positive
SIGNATURE:	If under 21 yrs., Parent Initial:	Date:	Prior Reg. #		
Name:					
Address:					
Date Of Birth: Age: Sex:					
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Competing Divisions: (please circle all that apply) High School - Full Year High School Seasonal - 6 mo.	oen Teen (14-19 vrs.) Junior	(20-23 yrs.) Master	(40 yrs. & up) Collegiate	Military	Police & Fire
USAPL Merchandise; (please circle choices) •Polo Shirt - \$35.00(s-xl) \$37.00(xd & up) (size	olors: navy, white) Navy Swer Logo Pa Logo Pa	atshirt - \$30.00(s-xl) \$32.00(xtch - \$5.00 (qty.) (Shoo	od & up) (size qty) for patch: .50)	ni ton	
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Credit Card: Visa-Mastercard-Discover Exp. Date:	- //// U.S.A.	Merc	handise Total: \$	THE PARTY SERVICE STREET	
Card #	FOWERLIFTING	Total F	Merchandise Shipping: Purchased: \$	-	
All memberships expire 12 months from date of purcha	se.		fice • Yellow - Seller's Copy • Pink - Lifter	The same of the sa	



BEST LIFTERS at the Wisconsin State Bench Press were Jane McCubbin and Dave Johnson (Photograph provided courtesy of Ford's Gym)

Wisconsin Bench Press

		Sench Press		220 lbs.				
			CONTRACTOR OF THE PARTY OF THE	J. Martin		455	525	980
12 MAK	05 -	Madison, V	VI	Master (55-59)		400	-	
NOMEN		148 lbs.						
Open		E. Brehmer	275	181 lbs.			100	
14 lbs.		D. Aldag	235	M. Jenner		265	400	665
	420		233	Master (65-69)				
Green	130	165 lbs.		220 lbs.				
23 lbs.		S. Grade	315	L. Turner		185	250	435
. Hamer	130	181 lbs.		WOMEN	SQ	BP	DL	TOT
48 lbs.		Vongphouth	ou350		34	DI	DL	101
	185	198 lbs.		Open				
	103	K. Jackson	385	165 lbs.				
81 lbs.	400			S. Pier	235	185	315	735
. Hagen	190	G. Chacona		Romanowski	325	145	255	725
. Bassette	115	J. Deitrich	315	Submaster (33-				
MALE		220 lbs.		148 lbs.	331			
Teen		D. Johnson!	525		110	0.5	100	205
181 lbs.		J. Hyler	350	K. Brassell	110	95	180	385
	220	242 lbs.	330	Master (40-44)				
P. Kasper	220		405	165 lbs.				
275 lbs.		J. Beicher	405	S. Ebeling	110	75	165	350
. Johnson	310	J. Bach	275	Master 950-54		NAME !	17787	
Masters		275 lbs.						
Depner-211	385	G. Gulseth!	550	SHW		400	0.00	
		SHW	330	D. Diamond	185	130	255	570
. Mollan-198				Master (60-64)				
. Luna-158	280	K. Wanneb	465	148 lbs.				
Open				D. Ettenhofer	90	65	170	320
=Best Lifters.	(result	s by Ford's	Gym, a		30	33	1,0	320
				31111		70	105	220
2509 E. Wash	o 4227	Ave., Madi	Jon, W		65	70	185	320
53704, 608-24	9-4227	, www.fordsg	yin.com	Master (70-74)				
				SHW				
MULTINE RAIL A	Will.	THE PROPERTY		A. Collin	120	95	235	450
10th Al	PF Wo	lverine Op	en	MEN				
		- Howell, N						
	1 04			Teen (16-17)				
BENCH		D. Soppelsa						
WOMEN		Submaster (Handrinos, Jr.	500	390	565	1455
				Handrinos, Jr.	500	390	565	1455
Open		Submaster (198 lbs.	33-39)	Handrinos, Jr. Teen (13)	500	390	565	1455
Open 148 lbs.	165	Submaster (198 lbs. R. Williams		Handrinos, Jr. Teen (13) 114 lbs.				
Open 148 lbs. B. Lapierre	165	Submaster (198 lbs. R. Williams 242 lbs.	33-39) 510	Handrinos, Jr. Teen (13) 114 lbs. DeFelice	500 65	390 55	565 180	1455 300
Open 148 lbs. B. Lapierre	165	Submaster (198 lbs. R. Williams 242 lbs. T. Pearch	33-39) 510 450	Handrinos, Jr. Teen (13) 114 lbs. DeFelice Open				
Open 148 lbs. B. Lapierre MEN	165	Submaster (198 lbs. R. Williams 242 lbs. T. Pearch Master (40-	33-39) 510 450	Handrinos, Jr. Teen (13) 114 lbs. DeFelice		55	180	300
Open 148 lbs. B. Lapierre MEN Open	165	Submaster (198 lbs. R. Williams 242 lbs. T. Pearch Master (40-	33-39) 510 450	Handrinos, Jr. Teen (13) 114 lbs. DeFelice Open 165 lbs.				
Open 148 lbs. B. Lapierre MEN Open 198 lbs.		Submaster (198 lbs. R. Williams 242 lbs. T. Pearch Master (40- 165 lbs.	33-39) 510 450 44)	Handrinos, Jr. Teen (13) 114 lbs. DeFelice Open 165 lbs. G. Ripley	65	55	180	300
Open 148 lbs. B. Lapierre MEN Open 198 lbs. R. Williams	165	Submaster (198 lbs. R. Williams 242 lbs. T. Pearch Master (40- 165 lbs. A. Sharpe,	33-39) 510 450 44) Jr. 350	Handrinos, Jr. Teen (13) 114 lbs. DeFelice Open 165 lbs. G. Ripley 181 lbs.	65 600	55 325	180 475	300 1400
Open 148 lbs. B. Lapierre MEN Open 198 lbs. R. Williams 275 lbs.	510	Submaster (198 lbs. R. Williams 242 lbs. T. Pearch Master (40-165 lbs. A. Sharpe, Master (55-	33-39) 510 450 44) Jr. 350	Handrinos, Jr. Teen (13) 114 lbs. DeFelice Open 165 lbs. G. Ripley 181 lbs. M. Smith	65	55	180	300
Open 148 lbs. B. Lapierre MEN Open 198 lbs. R. Williams 275 lbs. T. Farrow	510 340	Submaster (198 lbs. R. Williams 242 lbs. T. Pearch Master (40-165 lbs. A. Sharpe, Master (55-242 lbs.	33-39) 510 450 44) Jr. 350 59)	Handrinos, Jr. Teen (13) 114 lbs. DeFelice Open 165 lbs. G. Ripley 181 lbs. M. Smith 198 lbs.	65 600 575	55 325 315	180 475 480	300 1400 1370
Open 148 lbs. B. Lapierre MEN Open 198 lbs. R. Williams 275 lbs. T. Farrow	510 340	Submaster (198 lbs. R. Williams 242 lbs. T. Pearch Master (40-165 lbs. A. Sharpe, Master (55-	33-39) 510 450 44) Jr. 350	Handrinos, Jr. Teen (13) 114 lbs. DeFelice Open 165 lbs. G. Ripley 181 lbs. M. Smith 198 lbs. J. Thomas	65 600	55 325	180 475	300 1400
Open 148 lbs. B. Lapierre MEN Open 198 lbs. R. Williams 275 lbs. T. Farrow Junior (20-23)	510 340	Submaster (198 lbs. R. Williams 242 lbs. T. Pearch Master (40-165 lbs. A. Sharpe, Master (55-242 lbs.	33-39) 510 450 44) Jr. 350 59)	Handrinos, Jr. Teen (13) 114 lbs. DeFelice Open 165 lbs. G. Ripley 181 lbs. M. Smith 198 lbs.	65 600 575	55 325 315	180 475 480	300 1400 1370
Open (48 lbs. B. Lapierre MEN Open 198 lbs. R. Williams 275 lbs. I. Farrow Junior (20-23)	510 340	Submaster (198 lbs. R. Williams 242 lbs. T. Pearch Master (40-165 lbs. A. Sharpe, Master (55-242 lbs. R. Arnold	33-39) 510 450 44) Jr. 350 59)	Handrinos, Jr. Teen (13) 114 lbs. Defelice Open 165 lbs. G. Ripley 181 lbs. M. Smith 198 lbs. J. Thomas J. O'Brien	65 600 575	55 325 315	180 475 480	300 1400 1370
Open 148 lbs. B. Lapierre MEN Open 198 lbs. R. Williams 275 lbs. I. Farrow Junior (20-23) SHW IronMan	510 340	Submaster (198 lbs. R. Williams 242 lbs. T. Pearch Master (40-165 lbs. A. Sharpe, Master (55-242 lbs.	33-39) 510 450 44) Jr. 350 59)	Handrinos, Jr. Teen (13) 114 lbs. DeFelice Open 165 lbs. G. Ripley 181 lbs. M. Smith 198 lbs. J. Thomas J. O'Brien M. Brown	65 600 575	55 325 315 425	180 475 480 585	300 1400 1370
Open 148 lbs. B. Lapierre MEN Open 198 lbs. R. Williams 275 lbs. T. Farrow Junior (20-23) SHW IronMan WOMEN	510 340	Submaster (198 lbs. R. Williams 242 lbs. T. Pearch Master (40-165 lbs. A. Sharpe, Master (55-242 lbs. R. Arnold	33-39) 510 450 44) Jr. 350 59)	Handrinos, Jr. Teen (13) 114 lbs. DeFelice Open 165 lbs. G. Ripley 181 lbs. M. Smith 198 lbs. J. Thomas J. O'Brien M. Brown S. Starnes	65 600 575	55 325 315	180 475 480	300 1400 1370
Open 148 lbs. B. Lapierre MEN Open 198 lbs. R. Williams 275 lbs. T. Farrow Junior (20-23) SHW IronMan WOMEN Master (80-84	510 340	Submaster (198 lbs. R. Williams 242 lbs. T. Pearch Master (40-165 lbs. A. Sharpe, Master (55-242 lbs. R. Arnold	33-39) 510 450 44) Jr. 350 59)	Handrinos, Jr. Teen (13) 114 lbs. DeFelice Open 165 lbs. G. Ripley 181 lbs. M. Smith 198 lbs. J. Thomas J. O'Brien M. Brown S. Starnes 220 lbs.	65 600 575 755 —	55 325 315 425 — 400	180 475 480 585 — 500	300 1400 1370 1765 —
Open 148 lbs. B. Lapierre MEN Open 198 lbs. R. Williams 275 lbs. T. Farrow Junior (20-23) SHW IronMan WOMEN Master (80-84	510 340	Submaster (198 lbs. R. Williams 242 lbs. T. Pearch Master (40-165 lbs. A. Sharpe, Master (55-242 lbs. R. Arnold BP DL	33-39) 510 450 44) Jr. 350 59)	Handrinos, Jr. Teen (13) 114 lbs. DeFelice Open 165 lbs. G. Ripley 181 lbs. M. Smith 198 lbs. J. Thomas J. O'Brien M. Brown S. Starnes 220 lbs. D. Carroll	65 600 575 755 — — 730	55 325 315 425 — 400 505	180 475 480 585 500 565	300 1400 1370 1765 — — 1800
Open 148 lbs. B. Lapierre MEN Open 198 lbs. R. Williams 275 lbs. T. Farrow Junior (20-23) SHW IronMan WOMEN Master (80-8-148 lbs.	510 340	Submaster (198 lbs. R. Williams 242 lbs. T. Pearch Master (40-165 lbs. A. Sharpe, Master (55-242 lbs. R. Arnold	33-39) 510 450 44) Jr. 350 59)	Handrinos, Jr. Teen (13) 114 lbs. DeFelice Open 165 lbs. G. Ripley 181 lbs. M. Smith 198 lbs. J. Thomas J. O'Brien M. Brown S. Starnes 220 lbs.	65 600 575 755 —	55 325 315 425 — 400	180 475 480 585 — 500	300 1400 1370 1765 — — 1800 1645
Open 148 lbs. B. Lapierre MEN Open 198 lbs. R. Williams 275 lbs. I. Farrow Junior (20-23) SHW IronMan WOMEN Master (80-8- 148 lbs. J. Merrill	510 340	Submaster (198 lbs. R. Williams 242 lbs. T. Pearch Master (40-165 lbs. A. Sharpe, Master (55-242 lbs. R. Arnold BP DL	33-39) 510 450 44) Jr. 350 59)	Handrinos, Jr. Teen (13) 114 lbs. DeFelice Open 165 lbs. G. Ripley 181 lbs. M. Smith 198 lbs. J. Thomas J. O'Brien M. Brown S. Starnes 220 lbs. D. Carroll T. Butson	65 600 575 755 — — 730 665	55 325 315 425 — 400 505	180 475 480 585 500 565	300 1400 1370 1765 — — 1800 1645
Open 148 lbs. B. Lapierre MEN Open 198 lbs. R. Williams 275 lbs. T. Farrow Junior (20-23) SHW IronMan WOMEN Master (80-8- 148 lbs. J. Merrill MEN	510 340	Submaster (198 lbs. R. Williams 242 lbs. T. Pearch Master (40-165 lbs. A. Sharpe, Master (55-242 lbs. R. Arnold BP DL	33-39) 510 450 44) Jr. 350 59)	Handrinos, Jr. Teen (13) 114 lbs. DeFelice Open 165 lbs. G. Ripley 181 lbs. M. Smith 198 lbs. J. Thomas J. O'Brien M. Brown S. Starnes 220 lbs. D. Carroll T. Butson A. Jaskierny	65 600 575 755 — — 730	55 325 315 425 — 400 505 410 340	180 475 480 585 	300 1400 1370 1765 — — 1800
Open 148 lbs. B. Lapierre MEN Open 198 lbs. R. Williams 275 lbs. T. Farrow Junior (20-23) SHW IronMan WOMEN Master (80-8-148 lbs. J. Merrill MEN Teen (16-17)	510 340	Submaster (198 lbs. R. Williams 242 lbs. T. Pearch Master (40-165 lbs. A. Sharpe, Master (55-242 lbs. R. Arnold BP DL	33-39) 510 450 44) Jr. 350 59)	Handrinos, Jr. Teen (13) 114 lbs. DeFelice Open 165 lbs. G. Ripley 181 lbs. M. Smith 198 lbs. J. Thomas J. O'Brien M. Brown S. Starnes 220 lbs. D. Carroll T. Butson A. Jaskierny R. Fucianelli	65 600 575 755 — 730 665 465	55 325 315 425 — 400 505 410	180 475 480 585 — 500 565 570	300 1400 1370 1765 — — 1800 1645
Open 148 lbs. B. Lapierre MEN Open 198 lbs. R. Williams 275 lbs. T. Farrow Junior (20-23) SHW WOMEN WOMEN Master (80-8-148 lbs. J. Merrill MEN Teen (16-17) 148 lbs.	510 340	Submaster (198 lbs. R. Williams 242 lbs. T. Pearch Master (40-165 lbs. A. Sharpe, Master (55-242 lbs. R. Arnold BP DL	33-39) 510 450 44) Jr. 350 59) 320 TOT	Handrinos, Jr. Teen (13) 114 lbs. DeFelice Open 165 lbs. G. Ripley 181 lbs. M. Smith 198 lbs. J. Thomas J. O'Brien M. Brown S. Starnes 220 lbs. D. Carroll T. Butson A. Jaskierny R. Fucianelli M. Zweng	65 600 575 755 — 730 665 465 — 800	55 325 315 425 — 400 505 410 340	180 475 480 585 	300 1400 1370 1765 — — 1800 1645
Open 148 lbs. B. Lapierre MEN Open 198 lbs. R. Williams 275 lbs. T. Farrow Junior (20-23) SHW IronMan WOMEN Master (80-8-148 lbs. J. Merrill MEN Teen (16-17)	510 340	Submaster (198 lbs. R. Williams 242 lbs. T. Pearch Master (40-165 lbs. A. Sharpe, Master (55-242 lbs. R. Arnold BP DL	33-39) 510 450 44) Jr. 350 59)	Handrinos, Jr. Teen (13) 114 lbs. DeFelice Open 165 lbs. G. Ripley 181 lbs. M. Smith 198 lbs. J. Thomas J. O'Brien M. Brown S. Starnes 220 lbs. D. Carroll T. Butson A. Jaskierny R. Fucianelli	65 600 575 755 — 730 665 465	55 325 315 425 — 400 505 410 340	180 475 480 585 	300 1400 1370 1765 — — 1800 1645
Open 148 lbs. B. Lapierre MEN Open 198 lbs. R. Williams 275 lbs. T. Farrow Junior (20-23) SHW IronMan WOMEN Master (80-8- 148 lbs. J. Merrill MEN Teen (16-17) 148 lbs. P. Klebba	510 340	Submaster (198 lbs. R. Williams 242 lbs. T. Pearch Master (40-165 lbs. A. Sharpe, Master (55-242 lbs. R. Arnold BP DL	33-39) 510 450 44) Jr. 350 59) 320 TOT	Handrinos, Jr. Teen (13) 114 lbs. DeFelice Open 165 lbs. G. Ripley 181 lbs. M. Smith 198 lbs. J. Thomas J. O'Brien M. Brown S. Starnes 220 lbs. D. Carroll T. Butson A. Jaskierny R. Fucianelli M. Zweng S. Spencer	65 600 575 755 — 730 665 465 — 800	55 325 315 425 — 400 505 410 340	180 475 480 585 	300 1400 1370 1765 — — 1800 1645
Open 148 lbs. B. Lapierre MEN Open 198 lbs. R. Williams 275 lbs. T. Farrow Junior (20-23) SHW IronMan WOMEN Master (80-8-148 lbs. J. Merrill MEN Teen (16-17) 148 lbs. P. Klebba 165 lbs.	510 340	Submaster (198 lbs. R. Williams 242 lbs. T. Pearch Master (40-165 lbs. A. Sharpe, Master (55-242 lbs. R. Arnold BP DL — 80	33-39) 510 450 44) Jr. 350 59) 320 TOT —	Handrinos, Jr. Teen (13) 114 lbs. DeFelice Open 165 lbs. G. Ripley 181 lbs. M. Smith 198 lbs. J. Thomas J. O'Brien M. Brown S. Starnes 220 lbs. D. Carroll T. Butson A. Jaskierny R. Fucianelli M. Zweng S. Spencer 242 lbs.	65 600 575 755 — 730 665 465 — 800 550	55 325 315 425 — 400 505 410 340 400 —	180 475 480 585 	300 1400 1370 1765 — — 1800 1645
Open 148 lbs. B. Lapierre MEN Open 198 lbs. R. Williams 275 lbs. T. Farrow Junior (20-23) SHW IronMan WOMEN Master (80-8- 148 lbs. J. Merrill MEN Teen (16-17) 148 lbs. P. Klebba 165 lbs. A. Potere	510 340	Submaster (198 lbs. R. Williams 242 lbs. T. Pearch Master (40-165 lbs. A. Sharpe, Master (55-242 lbs. R. Arnold BP DL	33-39) 510 450 44) Jr. 350 59) 320 TOT	Handrinos, Jr. Teen (13) 114 lbs. DeFelice Open 165 lbs. G. Ripley 181 lbs. M. Smith 198 lbs. J. Thomas J. O'Brien M. Brown S. Starnes 220 lbs. D. Carroll T. Butson A. Jaskierny R. Fucianelli M. Zweng S. Spencer 242 lbs. J. Gunter	65 600 575 755 — 730 665 465 — 800	55 325 315 425 — 400 505 410 340 400 —	180 475 480 585 — 500 565 570 420 600	300 1400 1370 1765 — 1800 1645 1215 —
Open 148 lbs. B. Lapierre MEN Open 198 lbs. R. Williams 275 lbs. T. Farrow Junior (20-23) SHW (70-14) Master (80-8-148 lbs. J. Merrill MEN Teen (16-17) 148 lbs. P. Klebba 165 lbs. A. Potere Teen (13)	510 340	Submaster (198 lbs. R. Williams 242 lbs. T. Pearch Master (40-165 lbs. A. Sharpe, Master (55-242 lbs. R. Arnold BP DL — 80	33-39) 510 450 44) Jr. 350 59) 320 TOT —	Handrinos, Jr. Teen (13) 114 lbs. DeFelice Open 165 lbs. G. Ripley 181 lbs. M. Smith 198 lbs. J. Thomas J. O'Brien M. Brown S. Starnes 220 lbs. D. Carroll T. Butson A. Jaskierny R. Fucianelli M. Zweng S. Spencer 242 lbs. J. Gunter T. Doll	65 600 575 755 — 730 665 465 800 550	55 325 315 425 — 400 505 410 340 400 —	180 475 480 585 	300 1400 1370 1765 — 1800 1645 1215 —
Open 148 lbs. B. Lapierre MEN Open 198 lbs. R. Williams 275 lbs. T. Farrow Junior (20-23) SHW IronMan WOMEN Master (80-8- 148 lbs. J. Merrill MEN Teen (16-17) 148 lbs. P. Klebba 165 lbs. A. Potere	510 340	Submaster (198 lbs. R. Williams 242 lbs. T. Pearch Master (40-165 lbs. A. Sharpe, Master (55-242 lbs. R. Arnold BP DL — 80 195 275 155 285	33-39) 510 450 444) Jr. 350 59) 320 TOT - 470 430	Handrinos, Jr. Teen (13) 114 lbs. DeFelice Open 165 lbs. G. Ripley 181 lbs. M. Smith 198 lbs. J. Thomas J. O'Brien M. Brown S. Starnes 220 lbs. D. Carroll T. Butson A. Jaskierny R. Fucianelli M. Zweng S. Spencer 242 lbs. J. Gunter T. Doll R. Ferris	65 600 575 755 — 730 665 465 — 800 550	55 325 315 425 — 400 505 410 340 400 — 305 500 —	180 475 480 585 — 500 565 570 420 600	300 1400 1370 1765 — 1800 1645 1215 —
Open 148 lbs. B. Lapierre MEN Open 198 lbs. R. Williams 275 lbs. T. Farrow Junior (20-23) SHW IronMan WOMEN Master (80-8- 148 lbs. J. Merrill MEN Teen (16-17) 148 lbs. P. Klebba 165 lbs. A. Potere Teen (13)	510 340	Submaster (198 lbs. R. Williams 242 lbs. T. Pearch Master (40-165 lbs. A. Sharpe, Master (55-242 lbs. R. Arnold BP DL — 80	33-39) 510 450 44) Jr. 350 59) 320 TOT —	Handrinos, Jr. Teen (13) 114 lbs. DeFelice Open 165 lbs. G. Ripley 181 lbs. M. Smith 198 lbs. J. Thomas J. O'Brien M. Brown S. Starnes 220 lbs. D. Carroll T. Butson A. Jaskierny R. Fucianelli M. Zweng S. Spencer 242 lbs. J. Gunter T. Doll	65 600 575 755 — 730 665 465 800 550	55 325 315 425 — 400 505 410 340 400 —	180 475 480 585 	300 1400 1370 1765 — 1800 1645 1215 —
Open 148 lbs. B. Lapierre MEN Open 198 lbs. R. Williams 275 lbs. T. Farrow Junior (20-23) SHW IronMan WOMEN Master (80-8-148 lbs. J. Merrill MEN Teen (16-17) 148 lbs. P. Klebba 165 lbs. A. Potere Teen (13) 148 lbs. E. Potere	510 340	Submaster (198 lbs. R. Williams 242 lbs. T. Pearch Master (40-165 lbs. A. Sharpe, Master (55-242 lbs. R. Arnold BP DL — 80 195 275 155 285	33-39) 510 450 444) Jr. 350 59) 320 TOT - 470 430	Handrinos, Jr. Teen (13) 114 lbs. DeFelice Open 165 lbs. G. Ripley 181 lbs. M. Smith 198 lbs. J. Thomas J. O'Brien M. Brown S. Starnes 220 lbs. D. Carroll T. Butson A. Jaskierny R. Fucianelli M. Zweng S. Spencer 242 lbs. J. Gunter T. Doll R. Ferris J. Scabrook	65 600 575 755 — 730 665 465 800 550	55 325 315 425 — 400 505 410 340 400 — 305 500 —	180 475 480 585 	300 1400 1370 1765 — 1800 1645 1215 —
Open 148 lbs. B. Lapierre MEN Open 198 lbs. R. Williams 275 lbs. T. Farrow Junior (20-23) HV OMEN Master (80-8-148 lbs. J. Merrill MEN Teen (16-17) 148 lbs. P. Klebba 165 lbs. A. Potere Teen (13) 148 lbs. E. Potere Open	510 340	Submaster (198 lbs. R. Williams 242 lbs. T. Pearch Master (40-165 lbs. A. Sharpe, Master (55-242 lbs. R. Arnold BP DL — 80 195 275 155 285	33-39) 510 450 444) Jr. 350 59) 320 TOT - 470 430	Handrinos, Jr. Teen (13) 114 lbs. DeFelice Open 165 lbs. G. Ripley 181 lbs. M. Smith 198 lbs. J. Thomas J. O'Brien M. Brown S. Starnes 220 lbs. D. Carroll T. Butson A. Jaskierny R. Fucianelli M. Zweng S. Spencer 242 lbs. J. Gunter T. Doll R. Ferris J. Scabrook 275 lbs.	65 600 575 755 	555 325 315 425 — 400 505 410 340 400 — 305 500 — 455	180 475 480 585 — 500 565 570 420 600 — 605 —	300 1400 1370 1765 1800 1645 1215 1365
Open 148 lbs. B. Lapierre MEN Open 198 lbs. R. Williams 275 lbs. T. Farrow Junior (20-23) SHW IronMan WOMEN Master (80-8- 148 lbs. J. Merrill MEN Teen (16-17) 148 lbs. P. Klebba 165 lbs. A. Potere Teen (13) 148 lbs. E. Potere Open 275 lbs.	510 340	Submaster (198 lbs. R. Williams 242 lbs. T. Pearch Master (40-165 lbs. A. Sharpe, Master (55-242 lbs. R. Arnold BP DL — 80 195 275 155 285 145 240	33-39) 510 450 444) Jr. 350 59) 320 TOT - 470 430 385	Handrinos, Jr. Teen (13) 114 lbs. DeFelice Open 165 lbs. G. Ripley 181 lbs. M. Smith 198 lbs. J. Thomas J. O'Brien M. Brown S. Starnes 220 lbs. D. Carroll T. Butson A. Jaskierny R. Fucianelli M. Zweng S. Spencer 242 lbs. J. Gunter T. Doll R. Ferris J. Scabrook 275 lbs. S. Woods	65 600 575 755 — 730 665 465 465 — 710 — 830	555 325 315 425 — 400 505 410 340 400 — 305 500 — 455	180 475 480 585 500 565 570 420 600 605 625 550	300 1400 1370 1765 1800 1645 1215 1365 1885
Open 148 lbs. B. Lapierre MEN Open 198 lbs. R. Williams 275 lbs. T. Farrow Junior (20-23) SHW IronMan WOMEN Master (80-8- 148 lbs. J. Merrill MEN Teen (16-17) 148 lbs. P. Klebba 165 lbs. A. Potere Teen (13) 148 lbs. E. Potere Open 275 lbs. T. Wingett	510 340)	Submaster (198 lbs. R. Williams 242 lbs. T. Pearch Master (40-165 lbs. A. Sharpe, Master (55-242 lbs. R. Arnold BP DL — 80 195 275 155 285	33-39) 510 450 444) Jr. 350 59) 320 TOT - 470 430	Handrinos, Jr. Teen (13) 114 lbs. DeFelice Open 165 lbs. G. Ripley 181 lbs. M. Smith 198 lbs. J. Thomas J. O'Brien M. Brown S. Starnes 220 lbs. D. Carroll T. Butson A. Jaskierny R. Fucianelli M. Zweng S. Spencer 242 lbs. J. Gunter T. Doll R. Ferris J. Scabrook 275 lbs. S. Woods S. Roach	65 600 575 755 	555 325 315 425 — 400 505 410 340 400 — 305 500 — 455	180 475 480 585 — 500 565 570 420 600 — 605 —	300 1400 1370 1765 1800 1645 1215 1365
Open 148 lbs. B. Lapierre MEN Open 198 lbs. R. Williams 275 lbs. T. Farrow Junior (20-23) SHW IronMan WOMEN Master (80-8- 148 lbs. J. Merrill MEN Teen (16-17) 148 lbs. P. Klebba 165 lbs. A. Potere Teen (13) 148 lbs. E. Potere Open 275 lbs.	510 340)	Submaster (198 lbs. R. Williams 242 lbs. T. Pearch Master (40-165 lbs. A. Sharpe, Master (55-242 lbs. R. Arnold BP DL — 80 195 275 155 285 145 240	33-39) 510 450 444) Jr. 350 59) 320 TOT - 470 430 385	Handrinos, Jr. Teen (13) Teen (13) 114 lbs. DeFelice Open 165 lbs. G. Ripley 181 lbs. M. Smith 198 lbs. J. Thomas J. O'Brien M. Brown S. Starnes 220 lbs. D. Carroll T. Butson A. Jaskierny R. Fucianelli M. Zweng S. Spencer 242 lbs. J. Gunter T. Doll R. Ferris J. Scabrook 275 lbs. S. Woods S. Roach 308 lbs.	65 600 575 755 730 665 465 800 550 455 710 830 585	555 325 315 425 400 505 410 340 400 - 305 500 - 455 505 415	180 475 480 585 500 565 570 420 600 	300 1400 1370 1765 1800 1645 1215 1365 1885 1600
Master (80-8-148 lbs. J. Merrill MEN Teen (16-17) 148 lbs. P. Klebba 165 lbs. A. Potere Teen (13) 148 lbs. E. Potere Open 275 lbs. T. Wingett Teen 914-15)	510 340)	Submaster (198 lbs. R. Williams 242 lbs. T. Pearch Master (40-165 lbs. A. Sharpe, Master (55-242 lbs. R. Arnold BP DL — 80 195 275 155 285 145 240	33-39) 510 450 444) Jr. 350 59) 320 TOT - 470 430 385	Handrinos, Jr. Teen (13) 114 lbs. DeFelice Open 165 lbs. G. Ripley 181 lbs. M. Smith 198 lbs. J. Thomas J. O'Brien M. Brown S. Starnes 220 lbs. D. Carroll T. Butson A. Jaskierny R. Fucianelli M. Zweng S. Spencer 242 lbs. J. Gunter T. Doll R. Ferris J. Scabrook 275 lbs. S. Woods S. Roach	65 600 575 755 — 730 665 465 465 — 710 — 830	555 325 315 425 — 400 505 410 340 400 — 305 500 — 455	180 475 480 585 500 565 570 420 600 605 625 550	300 1400 1370 1765 1800 1645 1215 1365 1885
Open 148 lbs. B. Lapierre MEN Open 198 lbs. R. Williams 275 lbs. T. Farrow Junior (20-23) SHW IronMan WOMEN Master (80-8- 148 lbs. J. Merrill MEN Teen (16-17) 148 lbs. P. Klebba 165 lbs. A. Potere Teen (13) 148 lbs. E. Potere Open 275 lbs. T. Wingett Teen 914-15 181 lbs.	510 340)	Submaster (198 lbs. R. Williams 242 lbs. T. Pearch Master (40-165 lbs. A. Sharpe, Master (55-242 lbs. R. Arnold BP DL — 80 195 275 155 285 145 240	33-39) 510 450 444) Jr. 350 59) 320 TOT - 470 430 385	Handrinos, Jr. Teen (13) Teen (13) 114 lbs. DeFelice Open 165 lbs. G. Ripley 181 lbs. M. Smith 198 lbs. J. Thomas J. O'Brien M. Brown S. Starnes 220 lbs. D. Carroll T. Butson A. Jaskierny R. Fucianelli M. Zweng S. Spencer 242 lbs. J. Gunter T. Doll R. Ferris J. Scabrook 275 lbs. S. Woods S. Roach 308 lbs.	65 600 575 755 730 665 465 800 550 455 710 830 585	555 325 315 425 400 505 410 340 400 - 305 500 - 455 505 415	180 475 480 585 500 565 570 420 600 	300 1400 1370 1765 1800 1645 1215 1365 1885 1600
Open 148 lbs. B. Lapierre MEN Open 198 lbs. R. Williams 275 lbs. T. Farrow Junior (20-23) SHW IronMan WOMEN Master (80-8-148 lbs. J. Merrill MEN Teen (16-17) 148 lbs. P. Klebba 165 lbs. A. Potere Teen (13) 148 lbs. E. Potere Open 275 lbs. T. Wingett Teen 914-15)	510 340)	Submaster (198 lbs. R. Williams 242 lbs. T. Pearch Master (40-165 lbs. A. Sharpe, Master (55-242 lbs. R. Arnold BP DL — 80 195 275 155 285 145 240 365 405	33-39) 510 450 444) Jr. 350 59) 320 TOT 470 430 385 770	Handrinos, Jr. Teen (13) Teen (13) 114 lbs. DeFelice Open 165 lbs. G. Ripley 181 lbs. M. Smith 198 lbs. J. Thomas J. O'Brien M. Brown S. Starnes 220 lbs. D. Carroll T. Butson A. Jaskierny R. Fucianelli M. Zweng S. Spencer 242 lbs. J. Gunter T. Doll R. Ferris J. Scabrook 275 lbs. S. Woods S. Roach 308 lbs. D. Gratton	65 600 575 755 730 665 465 800 550 455 710 830 585	555 325 315 425 400 505 410 340 400 - 305 500 - 455 505 415	180 475 480 585 500 565 570 420 600 	300 1400 1370 1765 1800 1645 1215 1365 1885 1600

1	Teen (14-15)				
	181 lbs.				
ı	T. Clafton	330	230	390	935
	Submaster (33-				
1	198 lbs.				
	198 lbs. B. Hillier	600	400	550	1550
4					
	220 lbs. T. Butson		410	570	1645
4	Master (40-44)				
ı	220 lbs.		440	1000	
1	S. Tracy	335	225	415	975
1	242 lbs.				
ı	R. Eriksen				
	J. Harbourne	525	510	520	1555
	D. Parks Master (45-49)	600	380	500	1480
Ø	Master (45-49)				
	242 lbs.				
	B. McIntyre	635	550	605	1/90
	308 lbs.				1700
	Handrinos, Sr.	625	500	575	1700
A	148 lbs.		400	220	020
Á	V. Scelfo		190	330	920
ğ	Master (75-79)				
į,	165 lbs. B. Creech	205	445	225	FAF
ľ	B. Creech	205	115	235	545
8	Master (80-84)				
S	148 lbs.	00		145	200
8	R. Merrell	80	65	145	290
	(Thanks to Jim	Hinze	ior	tnese	results)
	ALL LYDES HATE				
	MARKET STREET, SALES STREET, S				

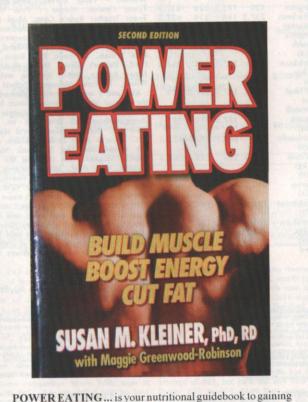
		astern USA tanardsville		brackets. My buddy for many years Reuban Weaver hit a PR RAW and new Virginia State Record with a nice 410 lift to win the 40-44 class. Reuban started lifting RAW
BENCH		Open		over 10 years ago and is making some
FEMALE		J. Self	365	great gains in all three lifts. Lance Thomp-
123 lbs.		(40-44)		son won the Supers in his first meet just
Open		D. Ray	265	son won the supers in his first fleet just
K. Self	150!	198 lbs.		missing a Virginia State record attempt of
181 lbs.		Open		335. (Results provided by John Shifflett)

Open	LIEUTE TO THE PARTY OF THE PART
S. Dellinger	425
(35-39) S. Kuzma	465
(40-44)	403
R. Weaver	410
Supers	
	rds. The 100% RAW Eastern
IISA Open Be	ench Press was a blast. With
a snow and ic	e storm coming in nine lifters
competed. Ke	erry Self was great at 123
hitting a 100°	o raw world record 150 lift.
Kerry has on	ly been competing under a
vear is maki	ing awesome gains in her
lifting, John	Self hit a Virginia State
record lift of	365 @ 175. Dave Ray won the
181 40-44 wi	th a stare record lift of 265.
II Wooten wo	n the 198 open in his second
meet with 28	30. Bill Lindsey set a 100%
RAW World I	Record in the 198 55-59 with
a great lift of	335. Bill is very good lifter
and is on the	comeback trail after fighting
off some inj	uries. The 275's had three
lifters doing	well. Steve Dellinger won
the open in h	is second meet. Scott Kuzma
did a great	job setting a Virginia State
Record in bo	th the Open and 35-39 age
brackets. My	buddy for many years Reuban
Weaver hit a	PR RAW and new Virginia
State Record	with a nice 410 lift to win the
40-44 class.	Reuban started lifting RAW

335!

(55-59) B. Lindsey 275 lbs.

Open L. Thompson 300



muscle while cutting fat. Written by a consultant to the NBA, NFL, and world class bodybuilders, POWER EATING focuses on the specific dietary needs of serious strength trainers. This 2nd edition contains all the updated info on building strength and power, increasing energy, and losing fat. A unique rating system is available in the book to determine if a particular supplement will be worth the investment to you, possibly useful, a waste of time, or harmful. POWER EATING is available from Powerlifting USA, Box 467, Camarillo, CA 93011 for \$17.95 plus \$4.00 shipping and handling.

APC California State 12-13 MAR 05 - Fresno, CA WOMEN T. Orwoll (55-59)110 T. Daley 110 kgs. Open E. Cazares 130 S. Corner 60 (45-49) 60 kgs. K. Car. 5. Sheklanian 112.5 (55-59) Hadens R. Carbo 82.5 kgs. Hadenshaw (16-17)125 kgs. McCurley 130 Open 90 kgs. M. Lutz 255 Open C. Trembley 170 Submaster B. Lincoln, Jr. 272.5 Submaster M. Lutz 255 Trembley 170 (55-59) B. Lincoln Sr. 200 (45-49)140 kgs. Robinson (70-74)87.5 S. 100 kgs. 140+ kgs Open Open J. Genovese 217.5 L. Contreras 195 Avila Submaster A. Ramsey Deluca (50-54) L. Contreras 195 WOMEN SO BP DL 67.5 kgs (60-64)82.5 70 125 277.5 V. Keresy (40-44)K. Packer 160 80 150 Open B. Hibdon Scholnick 260 195 255 7 90 kgs.

DRUG TESTING IN THE W.D.F.P.F.

It is never cause for rejoicing when a drug test returns a positive result, especially when the competitor concerned is from a drug-free organisation. However, what matters is that any such results are responded to in the appropriate way. There have been two positive drug tests recorded on WDFPF lifters recently:-

5th December 2004 - West Midlands divisional Championships (England) Peter Maguire - 19 Norandrosterone - (life ban from the BDFPA & WDFPF).

12th March 2005 - St. Petersburg Regional Championships (Russia) Vladimir Poletaev - 19 Norandrosterone - (life ban from the RDFPA & WDFPF).

On a more constructive note, we are pleased to report that the Armenian Drug-Free Powerlifting Federation has completed its registration requirements for WDFPF membership, by submitting chain-of-custody documentation plus detailed lab reports, relating to an unannounced out-ofmeet test conducted in that country. The test result was negative. The lifter's name is Khachatur Hovhannisyan. Accordingly the Armenians are hoping to send a team to this year's European Single Event Championships in Naples, Italy. We wish them every success.

v. Meresy	04.3	10	143	211.3	
82.5 kgs.					
(40-44)					140 kgs.
K. Packer	160	80	150	390	Open
Open					B. Meek 330 230 295 855
B. Hibdon	212.5	-	_	_	(55-59)
H. Scholnick	260	195	255	710	B. Meek 330 230 295 855
90 kgs.					Best Lifters: Open - James Kegrice.
Open					Women - Vangi Keresy. Teen/Junior -
J. Kegrice	320	182.5	320	827.5	Tyson Orwoll. Master - Pete Wilson.
T. Erickson	237.5		230	627.5	Team Trophy: Kym's Gym. Meet Direc-
Submaster			Name of the last	100000	tors: Bob & Kym Packer. Announcers: Bob
J. Kegrice	320	182.5	320	827.5	Packer & John Ford. Scorekeepers: Tim
R. Smith	230	137.5		587.5	Daley, Kym Packer, Helen Pardi, and
(60-64)				307.3	Pete Wilson. Referees: L.B. Baker, John
R. Erickson	210	127.5	200	537.5	Ford, Delbert Shay, Shant Sheklanian,
100 kgs.	210		200	337.3	James Kegrice, Mitch Sperling and Pete
Open					Wilson. Platform Manager: Delbert Shay
P. O'Neal	210	137 5	227.5	E75	. Kim and I were extremely pleased with
lunior	210	137.3	221.3	3/3	the turnout and enthusiasm shown by the
T. Orwoll	242.5	177.5	250	670	lifters at this the first California APC
K. Knack	205	137.5		577.5	championships. All lifts will be Calif.
(50-54)	203	137.3	233	3//.3	State APC Records. Also several National
Arrendondo	240	170	212 -	(22 F	
(65-69)	240	1/0	212.5	622.5	APC Records were broken at this event.
P. Wilson	227 5		400		We would also like to thank Monster
	227.5	155	185	567.5	Muscle Magazine for donating the great
110 kgs.					Swords for Best lifter awards and
(45-49)	200 5				platform crew t-shirts and towels. We
R. Carbo	302.5	1000	-	-	had a great turnout at our first state
(50-54)					meeting and decided that next years APC.
D. Robinson	182.5	125	147.5	455	Calif State Meet will be in April and the
(55-59)					Central Calif Open & Novice will be in
Hadenshaw	205	195	200	600	February to line up with the 2006 APC
125 kgs.					National Championships to be held by Al
(45-49)					Garcia in Sacramento in July of 2006. All
J. Ford	327.5	192.5	272.5	792.5	Calif. APC meets will be Qualifiers to lift

in the Nationals. Also all 1st p winners who qualify to go the work
state will receive some financial aid. T
registration card money is divided
follows \$20.00 out of a athlet
egrice.
registration goes to the travel fund if
wilson.
Office and \$5.00 to the Meet promote
the USA Team, \$5.00 goes to the Al
Wilson.
Office and \$5.00 to the Meet promote
the USA Team, \$5.00 to the Meet promote
the USA Team \$5.00 to the Meet promote Direc-s: Bob years to try and fund a team from with Tim It's a great start. (results by Bob Pack

, and					
John	USA	DI E	orida	State	
lanian,					
Pete		AK U) - Ft.	Myer	s, FL
Shay	WOMEN	SQ	BP	DL	TOT
d with	123 lbs.				
by the	Collegiate				
	A. Jones	190	120	255	565
Calif.	132 lbs.				
ational	Collegiate				
event.	R. Monfort	240	130	255	625
lonster	148 lbs.				
great	Collegiate				
and	J. Wiersma	185	105	220	510
. We	C. Schloemer	185	135	280	600
state	165 lbs.				
APC.	Collegiate				
nd the	A. Rosenwieg	270	165	250	685
be in	Master-1 (40-				
APC	C. Mette	235	135	270	640
by Al	MEN				
	114 lbs.				
to lift	Collegiate				

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Conditions of Membership: As a Condition of membership to UAPC. I agree to follow and obey all rules, regulations and drug testing procedures of UAPC. I further agree that the rules, and drug testing procedures are subject to change at any time and that I agree to obey any new or changed rules, regulations and drug testing procedures as a condition of continued of agree that my membership may be reviewed temporarily or permanently, suspended and/or demand for my failure to obey UAPC/AIMPC rules, regulations and drug testing procedures. It also any drug testing procedure that UACP/AIMPC has approved in its rules and regulations and drug testing procedures. If I do test positive for banned substance, I agree that the the test are conclusive and I further agree to except the consequences of that positive test regarding my membership may are condition of membership to UAPC. I understand and accept that I am prohibited from using any substance or deping method that is banned by UAPC. It is my sole ret to stay current with any UAPC/AIMPC banned substance or deping method, including those most recently binned. Their accepts to expositive the regarding membership to UAPC. I the my sole ret consequences of that posture a barried substance unknowingly and test positive for that banned substance. I shall, be solely responsible for the consumption of that barried substance and shall accept the

SIGNATURE	Name and Post of the Owner, where the Owner, which is the Owner, where the Owner, which is the Owner, where the Owner, which is the Owner, whis	If under 21 yrs. Parent li	nitial: Date:	Prior Reg. #
Name:	Mile Management	Phone: ()	E-Mail:	Plant Hamilton
Address:	ALL AND THE	City:	State:	Zip Code
Date of Birth:	Age:	Sex: U.S. Citizen?	UAPC Registered Club Represented:	

Competing Divisions: (please circle all that apply) • Open • Teen (14-19 yrs.) • Junior (20-23 yrs) • Masters (40 yrs & up) Police & Fire

Cash	Check/Money	Order #	

All memberships expire 12 months from date of purchase.

100	DATE AND THE MEMBERS	
THE STATE OF THE S	Membership Price \$	19

ace ld's	K. Scheppe 123 lbs.	230	170	315	715
The	Open				
as	J. Szparage	55	150	210	415
tes	Teen (14-15)				
for	J. Szparage	55	150	210	415
PC	132 lbs.				
ter.	Collegiate				
20	B. Creel	350	225	315	890
nin.	C. Poske	225	225	135	585
er)	148 lbs.	223	223	133	303
er)	Open				
		400	205		1265
	M. Romanello S. Tsuda	480	385	500	1365
			340	440	1155
	Police/Fire/M	lilitary			District Lines
	D. Cintron	-	235	275	275
	165 lbs.				
	Collegiate				
	J. Walker	335	225	350	910
	C. Stark	245	315	335	895
	P. Gallagher	275	275	330	880
	G. Tenn	265	205	315	785
	Teen (14-15)				
	M. McLain	225	140	240	605
	181 lbs.				
	Open				
	M. Barquera	475	330	500	1305
	M. Barquera T. Reynolds	410	300	500	1210
	J. McDermott		300	145	590
	Master-1 (40-		300	143	330
	M. Clark	320	220	350	890
	Master-3 (60-6		220	330	090
	J. McDermott	145	300	145	590
	P. Currey	145	300	145	590
		The	Para I	- Till text	1900 Can
	198 lbs.				
	Open		***		
	C. Lui J. Wilsey	500	405	520	1425
	J. Wilsey	495	340	530	1365
	J. Ulvang	-	-	-	-
	L. Kennedy	-	-	-	-
	Collegiate				
	M. Banach	350	315	350	1015
	J. McMullen	335	210	445	990
	C. Wilcoxson	_	-	-	THE R. P. LEWIS CO., LANSING, MICH.
	Master-1 (40-4	19)			
	S. O'Malley	460	320	460	1240
	J. Ulvang	_	_	_ 724	100
	Master-2 (50-5	59)			
	T. Mason	375	265	360	1000
	220 lbs.			MITH	
	Open				
	R. Whitlock	520	410	530	1460
	D. Lieb	535	405	515	1455
	T. Nelson	475	350	500	1325
	Collegiate	4/3	330	300	1323
	B.Markham	325	280	525	1130
	Junior (20-23)	323	200	323	1130
		-10	400	400	1475
	C. Lang Master-1 (40-4	510	480	485	1475
			100		4400
	R. Burch	450	420	550	1420
	P. Pares	-01	-	Hand	17 2
	Master-2 (50-5		270	200	040
	D. Grossman		270	325	915
	Police/Fire/M		***		
	R. Whitlock	520	410	530	1460

242 lbs.				
Open	520	410	500	1430
K. Middler	520	410	500	1430
Collegiate				4400
The second secon			600	
	405	355	510	1270
275 lbs.				
Open				
Silverbloom	635	335	585	1555
Police/Fire/N	lilitary	/		
C. Armiger	415	405	500	1320
Teen (16-17)				
C. McMillan	-	_	-	_
Master-1 (40-	49)			
Silverbloom	635	335	585	1555
Master-2 (50-				
R. Braunstein		325	435	1165
R. Rigo	_	_	_	_
SHW				
Open				
C. Dixon	135	525	135	795
Master-1 (40-		323		
A. Costa		320	425	1280
This meet tool				
University. (T				
University, (1	nanks	EO U3/	ALT TOL	results

USAPL Iron Maiden's Qualifier 20 JAN 05 - Anchorage, AK WOMEN SQ BP DL TOT (bwt. 120 kgs.) D. Ferrell 90 60 100 250 (Thanks to USAPL for providing the results)

SLP Missouri Christmas for Kids 5 DEC 04 - Polar Bluff, MO

BENCH		Teen (18-19)	
WOMEN		148 lbs.	
Teen (18-19)		L. Power	220
148 lbs.		MEN	
L. Power	105!	Teen (13-15)	
MEN		123 lbs.	
Teen (13-15)		S. Bailey	315
114 lbs.		165 lbs.	
L. Hobeck	135	T. Gentry	325
123 lbs.		181 lbs.	
S. Bailey	185!	B. Hardwick	225
4th-90!		198 lbs.	
220 lbs.		J. Beaver	320
D. Daniels	225	4th-335!	
Teen (16-17)		220 lbs.	
148 lbs.		D. Daniels	365
M. Finley	240!	242 lbs.	
181 lbs.		C. Jansen	320
S. Ehrhardt	275	4th-340!	
Teen (18-19)		Teen (18-19)	
181 lbs.		181 lbs.	
K. Luecke	315!	K. Luecke	455
242 lbs.		198 lbs.	
J. Inman	340!	B. Hardwick	430
Junior		4th-450	
181 lbs.		Junior	
J. Price	405	181 lbs.	
4th-415!		J. Price	45
C. Cooper	370	4th-465!	
4th-385		M. Power	450
M. Power	255	4th-460	
242 lbs.		Open	
G. Senciboy	365	220 lbs.	
Master (45-49	9)	K. Garrett	64
181 lbs.		242 lbs.	
R. Furey	_	S. Eddy	56.
Open		275 lbs.	
220 lbs.		R. Ogle	-
R. Coggins	465	2-Man	
K. Garrett		Teen (18-19)	
242 lbs.		181 lbs.	
S. Eddy	405	T. Tinsley &	
D. Colvin	335	K. Luecke	80
275 lbs.		Open 242	
R. Ogle	500	K. Garrett &	
DEADLIFT		J. Groves	97
WOMEN			
!=Son Light	ower	Missouri state r	ecor



ELITE FITNESS SYSTEMS carries the complete line of Flex Bands®. Flex Bands® were developed by former football coach Dick Hartzell. These are the only bands endorsed by Louie Simmons of Westside Barbell. Beware of imitators with inferior bands that are molded or bonded together. They are backed by full 1-year warranty. These are a must for any serious athlete! Four sizes are available, listed below in order of strength

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Mini	(1/2" wide, assorted colors)	\$10.00
Light	(1-1/8" wide, Purple)	\$20.00
Average	e (1-3/4" wide, Green)	\$25.00
Strong	(2-1/2" wide, Blue)	\$30.00
Jump St	retch Regular Platform	\$145.00
Jump St	retch Sumo Platform	\$245.00



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COST/C	DNE BAND	Stantistical and the stantistic	OCCUPATION.
1/2" wide, assorted colors)	\$10.00	5/8 CHAINS: (2) 5/8in chains	\$85.00*
1-1/8" wide, Purple)	\$20.00	and the state of t	
(1-3/4" wide, Green)	\$25.00	Complete Set: (2)chains,(1)helper chain,	\$105.00*
2-1/2" wide, Blue)	\$30.00	(1)oval snap hook	Penchard
tch Regular Platform	\$145.00	The state of the s	\$815.00*
tch Sumo Platform	\$245.00	5-Station Chain Pack: (5)complete sets (10)extra 5/8 chains	\$615.00
			-

*Shipping charges additional, please call for quotes. We accept Visa / MC / Discover / AmEx Checks and money orders may be directed to the address below

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M. Power 255 4th-400 Open G. Senciboy 365 220 lbs. Master (45-49) K. Garrett 45-49 K. Garrett 565 Open 275 lbs. Ogen C. Senciboy 365 N. Ogle 500 hs. R. Ogle 500 hs. R. Ogle 500 hs. R. Ogle 500 hs. S. Eddy 565 N. Ogle 500 hs. R. Ogle 500 hs. S. Eddy 500 hs. R. Ogle 500 hs. R. Ogle 500 hs. R. Ogle 500 hs. S. Eddy 500 hs. R. Ogle 500 hs. S. Eddy 500 hs. Eddy 50



Brad Kelly benched a huge 772 1/2 pounds at a 238 lb. bodyweight at the APA Battle of the Iron

				d for the 242										another 10-15 pounds in him. 800 in the 242 class will fall soon and most likely it will
APA In	on R	arbarian Ope	n	P. Burnett	300!	180!	300	780	198 lbs.					be by Brad Kelley. I would also like to mention that Blake Sutherland amazed me
		Williamston,		K. Taillin	-	175	285	460	Drug Tested					with his 1255 total at 15 years of age! This
	03 - 1	A Company of the Comp		165 lbs.					A. Evans	410	335	515	1315	is a young man to watch as he will be going
BENCH		C. Crosby	290	B. Schenk	275	190	360	835	J. Rhodes	_	335	425	760	places in this sport. Special thanks to
MEN		(60-69)		R. Phillips	285	150	290	750	(40-49)					Mikki Free for providing a great facility
198 lbs.		C. Summers	225	Commence of the last	4th-D	L-325		760	S. Yeargin	575	360	610	1545	and equipment, Kate Taillon for bringing a
Drug Tested		242 lbs.		MEN					Submaster					great competition bench and judging, Carl
M. Pritchard	425	Drug Tested		123 lbs.					S. Smith	-h	245	445	690	Summers, Bart Kelley, Brad Kelley for all
(18-19)		B. Kelley	750	Junior					220 lbs.					your help on the platform as well, the
M. Bassett	300	275 lbs.		S. Warren	280	205	360	845	(40-49)					spotters who did an excellent job through-
Submaster		Junior		148 lbs.					T. King	560	370	525	1420	out the day, and staff of Survivors Gym who
M. Pritchard	425	C. Stanley	-	(18-19)					(50-59)					made this a great day for all who attended.
(50-59)		DEADLIFT		A. Shupp	330	190	340	860	C. Davis	450	285	550	1285	Please note that although some of the
S. Durham	365	MEN		Drug Tested			-		M. Shealy	430	315	350	1115	records that were set at this meet are
220 lbs.		220 lbs.		R. Lewis	_	205	315	520	Submaster	100	0.0	330		The state of the s
(16-17)		Submaster		181 lbs.			0.0	3.0	A. Davis	_	405	620	1025	
K. Blake	260	A. Davis	620	Drug Tested					Drug Tested		403	020	1023	The second secon
(18-19)				G. Sesler	530	345	520	1395	J. Rierson	1000	139	and the same of	448	
WOMEN	SQ	BP DL	TOT	(40-49)				.000	242 lbs.					
132 lbs.	-			S. Moore	_	345	465	810	Open Open					

APPLICATION FOR REGISTRATION American Powerlifting Association World Powerlifting Alliance



First Name	Last Name	Middle Initial To	Middle Initial Today's Date			
Street Address	City	Stat	e Zip Code			
Telephone Number	E-Mail address	The state of the s	Date of Birth			
Sex Social Sec	urity Number Sig	nature (Parent if under 13	8 years old)			

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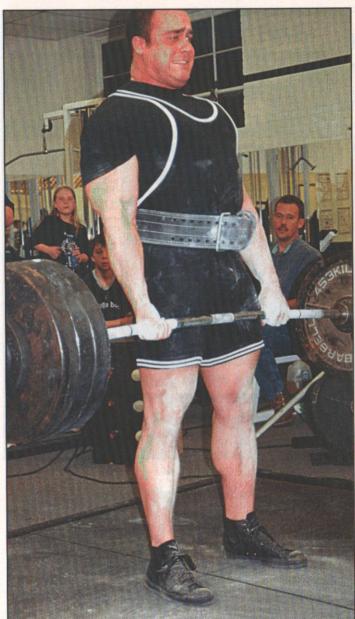
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J. Reedy	455	360	490	1305
	4th-E	L-500		1310
Junior				
J. Reedy	455	360	490	1305
900 1 900	4th-I	L-500		1310
G. Rollins		340	480	1300
Submaster				and the
N. Joseph	600	315	500	1415
S. Johnson	500	355	450	1305
275 lbs.		Visiti	1	15 your
Open				
M. Schenk	650	465	675	1790
M. Reedy	525	405	605	1535
Drug Tested				1000
T. Nash	696	375	545	1640
The Academic Park		Q-720!		1040
W. Lewis	500	365	550	1415
lunior	500	505	330	
C. Stanley		_		_white
Submaster				
T. Nash	696	375	545	1640
		Q-720!		1040
W. Lewis		365		1415
Open	300	303	330	1413
C. Liles		405	550	955
Submaster		403	330	333
M. Free	1	450	600	1050
308 lbs.	contract (730	000	1030
(13-15)				

(13-15) B. Sutherland 425 315 515 1255 !=World Records, Female Best Lifter: Patty Burnett. Male Best Lifter: Matthew Schenk Best Lifter Push-Pull: Anthony Davis. This years event was held at Survivors Gym of Williamston, South Carolina. It was a day full of great lifting, commradery, and a very large and vocal audience to cheer the lifters on. Lifting quality was great. The highlight of the day was Bart Kelley's all nignight of the day was Bart Kelley's all time bench press record of 772 pounds at 238 bodyweight. Simply amazing! The lift was flawless and it looked like he had another 10-15 pounds in him. 800 in the 242 is a young man to watch as he will be going places in this sport. Special thanks to Mikki Free for providing a great facility and equipment, Kate Taillon for bringing a great competition bench and judging, Carl Summers, Bart Kelley, Brad Kelley for all your help on the platform as well, the spotters who did an excellent job throughout the day, and staff of Survivors Gym who made this a great day for all who attended. Please note that although some of the records that were set at this meet are



Patty Burnett with her new APA master record 300 pound squat at the Battle of the Iron Barbarians



Matthew Schenk pulled a 675 at the APA Battle of the Iron Barbarians

updated once the research is done. (Thanks to Scott Taylor, APA President, for results) 198 lbs. (33-39)

APA Louisiana Record Breakers 22 JAN 05 - Hammond, LA 198 lbs. F. Caminita 605 WOMEN 220 lbs. 114 lbs E. Downey 130 275 lbs. 148 lbs. L. Cousin 180 L. Powell Master (40-49) 198 lbs. DEADLIFT 180 L. Powell Open 148 lbs. A. Clark Open 165 lbs. 465 M. Story PUSH-PULL Master (50-59) 181 lbs. Barloy 330! 440 WOMEN SQ DL Teen (16-17) A. Mele MEN

Junior (20-23) 165 lbs.

listed, a few more were set which will be G. Smith, Jr. 375 300 450 1125

585 475 455 1515 Smith

Master (40-49)
S. Lemarie* 575 400 650 1625!
BL=Best Lifters. !=American Record. Best Lifters: Jim Smith (BP), Steve Lemarie (PL). Our female lifters had a great day in the bench; Nino Choy set a MS record in the 114 class with her 130# lift, and Lani Powell set two records with her 180# bench. We were lucky to have two of the top benchers in the world compete. August Clark lifting in the Open 148s just missed a World Record 465 and Frank Caminita almost locked out a World Record 605 in the Open 198s. Eric Downey hit a LA record of 470 in the Open 220s, and Larry Cousin lifting in the Open 275s also set a state record with his third attempt of 505 Coming here from MS, Jim Smith won Best Lifter in the BP with his 475 lift in the Submaster 198s, lim also had a nice tota with his 1515, setting 4 state records. Glen Smith Jr. also set 4 state records, including his 1125 total in the JR 165s. The strongest vet in LA, Steve Lemarie had a great day in the Master 40-49 198s with his 1625 American Record total and was the meets Best Lifter. Lifting in his first meet, Matt Story had a nice pull with his 400 in the

Open 165s. Master lifter James Barlow also had a great day in the Push-Pull meet with his American record of 330 and 440. Special thanks to Coach Joe Hruby and everyone at Southeastern Louisiana University, Greg and "T" and all of our spotters/loaders that made this meet a huge success. (results courtesy Ryan Cidzik)

Cutting Edge Winter Classic 29 JAN 05 - Albany, NY FEMALE SQ BP DL TOT 275 134 268 677! R. Mayer 282! 138! 270! Master (55-59) 122 lbs S. McCallion 185 92! 220 488 4ths: 215! 2351 Master (40-44) 148 lbs 221! 45! 100! 366! C. Bosco 4th-SQ-230! MALE Special Olympics 114 lbs. 100! 100! 125! 325! . Vooys 110! 105! 135! 132 lbs. 105! 58! 125! 288! N. Marozzi 198 Teen (16-17) 280! 191 405 876! W. Cusey 426! Master (45-49) 230! 140! 312! 682! 247! Master (40-44) 437! 255! 767 D. Naughton 4th-DL-300! Master (65-69) 352! 263! 391! 1006! F. Brown

15 JAN 05 - Stanardsville, VA 275 lbs. FEMALE Stapleton 475 B. Drummond 470 SUPER MEN Open (35-39)515 D. Redman DEADLIFT 148 lbs. 198 lbs. Teen B. Shifflett Teen A. Glass 181 lbs. 220 lbs. Open A. Mamola R. Glass 530 S. Click (35-39)Richard 220 lbs (40-49)(40-49)530 O'Loughlin 390 R Glass (50-59) 198 lbs. 420 (35-39)D. Morris (60-69) D. Lewellyn 375 T. Burgess 220 lbs. B. Thompson 525 242 lbs. Open E. Richardson 425 Open A. Saavedra 555 Kontos (40-49)Teen N. Harris 350 275 lbs (60-69) Open H. Vass 242 lbs. 240 530 A. Louis (40-49) (40-49) M. Lester R. Robinson (50-59)Banks DL TOT Open 132 lbs. R. Swope 165 lbs. J. Hall 220 lbs. 320 545 225 375 600 225

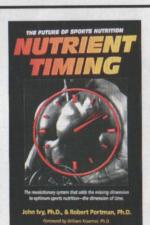
420 610

405 575 910

(50-59) D. Morris

Open C. DelPreore

White's Truck Stop/YMCA



=Meet Records. (results by Dyke Naughton)

Poor gains? Hit a training plateau? You might not need a new exercise program, and you might not even need to increase your calorie intake. Even if you know a lot about what to eat, you could be missing out on the "t" dimension (as in time) ... like WHEN to take in those nutrients. That's what is revealed by two totally credible scientists - John Ivy Ph.D. and Rob Portman Ph.D. in their new book NUTRIENT TIMING. These two break down each 24 hour period into

and Growth phases. This is real science ... in bite size portions, with common sense on the side. With big time endorsements from their academic colleagues, Drs. Ivy and Portman merge the concepts of hormones, training, nutrition, physiology, and recuperation in a way that seems almost intuitively obvious ... taking in certain foods within certain windows of opportunity ... just like our body seems to instinctively tell us to do (if only we would listen!). Nutrient timing is to traditional performance nutrition as fuel injection is to a carburetor ... much more efficient, and even a slight edge in performance can add up to substantial long term gains. As for some of the gems of information you can find in this book, did you know that sugar can stimulate protein synthesis, and that it is more effective than protein in preventing the degradation of muscle tissue? Did you know that a "low quality" protein can be more effective in stimulating protein synthesis that a "high quality" protein? This and much, much more is substantiated with scientific certainty (along with extensively detailed nutrition plans) in NUTRIENT TIMING, available for \$14.95 plus \$4 S&H from Powerlifting USA, Box 467, Camarillo, CA 93011.

cycles emphasizing Energy, Anabolic,

eston, DL 180! 115! 290! 215 200! 185 210 180! 300!	TOT 260! 185! 450! 30 295! 280 300 260! 450! 425! 460!	N. Hylton M. Sanson Sophomore J. Pauley J. Renn S. Musick Junior D. Rhoades C. Carter Senior A. Short T. Wright 181 lbs. Freshman R. Simmons Sophomore C. Stover J. Keplinger Junior D. Hartman D. Cate D. Stemple T. Vanscoy S. Harper Senior I. Comer C. Clay 198 lbs. Freshman N. Hudnall	215! 160 205 160 175 230 190 245 210 155 200 215 220 235 180 190	360! 310 340 325 300 200 335 320 265 365 325 420 400 425 355 330	575! 475 545 485 475 580 390 580! 530 420 640 635 620 535 520 675!
180! 115! 290! 215 200! 185 210 180! 305!	260! 185! 450! 30 295! 280 300 260! 450!	Sophomore J. Pauley J. Renn S. Musick Junior D. Rhoades C. Carter Senior A. Short T. Wright 181 lbs. Freshman R. Simmons Sophomore C. Stover J. Keplinger Junior D. Hartman D. Cate D. Stemple T. Vanscoy S. Harper Senior I. Comer C. Clay 198 lbs. Freshman	205 160 175 230 190 245 210 155 200 215 220 235 180 190	340 325 300 350 200 335 320 265 365 325 420 400 425 355 330	545 485 475 580 390 580! 530 420 640 635 620 535 520
115! 290! 215 200! 185 210 180! 305!	185! 450! 30 295! 280 300 260! 450!	J. Pauley J. Renn S. Musick Junior D. Rhoades C. Carter Senior A. Short T. Wright 181 lbs. Freshman R. Simmons Sophomore C. Stover J. Keplinger Junior D. Hartman D. Cate D. Stemple T. Vanscoy S. Harper Senior I. Comer C. Clay 198 lbs. Freshman	160 175 230 190 245 210 155 200 215 220 235 195 180 190	325 300 350 200 335 320 265 365 325 420 400 425 355 330	485 475 580 390 580! 530 420 565 540 640 635 620 535 520
115! 290! 215 200! 185 210 180! 305!	185! 450! 30 295! 280 300 260! 450!	J. Renn S. Musick Junior D. Rhoades C. Carter Senior A. Short T. Wright 181 lbs. Freshman R. Simmons Sophomore C. Stover J. Keplinger Junior D. Hartman D. Cate D. Stemple T. Vanscoy S. Harper Senior I. Comer C. Clay 198 lbs. Freshman	160 175 230 190 245 210 155 200 215 220 235 195 180 190	325 300 350 200 335 320 265 365 325 420 400 425 355 330	485 475 580 390 580! 530 420 565 540 640 635 620 535 520
115! 290! 215 200! 185 210 180! 305!	185! 450! 30 295! 280 300 260! 450!	S. Musick Junior D. Rhoades C. Carter Senior A. Short T. Wright 181 lbs. Freshman R. Simmons Sophomore C. Stover J. Keplinger Junior D. Hartman D. Cate D. Stemple T. Vanscoy S. Harper Senior I. Comer C. Clay 198 lbs. Freshman	175 230 190 245 210 155 200 215 220 235 195 180 190	300 350 200 335 320 265 365 325 420 400 425 355 330	580 390 580! 530 420 565 540 640 635 620 535 520
290! 215 200! 185 210 180! 305!	450! 30 295! 280 300 260! 450! 425!	Junior D. Rhoades C. Carter Senior A. Short T. Wright 181 lbs. Freshman R. Simmons Sophomore C. Stover J. Keplinger Junior D. Hartman D. Cate D. Stemple T. Vanscoy S. Harper Senior I. Comer C. Clay 198 lbs. Freshman	230 190 245 210 155 200 215 220 235 180 190	350 200 335 320 265 365 325 420 400 425 355 330	580 390 580! 530 420 565 540 640 635 620 535 520
290! 215 200! 185 210 180! 305!	450! 30 295! 280 300 260! 450!	D. Rhoades C. Carter Senior A. Short T. Wright 181 lbs. Freshman R. Simmons Sophomore C. Stover J. Keplinger Junior D. Hartman D. Cate D. Stemple T. Vanscoy S. Harper Senior I. Comer C. Clay 198 lbs. Freshman	190 245 210 155 200 215 220 235 195 180 190	200 335 320 265 365 325 420 400 425 355 330	390 580! 530 420 565 540 640 635 620 535 520
215 200! 185 210 180! 305! 330!	30 295! 280 300 260! 450!	C. Carter Senior A. Short T. Wright 181 lbs. Freshman R. Simmons Sophomore C. Stover J. Keplinger Junior D. Hartman D. Cate D. Stemple T. Vanscoy S. Harper Senior I. Comer C. Clay 198 lbs. Freshman	190 245 210 155 200 215 220 235 195 180 190	200 335 320 265 365 325 420 400 425 355 330	390 580! 530 420 565 540 640 635 620 535 520
215 200! 185 210 180! 305! 330!	30 295! 280 300 260! 450!	Senior A. Short T. Wright 181 lbs. Freshman R. Simmons Sophomore C. Stover J. Keplinger Junior D. Hartman D. Cate D. Stemple T. Vanscoy S. Harper Senior I. Comer C. Clay 198 lbs. Freshman	245 210 155 200 215 220 235 195 180 190	335 320 265 365 325 420 400 425 355 330	580! 530 420 565 540 640 635 620 535 520
215 200! 185 210 180! 305! 330!	30 295! 280 300 260! 450!	A. Short T. Wright 181 lbs. Freshman R. Simmons Sophomore C. Stover J. Keplinger Junior D. Hartman D. Cate D. Stemple T. Vanscoy S. Harper Senior I. Comer C. Clay 198 lbs. Freshman	210 155 200 215 220 235 195 180 190	320 265 365 325 420 400 425 355 330	530 420 565 540 640 635 620 535 520
200! 185 210 180! 305!	295! 280 300 260! 450!	T. Wright 181 lbs. Freshman R. Simmons Sophomore C. Stover J. Keplinger Junior D. Hartman D. Cate D. Stemple T. Vanscoy S. Harper Senior I. Comer C. Clay 198 lbs. Freshman	210 155 200 215 220 235 195 180 190	320 265 365 325 420 400 425 355 330	530 420 565 540 640 635 620 535 520
185 210 180! 305! 330!	280 300 260! 450! 425!	181 lbs. Freshman R. Simmons Sophomore C. Stover J. Keplinger Junior D. Hartman D. Cate D. Stemple T. Vanscoy S. Harper Senior I. Comer C. Clay 198 lbs. Freshman	155 200 215 220 235 195 180 190	265 365 325 420 400 425 355 330	420 565 540 640 635 620 535 520
185 210 180! 305! 330!	280 300 260! 450! 425!	Freshman R. Simmons Sophomore C. Stover J. Keplinger Junior D. Hartman D. Cate D. Stemple T. Vanscoy S. Harper Senior I. Comer C. Clay 198 lbs. Freshman	200 215 220 235 195 180 190	365 325 420 400 425 355 330	565 540 640 635 620 535 520
185 210 180! 305! 330!	280 300 260! 450! 425!	R. Simmons Sophomore C. Stover J. Keplinger Junior D. Hartman D. Cate D. Stemple T. Vanscoy S. Harper Senior I. Comer C. Clay 198 lbs. Freshman	200 215 220 235 195 180 190	365 325 420 400 425 355 330	565 540 640 635 620 535 520
210 180! 305! 330!	300 260! 450! 425!	Sophomore C. Stover J. Keplinger Junior D. Hartman D. Cate D. Stemple T. Vanscoy S. Harper Senior I. Comer C. Clay 198 lbs. Freshman	200 215 220 235 195 180 190	365 325 420 400 425 355 330	565 540 640 635 620 535 520
180! 305! 330!	260! 450! 425!	C. Stover J. Keplinger Junior D. Hartman D. Cate D. Stemple T. Vanscoy S. Harper Senior I. Comer C. Clay 198 lbs. Freshman	215 220 235 195 180 190	325 420 400 425 355 330	540 640 635 620 535 520
180! 305! 330!	260! 450! 425!	J. Keplinger Junior D. Hartman D. Cate D. Stemple T. Vanscoy S. Harper Senior I. Comer C. Clay 198 lbs. Freshman	215 220 235 195 180 190	325 420 400 425 355 330	540 640 635 620 535 520
180! 305! 330!	260! 450! 425!	Junior D. Hartman D. Cate D. Stemple T. Vanscoy S. Harper Senior I. Comer C. Clay 198 lbs. Freshman	220 235 195 180 190	420 400 425 355 330	640 635 620 535 520
305! 330!	450! 425!	D. Hartman D. Cate D. Stemple T. Vanscoy S. Harper Senior I. Comer C. Clay 198 lbs. Freshman	235 195 180 190	400 425 355 330	635 620 535 520
305! 330!	450! 425!	D. Cate D. Stemple T. Vanscoy S. Harper Senior I. Comer C. Clay 198 lbs. Freshman	235 195 180 190	400 425 355 330	635 620 535 520
305! 330!	450! 425!	D. Stemple T. Vanscoy S. Harper Senior I. Comer C. Clay 198 lbs. Freshman	195 180 190	425 355 330	620 535 520
330!	425!	T. Vanscoy S. Harper Senior I. Comer C. Clay 198 lbs. Freshman	180 190	355 330	535 520
330!	425!	S. Harper Senior I. Comer C. Clay 198 lbs. Freshman	190	330	520
		Senior I. Comer C. Clay 198 lbs. Freshman		a gar	hirms
		Senior I. Comer C. Clay 198 lbs. Freshman	300!	375	675!
		C. Clay 198 lbs. Freshman	300!	375	675!
		198 lbs. Freshman	300!	375	675!
300!	460!	Freshman			
300!	460!				
300!	460!	N. Hudnall			
			185	315	500
		D. Congemi	135	320	455
		Sophomore			
300	460	B. Reinhart	250!	415	665
260	425	D. Cooper	210	375	585
		S. Rockey	205	350	555
315!	475	Junior			-
		C. Clay	265!	415	680!
		Senior			
260	415	S. Stovall	215	395!	610!
180	300	220 lbs.		333.	010.
		Freshman			
315	455		200	320	520
					475
200	300	The state of the s	100	313	4/3
3351	510!		3301	380	710
					640
	The state of the s				
					590
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355	570				635
			205	355	560
320	310		2601	410	660
185	AFF				660
103			215	3/3	590
	315 260 335! 320 300 270 355 320 185 270	260 380 335! 510! 320 500 300 435 270 425 355 570 320 510 185 455	315 455 J. Howes 260 380 J. Huffman Sophomore D. Kipp 320 500 J. Schoolcraft J. Johnson 270 425 J. Arnold R. Elm 355 570 T. Day 320 510 Junior T. Newman	315 455 J. Howes 200 260 380 J. Huffman 160 Sophomore 335! 510! D. Kipp 330! 320 500 J. Schoolcraft 275 300 435 J. Johnson 260 270 425 J. Arnold 235 R. Elm 205 320 510 Junior T. Newman 260! 185 455 M. Dye 215	315 455 J. Howes 200 320 260 380 J. Huffman 160 315 Sophomore 3351 510! D. Kipp 330! 380 320 500 J. Schoolcraft 275 365 300 435 J. Johnson 260 330 270 425 J. Arnold 235 390 R. Elm 205 430 355 570 T. Day 205 355 320 510 Junior

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Current USPF Classificati	ARM.	Referee Status		n tonad	1	High School	Spe	rcial Ol	ympian	Inmate
Elite Master I II III	IV	IPF Cat. 1	Cat. 2 Na	t. State	Y	N	le Ind	Y	N	YN
Current Collegiate	U.S. C	itizen	Date of Birth	,		Sex		Today's	Date	Card Issued By
YN	Y	N	1	1	Girm	M F	1	1	1	10 to 200 (000)

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Roy, Utah 84067

If Under 18 have Parent Initial _____

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School	with pro	of of en	rollment	and inc	pecial Olympians; High mates when paid with s will be subject to drug
any testi	ng proced	lures dee	emed app	ropriate b	ion, I agree to submit to y the USPF or its agents of such tests.
Signature	S foat i	woh!	Philips The Paris	lower trail	one paled fraction decrees aid in milital with the distribution.

A. Harvey	190	375	565
M. Murphy	170	310	480
Junior			
K. Blankenship	275	500	775
J. Woods	265	400	665
K. Branch	300	525	825
Senior			
K. Poff	255	420	675
J. Shahan	285	330	615
275 lbs.			
Sophomore			
J. Young	225	370	595
Junior			
J. Thomas	200	365	565
Senior			
M. Hill	275	350	625
308 lbs.			
Freshman			
J. Shaffer	110!	280!	390!
Senior			
C. Mason	280	400	680
J. Estill	200	430	630
SHW			
Junior			
J. Johnson	330!	505!	835!
B. Carr	235		
!=State Records. (re	esults by	ohn Me	essinger)

Boardwalk Gym Bench 29 JAN 05 - Winona, MN

29 JAN	05 -	Winona, MN	
BENCH		J. Hearon	425*
MEN		Master-1	
Teen		198 lbs.	
114 lbs.		R. Hennigar	440*
B. Lorenz	100	220 lbs.	
4th-105*		T. Jenings	340
Open		242 lbs.	
198 lbs.		R. Delisi	325
J. Johnson	330	Master-2	
220 lbs.		165 lbs.	
B. Giehri	400	Christophers	240
275 lbs.		B. Wilkins	320*
B. Herber	410*	242 lbs.	
Submaster		N. Emerson	425
181 lbs.		Master-5	
S. Gates		181 lbs.	
242 lbs.		C. Romer	195
The Boardwalk	Gym	Bench Press C	hampi-
onship was he	ld at the	he Boardwalk C	ym in
Winnona, Min	nesota	. This Champi	onship

and Powerlifting USA. Thanks for your continued support. Thanks goes out to the Gym owner Jim Hearon for hosting the meet. Also I would like to thank the Lorenz brothers for their support in loading and spotting. This meet had lifters from 3 states, Iowa, Wisconsin and Minnesota, and a total of 8 new personal records for the lifters. The 1st lifter of the day was Billy Lorenz who finished up with a 105 lbs. 4th attempt at a body weight of 92 lbs. At Open 198, there was Joshua Johnson who got a PR 330 in his first competition. In the 220 open class we had Barron Giehri who lifting raw finished up with 400 while just missing 420. Brent Herber tied his best ever lift with a strong 410. In the 181 submaster class, Scott Gates continued to set PRs with 350 also lifting raw. Gymowner and all round great guy, Jim Hearon suited up long enough to up his bench PR to 425 lifting in the submaster 242 class. Roger Hennigar brought some kind of power to the meet easily PRing 440 on his 2nd attempt and just missing 460 on his 3rd and 4ths. This added the Master 198 lb.

and 4018. This adoed the Master 150 class win to Rogers list of accomplish ments. Tim Jenings took the Master 22 class with a PR 340 while coming close wit 355. At 165 Master 2 we were treated to the man himself, Tom Christopherson, who today finished up with a strong 240. 24. Master-2 class had Nate Emerson pushin up 425 before just fulling to lockout a p 450 3rd attempt. At 242 Master-1 there was a real battle going on between 1st time Ron Delisi and Brian Wilkins, with Ron ou PRing Brian 325 to 320 for the win. Nic piece of lifting by both men. Chris Roffle lifting in the 181 Master-5 class finishe his day oflifting by just missing 215 afte blowing away a 195 2nd attempt. (Mee results provided by DWG Productions)

WNPF Submasters/Florida State 21 AUG 04 - Orlando, FL BENCH (40-49)

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to	20.7					THE PARTY			
ron	181 lbs.		Subs Raw		242 lbs.		MEN		
PR	Subs Raw		Shaw	435	(50-59)		242 1		
155.	Mosley	330	Cox	360	Raw		(70-7		
of	(60-69)	330	(17-19)	300	Bucchioni	455	Branc		110
his	Curry	285	Scott	285	SQUAT		275 1		
3rd	Cramer	250	(50-59)		181 lbs.		(40-4	9)	
lb.	(60-69)		Pierce-bl	475	(60-69)		Bradf	ord	180
sh-	Raw		(50-59)		Cramer	375			
220	Curry	265	Raw		Curry	345			
vith	198 lbs.		Pierce	410!	(60-69)				
to	(50-59)		(70-79)		Raw				
vho	Raw		Raw		Curry	265			
242	Gaskin	325	Brandt	215	PWRCURL				
ing	(60-69)		DEADLIFT		WOMEN				
pr	Raw		WOMEN		165 lbs.				
was	Churchman	295	165 lbs.		(40-49)				
ner	(60-69)		Thompson	235!	Thompson	70			
out	Churchman	315	MEN		Open				
lice	220 lbs.		181 lbs.		Curtin	85			
fler	Subs Raw		(60-69)		Pwrlifting	SQ	BP	DL	TOT
ned	Burritt	400	Raw		165 lbs.				
fter	(40-49)		Curry	350!	(60-69)				
eet	Schmidt	370	(60-69)		Player*	425!	315!	425!	1165!
()	(60-69)		Curry	400	181 lbs.				
	Raw		220 lbs.		(60-69) Raw	TYP.			A PROPERTY
e	Konover	305	(40-49)		Curry	265	265!	350T	780
C	242 lbs.		Schmidt*	585!	(60-69)				
	Open		(50-59)		Curry	345	285	400	1030
	Raw		Raw		198 lbs.				
280	Shaw*	435	Tracy	540	Open				

Garcia	475	315	425	1215
Police/Fire	DE TOUR	1		
Garcia	475	315	425	1215
(40-49)				Total 7
Yeargin*	600	355	600	1555
Velazquez	450	340	500	1290
220 lbs.				
(40-49)				
Schmidt	550	370	585	1505
(50-59)				
Raw				
Garcia (40-49) Yeargin* Velazquez 220 lbs. (40-49) Schmidt (50-59) Raw Tracy Subs Raw Walker Junior McCalley 242 lbs.	135	135	540!	870
Subs				
Raw				
Walker	400	315	430	1145
lunior				
McCalley	560	335	525	1420
242 lbs.				
(50-59)				
Raw				
Bucchioni	370	235	455	1060
(17-19)	3,0	200	400	
Scott	315	285	285	885
0 !=WNPF Ame Thanks to all				
This was a sn				
	iftens fr	om 7	differen	t etatos
0 and we had I Thanks to s	mers in	d tim	a lift.	states.
Velazquez and	d Ducch	ioni fo	e comi	ng those
two guys hav	bacen	with	er comi	over 10
years. We also	e been	with	us for	over 10
WNPF and th				
chance. Grea	anks to	givin	g the	WNFF a
lifters at this	meet, P	layer,	reargn	n, Snaw,
Schmidt and	Pierce.	ine y	oungst	er Herb
Brandt put on	a show	tor e	veryone	. I must
give it too t				
worlds in New	w Jersey	and t	wo we	eks later
they came or				
	ut again	to sh	now the	eir skills
(Shaw & Chu	rchman)	. Pat	Curry	lifting in
his first WNP	rchman) F meet	. Pat	Curry	lifting in ding job
his first WNP going against	rchman) F meet o a multi	. Pat did an time v	Curry outstan	lifting in ding job hampion
his first WNP going against Les Cramer. L	rchman) F meet o a multi es gave	. Pat did an time v him a	Curry outstan	lifting in ding job hampion he squat
his first WNP going against Les Cramer. L and Pat won	rchman) F meet of a multi- es gave the beno	did an time vihim a	Curry outstand world corun in the sevent	lifting in ding job hampion he squat . Thanks
his first WNP going against Les Cramer. L	rchman) F meet of a multi- es gave the beno	did an time vihim a	Curry outstand world corun in the sevent	lifting in ding job hampion he squat . Thanks
his first WNP going against Les Cramer. L and Pat won to the two la putting on a	rchman) F meet of a multi es gave the beno dies (Cu good sh	did an time whim a ch presertin & ow in	Curry outstand world corun in the sevent the current the current the current to the current the current to the current the current to the cur	lifting in iding job hampion he squat . Thanks ison) for rl event.
his first WNP going against Les Cramer. L and Pat won to the two la putting on a	rchman) F meet of a multi es gave the beno dies (Cu good sh	did an time whim a ch presertin & ow in	Curry outstand world corun in the sevent the current the current the current to the current the current to the current the current to the cur	lifting in iding job hampion he squat . Thanks ison) for rl event.
his first WNP going against Les Cramer. L and Pat won to the two la putting on a A big thank y spotted for m	rchman) F meet of a multi- es gave the benchies (Cu- good show to I e and a	did an time value of time value of time value of time value of time of	Curry outstand world corun in the sevent Thomps the current, arched 4	lifting in ding job hampion he squat . Thanks oson) for rl event. this guy 100 after
his first WNP going against Les Cramer. L and Pat won to the two la putting on a	rchman) F meet of a multi- es gave the benchies (Cu- good show to I e and a	did an time value of time value of time value of time value of time of	Curry outstand world corun in the sevent Thomps the current, arched 4	lifting in ding job hampion he squat . Thanks oson) for rl event. this guy 100 after

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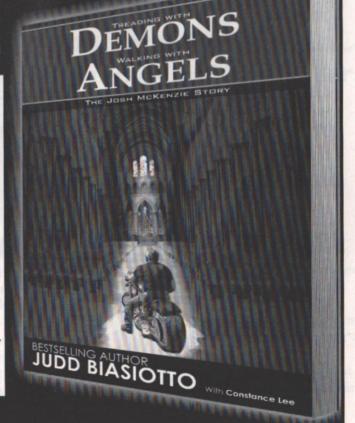
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WNPF	Ohio C	hampionship	S
13 FEB (5 - Yo	ungstown, O	H
BENCH		C. Clifford*	115
Equipped		165 lbs.	
FEMALE		(50-59)	
123 lbs.		J. Huff	105!
(40-49)		SHW	
N. Proctor*	140	(13-16)	
148 lbs.		A. Shultz	95!
(40-49)		MEN	
C. Clifford	200	148 lbs.	
165 lbs.		(17-19)	
(50-59)		B. Mechan	225
J. Huff	235	165 lbs.	
MEN		(13-16)	
132 lbs.		M. Lyden	240!
(40-49)		181 lbs.	N. T. T.
J. Helms	255	(35-39)	
148 lbs.		M. Gillum	275
Lifetime		(50-59)	
J. Smith*	450!	E. Freeman	330!
181 lbs.		198 lbs.	
(40-49)		(17-19)	
J. Woods	365	B. Wharry*	345!
198 lbs.		242 lbs.	
Lifetime		(20-23)	
T. Stroshine	455	B. Michaels	350
220 lbs.		(40-49)	
(20-23)		J. Vega	385
P. Hartman	395	Police/Fire	
Police/Fire		B. Michaels	350
Deardowski	265	DEADLIFT	
SQUAT		Raw	
MEN		123 lbs.	
Raw		(13-16)	
181 lbs.		J. Fait	270!
(35-39)		181 lbs.	
M. Gillum	360!	Natural	
Equipped		B. Gregory	475
275 lbs.		(35-39)	
(40-49)	-	B. Gregory	475
J. Peshek	710!	M. Gillum	400!
POWERCURL		220 lbs.	
MEN		Police/Fire	The same

Dearo

275 lb (17-19

SHW

S. Clin

Police S. Clin

FFMAI 148 lb

(40-49

I. Huft

SQUAT

Natural A. Lentz

(50-59)R. Brown, Ir

275 lbs. Police/Fire

J. Begue SHW

Novice

BENCH Raw FEMALE

(17-19)

Police/Fire

When Power RIVAL	ederation G FREE	[FFFFFFFFFFFFFFFFFFFFFFFFFFFFFFFFFFFFF
Rows	WE ROW	CHAMBIAN CHA
WAYSIPE Build State of the Control o		

et flank meet director Ron DeAmicis

t	270!		- Backley	AMMINISTRA			M Inches and the James a		1000000			
bs.		Best Lifters	MIK	EMC	NINC	Hand	DAVEPOLIS	Satth	e WN	PFO	hio mee	1
egory	475		-			of the same		TP TP				
9)	1	M. Gillum	360!		Palichat	60!	S. Schaffer*	270	145	250	665	
egory	475	Equipped			lbs.		MEN					
illum	400!	275 lbs.			-59)	North Control	114 lbs.					
bs.		(40-49)			Huff	65!	(13-16)					
e/Fire		J. Peshek	710!	ME			D. Wrobel	195	100	190	485	
oowski	410!	POWERCURL			lbs.		198 lbs.					
bs.		FEMALE		(13	-16)		(40-49)					
9)		123 lbs.		J. I	ait	80!	N. Carano	535	300	545	1380	
ark	485!	(40-49)		181	lbs.		(50-59)					
		N. Proctor	60	Op	en		J. Phillips	475	370	465	1310	
3)		148 lbs.		B.	Gregory	140	220 lbs.				TURBUIL	
ne	610!	(40-49)			lbs.		Lifetime					
e/Fire		C. Clifford	70!	Op	en		T. Fox	530	335	500	1365	
ne	610!	(50-59)		M.	Stas	150	(40-49)					
LE		IRONMAN		BP	DL	TOT	D. Polis*	590	430	560	1580	
bs.		165 lbs.		200			L. Newman	550	390	550	1490	
9)		(13-16)					T. Fox	530	335	500	1365	
fford	200	M. Lyden		240	405	645!	(50-59)	330	333	300	1303	
os.	200	220 lbs.		-40	405	043.	B. Schaffer	500	320	460	1280	
		(7-19)					242 lbs.	300	320	400	1200	
9) f	235	C. Cambers		315	465	780!	(50-59)					
T	233		60	BP	DL			C001	420		45501	
		Equipped FEMALE	SQ.	DF	DL	TOT	R. Brown,Jr	600!	430	530	1560!	
		148 lbs.					C. Evans	400	340	425	1165	
os.							275 lbs.					
))		(20-23)					(40-49)					

	L. Newman	000	420	5/5	1645
	R. Luklan	525	460	575	
	B. Brammer	585	405	505	1495
	SHW	-		000	. 433
	Lifetime				
	D. Champ	475	360	500	1335
	Raw	4/3	300	300	1333
0	FEMALE				
,	(13-16)				
)	P. Adcgbite*	150	80	195	425
,		150	ou	195	425
	132 lbs.				
	(13-16)				
5	D. Williams	165	95	195	455
)	148 lbs.				
	(50-59)				
)	P. Palichat	140!	85!	180!	405!
5	SHW				
	(17-19)				
)	M. Moore	225!	130	265!	620!
	E. Brown	165	140!	225	530
	MEN				
)!	165 lbs.				
;	(13-16)				
	R. Gomez	225	245	350	820
	E. Shaffer	310	160	310	780
	181 lbs.				
	(35-39)				
	M. McNinch*	500!	315	435	1250
	198 lbs.	E BE	THE REAL PROPERTY.	N. L.	-
	(13-16)				
	T. Luchini	300	155	330	785
	(17-19)	300	133	330	703
	R. Neapolitan	*	420	275	460
	1155	CONTRACTOR NO.	720	2/3	400
	J. Mayo	386	250	465	1100
	(50-59)	300	230	403	1100
	M. McKorkle	440!	200	400!	1040!
	220 lbs.	440:	200	400:	1040:
	(13-16)	200	200	220	020
	M. Roth	300	200	330	830
	Lifetime				
	T. Fox	530	335	500	1365
	(40-49)	10	TERRI	IEV/	
	T. Fox	530	335	500	1365
	242 lbs.				
	Lifetime	200			
	D. Fryberger	505	330	520	1355
	275 lbs.				
	(35-39)				
	M. Stas	420	270	560	1250
	SHW				
	(40-49)				
	T. Strohm	465	350	505	1320
	!=American R	ecords	. *=Be	st Lifte	rs. This
	year the Ohio	chan	pionsh	ips we	re once
	again a great				
	lifters and re	turnin	g winn	ers fr	om last
			9		16131

year putting up some heavyweight and

setting new state records. In the powerlift-ing equipped divisions female lifter Sarah Schaffer returned to defend the title in the

L. Newman 650 420 575 1645

World Natural Powerlift Membership Registration	ing Federation (WNPF)	
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AGE SEX CHECK	ONE: LIFETIME DRUGFREE	5YRSMIN
REGISTRATION FEE \$10.00 SPECIAL OLYMPICS \$20.00 HIGH SCHOOL \$40.00 ADULTS \$30.00 SENIORS (65+)		ON AND MAIL WITH FEE TO: YETTEVILLE, GA 30214
SIGNATURE/PARENTS SIGNATU	URE IF UNDER 18	children under 18
DATE (mer	mberships expire on 12/31, those purchased after	Nov. 1 will expire 13/31 of the following years)

to or away from competition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.

ming best lifter. In the mens divisions teen lifter Drew Wrobel set all new state records putting up some strong numbers at a very light body weight 198 lb. master lifters John Phillips and Nick Carano returned to claim their divisions as did Bill Schaffer and Dave Polis in the 220 lb. class with both lifters setting new state records winning the lifter in both the equipped and masters Divisions. Polis had some stiff competition this year from Len Newman and Tim Fox on his way to winning the division. In the 242 lb. class Ralph Brown Jr. set all new state records and an American record winning the masters division and and the power curl. StIM The Post only classes female Nancy Proctor set all new state records winning the masters division. In the equipped bench only division. In the 245 lb. class Ralph Brown Jr. set all new state records and an American record winning the masters division along with best lifter and the power curl. In the mens divisions Jay beling the masters division along with best lifter and the power curl. In the mens division spay beling the masters division along with best lifter and the power curl. In the squat On the power curl. In the squat Only classes female Nancy Proctor set a new state record winning the masters division. In the reduits on the power curl and the square division sith only the power curl. In the squat Only classes female Nancy Proctor set a new state record winning the sq Moore setting new state and American Colleen Clifford and Joyce Buff, did some records. In the masters division Peri Pauchat set all new American records winning her division along with the power curl division. In the mens divisions Ruben Gomez Teen lifters Yessica Aponte and Amanda and Elliot Shaffer battled in the 165 lb. teen and Elliot Shaffer battled in the 165 lb. teen division with Gomez edging out Shaffer meet with Shultz setting a new state and setting a new state record. In the 181 lb. class Mike McNinch once again won the submasters division setting new state and American records and best raw lifter. Wharry taking the best lifter award and In the 198 lb. class another battle took Lyden setting a state record in the place between two strong teens in the 17-19 year old division with Rafe Neapolitan state and American records in the masters and state and American records in the masters are the manufactured to the mean set a state and American records in the masters are the mean set as the mean 19 year old division with Kate Neapolitan state and American records in the masters edging out John Mayo with both setting new division and Mark Cillum took first in the state records and Neapolitan winning best teen lifter in the masters division mike records. 242 lb. Lifters John Vega and McCorkle returned to defend his title Brian Michaels put up some strong lifts winning their divisions. In the ironman teen lifter Tim Luchini and Matt Roth set

times setting new state records and winning best lifter. In the mens divisions teen lifter Drew Wrobel set all new state meet. 220 lb. lifter Tim Fox set new state a new state record winning the 17-19 division. In the deadlift T. Crump 570 only raw divisions teen lifter Jake Fait set M4 lifter Drew Wrobel set all new state meet. 220 lb. lifter Tim Fox set new state a new state record winning the 123 lb. C. Conforto 522.5

	Kon Deamicis	tor pre	oviding these re	esuits)	i
			Champions		F 4 5
		4 - 10		16)	
	EQUIPPED		75 kgs.		P 5
	70 kgs.		SR		
	FEMALE		Mangiameli		I
	SR		S. Fanciullo	530	٨
	B. McKinley	402.5		485	5
	MALE		JR		5
	52 kgs.		S. Luca	515	٨
	JR		82.5 kgs.		(
	A. Coggi	345	SR		5
	M3		Scamporlino		5
	L. Innocenti	330	M. Antigo	592.5	LIZAN
	60 kgs.		C. Impero	_	7
	T3		M3		٨
١	D. Conigliaro	367.5	A. Pizzino	510	A
	67.5 kgs.		T2		5
	SR		L. Pecoraino	452.5	(
	M. Minniti	520	90 kgs.		J
	S. LePresti	410	JR		5
	C. Emiliano	350	F. Baldino	667.5	1
ĺ	M4		G. Colella	607.5	
	A. Colella	460	C. Turco	587.5	
i	T2		G. Massimino	587.5	
	S. Mazzone	432.5	S. Maden	572.5	(

e Fa	art set	M4		Cuccinieno	462.5
e 12	23 lb.	C. Conforto	522.5		
nd a	new	100 kgs.		D. D'Angelo	345
	lifter			75 kgs.	
	Bob		785	SR	
		A. Galati	482.5	G. Cucinello	555
		110 kgs.		T3	
	y Jeff			V. Lolacono	545
		L. Pilling	785	M1	343
			703	M. Menino	390
	Sarah			SR SR	390
		E. Guidarelli	695		205
	t and			A. Pollio	385
		F. Morelli	912.5		250
Clev	veland			M. Carillo	350
st m	eet. A	SR		82.5 kgs.	
vho	come	G. Pilling	830	JR	
ake	this a	R. Ligier	777.5	L. DiLeva	505
as a	lways	M1		D. DeSanctiis	480
	ear to	G. Manqusi	575	T3	
Than	iks to	M3		D'ambrosio	442.5
	esults)		620	M5	
	csuits)	UNEQUIPPED		E. West	420
		FEMALE		90 kgs.	
ons	hips	47.5 kgs.		M1	
lv i	(kg)			P. Golding	550
,	(10)	SR	100		545
		P. Gargiullo	180	J. Auerbach	
		50.5 kgs.		DeCostanzo	540
li	580	JR		100 kgs.	
lo	530	M. Sperandi	232.5		
	485	53 kgs.		N. Pino	550
		SR		M5	
	515	M. DiLauro	255	L. Grotto	520
		C. DiDonato	195	M2	
		58.5 kgs.		L. Pilling	725
no	610	SR		110 kgs.	
	592.5		210	SR	
	_	70 kgs.		S. Fisher	510
		M1		M5	
	510	M. Golding	327 5		420
	310	SR SR	321.3	125 kgs.	420
	450 5		225	SR Kgs.	
ino	452.5	C. Esposito	343		
		JR		Pierantonio	650
		Salvatorelli	235	M3	
nia.		MALE		H. Davidson	565
1		67.5 kgs.		M2	
	587.5			A. D'albertoa	-
nino	587.5	A. Rosa	472.5		7 71 1
	572.5	(Thanks to W	DFPF 1	for providing re	esults)



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o (A) \$16	Doing Multiple Rep Sets
B C \$12 A \$22 Z \$22 \$40	Among powerlifters, IWA are popular with those who want power, ease of
Shipping \$5.50	use and comfort.

4th-360 T. Demer 198 lbs. M. Handshu M. Madgar 355 Wenzel 340 (12-13) 320 242 lbs. Johnston Murat 285 4th-610 Master 440 420 C. Wilson B. Jarvis WOMEN M. Madgar 355 Lightweight 308 lbs. L. Anderson Heavyweight M. Miller 400 Kovacevich 145 We would like to thank our sponsors Lake Anna Chiropractic (Barberton), Stow-Kent Chiropractic and Marathon on the Square in Wadsworth who made this meet pos-sible. The meet was a success with many lifters hitting PR's and a couple of lifters making our meet there first meet. Our Outstanding Lifter Trophy went to Jeremiah Burke from Strongsville, Ohio who hit a Burke from Strongsville, Ohio who hit a 600 weighing 231. Jeremiah also hit a 610 on his 4th attempt. Spotterfloaders were Ken Kelly and Ryan Jarvis, Judges were Rob Twining, Eugene Covey and Stuart Patrick, Scorer was Nick Murat, Door person was Sarah Copeland, Lift off help came from Al Lechler, Jeff Neely and Tim Torok and our DJ was Ann Marie Gullstrand. Thanks again to everyone who helped out and especially Fitness Zone for the use of their facility. (These meet results by courtesy of John Kelly) meet results by courtesy of John Kelly) AAU North Carolina State 26 FEB 05 - Greensboro, NC MALE 220 lbs (14-23) (35-39)Raw C. Parker (45-49)M. Vaughter 110 D. Campbell MALE (45-49)Open M. Wicker 265 242 lbs. (40-44)P. DuRos Barker 405 (60-65)Fleischauer 275 lbs. (40-44) (14-23)Raw S. Payne, Jr (50-54)C. Dabney I. Hilliard (55-59) J. Gardner Open J. VonRohr (35-39)(45-49)(14-23)T. Tobin BP DL (12-13) 120 75 150 345 (14-15)95 235 500 W. Wright D. Howell 85 45 135 265 (14-23) D. Kirkman 145 75 185 405 M. Cullen 115 85 170 370

R. Wilson

I. Kelly

C. Lankford 205

181 lbs.

4th-355

Headhunter Barbell Bench Press 20 Mar 05 - Wadsworth, OH 335 123 lbs. Open D. King 230 120 325 675 560 123 lbs. 290 220 350 860 132 lbs (14-23)155 O. Mueller 195 350 820 (35-39) 415 240 360 1015 375 215 430 1020 (14-23)R. Horton (40-44)

Gonzalez 250 Open E. Morrow 235 120 260 181 lbs (14-23)Raw B. Kirkman 225 375 225 415 (35-39)(40-44)Cullen 220 R. Barth pen Walters 365 460

W.D.F.P.F. WORLD CHAMPIONSHIPS 2004 -ATLANTA DISQUALIFICATION

Following last year's Worlds in Atlanta, it was discovered that Terry Edwards (USA) had competed in this event while still under a 3 year ban from another organization. WDFPF rules state that a steroid drug test failure renders the athlete banned for life from all WDFPF activities. Therefore, the W.D.F.P.F. Executive Committee has disqualified Edwards from the 2004 World Powerlifting Championships;, he has received a lifetime ban from further involvement within the W.D.F.P.F.

This means that the title of W.D.F.P.F. WORLD CHAMPION in the 90 kg OPEN category has been awarded to KRISTOPHER HUNT (USA). RICK MELDON (Ireland) has been awarded 2nd place; with DOUG HARNEY (USA) in 3rd place; TONY CRUMP (England) in 4th and STEVE MADEN (England) in 5th place.

(WDFPF President Andrew Cominos)

	Raw					T. Bowman	480	315	530	1325
950	C. Wichtl	435	300	535	1270	(40-44)				
300	C. Cary	285	240	380	905	Open				
	(55-59)					P. Wyrick	355	275	395	1025
1140	Raw					L. Corbin	510	340	560	1410
	Y. Sumner	260	275	345	880	C. Rhymer	315	250	450	1015
	(70-74)					Open				
1025	Raw					Raw	1,000			100
	C. Watson	215	135	270	620	P. Caudle	490	315	500	1305
	Open					M. Lowe	545	380	490	1415
615	Raw					M. Lineberry	585	435	545	1565
715	T. Pardue	450	320	565	1335	275 lbs.				
	220 lbs.					(14-23)				
	(12-13)					Raw				
615	Raw					D. Strong	-	-	-	-
	M. Middleton	235	105	300	640	(40-44)				The same of
	(14-23)					J. Goodie	385	380	440	1205
	Open					G. Stott	605	385	605	1595
690	S. Teague	405	320	515	1240	Open				
	Raw					G. Staley	600	460	650	1710
	F. Baber, Jr	460	330	470	1260	R. Howell	705	485	625	1815
1015	(35-39)					C. Murrow	750	550	600	1900
	Raw					308 lbs.				
	R. McMillan	475	290	500	1265	(14-23)				
1165	(60-64)					Raw				
	Raw					P. Furr	420	275	470	1165
	J. Michael	330	240	365	935	(40-44)				
730	Open					Raw				
1065	D. Allison	625	460	705	1790	P. Green	500	345	525	1370
	242 lbs.					Open				
1265	(14-15)					R. Cox	530	465	375	1370
	Open					SHW				
1350	N. Nickerson	375	190	340	905	Open				
1	(35-39)					T. Badgett	155	105	205	465
	Open					(Thanks to lef	lobes	for pr	oviding	results)

UAPC Powerlifting ™ Application • PO Box 40, Bogart, GA 30622 irondawg.com Membership Prices: (please circle all that apply) Adult - \$30.00 High School Division (Full year; any meet) - \$15.00 Special Olympian \$10.00 • Teen (14-19 yrs.) • Junior (20-23 yrs) • Masters (40 yrs & up) Competing Divisions: (please circle all that apply) • Open High School

Northeastern Bench Press 27 FEB 05 - Manchester, NH

WOMEN		181 lbs.	
Open		C. Brien	340
B. Winslow	165	B. Olivier	235
MEN		198 lbs.	
Teen/Junior		B. Masello	540
B. Fredette	400	D. LaGault	370
B. Lynch	275	P. Bennett	205
B. Olivier	235	220 lbs.	
Master (40+)		I. Dowst	535
C. Brien	340	242 lbs.	
Master (50+)		S. Smith	500
P. Bennett	205	V. Thompson	365
Open		SHW	
148 lbs.		R. Desmond	750
	370	4th-775	

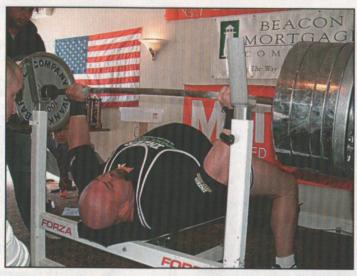
We had a great day and even though we had a smaller than expected turnout, the com-petitors made up for it in quality. I sometimes like the smaller meets as its more of a chance for us to get together, lift some weights, and have a great time at Hooters afterwards. We had one female competitor. Barbara Winslow came up from MA for a nice 165 lb. lift. BJ Fredette took the Junior class over newcomers Brian Lynch and Brian Olivier, all 3 of which have bright futures ahead of them! Chris Brien is another regular competitor who always brings his big bench to the game. Consistently consistent Pete Bennett made the trip up too, after competing the weekend before. He hits about 10 meets a year. At 198 Bob Masello stole the show with a MEN 198 Bob Masello stole the show with a gigantic 540 lbs. at 186 bodyweight. The 220's saw Jeff Dowst tearing up a big 535 in a single ply Titan. Wait until he breaks in his double ply! 600+ is gonna fall. At 242 Steve Smith came up from MA with a strong 500. Chuck Scherza gave 660 a ride 3 times, and 3 times we thought it was gonna go. It will next time! At SHW, Ryan Desmond came up and made me believe the legend gight properties of the show with a method of the show of the so. It will next time: At SHW, kyan Desmond came up and made me believe the legend I had heard about. A super strong 725 looked like 135, he hit 750 on a 3rd, and 775 on a fourth. Ryan also took best lifter honors for the day. Referees were Jamie Fellows, Brian Farmer, Laura Tourtellot, Jeff Morrison. Spotters were Bill Dugay left Morrison. Spotters were Bill Dugay looked the staff for promoting and left Morrison. Spotters were Bill Dugay looked the staff for promoting and left Morrison. Spotters were Bill Dugay looked the staff for promoting and left Morrison. Fellows, Brian Farmer, Laura Tourtenot, Jeff Morrison. Spotters were Bill Dugay and Big Frank. Thank you to my mom and my girlfriend Zoe for all of their help!

Thank you to everyone who came, feel free Arkansas state record of 270. At 13-15/198 and 15/198 with 215 for the Arkansas state record of 270. At 13-15/198 to contact me for more info regarding meets in the area. NHBodybuilding@yahoo.com or try us at AmericanPowerlifting.com (Thanks to Dave Follansbee for providing these results)

Arkansas state record of 270. At 13-15/198 twas Tyler Collingsworth with 215 for the win while Johnathan Inman captured the 18-19/242 class with a new state record of 330. This was also a new personal record for Johnathan. In the junior division it was

Son Light Power Arkansas State

BENCH		4th-400!	
MEN		242 lbs.	
Novice		J. Inman	330!
148 lbs.		Submaster	
C. Wall	270!	242 lbs.	
Teen (13-15)		R. Wright	480!
198 lbs.		Police/Fire	
Collingsworth	215	(40-44)	
Teen (18-19)		198 lbs.	
242 lbs.		E. Jackson	385!
J. Inman	330!	Open	
Juniors		Police/Fire	
132 lbs.		198 lbs.	
B. Myer	245	E. Jackson	385!
148 lbs.		Open	
E. Bricker	315!	181 lbs.	
4th-335!		J. Price	385
181 lbs.		4th-400	
J.r Price	385!	DEADLIFT	



Ryan Desmond's successful 725 opener at the Northeastern Bench Press Championships. He went on to make 775 on a fourth attempt (photograph provided by courtesy of Meet Director Dave Follansbee)

Benjamin Myer for the win at 132 with his opener of 245. This was Ben's first competition. Enoch Bricker broke his own state

record at 148 with a new personal best 335. Jasper Price got his first ever 400 bench with his win at 181. This was also a new

state record for Jasper. Also lifting in the junior 242 class was Johnathan Inman, who

junior 242 class was Johnathan Inman, who took the win, posting another state record with his 330 final attempt. Best lifter of the meet was Randy Wright who finished with the win at submaster 242, breaking his own

state record there with 480. Enis Jackson set the Arkansas state record for the police

& fire /40-44/198 and open police & fire 198 classes with his raw 385 final attempt

Then at open 181 it was Jasper Price with his second win of the day, finishing with 385 and his fourth with 400, just five pounds shy of the state record there. In the

deadlift event Tyler Collingsworth won his second title of the day at 13-15/198,

breaking the state record there with 335

455! Cunningham, won at 13-15/275	with 360.
This was also a new state recorclass. Jasper Price took both the judges open 181 classes with a solid 453	unior and 5 opener.
This was a new state record for t division. Best lifter Tre Kitchen	s, is just
record. strong 530 at a 190 bwt. Still a ht. Best pounds off his best, he'll be bac	bout 100 ck at full
on Light throttle before you know it. That Deadlift to Randy and to my son Joey at	nd Derek
d Health Henson for all their help load r Randy spotting. See you all again ne ling and (Thanks to Dr. Darrell Latch for	xt year!

21 NOV	04 -	West	Point,	NY
MEN	SQ	BP	DL	TOT
132 lbs.				
Lee-A	410	220	425	1055
Cincotta-N	385	205	410	1000
Nash-A	315	225	385	925
Navarre-N	310	210	365	1200
Aoyagi-A	315	215	345	875
148 lbs.				
Wolfe-A	420	290	500	1210
Acosta-A	355	230	425	1010
165 lbs.				
Dyer-A	440	340	500	1280
Fury-N	405	315	480	1200
Carr-N	405	235	365	1005
Manaloto-N	305	225	440	970
Pimentel-N	280	240	350	870
Miller-N	300	225	325	850
181 lbs.				
Bowers-N	495	325	585	1405
Leone-A	440	340	560	1340
Nieves-A	415	320	570	1305
Finney-N	425	280	530	1235
Daniel-N	405	300	450	1155
Clouse-N	410	280	455	1145
Moore-N	355	260	425	1040
Landreth-N	315	280	405	1000
Spears-N	345	235	405	985

190 IDS.				
Garner-A	440	400	500	1340
Major-N	335	335	475	1145
Ornelas-A	385	320	440	1145
220 lbs.				
Heely-N	520	335	610	1465
Ladner-A	510	335	565	1410
Thomas-N	405	285	465	1155
Barlte-N	435	225	490	1150
242 lbs.				
Clark-A	605	425	650	1680
275 lbs.				
Beasley-A	585	400	625	1610
WOMEN				
114 lbs.				
Alexander-N	185	105	250	540
132 lbs.				
Dugan-A	225	170	325	720
Kim-A	240	155	255	650
Hu-N	235	130	260	625
Carlson-A	205	145	255	605
Tilton-N	195	125	255	575
148 lbs.				
Angelli-N	245	145	300	690
Windham-N	245	160	270	675
Pederson-A	260	155	255	670
165 lbs.				
Ching-N	265	215	315	795
Laughlin-A SHW	250	160	260	670
Mandelkow-A	240	150	265	655
A = Army. N :				
	,	· (resur	orn	Coru L)
	D	n . t	n 11	
Iro	п воу	Push	Pull	

22 JAN 05 - Mocksville, NC

C. Tucker

Novice Raw T. Chhuon 350

315

DEADLIFT

Youth (8-9)

J. Granger 4th-65

198 lbs

Mindek-N 315 185 350 850

and	Raw	4th-180
ear!	F. Sumners 345	Master (60-64)
ılts)	4th-355	Raw
	Masters (45-49)	T. Newnam 305
	Raw	Master (40-44)
	G. Durham 525	D. Roberts 275
	220 lbs.	Intermediate
	Submaster	T. Barone 315
T	Raw	Novice
	B. Marcellino 450	T. Hill 300
55	242 lbs.	181 lbs.
00	Open	Master (40-44)
5	Raw	Raw
00	M. Groce 550	B. Upchurch 315
5	Intermediate	Junior
	Raw	D. Tucker —
10	J. Dzeskewicz	198 lbs.
10	530	Submaster
	J. Crouch 570	B. Williams 400
80	Open	4th-415
00	275 lbs.	Open
05	C. Pressley 680	Raw
0	Mastser (40-44)	M. Jordan 365
0	C. Pressley 680	J. Wright 355
0	Open	Master (55-59)
	319 lbs.	Raw
05	J. Grove 760	F. Sumners 270
40	BENCH	S. Durham 345
05	105 lbs.	J. Campbell 400
35	Youth (8-9)	M. Jordan 365
55	J. Granger 65	220 lbs.
45	165 lbs.	Open
10	Teen (18-19)	P. Capps 375
00	C. Tucker 350	Master (55-59)
5	Teen (18-19)	Raw



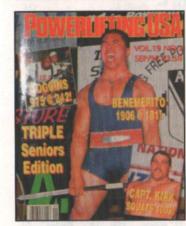
L. Bearden 250	Raw		PERM	J. Shoaf	275	365	640
Master (50-54)	L. Ra		400	Intermediate	ed my b		1
Raw		er (40-		B. Spayd	290	515	805
D. McMillan 400		orman	255	198 lbs.			
Master (45-49)		th-275		Submaster	mar enter	and the	Harm
Raw	275	lbs.		L. Hodges	440	525	965
J. Hansen 325	Teen	(18-19)	Open			
L. Hoaan 310	A. Pa	arsons	450	R. Gentry	525	550	1075
Master (40-44)	Inter	mediat	e	G. Crook	440	580	1020
P. Capps 375	Raw			L. Hodges	440	525	965
Master (50-54)	W. L	emmon	s 300	Novice			
J. Wyand 525	319	lbs.		Raw			
Junior	Open	1		D. Ezzell	285	450	735
L. Bullins 385	C. El	liott	540	Masters (55-59)			
Intermediate	SHW			Raw			
C. Asbury 550		(18-19	1)	F. Sumners	270	345	615
T. Massey 375		tafford	395		4th-D	L355	
242 lbs.	Oper		0,0	Master (45-49)			
Open	M. N		575	D. Pagan	350	550	900
		mediat			th-BP-370	330	300
	I. Ge		560	lunior	HII-DI -370		
Master (50-54)					525	550	107
Push Pull	BP	DL	TOT	R. Gentry	323	330	107
105 lbs.				Intermediate			
Youth (8-9)				Raw			
Raw				J. Bradshaw	350	455	805
J. Granger	60	150	210	J. Adams	290	430	720
4th	s: 65	155		220 lbs.			
Youth (10-11)				Submaster			
Raw				Raw			
T. Payne	70	185	255	R. Rochester	305	405	710
123 lbs.				4ths:	315	425	
Teen (12-13)				Police/Fire			
Raw				Raw			
W. Rochester	105	180	285	K. Hubbard	315	505	820
165 lbs.			-	Police/Fire			
Teen (16-17)				J. Couick	440	600	104
Raw				Open			
C. Martin	235	400	635	T. Atkins	640	665	130
lunior	233	400	033	I. Couick	440	600	104
				Intermediate	440	000	
Raw	235	405	720	Raw			
B. Hooker	235	485	720	B. Anderson	280	450	730
Police/Fire		***		Intermediate	200	450	730
M. Ligon	275	405	680		520	570	110
FERMINE AS	4th-L)L-415		M. Holbrook	530	570	110
181 lbs.				242 lbs.			
Teen (12-13)				Submaster	and the same		
Raw				G. Crotts	410	595	100
E. Payne	90	205	295	Novice			
Teen (14-15)				Raw			
Raw				C. Rhymer	250	425	675
T. Stanbery	175	290	465	Master (40-44)			
	4th-E	L-300		T. Higgins	455	650	110
Novice	1 1 1 1 1 1			Intermediate			
R. Stafford	240	425	665	S. Schumm	350	550	900
Masters (60-64)				Guest Lifter			
				e day estribut			

	•	6		SSARILA	1		
都() 13		N E	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	E#		É
				185, -126			
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		V				1	
1301		À				7	
					19	400	70
			390				
19.							
	75			A			
Tony Atkins b	enched	640	in the 2	220 s at the Iron	Boy Pu	sh Pu	ll m
	enched	740	in the 2	220 s at the Iron	Boy Pu		
Tony Atkins b T. Mash 275 lbs. (Teen 16-17)	enched				Boy Pu.	sh Pui	m

T. Mash	lo with	740	740	Raw
275 lbs.				B. Wood
(Teen 16-17)				Junior
D. Atkins	-	7	_	T. Gardi
M. Prevette	455	620	1075	Intermed
Submaster				S. Griffi
Raw				WOMEN
B. Nance	440	600	1040	132 lbs.
Open				Master (
C. Rabon	565	660	1225	
S. Robbins	545	645	1190	G. Sadle
Novice				Novice
B. Chatham	455	520	975	G. Sadle
Master (40-44)				181 lbs.
C. Rabon	565	660	1225	Open
M. Smith	315	480	795	D. Lemn
Junior				Outstand
Raw				male Bes
K. Wall	420	600	1020	Master I
	4th-D	L-620		Best Lift
lunior				Best Lift
A. Bryson	500	560	1060	Lifter -
B. Chatham	455	520	975	Lifters 2
319 lbs.				Tony At
Novice				Curtis Ra

165 245 80 165 245 ding Lifters 198 and Under: Fe st Lifter - Dena Lemmons, Female Best Lifter - Grace Sadler, Male Roger Gentry, Male Master - Jim Shoaf, Male Teen Best Christopher Martin. Outstand 20 and Over: Male Best Lifter kins, Male Master Best Lifter abon, (results are from Keith Payne

BACK ISSUE OF THE MONTH



was a TRIPLE SENIORS issue ... we Training, with side notes about Doan got 2nd in the 242s with a interest/use to you!

her appearance on the Regis and 520, and Bill Shalkowski (USAPL also had Kirk Karwoski with his Kathy Lee Live show, and the man-BP Champion at 198 with 500+) 1003 squat at the USPF Seniors woman tandem deadlift record won his 181-196 division in the and Steve Goggins with his 975 she set with Ken Ryder. Louie ADFPADU Club Sports BP with a squat at the APF Seniors. This Simmons shared "Another 375 BP at 180 bodywt. We had a ADFPA meet was also the stage Westside Success Story" with the shot of Greg Warr, who had where Tony Leiato had his best tale of Tom Waddell. Hawaii's recently benched 405 for and day ... benching 600 and going ADFPA star Quincy Guzman was incredible 20 reps in exhibition. 2105 at 275 for the win, and Marc interviewed by Bob Gaynor. Dr. On our TOP 100 132 lb. list the Henry pulled a 903 deadlift and Judd investigated the issue of top marks were by Doug Heath totaled 2314 to win the SHWs by "Women and the Success (518) with Mary Warman in 2nd nearly 300 lbs. Herb Glossbrenner Syndrome" ... namely, the delicate place in the squat, Derek Ito in the wrote up the APF meet, where issue of head on male-female BP (415), and a comebacking Jesse Kellum went 876 573 650 competition in powerlifting. John Lamar Gant in the 148s with a 617 2099 to win the 198s. At the USPF Comereski talked about the 'safe deadlift and 1405 total. Elsewhere meet, Carrie Boudreau won the way' to train your back, and atop on the list vet New Englander Rich 123s with 418 242 490 1151, but Herb Glossbrenner's TOP 50 all Del Gallo was 58th in the squat Karwoski's 2303 at 275 was the time 97/105 lb. class ranking lists (380), and another masters star, biggest of the whole meet. was Susie Benford (795) with Doris NJ's John Corsello, was 89th in the The September 1995 cover of PL Superscribe Marty Gallagher Simmons Numero Uno in the BP (259), North Carolina AAU USA had one of the best lifting shared his thoughts on the USPF heavier class (887). Lynn Barlow sparkplug Ben Zak was 96th in the photos we've ever run ... sharp Seniors, including an impression was 22nd in the 97s (665) and deadlift (402), and another Masters enough to map out the vein of the fast rising Shane Hamman. Kathy Tuite (Leistner) was 41st record buster, Paul Griffith, was structure on the surface of his In our Workout of the Month, we with 711 in the 105s. Doug Daniels 65th in total (1019). Given all the shoulder, it captured Ray had the aforementioned Tony interviewed his friend and history and context this issue of Benemerito exulting at the instant Leiato's bench press routine, and superbencher Chris Confessore PLUSA brings to the sport today, of his greatest lifting triumph, the Rick Brunner described the use of (who stated "Ifeel I can bench 800" there are many dozens of other ADFPA Men's Nationals, locking Creatine in Elite Powerlifting by next spring."). In our report of back issue available .. see our out a 744 deadlift for a 1906 total circles. Tamara Rainwater- the Wisconsin BP Championships comprehensive listing on pages at 181 ... but that wasn't all .. this Grimwood discussed Mental current USAPL 600+ BPer Dave 48-51 for issue that might be of

APA Missouri State 22 JAN 05 - Rolla, MO

BENCH		J. Jackson	725
WOMEN 114 lbs.		275 lbs. Open	
Open		J. Humbyrd	440
S. Wood MEN	105	Master J. Beggs	425
148 lbs.		R. Ryan	505
Teen (16-17) R. Johnson	245	Junior S. Birdsong	515
165 lbs.	243	DEADLIFT	313
Open	0.00	275 lbs.	
M. Keefer 198 lbs.	260	Submaster T. Putman	670
Submaster		220 lbs.	
D. Doobay T. Prati	305 335	Open B. Cass	750
Open	333	198 lbs.	730
T. Luke Master	420	Submaster T. Prati	485
B. Stevens	_	181 lbs.	405
220 lbs.		Teen (18-19)	
Open J. Brewer	380	N. Crafton 198 lbs.	530
Junior		Submaster	
J. Wantland 242 lbs.	380	D. Doobay WOMEN	405
Submaster		114 lbs.	
J. Robins	390	Open 6 Wood	225
Master S. Hazen	325	S. Wood 4th-245	235
Submaster		308 lbs.	
C. Sherwood Open	500	Junior S. Birdsong	500
WOMEN	SQ		TOT
114 lbs.	Terra		
Open V. Robins	185	100 215	500
123 lbs.			
(18-19) ElderIngholf	205	135 270	610
132 lbs.			
Teen (16-17) T. Medina	205	135 290	630
Junior			
R. Rich MEN	225	165 285	675
165 lbs.			
Master I. Clark	500	335 450	1205
Junior	500	335 450	1285
C. Helton	375	335 425	1135
181 lbs. Open			
T. Wallach	500	350 500	1350
220 lbs. Teen (16-17)			
D. Meyer	400	320 470	1190
Junior N. Peterson	450	275 525	1250
242 lbs.	430	2/3 323	1230
Master J. Hilburn	525	300 500	1325
Junior		300 300	1323
J. Long	490	330 500	1320
Teen (16-17) M. Beljean	350	230 425	1005
Junior			
J. Basham Open	500	- 470	n()
B. Cass	857	530 750	2138
308 lbs. Teen (18-19)			
M. Pitti	585	365 460	1410
Submaster	900		2160
T. Rubey Junior	800	570 790	2160
S. Birdsong	710	515 500	-

S. Birdsong 710 515 500 — weight division with a total of 1325. Both held in Rolla, MO on January 22nd. I would like to start by thanking a couple of families that helped me set up and run the meet. I would like thank George, Tommy and Whitney Heleine and Ed, Phyillis, plus their other family member that helped all day long with the meet. I would also like to thank those that came from Columbia, Kansas City, and Sedilia to help with the meet. There are so many that I have forgotten several names, but my heart felt forgotten several names, but my heart felt thanks for all your help. Now on to some incredible meet highlights. In the Women's divisions we had to incredible young ladies at the meet that rewrote APA-WPA records left and right. Rebecca Rich in the 132 lb. class from Rolla, MO broke World and American Junior Drug Tested Records. In the Squat, Bench, DL, Total, and set State and Midwest junior and open records. Shauna Elderinghoff in the 123 class from class Jake Long, a



Travis Rubey deadlifted an APA American/World record 790 to produce an American/World Record total of 2160 in the 308 day long, wow. Big Travis Rubey of lb. class at the APA Missouri State

West Plains, MO, in her first meet broke World and American 18-19 Drug Tested Records in the Bench, DL, TOT and set multiple age and open MO State and Midwest Regional records. Both of these young ladies lifted with great enthusiasm and perfect technique. Men's: I would like to give the highlights and mention that I gave out several outstanding lift awards, but I did not double any awards up for the same lifter so that we could recognize several lifters from several different divisions. Hopefully what I ac-complished was giving recognition to the best of the best in the meet. We will start with the biggest lift award, no formula here just huge poundage. Biggest Squat of the meet was awarded to Brandon Cass Blue Springs, MO, with a lift of 857.5 lbs. and this broke the long time standing American/World record held by Steve American/World record held by Steve Goggins. Biggest pull of the meet was heaved up by Travis Rubey of St. James, MO, with a lift of 790 lbs. breaking an American/World record and contributed to Travis's American/World record total as well. Biggest Bench was pressed by new comer Steve Birdsong of Rolla, MO, with a press of 515 lbs. as a junior lifter Steve has a very bright future ahead of him in the APA. In the masters divisions we had two great lifters from the Kansas we had two great lifters from the Kansas City Area come in and show the state what clean and classic lifting looks like. Ira Clark, 165 in the 40-44 division, won outstanding light weight honors with a total of 1285 and setting multiple state and Midwest regional master and open records. John Hilburn, 242 45-49 divisions were accessed.

sion, won second

very first meet, was awarded outst ing lifter in the heavy weight divi with a total of 1320 on a tie breaker John Hilburn. Jake didn't even ge finish the meet because he had to go to Missouri Southern University for football banquet; we expect very things from Jake in the very near ful In the Bench Press competition we two excellent lifters come in and hit s great numbers in the meet. Outstan bench press went to Roger Ryan, ma lifter out of Decauter, IL, with a big p of 505. This was also an APA-WPA tional Police record. Runner-up bench press went to Trial Luke an 198 lifter out of Cameron, MO, wi smooth press of 420. In the Dea competition Terry Putman a 275 submilifter out of Tulsa, OK, won best 1 honors with a great pull of 670 lbs. a great attempt at 700, but it was just there for Terry. The big highlight of meet had to be Brandon Cass and To Rubey Brandon Cass set a state midwest regional record in the Bo 555 on a 4th, American and World Res Squat 857.5, totaled 2163, and pulled tough 750. Brandon was a little off game with a sinus cold and still put these kind of numbers and set records into the meet with some bad intension mind for his first APA meet. What a Meet (photo by Rodney Wood)

Meet (photo by Rodney Wood) new state and Midwest regional reco The meet really warmed up for Tr when the bar hit the floor and he pu a new World/American record with 2 which led to an American & World re total of 2160. Not only did Travis y hard all day long, but stuck aroun-help load the truck at the end of the what a class act thanks Travis. High of the Day for the meet director during the awards assembly Travis Rub son followed him out for his award for rould see the wheels turning. The book was on Travis's wife as she look was on Travis's wife as she look at the sword and the little boy's excupable. ment in great concern and she already thinking of some place to his when they got home. Can you say priess? I would like to finish by thanking of the meet sponsors Crain's Mu World, Ken Anderson of Titan Lif Equipment, Monster Muscle, and Ho of Pain. From the Rolla Community Ar Fairground Chevrolet, Denny Ford, S Rehad, Coca-Cola, Al West Chrys Peterson Chiropractic, and Michael V of Stifel, Nicolaus & Company. (Res by Rodney Wood, Missouri St. APA Ch APF Southeast Challenge

very light 242 of West Plains, MO, in

7 AUG 04 - Vidor, TX

BENCH		220 lbs.		
MEN		K. Gordon	446	
Open		275 lbs.		
181 lbs.		C. Radcliff	369	
K. Mauer	347	lunior (20-23)		

n his	275 lbs.		123 lb		besut	
tand- ision	V. Cole Masters (40-49	461	L. Der 181 lb		181	
over	220 lbs.		S. Hai		170	
et to	F. Gonzales	121	Junior			
back or a	M. Denmon Masters (50-59		181 lb		176	
big	220 lbs.	SE UA	SQUA			
iture.	D. Bell	347	MEN			
had	275 lbs. D. Brooks	347	Open 165 lb			
nding	WOMEN		J. Wal		281	
aster	MEN	SQ	BP	DL	TOT	
press Na-	Open 198 lbs.					
Na- best	M. VanCleave	661	341	567	1569	
open ith a	220 lbs.					
dlift	S. Beasley Masters (40-44	722	418	601	1741	
aster	198 lbs.	" estimate				
lifter and	H. Fletcher	628	363	606	1597	
t not	Masters (50-59 198 lbs.	")				
f the	M. VanCleave	661	341	567	1569	
ravis and	275 lbs.					
ench	D. Brooks High School	545	347	523	1415	
ecord	114 lbs.					
ed a	C. Sonnier	253	154	314	721	
it up	132 lbs. C. Green	226	1050	231	561	
ls all	148 lbs.		1030			
ns in	K. Netterville	424	231	451	1106	
day	165 lbs. J. Howard	341	259	341	941	
th an	198 lbs.	Elle.	Plante			
were ords.	K. Cofty	297	221	308	816	
ravis	242 lbs. B. Adams	446	303	407	1156	
ulled	308 lbs.					
790, cord	J. Jordan	336	181	314	831	
work	Below Class-1 148 lbs.					
d to	C. Hagen	242	176	303	721	
day,	181 lbs.	578	385	611	1574	
was	J. Kibodeaux 198 lbs.	3/0	303	011	13/4	
bey's	R. Tinney	501	314	501	1316	
r the	242 lbs. M. Fanis	589	352	446	1387	
ooy's	275 lbs.	303	332	440	1307	
you	J. Fabela	601	281	457	1339	
best	R. Cofty WOMEN	551	418	556	1525	
cite-	Open					
was de it	SHW			400		
rice-	K. Pitts High School	424	341	402	1167	
g all	105 lbs.					
scle	A. Thompson	226	105	270	601	
fting ouse	123 lbs. I. Hester	253	137	248	638	
rbys,	114 lbs.					
sport sler,	A. Denmon	292	132	242	666	
West	148 lbs. A. Watson	374	170	358	902	
sults	A. Mauer	148	115	221	484	
hair)	198 lbs. A. Damond	314	154	336	804	
	Best Lifter Me					
	Lifter Women: /	Ashley	Watson	, Best	Bench	
	Men: Kelly Gor Kim Pitts, Best S	don,	Best Be	nch V	Vomen:	
446	Best Squat Wor	men:	Ashley	Watso	n, Best	
200	Best Squat Wor Deadlift: Jerry Ashley Watson,	Kibod	eaux, E	Best D	eadlift:	
369	Ashley Watson, Soonier. (result	Best	Lifter J	r Men	: Chris	
	soomer. (result	Coul	cesy se	5um	raicss)	

2004 NO	OTH CAR	OLINA A	II DAM	/ TFAM

Men Bench	Teen Bench	Master Bench	P/L
114) 160 H. Claypatch	114) 160 H. Claypatch	148) 305 D. Wilson	114) 520 C. Ritchie
123) 235 E. Nelliger	123) 190 H. Claypatch	165) 295 R. Young	123) 780 M. Gadziala
132) 275 M. Perry	132) 135 A. Swain	181) 315 G. Passman	132) 675 M. Harris
148) 305 D. Wilson	148) 225 D. Natale	198) 255 T. Bell	148) 1090 D. Wilson
165) 300 J. Fox	165) 295 T. Haque	220) 415 C. Ponnel	165) 1082 B. Hooker
181) 420 W. Lynch	181) 283 W. Claypatch	242) 450 A. Proctor	181) 1210 D. Parish
198) 440 W. Lynch	198) 310 Witchl	275) 450 J. Hillard	198) 1545 J. Krause
220) 485 P. Bossi	220) 385 S. Hopkins	SHW) 405 R. Beach	220) 1445 T. Manning
242) 450 A. Procter	242) 375 T. Manning		242) 1340 R. Onafrio
275) 480 B. Jones	SHW) 275 A. Moore		275) 1480 R. Slate
SHW) 450 J. Rascoe			SHW) 2025 N. Minnett

NC B/P State Champions: Golds Gym, Southern Pines NC Teen B/P State Champions: North Side High School NC P/L State Champions: The Body Shop NC Teen P/L State Champions: North Side NC Middle School State Champions: Moyock

HEALTH STREET	
FITNESS CENTER	

23 OCT (
Open		BP		
T. Adelman 198 lbs. C	55		145	
T. Eruwayo Open	515	305	480	130
B. Rowe 165 lbs.	625	330	515	147
P. Cousins Teen-3	330	280	370	965
B. Greene	150	120	215	385
R. Hawkins S/H Master-1	240	180	305	725
R. Gains 181 lbs. C	600		600	169
V. Sivetskiy 220 lbs. Master-1	435	240	405	108
B. Hawkins 242 lbs. Master-1	340	310	380	103
S. Striepeke 275 lbs. Teen-3	450	320	480	125
D. Velasquez 123 lbs. Master-5	245	165	340	780
	135	75	220	430
!=State records	. Tosa	n Eruw	ayo Jr.	Qua

12 FEB	05 -	Auro	ra, OR	
BENCH		J. Bet	eta	278
WOMEN		DEAD	LIFT	
82.5 kgs.		MEN		
Open		110 k	gs.	
C. Hahn	193	Open		
M1		M. Ri	iedy	661
C. Hahn	193	J. Mo	rasco	485
67.5 kgs.		M2		
M2			ellborn	402
L. Powell	171	90 kg	gs.	
MEN		M5		
125+ kgs.		R. Sc	huller	424
Open				
J. Ward	369			
87.5 kgs.				
M5				
WOMEN	SQ	BP	DL	TOT
44 kgs.	1148			
Teen (16-17)				
K. Todd	66	77	176	320
48 kgs.				
Teen (14-15)				
K. McFarland	121	94	193	408
67.5 kgs.				
Teen (14-15)				
D. Frankdin	121	94	176	391
Teen (16-17)				
A. McWeeny	149	110	220	480
S. Steinbach		66	220	430
MEN				
67.5 kgs.				
Spec. Olympi	cs			
C. McFarland		187	413	627
75 kgs				
Teen (14-15)				
N. Wilks	99	99	265	463
Teen (16-17)				
D. Weeks	320	281	441	1042
lunior				
I. Benezra	402	276	441	1119
Open				
J. Benezra	402	276	441	1119
M1				
M. Hara	391	276	402	1069
M. Hara				

Open

	I Chall.	601	264	579	1543	A. Solomon	370	275	425	1070
	J. Stalk	601	364	3/9	1343	M. Ball	335	TO SECOND	445	955
	90 kgs								405	910
	Teen (18-19)					K. Dexter	300	205	403	910
	D. McFarland	419	270	518	1207	198 lbs.				
	M3					B. Ricketson	435		485	1215
	S. Slavens	375	276	480	1130	M. Flanagan	355	255	485	1095
	M5					C. Boucher	325	195	335	855
	R. Schuller	386	231	424	1042	D. Henry	225	170	350	745
		300	231	727	1042	242 lbs.	Min's			
	100 kgs.						-00	220	500	1230
	Teen (18-19)					K. Wiess	500	230		
	P. Brewer	452	325	452	1229	M. Parillo	440	250	480	1170
	Open					N. Gentile	405	260	435	1100
	B. Riedy	353	314	474	1141	J. Wilson	385	275	275	935
		333	314	7/7		275 lbs.	000			
	110 kgs.						400	125	405	940
	Teen (18-19)					J. Mejia	400	135		
	J. Carllle	628	342	535	1505	W. Sanjurjo	280	210	400	890
	Open					V. DeCivita	-	-	_	-
	M. Riedy	562	441	661	1664	SHW				
	Carlile, Jay	628	342	. 535	1505	M. Pelosi	545	315	540	1400
				540		I. Diaz	280	175	350	805
	T. Summers	419	314		1273					
	A. Waters	518	298	441	1257	(Thank you to	the USA	APL TOF	mese r	esuits)
	M5									
	J. Evans	314	132	220	867					
	125 kgs.					116	APL A	ANI SE	ato	
	Teen (16-17)									451
		107	100	201	650	12 FEB (5 - K	osemo	unt, A	MN
	G. Duff	187	182	281	030	WOMEN	SQ	BP	DL	TOT
	Open						34		-	
	S. Cartwright	728	507	608	1841	123 lbs.				000
	A. Snider	573	452	590	1615	A. Stengrim	100	50	110	260
	125+ kgs.					165 lbs.				
						A. Jamrozek	82	45	90	217
	Teen (16-17)	400	205	EE4	1250	MEN				
	J. Afoa	480	325	551	1358	By Formula				
	Open			100000						
	K. Farnsworth	606	424	507	1538	Teen (14-18)			000	
	M1	- Park	THE REAL PROPERTY.			M. Carlson	210	117	222	550
	R. Liogghio	850	375	678	1703	M. Carlson	207	110	222	540
						T. Anderson	115	60	115	290
	Best Female					M. Jamrozek		55	167	327
	Male Bench:							33	10,	32,
	Deadlifter: Ma	att Rie	dy. Bes	t Fema	ile PL:	Junior (19-23)		200	255	750
	Kelsey McFar	land. I	Best M	ale PL:	Scott	C. Nelson	295	200	255	750
	Cartwright. (T	hanks t	o USAI	L for r	results)	C. Miller	157	122	182	462
						L. Weismann	165	100	195	460
						Novice				
							165	135	197	497
	USAPL Mas	sachu	setts	High :	chool	M. Swanson	167	117	215	500
	12 MA	R 05	- Bosto	on. M	4				200	495
			BP		TOT	R. Kloeckner		117	200	493
	WOMEN	SQ	BL	DL	101	Master (40-49				
	J.V.					S. Nelson	225	152	227	602
	132 lbs.					M. Ricker	227	220	297	745
	R. Palumbo	210	135	235	580	S. Johnson	245	217	237	700
-	Varsity					J. Hanson	222	150	215	587
)	123 lbs.						157	130	185	472
		-170	70	210	450	D. Priebe		130	103	4/2
	A. Tatarowic	2170	10	210	430	Master (50-59			000	
	148 lbs.		TO LONG	~~~			210	155	220	585
	K. Donner	215	95	260	570	J. Milnes	157	132	210	500
	MEN					Master (60+)				
	Fr/So						127	77	147	352
	114 lbs.					Haggenmille		135	157	407
	N. Martinez	45	45	120	210		113	133		***
		43	43	120	210	Open				
	123 lbs.	Appelled the	THE PARTY			165 lbs.				
	L. Garcia	150	80	155	385	M. Hulse	240	132	220	592
	132 lbs.					J. Eggers	227	122	227	577
	J. Lewis Jr.	240	130	275	645	J. Gardner	167	115	187	460
	148 lbs.			TEST			107			400
	I Uselet II	310	150	350	810	181 lbs.	200	100	205	727
	J. Heckstall					T. Reid	262		285	737
	S. Labathe	225	160	335	720	J. Icenhour	245	147	275	667
	L. Jaimes	230	150	320	700	T. Fonder	205	190	235	630
	I. Carrillo	205	140	215	560	198 lbs.				
	C. Etheridge	205	160	-	-	C. Nelson	295	200	255	750
	165 lbs.					J. Canton	255	162	275	692
		345	190	430	965					655
	S. Smith				965	B. Hanson	250	155	250	
	M. Shea	340	200	425		S. Black	227	165	235	650
	S. Pattison	315	210	405	930	J. Palen	217	150	220	587
	181 lbs.		Market S	VI CONT		S. Lindquist	_	-	-	-
	J. Davis	345	200	385	930	220 lbs.				
	K. Lewis Jr.	305	190	370	865	M. Edelstein	262	182	295	740
	M. Levine	270	220	370	860	242 lbs.	THE PARTY		and the same	To division the
	P. Pedro	205	135	265	605	T. Keller	260	102	260	712
		200	133	233	000	AND ADDRESS OF THE PARTY OF THE	260	192	200	/12
	198 lbs.	400	205	F20	1220	275 lbs.			0.00	
	J. Wood	405	295	530	1230	E. Edberg	257	147	262	667
	R. Gillian	285	205	350	840	Guest				
	220 lbs.					P. Wong	190	155	190	535
	J. Kawadler	345	235	425	1005	N. Tulutki	340	210	320	870
	K. O'Connell		225	440	980	(Thanks to U				
	J. Williams	330	225	400	955	(indiks to C		- Pro		
	M. Pimentel	310	200	350	860			The state of		
	J. Pierre	275	175	300	750	USAPL	Indian	na Hig	h Sch	1001
	275 lbs.									
	B. Anderson	475	280	465	1220	12 MAR				
	M. Dawley	515			_	GIRLS	SQ	BP	DL	TOT
	THE LEAVIEY	313	-1-11-1	1153-15		105 lbs.	B. Carlotte		1 11111	
						K. Wheeler	150	90	165	405
	SHW	225	10-	225	745					
	M. White	225	185	335	745	K. Totleben		65	150	360
	M. White	225	185	335	745	K. Totleben	145	65 65	150	360
2	M. White	225	185	335	745	K. Totleben K. Totleben		65 65		
2	M. White MEN Varsity	225	185	335	745	K. Totleben K. Totleben 114 lbs.	145 145	65	150 150	360 360
	M. White MEN Varsity 132 lbs.				745	K. Totleben K. Totleben 114 lbs. R. Moore	145		150	360
2	M. White MEN Varsity 132 lbs. M. Penza	225 305	185	335		K. Totleben K. Totleben 114 lbs. R. Moore 123 lbs.	145 145 165	65 65	150 150 195	360 360 430
9	SHW M. White MEN Varsity 132 lbs. M. Penza 148 lbs.	305	230	365	900	K. Totleben K. Totleben 114 lbs. R. Moore 123 lbs. L. Eaton	145 145	65	150 150	360 360
	SHW M. White MEN Varsity 132 lbs. M. Penza 148 lbs. M. Derstine					K. Totleben K. Totleben 114 lbs. R. Moore 123 lbs. L. Eaton 148 lbs.	145 145 165 175	65 65 100	150 150 195 220	360 360 430 480
9	SHW M. White MEN Varsity 132 lbs. M. Penza 148 lbs. M. Derstine 165 lbs.	305 455	230 275	365 540	900 1270	K. Totleben K. Totleben 114 lbs. R. Moore 123 lbs. L. Eaton 148 lbs. T. Shellman	145 145 165	65 65	150 150 195	360 360 430
9	SHW M. White MEN Varsity 132 lbs. M. Penza 148 lbs. M. Derstine 165 lbs. R. Fasano	305 455 405	230 275 225	365 540 425	900 1270 1055	K. Totleben K. Totleben 114 lbs. R. Moore 123 lbs. L. Eaton 148 lbs. T. Shellman 165 lbs.	145 145 165 175 240	65 65 100 110	150 150 195 220 270	360 360 430 480 620
9	SHW M. White MEN Varsity 132 lbs. M. Penza 148 lbs. M. Derstine 165 lbs.	305 455	230 275	365 540	900 1270	K. Totleben K. Totleben 114 lbs. R. Moore 123 lbs. L. Eaton 148 lbs. T. Shellman	145 145 165 175	65 65 100	150 150 195 220	360 360 430 480

601 364 579 1543 A. Solomon 370 275 425 107

	THE RESERVE THE PARTY OF THE PA				
0	198+ lbs.	200	405	200	725
	S. Hart	290	135	300	725
1	BOYS				
	114 lbs.	300	145	315	760
5	R. Tucker	190	145 135	225	550
95	F. Ray	190	133	223	330
	132 lbs.	400	235	510	1145
	J. Benjamin	320	185	400	905
	J. Mayes J. Willis	225	205	300	730
0	J. Vega	240	140	270	650
0	K. Dennis	210	125	275	610
00	148 lbs.		-		
;	C. McBride	360	205	405	970
	N. Taylor	315	210	390	915
)	S. Shively	300	175	350	825
)	J. Popp	210	150	250	610
'	M. Lawrence	0.00	205	400	920
	165 lbs.				
00	J. Calvert	415	275	500	1165
	E. Stigger	350	275	405	1030
5	Copenhaver	360	195	370	925
ts)	S. Gruswell	310	180	330	820
	T. Murrell	215	215	225	685
	181 lbs.				
	T. Frye	460	255	475	1190
	J. Whitney	360	280	430	1070
	R. Mosley	380	235	405	1020
T	D. George	370	200	405	975
	A. Tennison	275	195	295	765
0	T. Sanders	445	280	520	1245
	198 lbs.				4000
7	A. Wells	485	280	490	1255
	J. Mason	425	245	420	1090
	B. Hall	345	210	390	945 875
	C. Higbee	340	195	340 370	860
0	D. Seyoum	325	165	3/0	860
0	220 lbs.	465	295	460	1220
0	N. Bridges	465 450	275	490	1215
7	J. Bournes	450	2/3	490	1213
	242 lbs.	510	295	515	1320
0	A. Murphy S. Anderson	380	245	425	1050
2	E. Isaacs	385	265	365	1015
0	P. Schafer	500	335	520	1315
U	275 lbs.	300	333	320	1313
7	M. Moorman	480	270	475	1225
	T. Carter	455			1215
0	Outstanding N	tale Li	fter of	the Me	et: I. D.
5	Benjamin. Ot	itstand	ling Fe	male L	ifter of
	the Meet: Tit	fany	Shelma	n. Hig	h Schol
2	Roys Team St	ate C	hampior	is: Nor	th Cen-
5	tral High Scho	ool. Hi	igh Scho	ool Gir	ls Team
0	State Champ	ions:	North	Centra	ai High
7	School. (Than	ks to	USAPL	for p	roviding
2	these meet re	esults	to Pow	erliftin	g USA)
					STREET, S
5					



... dozens of photos and references to legends like Paul Anderson, Pat Casey, Wayne Coleman, Hal Connolly, George Frenn, Tom Overholtzer, Bill Thurber, Peanuts West, and a special section on the legenedary Zuver's Gym ... \$24.95 a copy plus \$4 shipping and handling to PL USA, Box 467, Q. Tew 230 135 260 625 K. Overby 145 125 235 805 Camarillo, CA 93011

WABE	DL Ca	lifornia State		G. Stevens	507	181 lbs.		309+ lbs.		198 lbs.	
5 MAR	05 -	Monterey, CA		308 lbs.		Sozzi-Dangel	231	L. Contreras	429	B. Cavanaugh	363
DEADLIFT		220 lbs.		S. Brown	600	J. Hase	214	D. Bush	369	H. Williams	
WOMEN		A. Tortorelli	600	309+ lbs.		198 lbs.		Junior (20-25)		220 lbs.	200
Junior		E. Barnes	545	L. Contreras	440	D. Plank	_	148 lbs.		J. Castorina	446
181 lbs.		M. Hanes		Master (54-6)		199+ lbs.		B. DaLuz	292	DeGennaro	374
K. Womack	314	259 lbs.		181 lbs.	,	S. Vaterlaus	236	R. McKeefer	_	D. Peterson	336
Law/Fire	1	Starkweather	352		446	Master (54-60		J. Ortega	Windship	McLaughlin	281
Master (40-4	7)	275 lbs.		R. Hencke	441	165 lbs.	"	A. Gonzalez	418	S. Williams	512
242 lbs.	, all	D. Wiegardt	540	4th-451		J. Petray	93		622	259 lbs.	312
Rosales-Buie	303	D. Martinez				198 lbs.	33	Law/Fire	022	J. McMurray	425
Master (40-4		309+ lbs.		K. Kirk	336	K. Polansky	181	Master (40-47	1	A. Clayton	
123 lbs.	",	L. Contreras	440		330	199+ lbs.	101	198 lbs.	,	275 lbs.	402
A. Barnhill	303	Junior (20-25)		220 lbs.			115	R. Lopez	462	R. Ludlam	-77
S. Hedman	303	165 lbs.		S. Pena	468	Open		R. Chavez	402	Master (47-5)	573
132 lbs.	303	A. Pulizzi	446	242 lbs.	400	197 lbs.		242 lbs.	402	181 lbs.	3)
L. Rosales	303	4th-462	110	I. Soekardi	633	C. Neely	2141	S. Williams	512	E. Martinez	319
148 lbs.	303	198 lbs.		309+ lbs.	033	A. Vallejo	148	S. Arredondo		G. Roehelle	
B. Stone	314	G. Chavez	534	A. Valentin	551	114 lbs.	140	259 lbs.	390	198 lbs.	275
181 lbs.	3.4	220 lbs.	334	Submaster (3		K. Aanenson	200		507!	McCormack	402
Sozzi-Dange	330	T. Mendoza	462	242 lbs.	4-33)	4th-215!	209	A. Clayton	473	G. Alves	
Master (47-5		242 lbs.	402	I. Soekardi	633	148 lbs.		S. Bloom			396
199+ lbs.	"	J. Ortega	572	R. Exum	540	J. Watts	225	W. Faulkner	391	T. Robinson	347
S. Vaterlaus	275	Law/Fire	3/3	259 lbs.	340	165 lbs.	225	308 lbs.	503!	220 lbs.	40.
4th-281	2/3	Master (40-47	1	V. Shaw	501	S. Armstrong	220	J. Tovar	(021	D. Martinez	435
Master (54-6)	0)	165 lbs.	,	Teen (16-19)	301	199+ lbs.	220		602!	L. Wyckoff	352
165 lbs.	0)		330	165 lbs.		S. Kent	209	309+ lbs.		D. Sertier	336
J. Petray	260	242 lbs.	330	J. Weltz	402	Submaster			700	242 lbs.	
198 lbs.	200	S. Arredondo	600		402	om 11		Law/Fire		R. Carbo	518
K. Polansky	391!	Law/Fire	000	C. Ream	529	97 lbs. A. Vallejo		Master (48+)		H. Munro	396
199+ lbs.	391.	Open		Y. Haddad	507	114 lbs.	140:		4251	259 lbs.	
D. Chilgren	253	242 lbs.		J. Hedman	341	K. Aanenson	2001		435!	R. Sanchez	502
Open	233	J. Bojorguez			341	148 lbs.	209:		470	J. Masten	435
97 lbs.		275 lbs.	301	I. Porter	457		101	B. Sabin	473	308 lbs.	
A. Vallejo	281!	D. Martinez	F24		429	L. Saunders MEN	154			S. Brown	501
123 lbs.	201.	Law/Fire	334	309+ lbs.	429	Class-1		Open		309+ lbs.	
A. Barnhill	303	Submaster		J. Burgess	520	148 lbs.		242 lbs.		J. Minah	573
148 lbs.	303	220 lbs.		BENCH	320		00	J. Jackson	677		429
J. Watts	352		F96	WOMEN		M. Martin	99	D. Arredondo	4/3	Master (54-60))
S. Armstrong		308 lbs.	200	lunior		G. Espinda 181 lbs.	330	309+ lbs.		181 lbs.	
Submaster	309	R. Russell	572	165 lbs.		B. Akamine	402	D. Schultz		J. McCamman	
97 lbs.		Master (40-46		K. Girard	176		137		551	E. Ansberry	308
A. Vallejo	281	148 lbs.	,	181 lbs.	170	220 lbs.	13/	Law/Fire		220 lbs.	
148 lbs.	201	M. Martin	252	K. Womack	297!	M. Hanes	402	Submaster		D. Marba	402
L. Saunders	264	165 lbs.	332	Law/Fire	297:			198 lbs.		J. Mutty	374
Teen (13-15)	204	G. Espinda	451	Master (40-47	7)	A. Jauregui 242 lbs.	325	T. Ornduff	137	275 lbs.	
165 lbs.		P. O'Neil		132 lbs.	,			220 lbs.		S. Finegan	-
O'Halloran	203	181 lbs.	203	Rosales-Buie	1001	J. Gaudern		D. Randa	485	Master (61-67)
K. Ramirez	181	U. Jara	457			J. Laija	435	J. Luea	413	181 lbs.	
MEN	101	259 lbs.	457	Master (40-46)	R. Budd	314	259 lbs.			314
Class-1		M. Weltz	460		150	259 lbs.		J. Tolle	512!	M. Bonifield	
148 lbs.				D. Brown	159	D. Pelott	474	Master (40-46))	Master (68-74	1)
	472	Master (47-53	,	123 lbs.	202	Starkweather		148 lbs.		242 lbs.	
J. Imamura M. Martin	473	198 lbs.	1.	S. Hedman	203	M. Elliott	440	M. Martin	99	J. Peters	214
	352	M. McCormac	K	A. Barnhill	170	J. McMurray		165 lbs.		Master (75-79	"
165 lbs. G. Espinda	454	523		132 lbs.	1001	S. Bloom	391	G. Espinda	330	220 lbs.	-
	451	220 lbs.	-10	Rosales-Buie	188! 143	275 lbs. D. Wiegardt	200	181 lbs.		E. Miranda	253
					1 44 5		51135	B. Levering	468		
181 lbs.	495	D. Bertier	310	E. Womack			300			Open	
	485 358	D. Bertier 242 lbs. H. Munro		148 lbs. B. Stone	198	308 lbs. B. Alex		J. Jones	402 281	132 lbs. K. Unten	396

	WORLD AS	SOCIA	ion for TION (DLIFT)	OF BE	ENCH	PRESSERS
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If under 18, have paren		Signa	ture			

198 lbs. S. Wong A. Planchon 451 Teen (13-15) 123 lbs. T. Robinson 347 220 lbs Minahan,III 165 M. LaMarque 716 B. Church 148 S. Pena 242 lbs. 501 Teen (16-19) 132 lbs. I. lackson 677 M. Lauricella 259 Hunter 628 148 lbs. G. Stephens D. Trubidy 600 R. Chavez R. Chavez 507 281 259 lbs 181 lbs. M. Castillo C. Ream 474 I. Hedman D. Pelott 253 Bledsoe S. Wong 832! 198 lbs. Submaster (34-39) M. Minahan 1. Porter 165 lbs A. Davila 181 lbs V. Tovar 402 319 Teen (13-15) 198 lbs. 165 lbs 451 O'Halloran F. Salinas 369 Teen (16-19) 123 lbs. M. Ludovico 545 E. Ansberry 137 E. Barnes M. Hatfield 501 148 lbs. 468 M. Burda 165 lbs. 628 K. Ramirez 93 I. Hunter D. Dorado J. Villegas 402 L. Vaterlaus 203 !=World Records. This meet is the most exciting meet at the WABDL circuit. 500 animated fans, 160 lifters, a hotel right on the beach, and with 20 waves crashing on the beach, 67 degrees and sunshine. A state of the art bench, Ivanko chrome kilo set, great trophies, the best seafood restaurants in the world, like the Char House at Cannery Row and the wharf district, the biggest and best aquarium in the world, with the only great white shark in captivity, and the world's most beau-tiful golf course in Pebble Beach. Matt LaMarque was the meet promoter and Yanto Soekardi was the meet director. They had to turn away over 30 lifters. In the deadlifting class-1 men, Jason Imamura set a Hawaii state record 473.7 at 148#. At 165, a fellow Hawaiian, Greydon Espinda set a Hawaii record 451.7. At 220, Al Tortorelli hauled in 600.7 for first. Yasu Kuroda pulled a respectable 485 at 181 for first. In junior 165#, Andre Pulizzi pulled a California state record 462.7. Ir ior women, Kelly Womack, coached by Tom Starkweather, ripped up a Califor-nia record 314 at 181#. In law/fire master women 40-47 Leticia Rosales-Buje pulled 303, weighing 131 and tried for a World Record 326, and was close. In law/fire submaster men, Dalen Randa set a California state record 586.2 at 220# and even Arredondo pulled 600.7 in law/ fire master 40-47 242. In master men 47-53, Mike McCormach pulled a nice PR 523.5 at 198#. He is able coached b Rene lsen of the Pacifica Athletic Club. At 308 in master 47-53. Steve Brown, the most rabid Iowa Hawkeye fan I know (I am one myself) pulled an lowa state record 600.7. He's been shooting for 600 for 5 years. Needless to say, he almost hit the ceiling when he jumped after making the lift. Eric Ansberry, part of The Iron Society and cheered on by every member of that elite lifting club, set a California state record 446.2 in master 54-60 181#. Richard Hencke was 2nd with 441.8. but broke Eric's record on a 4th with 451.7. In master women 47-53 198+, Sue Vaterlaus set a California state record 275.1 and 281. In master women 54-60 165#, Judith Petray set a California record 260.1 with a good smooth pull. Karen Polansky in maser 54-60 198 and closer to 60 then 54, was incredible with a 391.2 World Record and a good shot at 402. Al Garcia is her coach, and he really knows what he's doing. Delia Chilgren, also coached by Al Garcia, set a California state record in 54-60 198+ with 253.5. In open men, Ismanjah Soekardi pulled the highest deadlift of the meet with 633.7, weighing 230#. In open women 97#, Alexandra Vallejo pulled a California record 281#, which was also a World

148 lbs

I. Imamura

C. Walker

479

M. Castillo 374 D. Anderson 551

308 lbs.

Record in submaster. She is close to Cheryl Anderson's national record of 303. In open won 123, Alison Barnhill pulled a California record 303 with room to spare. Jeanne Watts, the captain of Pacifica Athletic Club Team, and coached by Rene Nielsen, opened with 352 at 148 and went straight nd missed twice. She was fairly close on the 2nd attempt. She will get 400 at her next meet. In submaster men, Ismanjah Joekardi set a Califor-nia state record pull of 633.7 and came close with In teen men 16-19 181#, Casey Ream pulled 529 to edge out Yazan Haddad, who did 507 - both very impressive pulls considering the weight and the age. In super teen 16-19, Joshua Burgess of Hawaii set a World Record 520.2. In teen women 13-15 165#, Margot O'Halloran set a California record 203.7. Tom Starkweather does a great job at coaching here, Kelli Womack and Michael Womack, who benched bit but more of that later. In teen women 16-19, Kirsten Ramirez set a California record 181.7 at 165#. Now moving on to the bench. The story was Steve Wong. He is quite possibly the best bencher in the world in the dute possibly the best betterer in the world in the heavier classes 259# on up, along with Ryan Kennelly. He is lifetime drug free and opened with 744 at submaster, then missed 832 twice. The third attempt was close, as one arm was locked out and the other arm wasn't. He weight 301.6. the very next flight was open and since he was signed up for open, as well as submaster, he opted to lift in that one too. He opened with 832 and smoked it, then he declined to take his last two attempts. His 832 is the highest bench ever in a single ply shirt! Tiny Meeker is second with 820. Jason Jackson, who is the best bencher of all time at 242 with 771, who is the best belicher of all time at 242 with 777, had an off day. He weighed 240 and opened with 677. He came close with 749 on his second and 749 on his third, but it just wasn't there. Mat LaMarque veighed 219. He's the best bencher of all time at 220 with 771. He opened with 644 and then went to 716. Both lifts were picture perfect. Then he went to 800.1 and he was stopped. He said he didn't hit his groove. I would say that LaMarque, Jackson and Wong are the three best benchers in all things considered. Jason has passed three drug tests, Steve Wong has passed three, including this meet, and Matt LaMarque has passed three drug tests. I was told that on the internet, right after Wong benched 832, someone posted that Gus never tests Steve Wong. I'm sure there are a lot of jealous lifters when it come to Wong, Jackson, and LaMarque. The rest of the bench pressing was also very good. In class-1 181#, Brandon Akamine set a Hawaii record 402 on a 3rd, the moved it up more with 417.8 on a 4th. At 259#, Doug Pelott se

a California record 474.8 to beat out 5 lifters. Ir a California record 474.8 to beat out 5 lifters. In class-1 super, Leo Contreras put up 429.7 for 1st. Leo is a true gentleman and is friendly to everyone. In junior 275, Michael Womack set a California record with 303. In junior 275, Michael Womack set a California record Hebenched 600.7 at the worlds and passed the drug test. He promotes ultimate fighting contest. His sister Kelly Womack upped the ante by setting a World Record 305.2 in junior women 1817. They are the strongest sister in junior women 1818. They are the strongest sister Kelly Womack upped the ante by setting a World Record 305.2 in junior women 1818. They are the strongest sister Xelly Womack upped the ante by setting a World Record 305.2 in junior women 1818. They are the strongest sister Xelly Womack upped the ante by setting a World Record 305.2 in junior women 1818. They are the strongest sister Xelly Womack upped the ante by setting a World Record 305.2 in junior women 1818. They are the strongest sister Xelly Womack upped the ante by setting a World Record 305.2 in junior women 1818. They are the strongest sister Xelly Womack upped the ante by setting a World Record 305.2 in junior women 1818. They are the strongest sister Xelly Womack upped the ante by setting a World Record 305.2 in junior women 1818. They are the strongest sister Xelly Womack upped the ante by setting a World Record 305.2 in junior women 1818. They are the strongest sister Xelly World Record 518. Her mother Canada and the World Record 518. Her mother Canada and the World Record 518. Her mother Canada and the World Record 518. As a setting on the State Actifornia record 430.5. In open men 181, and the World Record 518. They are the strongest sister Xelly World Record 518. They are the strongest sister Xelly World Record 518. They are the strongest sister Xelly World Record 518. They are the State Actifornia record 518. They are the strongest sister Xelly World Record 518. They are the State Actifornia record 518. They are the strongest sister Xelly World Record 518. Th



Steve Wong made single ply bench shirt history with his 832@301 (by CSS Photo Design)

class-1 super, Leo Contreras put up 429.7 for 1st. Leo in lifting at this meet: A 600# deadlift and a 500# bench World Record in open and Michael her brother, benched close. In law/fire master women 40-47, Leticia Rosales-Buie set a World Record 188.3 at 132#. In L/F submaster 225.7 and at 198+, Susan Kent set a California record 225.7 and at 198+, Susan Kent set a California record 225.7 and at 198+, Susan Kent set a California record 225.7 and at 198+, Susan Kent set a California record 225.7 and at 198+, Susan Kent set a California record 225.7 and at 198+, Susan Kent set a California record 225.7 and at 198+, Susan Kent set a California record 225.7 and at 198+, Susan Kent set a California record 225.7 and at 198+, Susan Kent set a California record 225.7 and at 198+, Susan Kent set a California record 225.7 and at 198+, Susan Kent set a California record with 209.2. In submaster men, Mike Ludovic is back in whith 209.2. In submaster men, Mike Ludovic is back in the part of the part of the part of the submaster record with 209.2. In submaster men, Mike Ludovic is back in the part of the part of the part of the submaster men, Mike Ludovic is back in the part of the part of the part of the submaster men, Mike Ludovic is back in the part of the part of the part of the part of the submaster men, Mike Ludovic is back in the part of the submaster men, Mike Ludovic is back in the part of t a California state record 402.2 at 198. Mike always has a smile for everyone. At 198 Greg Alves set a California record 165.2. in teen men 13-15, John Minahan III, set a California record 165.2. in teen men 16-19 132#, Mark Lauricella Steve Pearson, Dino Martinez, Derek Arredondo, Frank as in the groove with a better than average 259 canother member of the Iron Society, set a California attate record. In teen 16-19 275# Viktor Tovar California state record 518. Rob managed Reggie Jackson's Gold's Gym in Monterey for 15 years. Yes, that's Reggie the baseball player, who has 3 home runs in a 1977 world series game. At 259, Roland Sanchez, another Iron Society member, set a California atte record. In teen 16-19 275# Viktor Tovar California state record. In teen men 13-15, John Minahan III, set a California Titan, and Ken Anderson. Ismyanto's crew included: Steve Pearson, Dino Martinez, Derek Arredondo, Frank California atte record 402.2. In teen men 13-15 165#, Margot O'Halloran set a Woda California state record and the groove with a better than average 259 Steve Pearson, Dino Martinez, Derek Arredondo, Frank California atte record 402.2. In teen men 13-15 165#, Margot O'Halloran set a Woda California set a California record 501.5 Steve Brown at 308 so there were three Womack siblings who set state record. I'm sure this has never happened at any athletic sontest any where. Kelly, her sister, benched 305 for a providing these meet results to Powerlifting USA)

TITAN FIRST OF THE STATE OF THE

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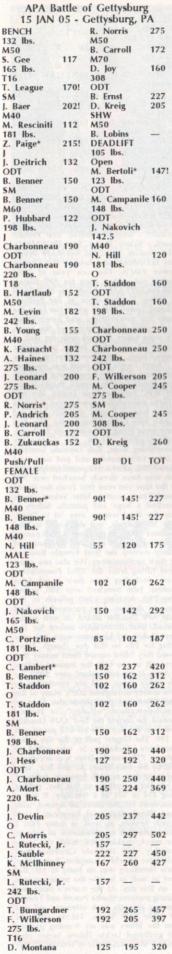


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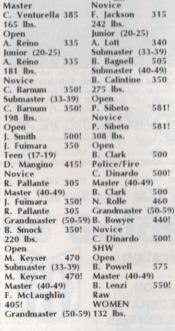
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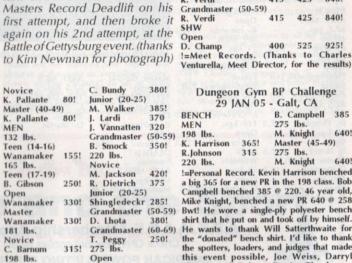


ODT	272	320	592
S. Manning* R. Weaver	182	272	455
K. Weaver	197	250	447
N. Sauble	177	245	422
M. Cooper B. Zukauckas	152	250	402
SM			
M. Cooper M40	177	245	422
R. Weaver 308 lbs. ODT	182	272	455
D. Kreig	205	260	465
R. Beuch	230	227	457
M50			
R. Beuch	230!	227!	457
!=World Records. *=			
Best Lifter: Bonnie Lifter Light Weight: Best Lifter Heavy V ning, Bench Only N Weight: Zachary Pai Best Lifter Heavy V	Benne Chris Veight: Veight: Bene Veight:	Shanno est Lift ich Onl Robert	n's Be t. Mer on Ma er Lig ly Mer Norr
Best Lifter: Bonnie Lifter Light Weight: Best Lifter Heavy V ning, Bench Only N Weight: Zachary Pai Best Lifter Heavy V (thanks to Kim New Lawrence Co 13 MAR 05 - BENCH	Benne Chris Veight: Men's B ge. Ber Veight: man fo	er. Mer Lamber Shanno est Lift ich Onl Robert r these	n's Beet. Men on Mar er Ligh y Men Norri result
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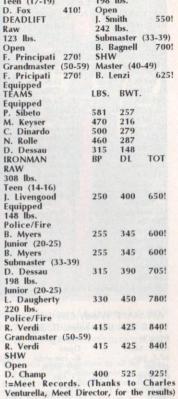


Ron Beuch set an APA World



D. Swope

D. Davis



B. Campbell 385 275 lbs. M. Knight Master (45-49) K. Harrison 315 275 lbs. M. Knight 220 lbs. !=Personal Record. Kevin Harrison benched a big 365 for a new PR in the 198 class. Bob Campbell benched 385 @ 220. 46 year old, Candmaster (60-69)

Grandmaster (60-69)

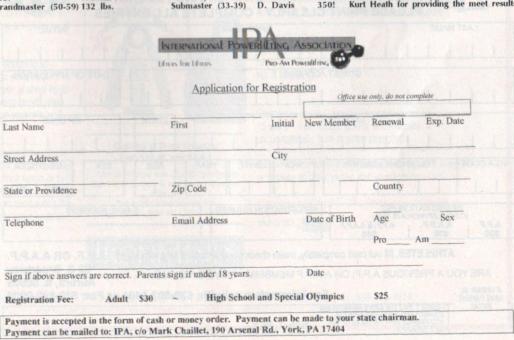
Mike Knight, benched a new PR 640 @ 258

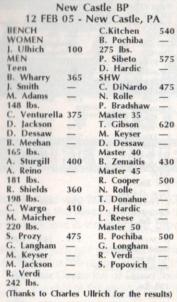
Mike Knight, benched a new PR 640 @ 258

Mike Knight, benched a new PR 640 @ 258

Bwt! He wore a single-ply polyester bench shirt that he put on and took off by himself.

He wants to thank Will Satterthwaite for the "donated" bench shirt. I'd like to thank the spotters, loaders, and judges that made this event possible, Joe Weiss, Darryl 500! Skeva, and Robert Davis. Thank Powerlifting USA Magazine. (Thanks to Kurt Heath for providing the meet results) 350!

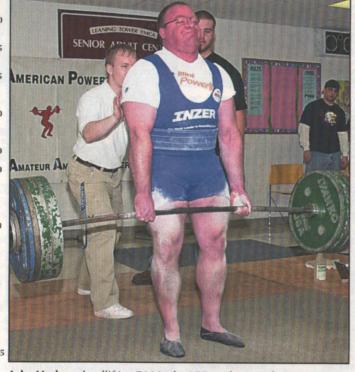




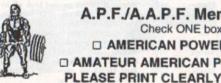
APF/AAPF Windy City Ironman 8 JAN 05 - Niles, IL (kg) BENCH 110 kgs.

AAPE MEN Open R. Luyando 67.5 kgs. 312.5 APF MEN Junior C. West 92.5 75 kgs. 75 kgs. Degrengows! 160 Degrengowsk 160 lunior Degrengows! 160 Degrengows! 160 82.5 kgs. Cravatla 297.5

197.5 110 kgs. D. Phipps 90 kgs. R. Luvando! 312.5 P. Henry 167.5 AAPF Master (45-49) WOMEN 132.5 52 kgs. I. Hum 100 kgs. Open Putchio Open K. Farley 227.5 UNL



	John Hudson de	adlif	ting 71	1 in th	e 275s at the W	indy Cit	y Iron	Mar
	Master (50-54) S. Thoms 140 APF WOMEN 67.5 kgs.	67.5 Teen	kgs. (18-19)		75 kgs. Teen (13-15) M. Bordenaro Open	115	170	285
5	Open B. LaPierre 80 UNL	90 k	gs. Aartin		82.5 kgs. A. Kim C. Rzany	192.5 110	240 217.5	432.5
5	S. Thoms! 140 DEADLIFT Ironman	BP	DL	тот	Junior A. Kim! 90 kgs.	192.5		432.5
	AAPF MEN 67.5 kgs.	STEEL STEEL	A BOOK	T meat	J. Thomas 125 kgs.	205	277.5	
	Master (65-69) K. Anderson	80	92.5	172.5	N. Zostautas SM	197.5	287.5	485



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T. Runde 195 245 440 Teen (16-17) E. Lilliebridge, Ir 110 242.5 352.5 Teen (13-15) E. Lilliebridge 105 195 300 125 kgs. I. Hudson 240 322.5 562.5 140 kgs. E. Littlebridge 215 325 540 =Division cross-over. Rest Lifters: Rest Male APF Bench - Rob Luyando. Best Male AAPF Bench - Rob Luyando. Best Mare APF Deadllft - John Hudson. Best Male AAPF Deadlift - Jeremy Thomas, Best Female Bench - Sidney Thoms. Best IRONMAN - John Hudson. The 2005 APF/AAPF Windy City IRONMAN was held at the Leaning Tower YMCA. The new year of 2005 started out with a bang for APF Illinois with the APFI AAPF Windy City IRONMAN in Niles, IL. We were at the historic Leaning Tower YMCA, which has been the Leaning Tower YMCA, which has been the home for powerlifters and powerlifting meets since the beginnings of the sport. We were happy to work with the staff of the YMCA, including fellow powerlifter rwin Chang, and fitness director of the Y, Cheryl Targos. The meet was equipped with some of the best equipment available from Frantz Cym in Aurora, thanks to our from Frantz Gym in Aurora, thanks to our APF/WPC Founder Ernie Frantz. We had a Forza competition bench press, a Frantz power bar, a Frantz deadlift bar and lvanko kilo competition plates. We had some great lifting at the meet on the bench and deadlift. From the Carpenter Powerlifting team, Rob Luyando benched a huge 689 pounds, and just narrowed missed 705, all at a 242 pound bodyweight! Rob may have already benched over 700 by the time you read this! From the Frantz Power Team, masters lifter Sidney Thoms benched a huge 308 pounds. Sidney is only the third woman over 50 to bench over 300 pounds, and she keeps inching up above 300 with every meet. Rob earned the Best Male APF and AAPF Bencher, and Sidney earned the Best Female Bencher for their performances. We also saw some great lifting from the Illini Powerlifting Team, including from their coach John Hudson. John benched over 500, pulled over 700, totaling 1240 pounds in the ironman division. John received the Best Male APF Deadlift award, as well as the overall Best IRONMAN award for the meet. John and his team were not only lifting for PRs on this day, though. Every pound they lifted earned them money that they wilt use to help the tsunami victims in Asia. Team mini raised over \$800 for this noble cause, and are continuing to raise money throughout 2005. Many of the other lifters had great meets also. Even on a self-described "off-day" for Jeremy Thomas, he earned the best AAPF Deadlift. award on the day with his 618 pound pull at 198. The biggest pull of the day came from Ernie Lilliebridge, Sr. who pulled up a strong 716 pounds. Ernie was accompanied by his sons Ernie, Jr. and Eric, who had great days as well. Ernie, Jr. followed in his dad's footsteps on this day, pulling a big 534 at 181 as a teenager. It was a great meet for the lifters all around, with many Illinois State and American bench records broken, as well as many PRs! I once again had an abundance of help at this meet, making the meet run very smoothly. APF IL State Chairman and multi-time World Champion Powerlifter Maris Sternberg was on hand to MC the meet as well as handle the many records set on this day. At the scorer's table, my

training partners Sharra Powell and Tywnia

Brewton expertly took attempts and ran

the table with Maris. Taking attempts

from the lifters was my training partner and girlfriend Jackie Ebben. Jackie also

150 215 365

70 137.5 207.5

192.5 240 432.5

192.5 240 432.5

APF MEN 67.5 kgs. Teen (13-15)

82.5 kgs.

Open A. Kim!

lunior

A Kim!



Sidney Thoms breaks the 300 lb. barrier in the bench press again at the Windy City competition. (all photos are courtesy Eric Stone)

APF Iowa State Chairman and World
Champion Bench Presser Bill Carpenter
Was also on hand as judge. Finally, saving
many lifters on this day were experienced

Muscle provided tree t-shirts for all the

meet. She had the scoring of the meet done so quickly, the awards were given almost immediately after the lifting ended. Hanmeet with all this of great help. Most of immediately after the lifting ended. Handling the fair and consistent judging of
this meet were experienced, expert WPC
Officials Bob Kelly and Mike Sweeney.
They were joined by the newest APF meet
director in Wisconsin, Gary Reichert.

They were meet with a number of extras at this meet, thanks to my loaders/spotters of Mike Morrow and staff, as well as free Monster Muscle Ernest Roberts. They definitely saved magazines for all the lifters. The lifters more than one mis-grooved bench on this also had fTee Powerlifting USA magamore than one mis-grooved bench on this day, including the closet call I've ever zines, also given away free thanks to PL companies who were generous enough to seen when Illini lifter Andrew Kim lost a bench back towards his head. The bar was job covering the great sport of allow the first Chicago Summer Bash. (Thanks to sponsor APF Illinois and this meet. Thanks to PL companies who were generous enough to sponsor APF Illinois and this meet. Thanks to PL companies who were generous enough to sponsor APF Illinois and this meet. Thanks to PL companies who helped me run this these meet results to Powerlifting USA)



Rob Luyando at the APF/AAPF Windy City Iron Man with his 688 pound bench press in the 242 pound class that was not considered on our March 2005issue's All Time Bench Press Performance list.

powerlifting, and powerlifters should meet, and congratulations to all the lifters. support them both. Finally, World Champion Powerlifter and Bench Press Sidney Thoms and her husband Alan Thoms took to this summer when I will run the APE/ pictures of the meet on very short notice. AAPF Chicago Summer Bash II, which

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The sports world is "a buzz" water retention during their about the site for future Olympics menstrual cycle. acceptable for use as http://www.usantidoping.org/. effective immediately. treatment for chronic Previously, the United States conditions or diseases with control pill for athletes based on their serum potassium levels reporting they experience less smoke.

Games. Willitbe what some call The WADA states their the number one city in the States "decision" is a positive one for (New York) or the number one athletes. For the athletes city in Europe (Paris)? previously impacted by the Meanwhile, the World Anti- prohibited status of Yasmin, the Doping Agency (WADA) has USADA thanks them for ruled that the number one brand "supporting our anti-doping of birth control pills in the US efforts." For more information, and worldwide-Yasmin-is now visit www.yasmin-us.com or contraception by female athletes YASMIN should not be used by who compete internationally. patients with conditions that The WADA announced that predispose them to hyperkalemia they are officially changing the (i.e., renal insufficiency, hepatic status of Yasmin. Yasmin is now dysfunction, or adrenal allowed in- or out-of- insufficiency). Women competition for female athletes, receiving daily, long-term Anti-Doping Agency medications that may increase (USADA) banned the birth serum potassium should have the presence of the progestin checked during the first drospirenone (drsp), which treatment cycle. Oral unlike the progestins used in contraceptives (OCs) do not other birth control pills, exhibits protect against HIV infection (antimineralocorticoid) and other sexually transmitted properties. This means that drsp diseases. The use of OCs is can block certain receptors in associated with increased risks the kidneys, and therefore can of several serious side effects. cause excess water and sodium Cigarette smoking increases the to be excreted from the body. risk of serious cardiovascular side However, this effect of drsp is effects; women who take OCs mild, with some women are strongly advised not to

LIEA	DI N	lavar C	man						
		lavy C		10	Collegiate/Jun	nior (2	(0-23)		
26 FEB	05 - /		SWITT HE		C. Song			239	531
MALE		Junior	/Colle	giate	J. Navarre	293	203	342	909
05 lbs.			nields	1251	132 lbs.	7	IN SECTION	to be properly	
outh		220 II			T3				
. Dantzler	281	D. Ba	rtle	1278	P. Smith	212	176	288	733
23 lbs.		A. The	omas	1179	148 lbs.				. 00
unior/Colleg	iate	Z. Ke	ller	1047	Collegiate/Jui	nior (2	0-23)		
. Song	531	J. Bro	ome	-	M. Barcelo		189	392	1030
32 lbs.		Youth			M. McHugh			311	876
unior/Colleg	iate	P. Co	llins	479	165 lbs.				0.0
Navarre					Collegiate/Te	en (T3	1		
. Smith	733	Junior	/Colle	giate	C. Adams			401	1135
48 lbs.				1355	Collegiate/Jui			401	1133
unior/Colleg	iate				D. Davis	347	257	392	1102
A. Barcelo			os.		Collegiate/Te			332	1102
A. McHugh		Youth			E. Carr		216	369	992
65 lbs:		M. Da	aniel	336	Collegiate/Jui			303	332
unior/Colleg	iate	123 II	os.			284	248	333	942
. Adams		Junior	/Colle	giate	S. Mindek		203	329	892
	1102			440	Collegiate/Te			323	032
. Carr	992	132 II			N. Miller		185	288.5	954
	942	lunior	/Colle	giate	181 lbs.	320	103	200.3	034
). Mindek	892			617	Collegiate/Te	on (T3	1		
l. Miller	854	148 II			I. Major	333	311	360	1113
81 lbs.	-		/Colle	giate	W. Spears	347	248	392	1091
unior/Colleg	iate				Collegiate/Jui			392	1091
		C. Hu		639	R. Mayes	329	248	369	1041
V. Spears	1091		leman		M. Barnes	77	The second second	77	
. Mayes	1041	0, 00,		003	198 lbs.	//	257	//	385
1. Barnes	385					(Ta	,		
98 lbs.	303				Collegiate/Te			460	4054
laster					W. Shields	360	288	468	1251
. Krawczyk	1085				Master (50-54		220		4000
outh	1003				P. Krawczyk		239	374	1085
. Proctor	352				Youth (10-13)		00	474	250
AALE	SQ	BP	DL	TOT	T. Proctor			171	352
05 lbs.	34	DI	DL	101	Collegiate/Te				
outh (10-13)						392	266	-	-
. Dantzler	95	77	153	281	220 lbs. Collegiate/lui	.: /0	0 22)		
. Dantzier	73	11	133	201	Collegiate/IIII	110r (2	(1-Z.5)		

419 248 473 1278



Brett Campbell, 158 lbs., benching 441. He went on to bench a record 450 and win Best Lifter honors in the Bench Press at the APA Citrus State Open. (photograph provided courtesy of Scott Taylor)

								HELL BOTH		
								Open		
Collegiate/Tee	en (T3)			19 MA	AR 05	- Bar	tow, F	- 10 H	
A. Thomas	405	288	365	1179	BENCH		M. F	lynn	425	
Collegiate/Jun	ior (2	(0-23)			WOMEN		275	lbs.		
Z. Keller	320	257	374	1047	123 lbs.		Oper	1		
Youth (10-13)					Submaster		M. V	Vitmer	565	
P. Collins	203	108	176	479	C. Daiello	130		Tested		
275 lbs.					MEN		T. G		460	
Collegiate/Jun					148 lbs.		G. B	00	425!	
S. Bermudez	428	311	464	1355	Open			(16-17)	1011	
FEMALE					B. Campbell	441	G. B		425	
105 lbs.					4th-450!			aster	700	
Youth (10-13)	100	00	150	226	K. Poitevint	275		Vitmer	565	
M. Daniel	122	90	158	336	Submaster	275		Tested		
123 lbs.	. (Ta				K. Poitevint	275	(50-5		450	
Collegiate/Tee N. Pesce	144		198	440	B. Campbell	441	T. G		460	
132 lbs.	144	113	190	440	4th-450! 181 lbs.		308 Oper			
Collegiate/Tee	n (T2	,			Drug Tested		Oper K. H		450	
S. Matt	212	135	252	617	(40-49)		-		430	
148 lbs.	212	133	232	017	R. Cowser	450	J. Pu	aster	425	
Collegiate/Jun	ior (2	0.23)			198 lbs.	430		DLIFT	423	
D. Ching	216	176	243	661	(50-59)		308			
C. Hu	221	153	243	639	B. Grey	340	K. H		550	
Collegiate/Tee			243	033	220 lbs.	340	к	Cillis	330	
S. Coleman	212	149	216	589	Drug Tested					
The U.S. Nav					(60-69)					
MD hosted a					Churchman	365				
where thirty-o	ne vo	uth. c	ollegia	te. and	J. May	300				
masters divisio					242 lbs.					
collegiate athle					Open					
Collegiate Na					M. Flynn	425				
Baton Rouge,					Submaster					
master division	s had	a stro	ng show	wing as	198 lbs.		BP	DL	TOT	
well. The judg	es pre	esent w	ere es	pecially	Drug Tested					
professional a					D. Bennett		300	450	750	
well judged me	eet. An	nong th	e judge	es were	220 lbs.					
Caryn Daniel	, Mai	rsha S	erre,	Robert	Drug Tested					
Panazari, Ma	att G	ary. a	and Si	uzanne	Junior					
Hartwig. Nota					S. Ribaudo		425	500	925	
emy midshipm					Drug Tesed			May bell	NG ON	
giate Nationa					J. Pritchard	ounes.	365	540	905	
Barcelo (148 lt					T. Bodenbend		390	430	820	
William Shields					!=World Recor					
b.). and Serge					East Main St,	Barto	w, Flo	rida. Pu	ish-Pull	
especially succ					Best Lifter: Sal					
individual wei					Best Lifter: B					
(123 lb.). Sarah	Matt	(132 10	b) and	a Ching	Drug Free Bes					
(148 lb.), Ceci Coleman (148					thanks to Keith					
ifters who q					possible and t					
Championships					making this a					
uture superst					Powerlifting U					
Daniel and 10					this event Des					
he competitive					the same gene					
or and Peter C					great event w					
sive amount of					Several recor	rds we	re br	oken. A	nother	
13 year old					event is being					
Krawczyk, Ma					in the summ					
pressive comb					spotters, loade					
all in attenda					an awesome jo					
staying fit beyo					to Scott Taylor					
o USAPL for	provid	ing the	meet	results)	these meet re					
		-						9		



Big Keith Helms, pulled 550 and tried 600 at the APA Citrus Open.

	1	est Liberty, C	
WOMEN 97 lbs.		T. Collins HS	50
Teen		T. Slonecker	75
A. Fisher	20	PS Teen	
105 lbs.		J. Mobley	50
Teen		132 lbs.	
M. Pratere	30	PS HS	
PS HS		S. Shope	82
D. Morris	40	4th-87	
114 lbs.		PS HS	
PS Teen		J. Krabill	87
A. Hurd	32	HS	
Teen		B. Baumgardr	ier
V. Pendleton	40	62	
HS	27	148 lbs.	
Heironimus	37	PS Jr	11
PS Jr	30	E. Schneider 4th-115	11
W. Hopewell SMIPS	30	PS HS	
C. Smith	42	B. Wright	97
PS Teen	44	T. Knox	52
B. Alig	30	D. Webb	47
Teen		M. Weber	82
M. Thomas	30	Teen	
123 lbs.		N. Augur	12
HS		HS	
E. Douglas	32		10
PS HS		J. Lloyd S. Bass	97
B. Davis	30	Teen	
M1		C. Atwood	87
L. Lowery	60	165 lbs.	
132 lbs.		HS	
HS		R. Buckner	90
L. Miller	55	C. Chaney	13
PS HS		PS HS	
S. Wirick	45	T. Thullen	85
148 lbs.		B. Miller PS PN	77
PS HS	42	C. Kimbrell	14
M. Winterhof PS Teen	42	181 lbs.	14
H. Propst	35	SMP	
S. Bowman	37	T. Ruth	14
165 lbs.	31	HS	
Teen		J. Behr	92
K. Cline	62	SM1	
4th-65		J. Montebow	18
M2		SM2	
C. Frank	65	L. Wilcoxon	18
P. Frock	80	PS SM Pure	
181 lbs.		E. Wright	14
Jr		PS Teen	
S. Dietsch	70	R. Turner	77
198 lbs.		PS HS	
PS HS		R. Crawford	50
B. Dafford	45	C. Harris	92
4th-47		J. Duvall	72
198+ lbs.		198 lbs.	
HS		Jr	
T. Palmer	77	M. Schwarz	85
MEN		PS HS	
123 lbs.		E. Mulkey	11
PS HS		4th-117	
C. Webb	55	J. Davis	92

P. Hidinger HS	82	T. Bailey 242 lbs.	132
I. Ricketts	130	HS	
K. Ladd	62	McWhorter	127
G. Shaffer	157	A. Crawford	
4th-172	137	G. Gantz	82
Pure		PS HS	02
	4==		00
B. Hawks	155	J. Smith	90
PN		J. Collier	
M. Johnson	147	SM1	
D. Koenig	102	L. Boyer	185
220 lbs.		PS SM2	
Jr .		F. Wacker	150
S. Ball	77	M1	
Hs		C. Bednar	150
K. Ditts	122	M2	
PS HS		M. Brown	176
G. Nash	110	4th-177	
4th-112		Int	
N. Lowe	122	D. Brown	147
	90	275 lbs.	14/
A. Harris	90		
PS Teen	00	PS HS	
L. Taylor	92	B. Comer	75
4th-95		E. Oakley	65
SM1		PN	
K. Ankeney	175	J. Kennedy	217
Nat		4th-220	
T. Boyer	190	M2	
4th-210		G. Matheny	162
M2		D. Votaw	175
T. Boyer	190	Police/Fire	
4th-210		D. Mason	175
M5		M1	
T. Boyer	190	S. Hamilton	117
4th-210		308 lbs.	
Unl		SMP	
	100	K. Tressel	205
T. Boyer	190		203
4th-210		Teen	107
PN		J. Chesseman	197
K. Spurrier	157	4th-202	
M4		Police/Fire	Eq.
H. Yakel	122	D. Herron	265
4th-125		C. Hamilton	175
Unl		J. Short	165
P. Sengos	210	SMP	
Int		H. Mobley	220
The meet we	ent on	without a hitch	even
		no cont ue a cou	

though Mother Nature sent us a couple of curves. 22 inches of snow the week efore, rain and lots of ice the week of and power was out in most of Logan county for 3-4 days before the meet. There was great lifting a 584 by Columbus's Dennis Herron and a narrow miss at 601, a 446 lb. lift by Northeastern High School lifter Jim Cheeseman. The best lifter awards went to Pat Frock in the women's division, and Lee Wilcoxon in the light weight men and Dennis Herron in the heavy weigh men. The open team trophy went to Paul's Power Plus gym from Springfield, Ohio. Second went to Big Three Barbell Club from Millersport, Ohio. In the high school team completion the first place trophies in boys and girls went to Northeastern High School coached by Gary Scholl. High School coached by Gary Scholl.
Second place trophies in boys and girls went to our own West Liberty-Salem Tigers. This meet is used as a fund raiser for our lifting program, and could not happen without generous support from our sponsors. I would like to thank our sponsors: Inzer Advanced Designs, House Of Pain, Wirick Farms - Neil and Peggy Wirick Peoples Sayings Bank Peoples Wirick, Peoples Savings Bank, People Savings and Loan, Champaign National Bank, Dr. Rex Huffer and Liberty Chiropractic, and Pat Frock for the food and movie coupons that were given away as door prizes. It takes a lot of support people to run a meet like this and I would also like to thank them: My wife Larenda, and my daughters Mara and Kaleigh for their help and putting up with my grumpy self, My Mom Ruth Cordial, My in-laws David and Jayne Kauffman, Kendra and Jenny Hunt, Ned, Marcia and Adam Bailey, Jenny Hunt, Ned, Marcia and Adam Bailey, Allana McCreight, Mike and Diane Baumgardner, Rod Hager, Dan McGill, Toby Smith, Greg Vanhoose, and my brother Carl whom loaded and spotted all day without a break. Our judges Jeff Briner, Art Wooten, Tony Lawrence, Mike Briner, Art Wooten, Iony Lawrence, Mike Boettcher, Bo "Hugo" Casto, and Brad Bishop. Thanks to Gary Scholl for the use of the weights and light system. This was the 6th year for the meet and I am already planning the 7th. Once again, thanks to everyone and thanks to all the lifters. See

New Jersey 6 MAR 05				198 lbs.			
GIRLS	BP	DL	TOT	D. Washington	250	515	765
J. John	105	220	325	B. Pema	285	475	760
I. Iannacone	90		290	C. Cunningham	255	490	745
	0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1			220 lbs.			
C. Petrutz	90	215	305	S. Delhierro	340	500	840
BOYS				P. Collins	310	500	810
114 lbs.		240		S. Kent	320	490	810
C. McGlynn	130	310	440	242 lbs.			
J. Furgioni	140	275	415	M. Bertling	330	510	840
123 lbs.				A. Saltzman	265	405	670
P. Sabba	205	290	495	K. Mitchell	225	440	665
L. Palumbo	155	295	450	275 lbs.			
132 lbs.				T. Schubert	300	460	760
F. Scanga	235	375	610	M. Zubak	255	495	750
J. Cosgrove	155	300	455	M. Quintana	225	465	690
148 lbs.				SHW			0,0
T. Vo	265	360	625	B. Bono	325	420	745
J. Emerson	195	410	605	M. Johnson	235	405	640
L. Zaraglia	220	340	560	J. Sharp	255	355	610
165 lbs.				TEAM AWARDS:			
N. Rigney	320	400	720	High School, 2nd p	daco T	ome Di	vor Fac
T. Grasso	240	450	690	High School, 3rd	nlace - II	Stort in	or High
A. Guingona	265	410	675	School. Thanks to	Tuenby	Sterin	ig riigi
181 lbs.							
K. Rigney	355	470	825	R Block of Hamme			
R. White	260	490	750	Morano, Patriot (Thanks to Coach			

NEW PRODUCT



The Y-Flex fitness machine, developed by Brigham Young University engineers, sports two rows of adjustable, bendable fiberglass poles with guides that simulate the feel of free weights. The poleguide systems are "compliant mechanisms", a special class of devices that transfer motion, force or energy without the use of movable joints. Rather than providing resistance like an uncoiled spring, easy to push at first and then harder as the coil is compressed, the Y-Flex presents a constant load, like free weights. This a prototype device which represents an opportunity for an entrepreneur or existing fitness company to bring an innovative piece of everyone on the second Saturday of January next year. (Thanks to Dick "Spanky" Cordial for providing the results) fitness equipment to the marketplace. For further information, contact Grant Madsen at grant_madsen@byu.edu.









go to: www.worldlegionofpower.com (Thanks to Grant Moffitt for these results)

Montana High School "Raw" 5 MAR 05 - Great Falls, MT SQ BP

80

135

185

225

170

190

N. Grant 215 180 Shellenberger 295 205 R. Veach 210 160

114 lbs.

S. Unruh

165 lbs.

J. Vonada SHW

F. Ramsey 123 lbs. R. Witherite

B. Huffman

132 lbs.

P. Jones N. Grant

148 lbs. P. Bolan

165 lbs.

Z. Woodward 340 C. Dobson 305

J. Kruse 335 R. Veach 260 Waldenberg 335

A. Mahoney 148 lbs.

DL TOT

175 255

280

265

220

340 670

435 385

350 360

320 685 370 765 375 875 320 690

970

100 110 220 430 150 110 245 505

175 115 300 590

145 135 300 580

225 130 240 595

115

140

200 195 185

220 185

210

WLOP Champs: Steven Brown Alvin Waldon .

. Cory Dexter.

Narbe Mansourian ... (Moffitt)

	A STATE OF								
WL	OP C.	T. Classic		J. Glueckert	290	190	370	850	275 lbs.
11 DF0	04 -	Whittier, CA		B. Graupman	_	220	_	220	R. Boone
BENCH		D. Fink	363	T. Wald	350	190	425	965	N. Jones
Raw-Drug Fro		148	303	J. Stevens	260	210	320	790	J. Hansen
Master Elite		and the second second second second	250	T. Merideth	275	210	320	805	SHW
50-54	men	N. Mansourian	358	D. Auger	275	175	340	790	J. Hoffman
SHW		Amateur SHW		B. Bollwit	370	235	435	1040	S. Schroed
S. Brown	454		425	S. Shaulis	330	225	375	930	The Montar
	451w	V. Beecham	435	M. Hopkins	290	190	470	950	was held
242	470	275		N. Berryman	280	210	345	835	Recreation
A. Waldon	479	R. Mickschl	475	181 lbs.					were Jim R
60-64		242	205	R. Egan	365	235	420	1020	Rohrback.
220	225	H. Taylor	295	C. Vuckovich	300	220	375	895	Capital Hig
A. Nerenberg	325W	220	200	C. Posey	360	170	375	905	North for
275	200	B. Clark	365	198 lbs.					
M. Vail	308	M. Beringer	315	L. McKinely	410	250	450	1110	
80+		198		G. Thompson	350	250	365	965	
181	400	R. Porter	325	J. Dalzell	320	260	425	1005	
E. Malin	150	181		S. Koffman	320	300	430	1050	26 F
Master Elite	women	F. Tabrizy	235	C. Dostal	355	245	400	1000	FEMALE
80+		165		220 lbs.					165 lbs.
123		R. Martinez	265	J. Mahana	390	250	430	1070	Open Raw
B. Maullin	55	R. Lewis	205	C. Winters	480	405	575	1460	T. Benson
Open Elite		132		J. Vulk	280	190	410	880	4th-160
275		M. Tillman	220	H. Mclean	275	185	410	870	Master (45
M. Bacon	418	Youth 16-18		242 lbs.					Raw
220		242		A. Voorhees	365	220	405	990	M. Fergus
C. Dexter	479w	C. Collins	295	S. Cleveland	385	240	385	1010	4th-235
165				L. Stubbs	405	290	430	1125	MALE
		December 11th, 2		T. Kain	310	210	410	930	148 lbs.
		Power sanctione		A. Fjeseth	390	295	425	1110	Teen Raw
		tion called "The							
		s held at the Radi							
		C T CT PLA							

R. Boone N. Jones I. Hansen SHW	445 425 415	250 325 300	450 475 460	1145 1225 1175	
. Hansen				7777	
	415	300	460	1175	
SHW					
					bj
. Hoffman	420	255	485	1160	á
5. Schroeder	430	280	425	1135	
The Montana S	Sate Hi	gh Scho	ool "Ra	w" meet	
was held at	the Gr	reat Fa	lls Cor	nmunity	1
Recreation c					
were Jim Ram	sey, W	illie W	eaver, a	and Alan	1
Rohrback. The	team	winner	rs were	Helena	
	Ichael	Thank	to to E	harand T	
Capital High 9	SCHOOL.	(Inani	S IU EI	IWATU I.	-

Capital High School North for providing		
Fitness	One BP	
26 FEB 05 -	Hamilton, O	H
FEMALE	M. Smith	240!
165 lbs.	Open Raw	
Open Raw	Sehwitalski	250!
T. Benson 155!	165 lbs.	
4th-160!	Teen Raw	
Master (45-49)	M. Flum	175!
Raw	Open Raw	
M. Ferguson 225	C. Kimbrell	355!
4th-235	198 lbs.	
MALE	Open Raw	
148 lbs.	J. Cobb	365!

	J. Lindsey 450	P&F
	Master (40-44)	Submaster Raw
	S. Watts 485	R. Frazier 36
	Master (50-54)	242 lbs.
	Raw	Master (50-54)
	B. Bean 370	Raw
	4th-380	J. York 25
et	Master (60-64)	4th-270!
ty	Smallwood 405	Master (55-59)
rs	4th-425!	Raw
ın	P&F	M. Ferguson 36
ıa	Master (40-44)	P&F
T.	Raw	Raw
s)	B. Henson 325	T. Baker 35
	4th-340!	275 lbs.
	C. Smallwood 340	P&F
	4th-350!	A. Patrick 45
	220 lbs.	
	Master (50-54)	

480! !=Personal record. The 2nd annual Fitness One Bench Press Championship was held at Wayne's Fitness One. This gym is owned by none other than Wayne Smallwood. Who has been training powerlifters & bodybuilders along with general health and fitness types of all ages male and female for over 30 years. This had to be one of the safest places to be this day due to the fact we had five lifters in the Police and Fire classes among us. Thanks goes out to Powerlifting USA and HOUSE OF PAIN for Powerlifting USA and HOUSE OF PAIN for the great support of this meet. I would also like to thank the spotter/loaders Jimmy Gross and Jerome Maggard for helping make this another safe DWG Productions meet. Teagan Benson started the meet lifting in the female 165 open raw class setting a new pr with a 4th attempt 160. Marcia Ferguson came down to compete in the female 165 master 2 raw class and went 4 for 4 finishing up at 235 At 148 Teen raw the female 165 master 2 raw class and went 4 for 4 finishing up at 235. At 148 Teen raw we bad first timer Mark Smith getting a pr of240. 165 Teen raw lifter Matt Flum also in his first meet got an easy 175. 148 open winner Ryan Schwitalski finished up at 250. Chris Kimbrell competing at 165 open raised his pr to 355 then just missed a 365 4th attempt. John Cobb settled for 365 after missing 385 twice today in the 198 open

missing 385 twice today in the 198 open raw class. Joe Lindsey benched a strong 450 to take the 198 open class. In the master 40-44 198 class we saw Steve Watts

just coming up short of lockout with 500 before settling with a no doubt about it 485.

Bob Bean, lifting in the 198 50-54 raw class looked super while pushing up a 380 lb. 4th. Bob is the strength coach for Ross High School, and one of the many all around

good guys in our sport. Tom Boyer matched his best ever with a 2nd attempt 480 then called for 500 and nearly pulled if off. Joe York also went 4 for 4 today in his 1st

York also went 4 for 4 today in his 1st competition ending up with a 270 4th. Mike Ferguson lifting raw at master 55-59 242 benched 365 before falling just short at 385. Mike took today off from an upcoming bodybuilding competition which is only about 5 weeks out. Gym owner Wayne Smallwood also went 4 for 4 in route to a smallwood for binneff of 45. Pathellane

Smallwood also went 4 for 4 in route to a new pr for himself of 425. Butch Henson also had a perfect day of lifting finishing with 340 lbs. in the 198 master 40-44 Police and Fire. Tim Baker pressed 355 to win at 242 Police and Fire lifting raw. Aaron Patrick had to settle for just his opener of 455 in the Police and Fire 275. Lifting raw in the 220 Police and Fire class was Randy Frazzier looking strong with 355. First time

Frazier looking strong with 365. First time competitor Chris Smallwood pushed up a 4th attempt 350 lifting in the Police and Fire 220 master 40-44 class. Thanks to

everyone for making this a great home coming for DWG. (courtesy of DWG)

WPO T-Shirts



2005 World Record Bench Bash



WPO Super Open

WPO Rocks Ladies pink tank top (limited supply)



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Classic". The event was held at the Kadisson Hotel in Whittier, California. C.T. Fletcher, CEO and Co-founder of the WLOP, was the MC. The WLOP is a raw (no bench-press shirt) and drug free organization. The event was drug tested. Members who attended congratulated the WLOP for a super meet. Once member wrote "Your venue, trophies and support staff are one of, if not the best of all the federations I have lifted in". It was a warm and supportive event dedicated to serving the "Iron Brotherhood". For more info about WLOP



Kgs.	Lbs.	Lifter
1.423.0 2.422.5	932.555 931.453	Bolton, Andrew
3.419.573	925.0	Frank, Garry Heisey, Gary
4.412.5 5.410.047	909.46 904.0	Podtynny, Maxim
6.410.0	903.895	Wohleber, Daniel Kenady, Doyle
7.410.0 8.410.0	903.895	Henry, Marcus
9,408.687	903.895 901.0	Magnusson, Benedik Coan, Edward
10.408.0	899.486	Meszaros, Tibor
11.407.0 11.406.0	897.281 895.076	Konstantinovs, Kon. Noren, Lars
12.405.5	893.974	Turtiainen, Ano
14.42.5 15.402.5	887.360 887.360	Badenhorst, Gerrit Tregloan, Peter
16.402.196	886.69	Kazmaier, William
17.401.656 18.400.181	885.5 882.25	Reinhoudt, Don
19.400.07	882.0	Ravndal, Torkel Cole, Jon
20.400.0	881.849	Kuster, Rudolf
21.400.0 22.400.0	881.849 881.849	Greig, Bruce Goggins, Steven
23.400.0	881.849	Goggins, Steven Bondarenko, Vladim
24.400.0 25.397.5	881.849 876.337	Alkhazov, Vyachesla Wilson, O.D.
26.397.5	876.337	Arvai, Istvan
27.395.0 28.392.5	870.826 865.314	Kuc, John Long, Terry
29.392.357	865.0	Rethwisch, Gus
30.390.0 31.390.0	859.83	Warman, Scott
32.390.0	859.83 859.83	Russell, Bret Gurianov, Maxim
33.390.0	859.83	Pankov, Alexei
34. 388.0 35. 388.0	855.393 855.393	Carter, David Brugger, Michael
36.387.821	855.0	Wrenn, Paul
37.387.5 38.387.5	854.291 854.291	Driscoll, Charles Pasanella, David
39.387.5	854.291	Gillingham, Brad Lampkin, John Wilson, Steven
40.385.554 41.385.554	850.0 850.0	Lampkin, John Wilson, Steven
42.385.554	850.0	Citalice, main
43.385.554	850.0	Smith, Matthew
44. 385.0 45. 385.0	848.779 848.779	McCormick, Terranc Shaw, David
46.385.0	848.779	Young, Craig,
47.385.0 48.385.0	848.779 848.779	Kaplyla, Aare Spinov, Yury
49.385.0	848.779	Spinov, Yury Fomin, Yury
50.383.286 51.382.5	845.0 843.268	Cash, James Kerr, Andrew
52.382.5	843.268	Grande, Lou
53.382.5 54.382.5	843.268 843.268	Gankov, Alexey Papazov, Vitaly
55.381.018	840.0	Reynolds, Gary
56.381.018 57.381.0	840.0 839.961	Ware, John
58.380.0	837.757	Johnsson, Audunn White, Arthur
59.380.0 60.380.0	837.757	Vrasdonk, Peter Porretta, Michael
61.380.0	837.757 837.757	Mironov, Vladimir
62.380.0	837.757 837.757 837.757	Mironov, Vladimir Andrews, Phillip
63.380.0 64.378.750	835.0	Klyushev, Alexander Henderson, Thomas
65.378.750	835.0	Parks, David
66.378.750 67.378.0	835.0 833.347	Culnan, Sean Aman, Ismo
68.377.5	832.245	Cundy, Donald
69.377.5 70.377.5	832.245 832.245	Piekut, Jay Bell, William
71.377.5	832.245	Lacy, Richard
72.377.5	832.245	Malanichev, Andrey
73.377.5 74.376.482	832.245 830.0	Thompson, Donald Holmes, Chad
75.376.482	830.0	Stewart, Andrew
76.376.482 77.376.482	830.0 830.0	Kovacs, Daniel Gulledge, Kyle
78.375.5	827.836	verMagnusson, Magn Gamble, John Magee, Thomas Rainey, Richard
79.375.0 80.375.0	826.734 826.734	Magee, Thomas
81.375.0	826.734	Rainey, Richard
82.375.0 83.375.0	826.734 826.734	Hechter, George Arnason, Hjalti
84.375.0	826.734	Hill, Henry
85.375.0 86.375.0	826.734 826.734	Hiltunen, Mika Barry, Leon
87.375.0	826.734	Vyshnytsky, Alexey
88.375.0 89.375.0	826.734 826.734	Orobets, Vasily Siders, Brian
90.375.0	826.734	Fedorenko, Yury
91.373.5	823.427 822.5	Coppin, Edward Barno, David
92.373.081 93.373.0 94.373.0	822.324	Kumpuniemi, Veli
94.373.0	822.324	Cullen, Mark
95.372.5 96.372.5	821.222 821.222	Anello, Vincent Schneider, David
97.372.5	821.222	Snitkin, Carlton
98.372.5 99.372.5	821.222 821.222	Thomas, Walter Bloom, Wayne
100.372.5	821.222	Dempsey, Robert
101.372.5 102.372.5	821.222 821.222	Jorgenson, Frank Furnas, Douglas
103.372.5	821.222	Martinez, Daniel
104.372.5 105.372.5	821.222 821.222	Washington, Robert
106.372.5	821.222	Smith, Calvin Bryan Robinson, Mark
107.372.5 108.372.5	821.222	Dimel, Matthew
109.372.5	821.222 821.222	Phillipi, Mark Dayton, Ronald
110.372.5	821.222	Muravlyev, Vladimir Voroshylin, Roman
111.372.5 112.371.946	821.222 820.0	Voroshylin, Roman Morgan, Michael
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Date 01MAR03 09NOV02 15MAR92

10DEC01

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16APRO

28JUL91 16MAY04

070EC03

10APR88

06JUL97

29NOV81

03MAY75 SEP70

280CT72 27AUG88

24OCT02 01MAR03

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25JAN86 02MAR86 02NOV86

20SFP98

21JUN04 02DEC90

MAR94 15AUG76

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13APR03

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01APR84 02FEB86 18NOV90

170CT93 30SEP00 14DEC85 28NOV82 17APR94

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07MAY04 05JUN82

29JAN89 24APR04 17APR82 07APR85

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02JUN02 18APR04

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24FEB96 10APR99

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18SFP04

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19APR86

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02APR89 16JUL95

06MAY01

12AUG01 17NOV01

22MAR02

14ALK04

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160CT82

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57USA

72RUS

61USA

84151

79LAT

61SWE

53USA

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37NOF 43USA

55GER

78RUS

+55-911 ISA

77RUS

59USA

47USA 56USA USA

75RUS

SERLIS

47GBR 61GER 47USA

541 154

57USA 74USA 46USA

50USA

61USA 64FIN

62UKR

49USA 47GBR

70RUS

60USA

721SL

55USA 83RUS

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67USA FIN 40USA 56USA

USA 49USA 77RUS 64USA

71USA 57USA 70USA 84USA

63ISL 60USA 58CAN USA 61USA

FIN

76USA

79USA 74RUS

46USA

45USA

58USA

USA USA USA

63RSA

75RUS

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USA +61-97USA DEN

+60-01BEL 70USA 34FIN GBR

51GBR 50NDL USA +59-97RUS

USA

USA +62-90USA 63USA

+48-99USA 71USA

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184.07

128.25 131.55

172.4 123.32

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121.4 125.0 125.0 156.5

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108.86 142.0 146.51

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139.9 98.4 161.0

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124.5 127.75 109.2 145.15

Location Columbus, OH New Orleans, LA

Lancaster, PA

Nyagan, RUS Sandusky, OH Honolulu, HI

Wilkes-Rarre PA

Reykjavik, ISL Dallas, TX Nymburk, CZE

Vienna, AUT Gothenborg, SWE Columbus, OH

Pescara, ITA Derby, ENG Columbus, GA Chattanooga, TN Oslo, NOR

Phoenix, AZ Mannheim, GER Otokoks, ALB, CAN Columbus, OH

Blagoveshchensk, RUS Israel

Long Beach, CA

Capetown, RSA Ar1ington, TX Greensboro, NC

Bend, OR El Dorado, AR

Parkersburg, WV Kaluga, RUS Sofia, BUL Stone, ENG

Germany Arlington,TX Dallas,TX

Trencin, SLO

Akron, OH

Newark, OH Honolulu, HI

Honolulu, HI Honolulu, HI Irving, TX Hague, NDL Kiev, UKR

Sochi, RUS

Longmont, CO Glaucester, ENG

Rosemont II

Rosemont, IL Cherkasy, UKR Kolomya, UKR Birmingham, AL Galesburg, IL Reykjavik, ISL Hunich, FRG

Hague, NDL

Las Vegas, NV Eastern EUR REC Laughlin, NV St. Petersburg, RUS

Des Moines, IA Madison, WI Albany, NY

Tampere, FIN Oslo, NOR

Boise, ID Adel, GA Columbus, OH

Vejle, DEN Marietta, GA Tuscola, IL Orlando, FL Columbus, OH

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Vancouver, BC/CAN Glendale, CA Honolulu, HI

Reykjavik, ISL Dallas, TX

Vassa, FIN Orlando, FIN Sotkamo, FIN

Kolomya, UKR Las Vegas, NV Capetown, RSA Fredrickstad, NOR

Shamokin Dam, PA

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NAT REC Cleveland, OH Cleveland, OH

Glens Falls, NY Copenhagen, DEN Dayton, OH Kansas City, MO

Greensboro, NC Hollywood, FL

Pescara, ITA Pittsburg, PA St. Louis, MO

Los Angeles, CA Koiomya, UKR Capetown, RSA Madison, WI

Honolulu, HI

APF IPF IPF USPF IPF AAU IPF USPF USPF USAPL

IPF USM

USPF USPF APF IPF WPO SPL AAU IPA APF IPF USPF IPF USPF APF IPF WPC WPO

compiled by Herb Glossbrenner



Don Reinhoudt remains as one of the best pullers of all time. (Bruce Klemens photo)



John Gamble leans back at the 1982 Worlds

Lavitola, Nicholas Ufford, Kenneth 113, 371, 946 114, 371, 946 820.0 Stafford, John Sigurjonsson, Guoni Kravchenko, Oleg 816.813 118 370 0 815.711 815.711 815.711 815.711 121.370.0 122.370.0 123.370.0 124.370.0 815.711 815.711 815.711 815.711 125, 370,0 126, 370,0 815,711 815.711 815.711 815.711 129, 370,0 130 370 0 815.711 815.711 815.711 815.711 131.370.0 132.370.0 133.370.0 134, 370.0 815,711 815.711 815.711 815.711 815.711 812.5 812.0 810.199 810.199 135.370.0 136.370.0 137, 370,0 138, 368, 544 139.368.317 140.367.5 141.367.5 142, 367, 5 810,199 810.199 810.199 810.09 810.0 810.0 810.0 810.0 810.0 810.0 807.0 807.0 143.367.5 144.367.5 145.367.410 146, 367, 410 147, 367, 410 148.367.410 149.367.410 150, 367, 410 151.367.410 152.366.049 153.365.5 805.79 805.0 805.0 805.0 805.0 805.0 805.0 805.0 154, 365, 142 155.365.142 156.365.142 157.365.142 158, 365, 142 159, 365, 142 160.365.142 161.365.0 162, 365,0 804.687 163 365 0 804,687 804.687 804.687 804.688 804.687 804.687 804.687 804.687 804.687 804.687 804.687 804.687 804.687 804.687 804.687 804.687 804.687 804.687 804.687 804.687 804.687 804.687 804.687 166.365.0 167 365.0 168.365.0 169.365.0 170, 365,0 171.365.0 174, 365.0 175, 365,0 176.365.0 177.365.0 178.365.0 179.365.0 180.365.0 181.365.0 182, 365,0 183, 365,0 186.365.0 187.365.0 804.687 804.687 804.687 804.687 190.365.0 191.365.0 804.687 804.687 804.687 804.687 192.365.0 193.365.0 194.365.0 195.365.0 804.687 804.687 804.687 804.687 801.380 801.380 800.278 800.278 800.278 800.0 800.0 800.0 800.0 198.365.0 199, 365,0 200. 365.0 201. 363.5 202.363.5 203.363.0 204.363.0 205.363.0 206.362.874 207, 362, 874 208. 362.874 209. 362.874 210. 362.874 211.362.874 212.362.874 213.362.874 214.362.874 800.0 800.0 800.0 800.0 215, 362, 874

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Snadjar, Milos Olafsson, Tori Sigmarsson, Jon Pall Clifford, Joseph Wright, Dorian +60-93ISL USA USA USA 55RUS 53UKR 125.0 125.0 152.0 125.0 Ross, Lance Shedrin, Valery Naleykin, Viktor Davidson, Sturla 141.0 125.0 140.0 64NOR 72SWI 77RUS 70USA 7IUSA 83RUS Jungo, Alain Ukraintsev, Ron McGettigan, Patrick Jackson, John Jackson, John Arkhipov, Oleg Marinin, Sergey Klyushev, Alexande Gushchin, Sergey Vogelpohl, Charles Ljungberg, Jorgen Barkhatov, Maxim 113.6 79RUS 83RUS 74RUS 65USA 67SWE 81RUS 41USA 55USA 124.0 99.64 Frenn, George Barwick, William Pegues, James 63USA 60NOR USA Kristiansen, Bjoe Kretsch, Bradley USA 67USA 57USA 57USA USA USA 66USA 68USA Desadier, Charles Mikesell, Brent Pharr, Anthony 1420 Pharr, Anthony Lowe, Gregory Austen, Walter Daniels, Gabriel Skiver, Thomas Ruggiera, Michael Harold, Timothy Fletcher, Talmadge 641 ISA USA SWE USA 49USA Franzen, Hans Smith, Terry Stuber, Eric Stuber, Eric Brodsky, Steven Gahagan, Charr Cahill, James Rannals, Christopher Myers, Jeremiah Hackett, Ernest USA 76USA 74USA 75USA 77USA 54USA 56USA Davis, William J. Nummisto, IIkka 44FIN Backus, Sherman Boscaccy, Blaise Zetolofsky, Steven Steinacker, Roy USA USA 50GBR 54USA Savage, Mark. Morelli, Joseph Ondracek, Jiri 54GBR USA 55CZE Oliver, Jay Nester, Bryan McDonald, Francis Clary, Frederick 61USA 61LISA Popov, Evgeny Toivanen, Janne Obradovic, Jerry 55BUL 66FIN 74USA GER 67USA Obradovic, Jerry Muhr, Martin Springer, Paul Brown, Kenneth Barlow, Russell Brink, George Giampaolo, J Reynolds, Brian Chambreau, No Lehto, Ove Griffin, Michael AUS 71GRR 72FIN 75USA Pomana, Derek Rubey, Travis Karpik, Viktor 66N7I Karpik, Viktor Lavarro, Louis Patrick, Jason Moore, Beau Suslov, Nikolay Solovyev, Alexei Kalinichenko, Vladimi Holdsworth, II. Wiers, Chris Rui, Frode 57USA 71USA 65USA 79RUS 75UKR 76RUS Rui, Frode Childress, Paul Depner, Gerhard Kalter, Michael Klaus, Bernhard Tuffanelli, Nathai 69NOR 71USA 71USA 58AUT 72NDL AUT USA USA +32-94USA USA Herring, George Anderson, Paul Boyce, Byron Rosenstern, Phillip Paulucci, Thomas Hemphill, Stuart DiSalvo, Steven 60USA USA USA USA 57USA Drapel, James Rienstra, John Tokarski, Craig Scialpi, Steven Webster, Wylie Nichols, Guy D'Lorio, Mark 72USA 63USA Morton, James Starov, Mikhail Desmond, Ryan Evans, James Manno, Mark 73UKR USA USA 74USA Cass. Brandon

62USA 64USA

761 ISA

70ISL UKR

50CZE 65ISL

110.0 147.5

124.28 115.7 125.0

109.6 155.0

110.68 133.81 110.0 117.5 207.75 141.1 141.0 135.0 125.0 145.1 95.82 110.0 124.06 125.0 110.0 152.0 109.9 125.0 124.5 125.0 110.0 123.5 125.0 125.0 137.0 105.5 108.45 124.45 123.2 129.12 123.75 133.5 105.6 147.9 124.0 144.2 124.3 139.2 99.4 99.9 99 193.68 102.06 122.5 141.0 125.0 140.0 100.0 125.0 110.0 100.0 110.0 125.0 110.0 129.27 97.98 125.0

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Paola, KS Newark, OH Gardabae, ISL Berdyansk, UKR Prague, CZE Fresno, CA Paisley, SCO Salt Lake City, UT Coumbus, OH Long Beach, CA Moscow, RUS Kiev, UKR Graz. AUT Cherkasy, UKR Chicago, IL Plano, TX Kazan, RUS Kazan, RUS Kazan, RUS Moscow, RUS Columbus, OH Nymburk, CZE Capetown, RSA Los Angeles, CA Oshkosh, WI Ft. Lewis, WA Birmingham, ENG Columbus, OH Oxnard, CA Newport, OR Ambridge, PA Bellefonte, PA Raleigh, NC Columbus, OH Sterling Hts., MI Newark, OH Shamokin Dam, P Shamokin Dam, Hopewell, VA Karlskoga, SWE St. Louis, MO Sandusky, OH Cleveland, OH St. Amant, LA Kasson, MN Shamokin Dam, PA Waterville, ME Jasper, AL Helsinki, FIN

Brick, NJ Paola, KS

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Nashua, NH Charlottesville, VA Nueaton, ENG Wichita, KS Hague, NDL Dayton, OH Galanta, CZE Pittsburg, PA Pittsburg, PA Kansas City, MO Rosemont, IL Moscow, RUS Salzborg, AUT Atlanta, GA Landshut, GER Austin, TX Fresno, CA Turner, ME Burbank, CA

S. Yorkshire, ENG Reno, NV Ylitorniolla, FIN Round Rock, TX Tauranga, NZL Girardeau, MO Vejle, DEN New Smyrna, FL Niles, IL Columbus, OH Krasnoyarsk, RUS Krasnoyarsk, RUS Voronezh, RUS Baton Rouge, LA Baton Rouge, LA Capetown, RSA Columbus, OH Lienz, AUT Omaha, NE

Rancho Cordova, CA Lawrenceville, GA Dallas, TX

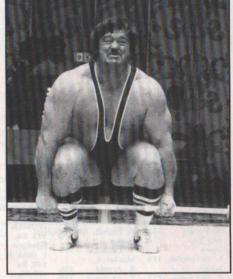
Pittsburgh, PA Parma, OH Pueblo, CO

Norton AFB, CA Philadelphia, PA Rockford, IL New Rockelle, NY Liberty, TX
Birmongham, AL
Providence, RI
New Castle, DE
New York, NY Concord, NH Danville, IL Pittsburgh, PA Sedalia, MO Amsterdam, NY

07JUI96 250CT97 30OCT99 26MAR00 11AUG02

16NOV02

226 lifters - 22 nations. USA (142), RUS (21), UKR (10), GBR (9), FIN (8), ISL (7), NOR (4), GER (3), SWE (3), CAN (2), OZE (2), AUT (2), HUN (2), RSA (2), NDL (2), LAT (1), BEL (1), DEN (1), BUL (1), SWI (1), NZL (1), AUS (1).



Gus Rethwisch sets up to rip it up at the 1978 Sr. Nationals in LA. (Gary Watanabe photo)



Terry McCormick had several excellent lifting days at the Hawaii World Record Breakers

	th Memorial Wayland, MI	participating in the meet. We also ha several Canadians participating. Specia
DEADLIFT	C. Palena 292	thanks to all the loaders, the judges, an
MEN	P. Sabala —	the scorers: Jim Sutherland, Paul Bergar
123 lbs.	Junior	Mike Lawrence, Tony DiCicco, Gar
Open	C. Carpenter 363	Morrison, Jack Bowen, Barb Bowen, Jet
V. Vocum 352	Teen-1	Buchin, Keni Jo Buchin, Gary Krueger, Jo
132 lbs.	J. Molewyk 181	Smoker, Jeff Genther, Greg Drobny (an
Teen-3	Master-5	nouncer), Heather Drobny and Jan Va
E. Wass 248	R. Hemenway 248	Eck. (results courtesy of Richard Van Eck

Mireles Teen-3

Master-4

Master-5

N. Sissed 198 lbs.

. Jachum

Master-1

242 lbs.

een-3

B. French, III 314

Limback

Arnold Andrews

P. VanCamp 314

Open S. O'Halleran 633

Master-1 S. O'Halleran 633

650

DL

165 374 876

242 413 1003

440 485

479 363 529 1372 584 429 678

540

303 325 391 952

391

551 551

666 595

1487

952

1460

1691

1526

international meet with 80 plus lifters training products since 1986.

562 385

628

606

606

325

418 402 666

468

573 332 650

418

391

TOT

SHW

DL TOT

Master-4

308 lbs.

BP

Marontette 341 176 396

347

A.Keo

Open Altamira I. luska

lachum Master-2 J. Marentette 369

Brodsky

Schneider

181 lbs.

Master-1 G. Platsko 242 lbs.

Open R. Klein

Master-4 R. Arnold

C. Horton

A. Stiverson

275 lbs.

SHW

T. Carr BENCH MEN

114 lbs.

123 lbs.

165 lbs

Teen-1

Open MEN

M. Ruclan

Stiverson

Stiverson

123 lbs.

C. Strong

B. Kuzwian

M. ruelan

181 lbs

R Mille

J. Jachian

J. Jachiar

Master-4

Junior J. Bryne

Open C. Ewald

D. Deboer

L. Lopez E. Reio

Master-2

Master-3 F. Givens

Police/Fire

F. Givens

W. Hill Master-5

v. Vocum

Open T. Greenman 319

. McCrumb 275

C. Vogelzang 99 181 lbs.

462

639

633

650

y 248	Eck. (results c					J. Rosato	400	340!	510	1250
y 240						181 lbs.				
	WNPF	Upsta	te N	ew Yor	k	(13-16) M. Bellus	250	135	300	685
380	13 MA	R 05	- Buff	falo, NY	/	(17-19)	230	133	300	003
275	BENCH		(35-	39)		D. Carl	340	245	425	1010
2/5	Equipped		A. L	ockhart	180	(50-59)				
308	220 lbs.		(40-			J. Marchese	400	260	400	1060
500	Lifetime			Gerkin	160!	220 lbs.				
242	J. Marsala,Jr	560!	MEN			Lifetime	545	440	(00	4505
	Natural J. Marsala, Jr	F60	148			A. Lewis* 242 lbs.	545	440	600	1585
	(40-49)	300	(40-	Claypate	h 240	Lifetime				
358	J. Mitchell, Ir	410	198		11 240	E. Dibari	510	405	485	1400
	Police/Fire	410	Nati			Police/Fire	3.0	403	403	1400
358	P. Antonio	465			365	E. Dibari	510	405!	485	1400
250	242 lbs.		220		na kana	275 lbs.				
369	Lifetime		(17-	19)		(40-49)				
	M. Furman-B	640!	A. (astillo	265	R. Francis	525	440	530	1495
330	SHW		Lifet	ime		SHW				
330	Lifetime		A. L	ewis-B	440	(50-59)				
in the	A. Burkholtz	475	(60-			J. Green, Jr	385	375!	400	1160
358	Raw			Goldman	200	!=American R				
314	WOMEN		275			year the W.N				
	123 lbs.		(35-3		NO DESIGNA	held at the Je				
330	Lifetime	4001	J. Ba		425	new state r				
	J. Jitmir-B 148 lbs.	155!	SHW			powerlifting e master lifter				
336	(35-39)		(35-3	iams,Jr	450	day setting th				
336	S. Millar	140	(40-4		430	lbs. lifter Ron				
314	SHW	140		Anderson	420	lifts, setting to				
	Ironman			DL	TOT	ning best lif				
	165 lbs.		-	-		division, Tom				
n 633	(35-39)					record turning				
n 633	Raw					divisions, fer	male n	naster	lifter	Arlene
11 033	J. Sykes		210	340	550	Kaukas set a	II new	state	recor	ds and
TOT	SHW					American reco				
101	(40-49)					In the mens				
	Raw				13.74	Rosato set all				
1206	M. Harling		420	500	920	American reco				
.200	Equipped	SQ	BP	DL	TOT	181 lb. teen li				
1206	MEN					Carl turned				
	148 lbs. (50-59)					setting three lifter Jose M				
1003	D. Brochey	400	270	365	1035	records in the				
TOT	220 lbs.	400	2/0	303	1033	lifter Al Lewis				
	Lifetime					turned in stroi				
714	R. Pearo*	620	340	620	1580	new state rec				

and James Greene Jr. set all new state records in the 275 lbs. and SHW classes. PRODUCT



A new dimension in strength training...the Multi Grip Bar™ The Multi Grip BarTM assists in complete muscular development Claypatch set a new state record in the of the shoulders and chest by lifter Jerome Shanklin. In the 220 lbs. 485 242 512 1240 628 440 650 1719 providing three different ergonomic hand positions to reduce lifting is for all ages, with teen lifter Arran stress on the shoulders and wrists Castillo and master lifter Mark Goldman stress on the shoulders and wrists stress on the shoulders and wrists taking their divisions with Goldman setting a state record. Submaster lifters weightlifting bar is a Power Systems exclusive product and is made of heat treated alloy with Williams Jr. also put up a strong lift knurled hand grips and fixed sleeves. The bar is 84" long and weighs 58 lbs. Visit www.powersystems.com or call 800-321. totals and setting new state records.

Thanks to all the lifters and spectators for 6975 formore information. Power Systems in Knoxville, Tennessee Thanks to all the lifters and spectators for their support and to my crew who made the trip with me. Thanks to Tony Williams A. King, Jr. — — — — The Bill Beckwith meet again was an has been setting the standard in training products since 1986 for making this another successful meet.

1		725	365	540	1630
ı					
1	WOMEN				
,	123 lbs.				
,	(50-59)				
f	A. Kaukus	165!	100!	175!	440!
	MEN				
	165 lbs.				
1	Lifetime				
)	J. Rosato	400	340!	510	1250
	181 lbs.				
	(13-16)				
	M. Bellus	250	135	300	685
	(17-19)				
	D. Carl	340	245	425	1010
	(50-59)				
	J. Marchese	400	260	400	1060
!	220 lbs.				
	Lifetime				
	A. Lewis*	545	440	600	1585
	242 lbs.				
	Lifetime				
	E. Dibari	510	405	485	1400
	Police/Fire				
	E. Dibari	510	405!	485	1400
	275 lbs.				
	(40-49)				
	R. Francis	525	440	530	1495
	SHW				
	(50-59)				
	J. Green,Jr				
	!=American R				
	year the W.N.				
	held at the Je				
	new state re				
	powerlifting e	quippe	d divis	ions 14	18 lbs.,
	master lifter I	Dennis	Broche	y had	a good
	day satting the				

Joseph Hall set a new state record in the 275 lb. class as did master lifter Willard

Thanks to Ron Deamicis for meet results

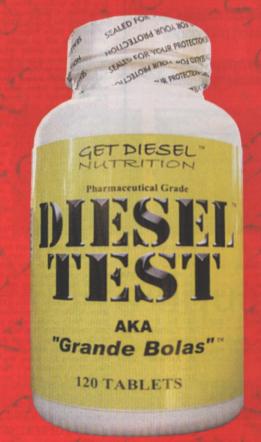
Benedikt Magnusson trying a 425 kilo (936 pounds!) deadlift at the Iceland National Powerilfting Championships. According to Olafur Sigurgerisson, Secretary setting three new state records. 220 of the Icelandic Powerlifting Federation, Benedikt will be coming to the USA for the IPF on, Tom Delorimirre set a new state Junior World Championships in September with the aim of pulling Kaukas set all new state records and the heaviest deadlift in history!

	In the mens' divisions, 165 lbs. lifter Joe	The second				
	Rosato set all new state records and an	Icelandic				
	American records in the lifetime division.	16 APR	05 - 1	Reykja	vik, IC	CE
	181 lb. teen lifters Mike Bellus and David Carl turned in strong totals with Carl	WOMEN	SQ	BP	DL	TOT
	setting three new state records. Master	60 kgs.				
	lifter Jose Marchese set all new state	T. Overvliet	90	50	110	250
	records in the masters division, 220 lb.	75 kgs.				
	lifter Al Lewis and 242 lbs. lifter Ed Dibari	Dorarinsdott	11 5	80	140	335
	turned in strong totals, with Dibari setting	82.5 kgs.				
1	new state records in me police/fire divi-		137.5	77.5	150	365
	sion and an American record, while Al	90+ kgs.				
	Lewis set all new state records and took	yvindsdottir	190	140	180	510
	best lifter in both the raw powerlifting and	MEN				
	raw bench. Master lifters Robb Francis	67.5 kgs.				
	and James Greene Jr. set all new state	R. Birkisson	130	97.5	190	417.5
•	records in the 275 lbs. and SHW classes.	75 kgs.				
	Greene also set a new American record.	J. Hannesson	160	110	182.5	452.5
1	In the bench only divisions, equipped	82.5 kgs.	270	100 -	.=	
ı	lifters Joe Marsala Jr and Mark Furman	S. Borgarson			272.5	
ı	put up strong lifts winning tine classes	H. Eyporsson	285	155	287.5	121.5
ı	with Furman taking home best lifter.	100 kgs.	280	100	2 50	710
ı	Strong lifts were also put up by James	A. Bjornsson Gudjonsson	260	180 170	2.50	710 680
ı	Mitchell Jr, Paul D'Antonio and Adam	110 kgs.	200	170	250	000
ı	Burkholtz, all winning their classes. In	St. Svavarsson	210	170	210	590
ı	the raw division, female lifter Jean	S. Olafsson	210	170	210	390
ı	Jitomir set a new state and American	125 kgs.	THE REAL PROPERTY.			100 A
1	record, along with walking a way with	B. Sigurdsson	270	225	300	795
	best lifter. New state records were set by	G. Sigurdsson		105	310	520
•	submaster and master lifters Sheila Millar,	Deirmundsso		210	_	_
	Adrianne Lockhart and Melinda Gerkin	125+ kgs.				
,	with Gerkin doing the same in the deadlift	A. Jonsson	432	300	385	1117
	only. In the mens'classes, Wayne	B. Magnusson	405	275	410	1090
	Claypatch set a new state record in the 148 lbs. masters as did natural 198 lbs.	K. Haraldsson		255	325	960
-	lifter Jerome Shanklin. In the 220 lbs.	S. Petursson	305	225	325	855
	class, the young and the older showed that	A. Olafsson	260	210	250	720
	lifting is for all ages with the lifting is	(results courte	sy of	Olafur	Sigurge	eirsson

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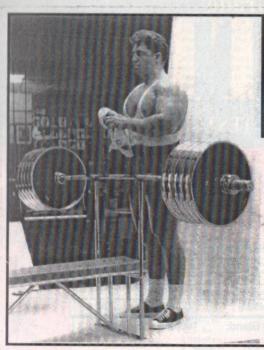
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19 FEB 05	- Clyd	e. NY	
DEADLIFT	198 lb	s. F	
MALE	N. Pet		345
(35-39)	(14-15		
181 lbs.	220 lb		
Raw/Open	B. Ma		245
G. Rendino 525!			243
(50-54)	220 lb		
181 lbs.	J. Mite		410
	Lifetin		410
Raw R. Diliberto —	220 lb		
	D. He		350
(45-49) 181 lbs. F	(40-44		330
101 mon L		s. L Ra	
S. Cannova 565!			450!
(40-44)	L. Cic		450:
220 lbs. E	(45-49		
M. Peters 400	242 lb	S. E	200
(35-39)	W. Ca	rroll	380
308 lbs. Raw	Lifetin	ne	
A. Valezquez 405	242 lb	s. t	
BENCH		carisi	290
MALE	(16-17		
(20-23)	242 lb		
198 lbs. Raw		ssom	270
Baumgardner 320	(40-44)	
(16-17)	242 lb	s. L Ra	W
198 lbs. Raw	R. Mu		445!
B. Mosher 295	308 lb		
(18-19)	S. Rog	ers	480!
Ironman	BP	DL	
TOT			
FEMALE			
(12-13)			
132 lbs. Raw			
A. Rook	80!	195	275
(14-15)			
123 lbs. Raw			
R. Turner	95	220!	315
MALE			3.0
(11+ Under)			
132 lbs. Raw			
V. Becker			265
1. Deckei	851		
(14-15)	85!	180!	
(14-15)	85!	180!	
148 lbs.			
148 lbs. D. Smith	135	180!	415
148 lbs. D. Smith 181 lbs. E	135	280	415
148 lbs. D. Smith 181 lbs. E T. Carroll			
148 lbs. D. Smith 181 lbs. E T. Carroll (16-17)	135	280	415
148 lbs. D. Smith 181 lbs. E T. Carroll (16-17) 165 lbs. Raw	135	280	415 500
148 lbs. D. Smith 181 lbs. E T. Carroll (16-17) 165 lbs. Raw J. Hanson	135	280	415
148 lbs. D. Smith 181 lbs. E T. Carroll (16-17) 165 lbs. Raw J. Hanson (35-39)	135	280	415 500
148 lbs. D. Smith 181 lbs. E T. Carroll (16-17) 165 lbs. Raw J. Hanson (35-39) 148 lbs. Raw	135 200 225	280 300 340	415 500 565
148 lbs. D. Smith 181 lbs. E T. Carroll (16-17) 165 lbs. Raw J. Hanson (35-39) 148 lbs. Raw J. Sykes	135	280	415 500
148 lbs. D. Smith 181 lbs. E T. Carroll (16-17) 165 lbs. Raw J. Hanson (35-39) 148 lbs. Raw J. Sykes (14-15)	135 200 225	280 300 340	415 500 565
148 lbs. D. Smith 181 lbs. E T. Carroll (16-17) 165 lbs. Raw J. Hanson (35-39) 148 lbs. Raw J. Sykes	135 200 225 220	280 300 340	415 500 565 545

E. Houseknecht 220 lbs.

275 lbs. Equip.

J. Brown (40-44) 135 200 335

415 560 975

!=American Records. The Drug Free

475! 755

AAU Dan Miner New York State Bench Press/Dead Lift Championships were held at Donselaar's Partyhouse. 26 New York state records and 10 American records were set by Alyssa Rook, Rebecca Turner, Vincent Becker, Jeremey Brown, Mark Harrison, Gene Rendino, Scott Cannova, Albert Velasquez, TC Carroll, Dan Smith, Jeff Hanson, Jamie Sykes, Erik Houseknicht, Frank. Baumgardner, Nick Peters, Leo Cichelli, and RL Murray. American Records were set by Alyssa American Records were set by Alyssa Rook, Rebecca Turner, Vincent Becker, Jeremey Brown, Scott Cannova, Gene Rendina, Leo Cichelli, RL Murray and Steve "Big Dawg" Rogers. I want to congratulate all these fine lifters. Special congrats to Leo Cichelli, AAU World Champ. Also to RL Murray who I train with and watch fight through a lot of injuries to lift raw and set records. Leo and RL are two of the best raw lifters in New York and two of the best raw lifters in New York and Drug Free!. It was great for me to be back near 500 lbs. again; 480 an American record for Steve Rogers, not bad. In April 500 pounds will go again. This meet is in honor of Dan Miller who was a great deadlifter taken way before his time. Dan you will never be forgotten. The Dan Miller Deadlift award for this past year went to Jamie Sykes, who is very deserving. He always is a great lifter at AAU meets and puts forth great effort every time he lifts, that's why he is the winner. My brother Fred Rogers Sportsmanship Award went to my friend Mike Arcarisi, who is so deserving of this award. Mike two of the best raw lifters in New York and who is so deserving of this award. Mike may not lift the biggest but his heart is huge, lifts his best and always helping everybody sometimes sacrificing his own lifting. You deserve this award Mike. It is iffting. You deserve this award Mike. It is great to have these two awards to keep these people's memories alive. My brother is always in my heart and will stay there forever. Every lift I do is in his memory. These AAU meets are bigger every time with more lifters and more spectators, so AAU is growing. I want to thank my wife, Michelle for all she does. She takes care of the head table the state records the of the head table, the state records. the record certificate for all the lifters, you are an asset to lifting and I love you. To my great team of guys: RL Murray, Rich Molisani, Brett Wells, Terry Stafford, Molisani, Brett Wells, Terry Stafford, Jason Stafford, you guys keep these meets going. Not enough can be said to have the best crew going. To Mark Howell, Brett Wells and Brian, great job spotting all day, you make lifting safe. To Kristy and Kim, thanks for doing the admission and the 50/50. Donselaar's Partyhouse, great facility and the official home of all AAU meets. Until April 16th, train drug tree. (Thanks to Steve "Big Dawg" Rogers, AAU NYS Chairman, 500# bencher, for results)

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	-	ench Press C Hopewell, V		308 lbs. K. Cissell	424	181 P H	lbs. lines	44
	. 03 .		A	Junior (13-15)		198		44
BENCH		Teen		132 lbe			rriaga	40
Teen		198 lbs.		G. Saucedo	143	220		40
(10-11)		A. Morrow	140	148 lbs.	143		illareal	31
132 lbs.		Raw		J. Gutierrez	170			31
M. Lewis	50	WOMEN			170			
(12-13)		130+ lbs.		220 lbs.	075		Vilkinso	n 56
114 lbs.		S. Krupinski		J. Davila	275	275		
M. Ragland	60	L. Marrow	135	Submaster (33	-39)		lartley	42
123 lbs.		Police		275 lbs.		SQU		
D. Harris	115	R. Camacho	135	J. Laskowski	551	MEN		
D. Cheese	85	MEN		Open		Ope		
165 lbs.		Open		165 lbs.		220		
T. Warren	100	220 lbs.		S. Weingust			avila	
198 lbs.		C. Tiller	465	WOMEN		BP	DL	TOT
K. Glover	150	275 lbs.		Junior (13-15)				
A. Cox	115	J. Mize	385	105 lbs.				
220 lbs.		Police		B. Morales	171	77	209	457
M. Chavis	115	181 lbs.		132 lbs.				
(14-15)		Kindervater	235	B. Cepak	270	110	270	650
114 lbs.		SHW		181 lbs.				
H. Foster	120	M. Lilly	520	K. Dietz	236	137	242	617
148 lbs.		Raw	320	Junior (16-17)				
5. Talley	140	0-148 lbs.		123 lbs.				
C. Cannady	95	S. Wolff	210	J. Gomez	143	82	203	429
165 lbs.	33	165 lbs.	210	148 lbs				
R. Bouldin	195	R. Smith	240	H. Whited K. Eddleman M. Garza	308	176	292	777
J. Marrow	185	198 lbs.	240	K. Eddleman	270	154	292	716
181 lbs.	103	Hendrickson	200	M. Garza	187	82	248	518
M. Wilson	220	220 lbs.	300	165 lbs.				
220 lbs.	220	D. Wagner	420	E. Fitzpatrick	236	88	236	562
B. Bowman	255	D. Wagner		181 lbs.				302
Richardson	77.7	D. Mason	355		264	115	270	650
	150	242 lbs.	250	MEN			2,0	030
275 lbs.	200	M. Mayle	350	Below Class-1				
D. Taylor	260	Master (40-49		165 lbs.				
(16-17)		275 lbs.	365	A. Garcia	396	253	523	1172
132 lbs.		B. Green	365	275 lbs.	330	233	323	11/2
P. DeGrauwe	180	(60-69)		D. Ortiz	601	352	518	1471
165 lbs.		198 lbs.		Masters (45-49		332	310	14/1
	175	E. Walton	205	242 lbs.	,,			
198 lbs.		220 lbs.		M. Breslin	601	226	540	1477
B. Waymack	200	R. Spiers	370	Masters (40-44		330	340	14//
220 lbs.		Open		K. Eddleman	473	391	457	1221
M. Pigram	365	Masters (40-4	19)	T. Gunn	100000000000000000000000000000000000000	253		1321
(18-19)		220 lbs.			551	255	501	1305
181 lbs.		B. Collins	300	Junior (20-23)				
G. Marrow	250	242 lbs.		198 lbs.		400		
275 lbs.		K. Phillips	400	M. Etheredge	154	402	584	1140
Open		275 lbs.		220 lbs.				
D. Best	255	F. Rosas	405	J. Allen	683	347	617	1647
FEMALE				Junior (18-19)				
(Thanks to Wa	alker's	Gym for the i	results)	181 lbs.				
		and the Body		J. Gonzales	441	275	501	1217
				242 lbs.				
APF P	aul R	arbee Classic		K. Eddleman	501	314	551	1366
				308 lbs.				
	4 - 3	an Antonio, 1			501	331	551	1383
DEADLIFT		P. Arriaga		Junior (16-17)				
MEN		Masters (60-6	9)	165 lbs.				
		275 lbs.		A. Garcia	396	253	523	1172
220 lbs.	The same	L. Seilz	259	181 lbs.				
J. Davila	374	Masters (40-4	9)	J. Cortez	473	341	451	1265
BENCH		165 lbs.		R. Ortega	435	221	457	1113
MEN		S. Weingust	-	S. Medina	363	253	407	1023
Police		220 lbe		220 lbs				

441 M. Ruiz S. Kramm

567 363 485 1415 451 303 435 1189

E. Cano	221	214	341	776
Junior (13-15)				
132 lbs.				
J. Bell	176	93	209	478
148 lbs.				
C. Garza	203	170	248	621
J. Gutieirrez	_	_	_	-
165 lbs.				
L. Garcia	275	170	385	836
P. Schlemmer	225	187	275	687
R. Acuna	214	170	243	632
181 lbs.				
R. Garcia	225	121	248	594
220 lbs.				
J. Davila	380	275	374	1929
D. Lesak				
R. Cuevas	225	132	297	654
Open				
148 lbs.				
M. Pawclek	281	225	303	809

Best Lifter Men: Jeff Allen - Junior Men 220 Best Bench Men: Ed Wilkinson - Open Mer 242, Best Squat Men: Jeff Aden - Junior Men 220, Best Deadlift: Alvino Garcia - Junior Men 165, Best Lifter Junior Men: Jeff Allen - Junior Men 220, Best Lifter Women: At the Walker's Gym Bench Press Classic ... Mike Pigram, Teen 1617, 220 lb. class, who took 1st place with this 365 lb. bench press.

Heather Whited - Junior Women 148, Best Squat Women: 147, 220 lb. class, who took 1st place with this 365 lb. bench press.

Deadliff Women: Brittany Cepak - Junior Women 132, Best Lifter - Junior Women: Brittany Cepak - Junior Women: Brittany - Junior Women: Britany - Junior Women: Brittany - Junior Women: Britany - Junior Women: Brittany - Junior Women: Brittany - Junior Wo Brittany Cepak Junior Women 132. (Thanks to Seguin Fitness for providing the results)

SKPA G	eorg	gia Push-Pull	
29 JAN	05 -	Lilburn, GA	
BENCH PRESS		P. Horn	405
Raw		Shirted	
MEN		Youth (8-9)	
Teen (12- 13)		67 lbs.	
165 lbs.		A. Padgett	110
M. Knight 2:	25	Class-1	
Juniors		198 lbs.	
165 lbs.		C. Minor	350
J. Brown 35	50	Open	
Master (40-44)		220 lbs.	

DON'T TRAIN ALONE -ALWAYS USE SPOTTERS. DON'T TRAIN WHEN HURT-ALWAYS CONSULTYOUR DOCTOR.

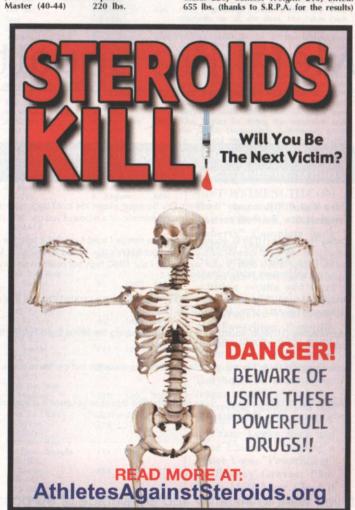
> Masters (40-44) 198 lbs. D. Wilkerson 600

385 Master (45-49)

M. Driggers 530 Submaster (34-39) 198 lbs.

R. Wright

	Submaster (34-39)		242 lbs.		
	220 lbs.		J. Walker 525		
	J. Hart	485	Master (65-6		
	Masters (40-44) 220 lbs.		148 lbs. J. Padgett 275		
	P. Horn	450	Police (40-47		
	DEADLIFT		198 lbs.	1	
	Youth (8-9)		D. Wilkerson 600		
,	67 lbs.	67 lbs.		PUSH-PULL	
1	A. Padgett	170	Master (40-4	4)	
1	luniors	Juniors 198 lbs.			
r	181 lbs.		D. Wilkerson 600		
1	J. Marsh	550	Open		
:	Open		165 lbs.		
t	220 lbs.		A. Jackson	475	
r	R. Lunsford	655	220 lbs.		
:	Open		R. Lunsford	1155	
t	181 lbs.		242 lbs.		
r	C. Kite	475	M. Fornecke	r 910	
:	Submaster (34-39)		Police		
ş	242 lbs.		198 lbs.		
)	R. Padgett	635	D. Wilkerson	600	
	Best lifters: Raw - Jabali Brown, Weight				
	Class: 165 lbs., Contest Weight: 162 lbs.,				
	Lifted: 350 lbs. Shifted Division - Mark				
	Driggers, Weight Class: 220, Contest				
	Weight: 218, Lifted: 530 lbs. Deadlift -				
	Ryan Lunsford, Weight Class: 220, Contest				
	Weight: 210, Lifted: 655 lbs. Push-Pull -				
	Ryan Lunsford, Weight Class: 220, Contest				
	Weight: 210, Total Lifted: 1155 lbs. Biggest				
	Bench - Mark Driggers, Weight Class: 220,				
	Contest Weight: 218, Lifted: 530 lbs. Big-				
	gest Deadlift - Ryan Lunsford, Weight				
	Class: 220, Contest Weight: 210, Lifted:				
	(P.P. II /4L	CET II. (ALL. 4. C.D.D.A. C. Al. II.)			



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THE FOREVER GUARANTE IM MANUFACTURED SO SECURELY WE BACK UP THE LASTING WEAR OF YOUR BELT FOREVER.

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Choice of stiff eather for the irmest support or soft leather for mmediate comfort. Extra firm leather will conform over time for a permanent personal fit. Soft leather will conform to your shape more quickly. Available in any style. Most popular choices

are double prong buckle, single prong buckle

13mm or 10mm thick, 10cm wide or 10cm tapered to 6cm body-building style suede both sides, suede inside only, or smooth leather both sides. ZINC PLATED STEEL BUCKLE.

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