

MEN

The 28th Men's Masters Worlds kicked off with the Master 1 division with 45 lifters from 14 different nations!

MASTERS 1

Eric Kupperstein made sure he came in prepared, and boy he did! He won all Gold with 220kg squat, 132.5kg bench press and a new World Masters 1 record deadlift of 245kg! He totalled 597.5kg!

USA grabbed another victory in the 66kg class with Greg Simmons totalling 605kg for the win. He squatted 230kg, bench pressed 147.5kg and deadlifted 227.5kg, he won bronze in all the lifts! Between the 4 lifters that competed in this class there were 7.5kg separating all lifters!

After a 2 year absence of international appearance Wade Hooper came back to the platform as a Master 1 lifter. Wade became the first lifter in IPF history to win the Junior Worlds, the Open Worlds and now the Master Worlds! Wade came and squatted a massive 355kg for a Master 1 World Record, bench pressed 257.5kg for a Master 1 Record and totalled 877.5kg for a Master 1 World record total. Wade also won the overall best male lifter award with a Wilks of 586.95, almost 30 points ahead from 2nd place!

INTERVIEW WITH WADE HOOPER



When did you start getting involved in the sport?

I began competing in the sport when I was 17 years old in high school.

Who is your inspiration?

Over the years there have been many lifter's who have been an inspiration to me. Ed Coan, Jeff Douglas and Dan Austen to name a few.

At this World Master Championships you captured your first Master Championships, not only that but you were awarded best Master 1 lifter, what does this mean to you and how do you feel?

Winning a world title is tough to do in any division, but I was especially happy to have won my first master's title and winning the best lifter was a tremendous honor.

Wade, by winning the Master Worlds you are the first person in IPF history to win the Worlds as a Junior, Open and Master lifter! What's next for you?

MASTERS 1 MEN:

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|----------------|---------------------|-----|----------|
| -59 kg | 1. Kupperstein Eric | USA | 597.5 kg |
| -66 kg | 1. Simmons Gregory | USA | 605.0 kg |
| -74 kg | 1. Page Gregory | USA | 695.0 kg |
| -83 kg | 1. Hooper Wade | USA | 877.5 kg |
| -93 kg | 1. Walters Dave | CAN | 830.0 kg |
| -105 kg | 1. Douglas Jeffrey | USA | 907.5 kg |
| -120 kg | 1. Mastrean Michael | USA | 960.0 kg |
| +120 kg | 1. Puzanov Mikhail | RUS | 865.0 kg |

- I plan on taking a break from competition for a while. I have a back injury that has been giving me some real problems, so I am letting it rest and don't have any plans to compete in the near future. This will also give me more time to spend with my 5 month old son, who I hope becomes a world class powerlifter one day.

Can you tell us about your preparation for this competition and how you saw yourself competing before?

- Preparation was much different than my training for other World Championships. I had to train around my back injury and I found my recovery wasn't a quick as it used to be. So I trained, 3 days a week, squatting and deadlifting once and benching twice per week. I felt good by the end of my training and felt like I was ready to post a good total.

When you are not doing powerlifting, what do you do for fun?

- I spend all of my free time with family and friends. Being from Louisiana, we have a heritage of great cooking so generally we will have a big get together with family and friends just eating and socializing.

In the 93kg class the Canadian Powerlifting President also competed, Jeff Butt came in overall 4th on bodyweight. He squatted 300kg, won the silver in the bench with 230kg and bronze in the deadlift with 277.5kg.

With USA bringing yet another Gold home Jeff Douglas won the 105kg class convincingly! Jeff squatted 355kg for gold in the squat, benched 220kg and his strong point is definitely the deadlift where he pulled gold with 332.5kg for the winning total of 907.5kg! Jeff also won 3rd place in the overall best lifter award for Master 1 with a wilks of 542.93.

USA again showed their dominance in St.Catharines as they won yet another gold! Michael Mastrean took all the gold as he squatted 385kg, pressed 260kg which is also the most pressed in Master 1 and pulled 315kg to total 960kg! Michael won 2nd place in the Overall best lifter award with 558.64 wilks points!

So the top 3 best lifters were all “stars and stripes” with USA winning the team points with a solid 60 points, Canada in 2nd with 47 points and France in 3rd with 22 points!



Mikhail Puzanov (RUS)