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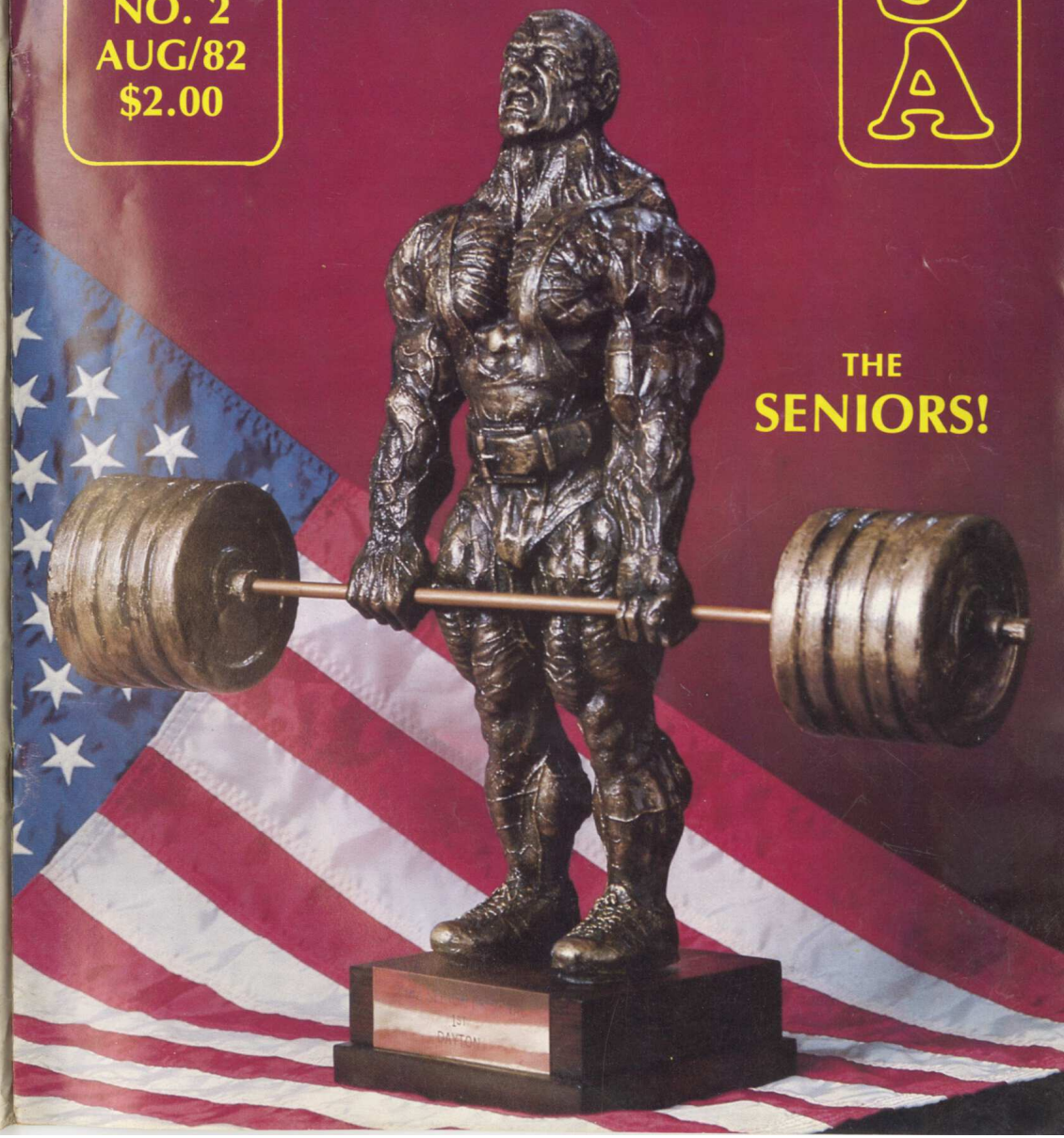
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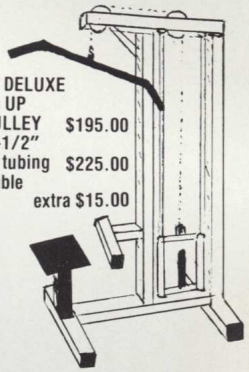
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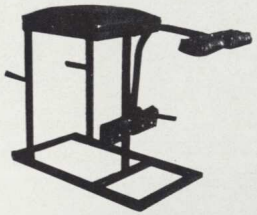
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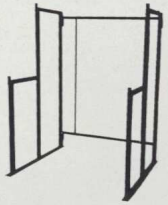
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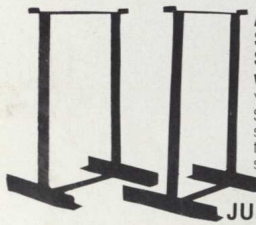
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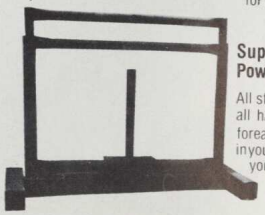
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NEXT MONTH....a profile on Walter Thomas and a full report on the big National Cup meet in Tennessee.

ON THE COVER...the magnificently sculpted First place award for the Senior National Championships as commissioned by Larry Pacifico (photo courtesy Larry).

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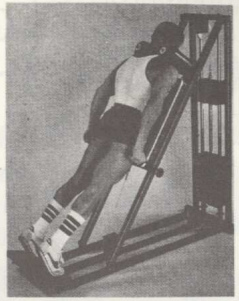
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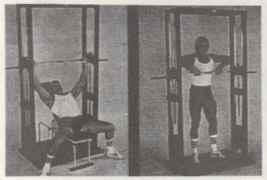
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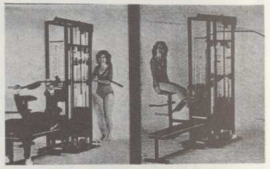
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Senior National Championship Report

by Ron Fernando (114-148), Herb Glossbrenner (165-198 & 275-SHW), Mike Lambert (220-242)

In 1979, Larry Pacific promoted a very successful World championships; the venue (Dayton Convention Center), warmup facilities and equipment were nothing short of spectacular. Once again in 1982 Larry and his brother Dick took on the monumental task of putting on the Senior National championships - the meet that would determine the ten U.S. representatives to Munich for the World championships.

Stouffer's Hotel provided the accommodations for the athletes; the looks on the faces of the average conventioneer were something to be seen as they beheld the likes of Gamble, Cash, Jerry Jones, Sideris, etal ambling into the lobby with their 21 guns loaded...

As in the case of Senior Nationals before it, this meet was touted as the 'greatest powerlifting event ever' -- and in its way it was. Gone were the worries of broken cooling systems - along with broken dreams, dropped deadlifts and 110 degree heat. The convention Center was the most modern venue in the last few years, providing both the athlete and the fan a very comfortable atmosphere and some amenities which can not have a value placed on them: closed circuit TV in the warmup room, superb bars and weights, and a host of the most popular vendors in the industry (Bob's Lifting Belts, Power Elite, Crain Power Plus, Bill Pearl Nutrition, etc.) Ken Leistner, Tony Carpino, and John Pettitt provided excellent announcing throughout, but it was a shame that there was no TV coverage of the event.

Rumors, pre meet gossip and hard cold facts had even the most conservative experts (yours truly, included) forecasting Chuckie Dunbar to step down from the pinnacle of the U.S. 114 lb mountain and concede to 'Dr. Leverage' Joe Cunha. Altho Cunha was a relative unknown, he had previously won the Natonals in 1981 and set a number of California and World records, including a smashing World record of 534.5 lbs in the squat. Supposedly, the tiny Titan (all 4 ft 4 inches of him) was booted to punch up near 600 at 114! In the bench press, Joe was on par or better than Dunbar and in the deadlift, he was theoretically on par. Theoretically - what a catch. Apparently Chuckie, having left the Luke lams influence, had come up with a desire to pull heavy weights. After posting a mediocre (for him) 485 squat and a decent 308 bench press, he found himself in the Black Hole of Calcutta - 49 lbs worth. Joe had set the crowd back on its ear with a 523 squat that was simply blasted up and a very short stroke 319 bench press. As Chuckie was warming up, I thought to myself - there is no way he is going to pull a Lamar Gant on us...how wrong I was. Chuckie missed a first attempt 369 and took it over...424.5 was subsequently loaded on the bar 'for the win'. Cunha and his handler, Jim Speedy, a former Collegiate (U. of Texas), star looked on confidently towards Munich and meeting Ichi-Ban Inaba. However, the fates decreed that Chuckie was to rip the 424.5 to completion - win another Seniors title and go to Deutschland in November. Visibly shaken at his first come from behind victory, Chuckie leaped into Jan Todd's arms with joy. After recovering from the emotional





***Upper Left**...Joe Cunha lifted in nearly perfect fashion, missing only a 3rd attempt squat on balance, and going a well-planned 6 for 6 in the bench and deadlift. After that final d-lift, he jumped for joy into his handlers arms and started thinking about a showdown in Deutschland with the Champ of the Rising Sun, but quicker than you can say 'World Championship Title', Chuck Dunbar **(above)** ripped up the greatest deadlift of his career to win the 114 title on bodyweight. When the lights turned up all white after his surprising pull, Chuckie spent most of the next few moments airborne, an exuberantly happy individual. The Master of the Long Haul Pull, Lamar Gant **(right)**, put on another amazing demonstration of his legendary deadlifting ability. Lamar's contortionist style always surprises fans; locking the lift out before it ever seems to get started.*



***Claude Handsor**..outlasted all the rest in the shellshocked 132 lb. class. Kurlowicz photo*

drain of such a victory, the next two days for Chuckie was a never ending stream of deadlift talk! For my money, the 114s provided the most exciting, colorful lifting in a number of years - the presence of Joe Cunha will spur Chuckie on to greater heights against Inaba and one day all three of them will meet (are you listening Gus Rethwisch?) and I believe we all might see the first 1300 lb total at 114. In third place was a vastly improved Norbert Paterniti of Pa. who posted a very respectable 396 236 440 total. Norbert is 37 years old and like James Finch in the 148s can look forward to many record breaking years (in the Masters division) ahead of him.

The 123s were quite naturally dominated by Lamar Gant: ebullient, confident as ever, and ready to once again shock chiropractors and physiologists with his sacral exercises. After opening with a light 440 on the squat, he blew up 485 only to be called on depth - his third was surprisingly timed out. Lamar benched an easy 308 but had only handled 220 or so for reps for the last couple of months due to a torn pec! Starting with his deadlift, of late the deadlift is particularly Lamar's, he laughed, waved at a friend and yanked up 540. Back he went to wait out the lesser mortals such as Vince Tolisano and Doug Heath. Tolisano took a crack at Hiro Isagawa's 123 BP record on a 4th attempt but fell short. Still he managed a very 374-308-457 aggregate. Look for some great things from Vince and his teammates from the Suncoast Gym (Bob Chrosniak, Mike Facteau, etc.) in the near future. In third was a slender Doug Heath, who came ready to push some big ones, but was a bit off. Still, his 402-236-402 provided valuable team points for the Wild Bunch from Cleveland, Black's Health World. Lamar, oh yes, after everyone just about forgot about him, out he comes with 639 on the bar for a DL mark and total record to boot. Again defying Isaac Newton's ancient laws as he pulled it to completion. What are this man's limits in the deadlift? 'Well, I think that if I am really pushed, 300 kilos (661) is a definite possibility.' When will that ever happen now that the great McKenzie has truly retired? I look for Isagawa and Niemi (assuming they make weight) to put on big squats and in Isagawa's case - big bench presses, but once again in Munich, it will be Lamar Gant and the also rans at 123.



***John Black**..watched the meet in a wheelchair after his accident in Portland. He got around pretty good though, and his cheers inspired the Bunch on to the Senior National Team Championship*



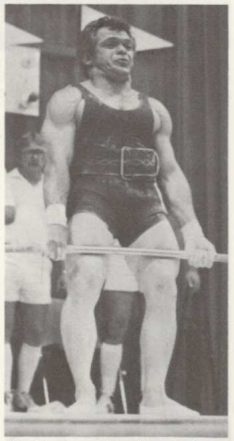
***Faces in the Crowd**...include Eddie Pengelly's father, Eddie himself, and Tony Carpino recuperating from his turn at announcing. Eddie checked out his US competition, as did World Champion Steve Alexander, vacationing in the States and staying with Ron Fernando on the West Coast. Ron (who took this photo) promises some training insights in the future.*

The 132s provided one of the meet's biggest disappointments as Joe Bradley (defending Seniors and World champ at 148) failed by the narrowest of margins to make weight. His place on the winners rostrum was taken up by a tremendous newcomer, Claude Handsor of Detroit, Michigan. Built like a bull, the 4 ft 11 inch Handsor waltzed his way to a 10 times bwt total with excellent lifts of 473-319-529 with a whole lot of room to spare. I look for Handsor to crack 1400 mark at 132 very, very soon. Another unfortunate bombout was Frank Vedro, the Teenage phenom from Pennsylvania, who was gunning for a 650 DL and possible WR total. Frank sank all three atempts in the squat with 518 but not to the judges approval, and remains an outstanding prospect for next year.

The 148s were earmarked by courageous lifting and more tragic bombouts. Joe Bradley jumped up to this class but the strain from dehydrating etc. showed on Joe as he failed badly with 556 in the squat three times and was out. Clyde Wright, another bonafide contender with 1600 plus aspirations of his own met the same fate on three attempts with 573. Jim Warner of Ohio likewise joined the big B-52 squadron with a triple miss at 573. Bob Wahl was the early leader in the squat with a masterfully done 622 - deep, with perfect flare technique. Tightly bunched behind him were Jay Rosciglione (595), Jim Finch(573), and Danny Austin (540). The bench press saw Jay blaze away with three successes ending at 358, where Finch and Austin likewise finished. Wahl was only able to manage a modest 297 bench and had to attempt a 595 DL in order to force Jay into something big. It was not Bob's day, however, as his sumo style attempts were not close. Jay Rosciglione and Jim Finch are opposites - one in his mid twenties and the other approaching the Master level - yet they put up a tremendous battle with Jay earning the trip to Munich to face the likes of Pengelly, Nentis and the ageless Jimmy Moir of Canada. Finch gallantly tried a tremendous 628 deadlift but even his efficient back structure (he resembles a miniature Vince Anello) was not enough. At



***Dr. Ken Leistner**..announced the 2nd day in his now famous tie-dye shirt (a little bit small for the covetous Paul Wrenn). Ken has been designated Team Chiropractor for the USA contingent to Munich. photo by Ron Fernando*



***Jim Finch**..got this close to victory in the lightweights. The final try at 628 was not passed, amid some controversy, but some did notice a possible lack of knee lock.*

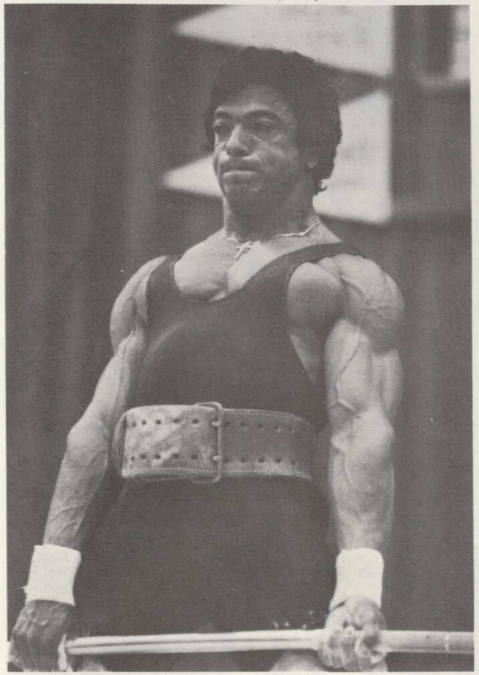
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SENIOR NATIONALS

July 10/11, 1982 — Dayton, Ohio | **BEST LIFTER — Mike Bridges** | **TEAM CHAMPIONS — Black's Health World**

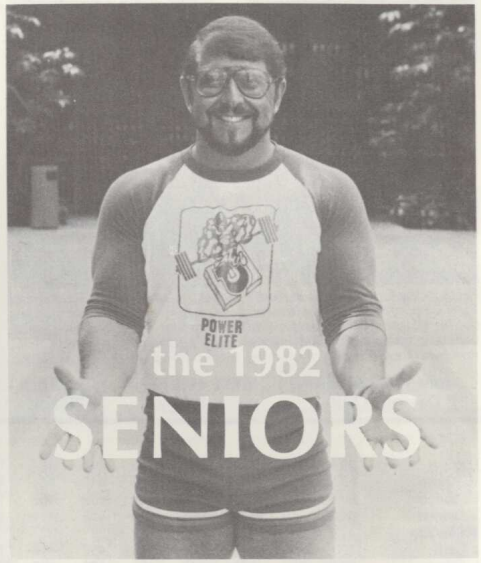
	BWT	SQ1	SQ2	SQ3	BP1	BP2	BP3	SUB	DL1	DL2	DL3	TOT
52kg/114												
C. Dunbar	51.7	485	~~507~~	~~507~~	297	308	~~319~~	793	~~369~~	369	424	1218
J. Cunha	52	507	523	~~534~~	297	308	319	843	352	369	374	1218
N. Paterniti	52	~~396~~	~~396~~	396	225	242	~~248~~	639	440	~~473~~	~~473~~	1080
56kg/123												
L. Gant	56	440	~~485~~	~~485~~	264	292	303	744	529	639	---	1383
V. Tolisano	55.4	~~374~~	374	~~407~~	275	297	308	683	429	457	~~501~~	1140
D. Heath	52.7	303	~~402~~	402	203	236	~~248~~	639	402	~~451~~	~~451~~	1041
R. Lech	55.8	~~462~~	~~462~~	~~462~~								
60kg/132												
C. Handsor	59.9	473	~~518~~	~~523~~	319	~~341~~	~~341~~	793	485	~~529~~	529	1322
F. Vedro	60	~~518~~	~~518~~	~~518~~								
V. Williams	60.15	---										
67.5kg/148												
J. Rosciglione	67.3	573	595	~~617~~	325	341	347	942	573	600	~~611~~	1543
J. Finch	67.5	573	~~595~~	~~595~~	319	336	347	920	573	~~628~~	~~628~~	1493
D. Austin	67.2	540	~~578~~	~~578~~	325	336	347	887	573	600	~~611~~	1488
F. Ruettiger	67.7	534	~~562~~	~~562~~	336	~~352~~	~~352~~	870	540	562	~~573~~	1432
A. Rafael	67.4	501	~~540~~	~~540~~	391	~~413~~	~~413~~	892	501	~~540~~	~~540~~	1394
G. Hummel	65.7	490	~~518~~	518	336	~~352~~	~~352~~	854	507	~~529~~	~~529~~	1383
J. Pulizzi	67.3	~~518~~	~~534~~	534	325	~~341~~	~~341~~	859	523	~~540~~	~~540~~	1383
R. Wahl	66.9	589	~~622~~	622	297	~~314~~	~~314~~	920	~~595~~	~~595~~	~~595~~	---
J. Warner	67.5	~~573~~	~~573~~	~~578~~	---							
C. Wright	67.5	~~573~~	~~573~~	~~578~~								
J. Bradley	60.65	~~556~~	~~556~~	~~556~~								
75kg/165												
R. Crain	75	655	~~688~~	~~688~~	363	380	391	1046	672	~~722~~	---	1719
J. Welch	74.9	589	~~622~~	628	396	418	429	1057	622	644	655	1714
D. Volpe	74.7	622	~~661~~	661	~~369~~	369	385	1046	628	~~666~~	~~666~~	1675
G. Herring	74.75	~~611~~	~~611~~	644	391	413	~~424~~	1057	611	~~666~~	~~666~~	1669
J. McCarty	72.65	~~628~~	~~628~~	628	363	374	385	1013	639	~~655~~	~~655~~	1653
B. Almany	74.7	573	~~611~~	~~611~~	~~363~~	363	~~374~~	936	~~600~~	600	~~639~~	1537
H. Fleming	74.7	~~573~~	573	~~622~~	341	~~363~~	---	914	551	600	---	1515
M. Facteau	74.85	622	~~639~~	~~639~~	374	385	396	1018	~~622~~	~~672~~	~~672~~	---
D. Rhodes	75	545	~~578~~	~~600~~	~~369~~	~~380~~	~~380~~	---				
S. Stamper	74.85	~~611~~	~~611~~	~~611~~	---							
J. Rush	75	666	~~705~~	~~710~~	352	374	~~385~~	1040	~~661~~	~~661~~	~~661~~	---
82.5/181lb												
M. Bridges	82.5	705	799	837	462	512	~~534~~	1349	650	738	755	2105
B. Takala	82.1	699	727	~~744~~	413	429	~~435~~	1156	650	677	---	1835
S. Knight	82.4	672	705	722	402	418	~~424~~	1140	655	~~672~~	~~672~~	1796
V. Keyhea	82.05	639	666	683	341	358	369	1052	688	~~744~~	~~744~~	1741
D. Law	81.6	644	672	~~688~~	396	407	413	1085	~~617~~	650	~~688~~	1736
J. Wilson	82.4	639	~~666~~	672	385	402	413	1085	628	~~666~~	~~666~~	1714
P. Sutphin	82.2	622	650	~~672~~	363	~~380~~	380	1030	~~622~~	622	~~650~~	1653
L. Wehunt	82.3	~~578~~	578	~~611~~	358	~~374~~	~~374~~	936	650	~~699~~	~~722~~	1586
90kg/198												
W. Thomas	89.25	710	744	766	440	462	479	1245	722	755	---	2000
B. Duke	89.6	600	644	655	418	446	451	1106	677	~~760~~	760	1868
S. Mangialardi	88.7	705	749	771	~~391~~	402	~~418~~	1173	688	~~722~~	~~722~~	1862
R. Woods	90	~~677~~	677	705	~~451~~	451	468	1173	677	~~705~~	~~716~~	1851
J. Boyer	89.5	633	672	705	418	440	462	1167	633	672	~~699~~	1840
V. Anello	89.9	639	~~666~~	~~666~~	418	435	451	1090	~~722~~	722	~~777~~	1813
G. Sanger	89.55	699	733	~~749~~	440	~~462~~	~~462~~	1173	633	~~661~~	~~661~~	1807
J. Ladnier	89.45	650	~~688~~	~~688~~	~~418~~	418	~~451~~	1068	~~677~~	~~677~~	~~677~~	---
100kg/220												
J. Cash	100	766	804	~~821~~	446	457	~~468~~	1262	766	810	~~843~~	2072
J. Sideris	99.85	782	~~821~~	~~843~~	451	473	~~490~~	1256	699	744	~~771~~	2000
J. Logston	99.55	744	771	---	440	457	~~462~~	1229	666	699	~~705~~	1929
B. Ennis	95.15	683	~~716~~	727	490	~~507~~	---	1218	644	677	694	1912
T. Pharr	98.35	~~722~~	722	~~749~~	473	~~501~~	~~501~~	1195	705	~~733~~	~~733~~	1901
J. Florio	99	~~722~~	733	~~755~~	402	429	440	1173	677	~~727~~	~~727~~	1851
B. Russell	99.3	650	~~710~~	~~716~~	~~363~~	385	~~402~~	1036	727	~~782~~	~~788~~	1763
J. Jones	99.4	~~622~~	622	705	413	435	~~440~~	1140	600	---	---	1741
R. Moran	100	710	~~744~~	~~744~~	451	473	~~479~~	1184	~~705~~	~~727~~	~~727~~	---
C. McCain	99.4	~~749~~	~~793~~	~~815~~								
D. Marken	98.15	~~661~~	~~710~~	~~710~~								
F. Hatfield	99.35	826	859	~~870~~	~~462~~	~~462~~	~~462~~					
E. Frantz	98.15	749	~~782~~	788	473	490	~~501~~	1278	~~755~~	~~766~~	~~766~~	
110kg/242												
D. Schneider	107.65	777	815	~~843~~	402	429	440	1256	755	804	~~826~~	2061
S. Warman	108.58	771	799	826	424	440	~~451~~	1267	771	~~799~~	~~799~~	2039
M. Dimiduk	106.25	782	821	~~843~~	363	391	~~402~~	1212	722	777	~~799~~	1989
T. Wilson	108.4	710	744	~~766~~	446	462	~~473~~	1207	749	~~782~~	~~782~~	1956
L. Plumlee	107.3	733	~~788~~	---	473	501	~~512~~	1234	688	699	710	1945
J. Davis	109.7	~~710~~	~~710~~	710	468	490	~~501~~	1201	699	~~733~~	~~744~~	1901
M. Chaillet	109.45	~~782~~	~~782~~	~~782~~								
S. Miller	109.75	~~755~~	~~755~~	~~755~~								
C. Snitkin	109.5	810	832	---	~~485~~	~~485~~	~~485~~					
M. Latko	110	716	~~733~~	~~744~~								
W. Davis	110	799	~~821~~	~~826~~	473	490	~~496~~	1289	~~749~~	~~749~~	~~766~~	---
125kg/275												
J. Gamble	124	815	848	865	523	~~540~~	~~540~~	1388	804	~~832~~	~~832~~	2193
S. Wilson	119.6	~~782~~	793	~~826~~	545	573	~~589~~	1366	749	788	804	2171
R. Dempsey	124.75	804	832	854	501	~~523~~	~~523~~	1355	766	810	~~821~~	2166
D. Waddington	125	832	881	~~898~~	501	523	~~534~~	1405	727	760	~~788~~	2166
D. Shaw	123.35	744	788	810	490	~~501~~	501	1311	749	793	~~810~~	2105
R. Sandlin	120.15	821	~~854~~	~~859~~	501	~~518~~	~~518~~	1322	722	~~760~~	760	2083
T. Henderson	124.4	826	~~843~~	~~848~~	~~462~~	462	---	1289	~~782~~	793	---	2083
S. Palmer	124.9	777	~~804~~	~~804~~	507	~~523~~	523	1300	733	766	---	2066
S. DiSalvo	123.95	782	~~810~~	~~832~~	~~501~~	501	~~523~~	1284	722	---	---	2006
T. Bentley	122.95	755	~~815~~	~~821~~	518	534	~~551~~	1289	677	688	~~722~~	1978
R. Tuller	122.55	766	~~799~~	804	396	418	~~429~~	1223	699	738	~~777~~	1962
D. Young	124.2	121	---	---	523	567	~~611~~					
L. Kidney	124	~~804~~	~~821~~	~~870~~								
T. McCormick	124.65	749	~~788~~	~~799~~	~~611~~							
SHW												
W. Bouvier	155.6	804	~~854~~	~~859~~	584	~~606~~	~~606~~	1388	710	738	760	2149
P. Wrenn	151.8	859	~~920~~	---	369	402	---	1262	760	~~832~~	~~887~~	2022
D. Kenady	134	755	---	---	507	~~523~~	~~523~~	1262	~~832~~			
R. Steinacker	183.95	~~804~~	~~804~~	~~804~~								

39. James Finch has many more years of lifting and most certainly many Masters records to break as well. Daniel Austin showed good promise for the future, especially in the bench press and the deadlift where he motored up 358 and 606 respectively. Scoring valuable team points for their clubs were Fran Ruettiger, Armington Rafael and Joe Pulluzi. I believe that once Fran gets used to his new bodyweight, we will see a 700 kilo total out of him. Surprisingly, Army Rafael did not attempt any WRs in his pet lift, the BP, but put up a respectable total. In retrospect, I feel that Joe Bradley would have been much better off in the 148s although the extreme severity of judging may have given him problems in the squat. It was not until the 11th hour that the Selection Committee decided on Jay Rosciglioine. I feel that if he can tack on a few lbs on the squat and deadlift, he can push Pengelly to some unwise attempts, and perhaps a bombout.



***Tired of Turafish?**...Jay Rosciglione stuck to a very strict diet and training regimen and look what it earned him...cuts on his cuts, a Seniors victory, and the opportunity to put his ultimate best on the line in Munich.*

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The 75 kg class even without Rick Gaugler (who was in attendance and out of his cast) sported some very wicked firepower. Unfortunately many of the top men failed to produce the big numbers expected. Perhaps it was the very strict judging, or maybe everyone's biorhythm cycle was in a state of flux. Rickey Dale Crain seemed rather confident despite the fact that I heard that he was not in top shape. A big surprise was the entry of Joseph 'Doc' Rhodes, who is one of my favorite people in the sport. Jim Rush, another big gun, popped a 666 on his opener and went on to bold tries with 705 and 710. Mike Facteau, Jim McCarty and George Herring were all considered to be contenders to Gaugler's vacated throne, and all had their own private nightmares. 622 was all that Mike could do; while McCarty, gun shy from my telling him to really get down there, tried to do a rock bottom with his 628 and found himself ending up with a twisting success to avoid the showers. Another Hoosier strongboy Steve Stamper, found the weight loss depleted his wide stance hiplock style and he zeroed with his opener of 617. Veteran Jack Welch notched a pretty good 628 on his last try while Dan Volpe made a good 661. This led the class after Rickey Dale made 655 and found 688 too much to satisfy the judges. McCarty and Volpe tied in the bench with 385, and Rush squinched out a 374. Crain then let out his big surprise and launched a series of benches ending with a 391, far ahead of his best ever. Herring meantime had dunked a 644 and blasted a 413 on the bench. Then came another surprise. Jack Welch, with a touch of



***Left**...Crain came up with 688, but lost his balance and stepped back with his right foot before racking it. Wife Kimberly **(right)** watches intently.*



***Above**...Jack Welch put on a great display of power...**below**...Doc Rhodes was back at the Nationals.*



maturing white in his beard, showed the youngsters how to do it with a big 429! The deadlift, known to separate man from boy, saw Herring do no more than 611. Doc Rhodes had failed all his benches and we were saddened because Doc under pressure can always uncork a big DL. I will never forget Doc's gutbuster attempt of a few years back that nearly cost him an eye when he collapsed afterward. It seems like eons ago. Facteau, when he is hot, is hot. Unfortunately he was not and the 700 plus man stalled with only (for him) a 622 then twice with 672 due to some sort of injury. McCarty did almost equally as bad. He made only 639, a hard opener, less than he had done in March when he posted the world leading total of 1598 at 148. Jim, who had struggled all day, made the lift look hard, and his back appeared to be a bit out of sync. Even the superlative craft and manipulation by Dr.Ken Leistner failed to work its magic on Jim. After McCarty missed at 655, Welch came through with a great third attempt. Welch's day was 8-9 and earned 2nd place, a great job of lifting. Crain, with a touch of theatrics, encouraged the crowd to encourage him, and smoked his 672. After riding his tide of emotion to another National title, he dared to try a world record beating 722, which moved well then suddenly stalled. Next stop, Munich.

The 181s were a great class this year. It was good to see my old friend Paul Sutphin again. The last time I saw him was when we lifted together at the '75 Seniors in York where even then he was well on his way up the ladder. He is still improving having gone up two more weight classes. The year that the Seniors was his for the taking he couldn't lose those few grams of weight in time but his Jr. National performance lives on. Paul wasn't too happy with his lifting, but he will hit some nice numbers and soon.

Bruce Takala was looking great and the fair skinned fellow used his Viking Power to horse up a really impressive 727 squat. He then lost a 744 lb. monster to the clock. Steve Knight whom Ken Leistner had promised to turn a few heads, made a good start sailing through 3 smooth ones ending with a 722. Steve proned a 418, but Takala responded with a big 429. Knight managed a 655 DL but no more. He made a good 1796, enough to take third. Mr. Takala yanked a 677 and ended a great day with the runner-up spot and 1835! Please note the great battle between the 4th and 5th place men. Donnel Law, an unknown figure Nationally, is a rawboned farmer from Indiana. He seemed to suffer no bad effects from his 10 lb. weight loss and out thought Vinson Keyhea at the end. Don, who could very well have the very best forearms for his bodyweight in the world (almost 15 inches straight), did a smoke job on all of his Indiana State records. First was his 672 squat, then he erased the name of 'Mr. Master' Dick Judd from the Hoosier bench press record books with great lifts of 407-413! In the DL he set his 639 DL down a bit too quickly for the judges, then jumped to an easy 650 and then played the waiting game. Keyhea, only 20 and a red hot prospect in the future, went 7-7 and waited on Law. Law, still 2½ kg up at this point, went for the 711 he needed to upset Steve Knight for 3rd. It was a good try but not to be. Don's 1736 total was a 66 lb improvement and his last outing at this division. Jack Wilson has come up a long way since I lifted with him in



***Mike Bridges**...and the history making pull that cracked the 2100 barrier.*



***Walter Thomas**...his quiet power.*

a Ohio meet 7 years ago, but was below his best here. He tried to overtake Law with an abortive 666.

Before the meet Mike Bridges told me that he was just going to do enough to win and not try to extend himself. Well, I nodded approvingly but I was silenily disappointed because I had been looking forward to see Mike do what he does best; lift big weights. Mike enjoys pulling my leg, but he seemed very convincing. His squats were all letter perfect. His 705 a blowout, 810 looked equally as easy, then on to a WR 837; a squat that was in my judgment undisputably good. When he came up there was no pandemonium, no fainting or screaming. Everyone has seemed to adjust to the weights that Mike lifts. I began to think that he was sandbagging me when he put up a 462 bench like a tinkertoy. A strong steady 512 followed. Next the only man who has dared to lift weights that Mike MacDonald has done called for a third attempt with a WR 534! I would have picked 523, but Mike wanted to try the record. It seemed to pause about halfway up, and I believe with his feet on plates that he could have done it. He really had to stretch to get his feet flat on the platform. With the final lift underway Mike opened with 650 to win and went straight to 738 which upped his WR total to 2088. He needed 755 to crash the 'twenty-one hundred' pound barrier. With his human hydraulics easing smoothly into the finish position he had that 2105 total. Truly we witnessed the greatest single performance in powerlifting history.

There was a lot of talent in the 90



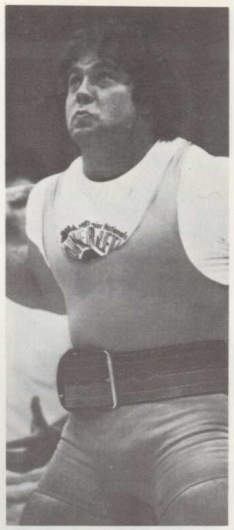
***Buddy Duke**..and his fantastic comeback attempt with a 760 pounder.*



***Chip McCain**..couldn't stop shaking long enough to get a decent setup with any of his squats.*

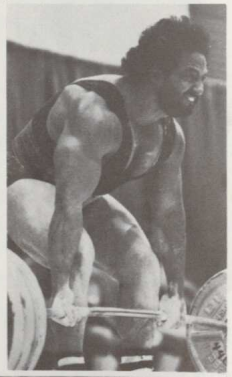
kilogram class but Walter Thomas just toyed with everyone just as Bridges had dominated the previous class. Mighty Walt, tapping maybe 80% of his capacity, coasted to a 2000 lb total. Strong as he is, Walter must gear his thinking to lift a lot more next year if it is true that Bridges will go up to this class. Keith Boyer, Sam Mangialardi, Rich Woods and Buddy Duke treated us all to some very tight competition. They went at each other tooth and toenail. Vince Anello did not come close to having his best day, and had to really work to suit the judges with getting his shoulders back. Buddy Duke came back and made a 3rd attempt 760 deadlift that no one would have believed possible after his previous effort. It was very impressive, a real crowd pleaser. Mangialardi got the best squat, a 777, as expected.

The 220s offered confrontation in the classic sense..Cash versus Hatfield versus McCain, plus a good mix of other names to spice up the situation. Fred and Jim have been setting total records back and forth between them, as well as bumping their respectively favorite lifts, the squat and deadlift, up into previously unknown territory, while Chip always has to be considered a Wild Card in any pre-meet strategy. What was to be Chip's swan song turned bitter in his mouth as his squats were a lurching, uncontrolled disaster and he bombed. On his final attempt, after even worse staggering than before, Chip looked like he'd finally come to his senses regarding personal safety (after all, he'd been pretty wickedly injured last year) and put the bar back in the rack. Later he revealed that he fully intended to try the weight, but was so out of control of the bar that it actually fell into the racks. Hatfield was squatting deep and choosing his attempts carefully, and when Cash didn't get his 3rd attempt in, the window was open. It closed on his first bench attempt, however, as Fred tore his shoulder again. Fortunately, he won't have to be operated on, but is wondering what else it's going to take to get to himself into the World Championships in the future. Cash cruised from there on, not inspired sufficiently to lock out a World Record deadlift try. 48 year old Ernie Frantz was implementing his own plan, meanwhile, and showed that the 220s are the class for him, not being that far away from 800 in the squat and 500 in the bench. Each of his deadlifts snapped out of his hand, however. Jerry Jones was hurting, but said that his bench was up, and it was, but not to the extent he had hoped for. Newcomer to the class, Bill Ennis got PRs in squat and total to show for the trip, and that was enough to hold off hard charging Tony Pharr, who didn't bench like expected. Sideris lifted smart and secured those important team points for the Black's Health World team cause. John Florio did likewise. Ray Moran got some of the bad luck that was going around, and after struggling in the squats, just couldn't budge his starter or any following tries in the deadlift. Dennis Marken also bombed, missing his opener on a technicality, and then jumping to a weight that was too much on subsequent attempts. Logston lifted with 'smart' strength and did well, but despite intense preparation Russell made but 3 lifts.

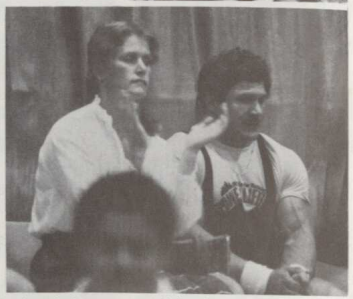


***Above**...Jamie Logston (former National Teenage Champ) managed a 3rd place in his first Seniors. Ernie Frantz **(left)**was a happy man after the squats, but couldn't hang on to any deadlifts. Sideris **(below)** didn't get the squats he wanted passed but went to work in the DLs*

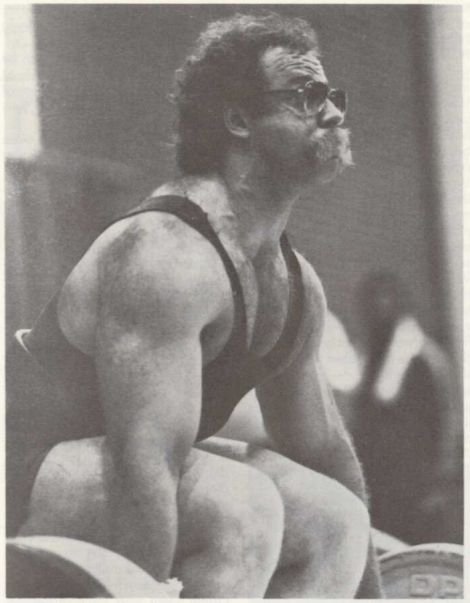








***Above Left**...while Hatfield died for the third time on the bench due to a ripped shoulder sustained when his 1st attempt got out of the groove, Cash **(above right)** showed no emotion, even though it meant he had won.*



***Dave Schneider**..found that good things happen to he who hangs in there*

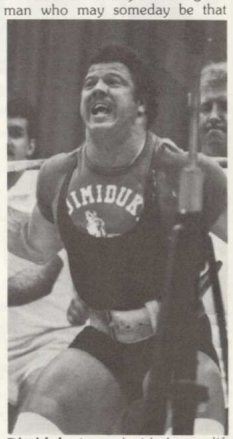
In the 242s, dramatic bombouts were even more of a factor than in the previous division. Most shocking was that of pre-meet favorite Carlton Snitkin, who since last year in Corpus beat back all comers along a path that seemed predestined to end in Munich. The 36 year old veteran of veterans was well on his way, confidently squatting 832 and conservatively passing his 3rd. In the bench the upcoming attempts were displayed very efficiently by John Pettitt's equipment for all to see, but somehow Carlton's camp missed something along the line and Carlton had to go out on the platform for his opener unprepared warmupwise. On subsequent attempts, he moved the weight well, but seemed to have technical reasons for his failures. As the fans turned to one another with questioning looks, Carlton missed attempt after attempt at the same weight until it was all over. A year's worth of great progress was erased, and the mystery of who would win the class was just beginning. The man who's been a stride behind Carlton since last year, Bill Davis, had the solid lead at subtotal time, but something had happened during the squats. An old injury in his back paid him a painful return visit. Ken Leistner said it looked like an entire section of his erectors had just disappeared, leaving an hideously obvious gap in its wake. Bill couldn't give up at this point, as long as he was still walking, and tugged valiantly on 3 deadlifts, all of them stopping quickly and completely at about the halfway point. Bill is young (25) and his back will heal with a few months rest, but it's shame that a hard-fought-for opportunity like this had to slip away. Before all this another top contender, Mark Chaillet, bit the dust by missing the clap twice in a row on his squats and then apparently losing it on depth on his final effort of the day. Steve Miller is another lifter who had a good shot (he should be good for 2100 if he can put 8 or 9 attempts on the board), but only saw one white light all day. In the middle of all of this Dave Schneider was motoring along, making a lot of attempts while his competition eliminated themselves. In the position to nail everybody else's coffin with an 804 deadlift after Warman missed 799 twice, he did so comfortably. Warman lifted superbly and had a lot of people looking at his backside after the subtotals were tallied, including Mr. Schneider. Todd Wilson, looking so much like his brother Steve in the 275s, got 5 good attempts only, foiled in his attempt to break the 2,000 barrier in a national meet. Brother David Wilson, who looks like neither brother but benches like Steve, was also present. Mark Dimiduk may nof bench like he used to, but he certainly hasn't forgotten how to squat or deadlift. He still has that endearing habit of talking up his training buddies (mostly Don Mills lately) more than any lifts he's been making. Jim Davis of Minnesota looked like he was almost certainly going to bomb in the squat, but was able to scrunch up his fortitude on the last one and make it. Seniors newcomer Marty Latko got only an opener in the squats and did not continue. Larry Plumlee got stuck with a big jump in the squat and didn't take another, preferring to do his dangdest on the benches and deadlifts, where he performed nicely.





***Above**..Snitkin didn't get his warmups timed right and missed his benches despite doing a 518 prior to the meet. Scott Warman **(right)** squatted some pretty tall weights.*

After witnessing the bombs drop in the previous two classes, I wondered if the epidemic would continue. The 275s were a lineup of the ultimate in muscle on parade. This was possibly the best bunch of totals ever brought together at one time. Dave Waddington took the lead in the squat with an 881, which eventually proved to be the heaviest squat of the entire meet. Dave uses an off stance with one foot slightly ahead of the other. It seems to work well for him. I had taken a 'Gamble' and picked BIG JOHN to outdistance everyone. It is too bad that the injured Ernie Hackett was unable to throw his hat into the center ring. As it turned out I did not make a foolish prediction. BIG JOHN looks like a reincarnation of big JIM WILLIAMS, with veins, striations, cuts, etc. His personality oozed power and confidence and we may be seeing the man who may someday be that SUPERHEAVY king, who will dominate for years to come. His handlers asked if he was going to 'smoke that helpless barbell'. 'Yeah, oh yeah' he rumbled and with his brisk stride he did just that. Big John Nathan Gamble, 273 lbs of untamed power, bulled his way through 815, 848 and 865 squats. Larry Kidney looked powerful but the judges decided that the 42 year old 'Super master' did not sit deep enough. He will return stronger and hopefully deeper than ever. Tom Henderson, a powerful new force, dunked 826 well but couldn't please the lifting gods with 843 on 2 tries, but he's a good lifter whose improvement in the bench press could earn him a spot near the very top. Steve Wilson lost the title when his 826 squat was called high. Steve surprisingly had the highest bench press with a 573, when big Doug Young (who had come specifically to set the world record) did a 567 but found 611 a bit too heavy this day. What an upper body the former world champion



***Dimiduk**...just decided to lift around his lingering pec injury.*



***Gamble**...roared through all his squats explosively. Kurlowicz photo*

possesses. Doug may have designs on going up to 330 or so to take a crack at the 661 monster that KAZ has left his followers to shoot for. Bob Dempsey, only 24, ended up in 3rd place with well balanced lifting including a great 854 squat and an 810 DL. Richard Sandlin, but 23, made a real gut busting 760 DL to finish 6th while Dave Shaw, the living Farnese Hercules, finished 5th, missing an 810 DL on his last try. Terry McCormick did not squat well and decided to wait for another day. Waddington ended up 4th and did not quite do what I had expected of him but he chose his poundages wisely and on a good day might just have taken home the whole ball of wax. Gamble benched a 523 but didn't do 540 smooth enough for the officials. Gamble took an 804 DL to win and then yanked 821 off the floor so fast it looked like he was trying to clean it. It slowed down and had a hint of a nudge at the end, which the judges quickly spotted and correspondlingly flipped their switch box to the negative side.

For years the superheavyweights have held a mystique over the lighter classes with their leviathan proportions, but the trend may be changing as it has in olympic lifting with the 275 lb. Pisarenko outdistancing the records of the 350 lb. Alexeev. Let there be no mistake that the 275s outshone the big boys this year in both depth and excellence. A strange number of circumstances kept the lifting sub-par in the heaviest division.

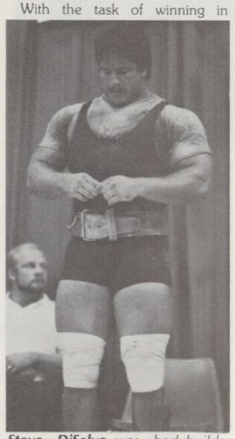
Bill Kazmaier again injured himself in winning the WORLD'S STRONGEST MAN competition a few weeks earlier, while Big Durwin Piper and Dwayne Fely had decided to sit this one out having peaked for this years Juniors. Big Bill Barwick of Wisconsin was a no show, and Paul Wrenn and Doyle Kenady were both badly injured. Both men showed up, and lifted not well, but courageously. Wayne Bouvier, a member of the 600 club in the bench press, and a good overall lifter in his own right, took advantage of the situation, ending up capturing his first Senior National title. Kenady's groin was so bad that he cautiously eased his way down with 755 and passed his remaining squat attempts. Wrenn took the expected lead with a cautious 859, but 920 would not come through the bottom sticking point. I talked Paul out of repeating so as not to injure himself further. Bouvier handled 804 like duck meat and likewise with his 854, which looked good to me but I wasn't in the officials chair. Wayne increased to 859, but met with failure. Wrenn and Kenady both did not do very well in the bench press and Bouvier saw the opening and closed the gap. Both Wrenn and Kenady were tied after the bench with Kenady being ahead on lighter bodyweight. Wayne popped a 584 bench, but his 606 showed red. The claps at this point seemed long. In the final test Wrenn blew up a 749. Bouvier made all three deadlifts, the final a nice 760. Wayne's 2221 actual lifts evaporated to a 2149 with the mere flick or two of a switch. Wrenn deadlifted a 832 rather well but the slightest of nudges at the top met with the red flash. Paul looked a bit amazed at the decision, but his warm smile showed the true sportsman that he is.

With the task of winning in sheepish 'Wrenn-grin'.

Bouvier, a surprised but happy champion, is a most deserving winner. There does not appear to be anyone else in the world capable of beating him unless Andy Kerr of Great Britain gets together a particularly big deadlift.

The competition came to a close and the award ceremonies that followed saw the last of 10 thousand dollars worth of awards distributed among the lifters who were strong and lucky enough to take one home. The first place statuettes were bronzed deadlift figures - a prize to be cherished forever by its new owner and a mere 500 bucks a piece. The 2nd and 3rd place raised bronze plaques were also quite impressive. Larry Pacifico deserves a good round of applause for his excellent planning and brilliant presentation. Eric Stuber's help was no doubt instrumental.

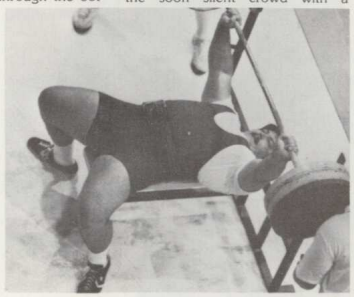
Even the silent spectre of the Mad Bomber, who chose many victims at Dayton, could not throw a damper on such a brilliant championship. The interest and excitement kept everyone glued to their seat during the two day presentation of Powerlifting's 'Woodstock'. Who can forget the surprise of Chuckie Dunbar pulling out the impossible with a 424 deadlift or Lamar Gant with his 639 deadlift Human Rubber Band act. And what of Bridges, who merely does the un-do-able. The list is endless. How about the impossible dream realized by Jay Rosciglione whose persistence will take him to Munich, one of the greatest sports capitals of the world. And the presentation itself was unparalleled in excellence. Hats off to Larry Pacifico, a gentleman and nine times champion of the whole world. He has suffered many bad breaks in his closing chapters as a competitor, but is it really through? I say no, after this meet Larry Pacifico lives on in our hearts and his previous deeds are only amplified by the amount of hard work that he continues to produce for the betterment of our sport. Our Woodstock is over but it will remain vivid in our minds forever.....



***Steve DiSalvo**..was bodybuilder trim at 273 pounds, and some consider him to be the next Kazmaier.*

Editor's Note...thanks once again to Ron Fernando for his story on the 114-148 classes and to Herb Glossbrenner for his coverage of the 165-198 classes along with the 275s and Supers. The Team selected to represent the United States in the World Championships in Munich, Germany this November includes: Chuck Dunbar (114), Lamar Gant (123), Jay Rosciglione (148), Rickey Dale Crain (165), Mike Bridges (181), Walter Thomas (198), Jim Cash (220), Dave Schneider (242), John Gamble (275), and Wayne Bouvier (SHW). Claude Handsor (132) is the First alternate, and the second place finishers in all other classes than the 132s are unranked alternates. The coaches for the team are Larry Pacifico, Bob Fortenbaugh, Bill Dunn, and the manager is Bob Packer.





***Benchers**...Doug Young tried this 611 and couldn't get it up; Bouvier got his 606 up but couldn't get it passed.*

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POWER PROFILE

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

DWAYNE FELY

Hawaii's SHW World Record Holder

story by Edward Douglas

Dwayne Kalani Fely is like many powerlifters you meet; once you get to know them, you can't help but like them. He is 22 years old, 5 ft 11 inches tall, weighs 320 pounds and is of Hawaiian, Chinese, and Samoan ancestry, the fifth of nine children of Solomon and Ida Fely. Dwayne lives in Hauula, Oahu and works as a security officer at the Hyatt-Kuilima Resort Hotel on Oahu's North shore. At the Gus Rethwisch's Hawaii International Powerlifting championships held in February, 1982, Dwayne set a super heavyweight world record of 981 pounds in the squat. It was a sweet victory for one who began to lift weights just 3½ years ago.

Powerlifting for Fely began when he was a high school All American football player at Kahuku High. He trained religiously to gain strength for football, however, torn cartilage and ligaments in his right knee ended his dream of playing college ball and dashed all hopes of continuing on to the professional ranks. Resuming weightlifting after his knee injury, Dwayne's interest in becoming a powerlifter increased. He rebuilt his knee; which many felt would not even be able to hold his own weight let alone those on a barbell, but he felt that recovery is all in the individual's mind and that he would be able to overcome his disability with proper training.

Together with his father, Fely converted a shed on the side of their house into a gym, building most of the gym and the lifting equipment themselves. The only part of the gym that the Fely's purchased were the weights themselves. After Dwayne's knee was rehabilitated, he began to play some football in an amateur league, and was offered a scholarship to Michigan State, but by this time his interest had changed from football to powerlifting. He quit football completely and concentrated solely on his powerlifting training. He developed a simplistic daily routine; to eat, to sleep, go to work and to train with the weights. Dwayne's diet is basically lots of seafood. He proudly relates that he 'eats all he wants', but does not smoke or drink.



***The Squat**...Fely rockets up with a 981 lb. record. Stella Herrick photo.*

His philosophy has been to be a success at powerlifting while at the same time deriving immense satisfaction from the challenge of competition. Fely has a positive psyche and feels that what he puts his mind to, he can accomplish. According to Michael Scott, owner of the Power Pit Gym and one of the top powerlifting coaches in Hawaii, Fely has the toughest mental approach he has ever seen. Scott has helped to train and coach Fely and has seen the desire in him to succeed in competition and envisions his future as a top-notch powerlifter with an unlimited potential. Mike feels that Dwayne's only area of weakness at this time is the deadlift, but that is something that Fely knows about and is training to correct. Gus Rethwisch, SHW powerlifter and meet promoter, shares the same feeling about Fely as does Scott, that his future is unlimited and that it is anyone's guess how far he will go. Rethwisch feels that Dwayne is a highly competitive individual and shows plenty of guts on the platform.

A major problem for Fely as well as many other powerlifters from Hawaii, is the expense of competing elsewhere. On the continental mainland, a competitor can drive to a meet if he has to, but it is a long way to swim from Hawaii to the West Coast. Plane fare for Fely from Hawaii to the Junior Nationals in Portland, Oregon (June, 1982) was $450. It was at this meet that he set a Junior National record 909 pound squat in the SHW division.

Fely trains six days a week, two to three hours a day, and usually trains alone. He does not use heavy weight when training alone and will bring in someone experienced around when he does try heavy attempts. His training routine is as follows:

SQUATS

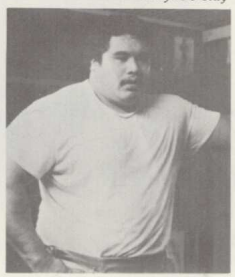
TUESDAY workout (light): 135x10x3, 225x10x3, 315x10x3, Keep knees upright; just sit back, like an olympic squat; good for the knees. Will strengthen the knees, while building the thighs.

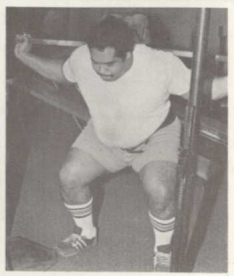
FRIDAY workout (heavy): 135x10x3, 225x10x3, 315x10x3, 405x5x2, 500x5x2, 600-700x3. As training goes on, add weight as your body feels it can handle it in 20 to 30 pound jumps. Extra leg workouts; leg extensions, leg press, leg curls (front and back) Lots of reps on the Hack machine; all leg workouts are 10 reps for 3 sets of each.

***Photos below**..the essence of Fely's workout captured by Ed Douglas. Curls aid his bench press, which approaches 600, and he also works the leg press hard. A little break is sometimes necessary prior to his favorite lift, the squats.*









BENCH PRESS

WEDNESDAY workout (heavy): 135x10x2, 225x10x2 -warmups, 315x10x2, 405-500x5x2.

SATURDAY workout(light): 135x10x3, 225x1]x3, 315x10x3.

EXTRAS: Tricep extensions, lat pull down, one hand dumbell curls, two hand barbell curls, hammer curls, E-Z bar curls, inclines, military press; These are done with a lot of reps and 3 to 5 sets each.

Fely recommends that on the bench press, some practice be given to pausing at the bottom for about two seconds.

DEADLIFTS

MONDAY workout (heavy): 135x10x2, 225x10x2, 315x5x2, 405x3x2. As the training goes on add 10 lbs or more as much as you prefer, but stay on the same rep and set plan. On the heavy workout, try not to single out during the early stages of the training, only doing so about 1½ weeks before a meet.

THURSDAY workout (light): 135x10x2, 225x10x2, 315x5x2, Stiff leg deadlift, T-bar rows, front rows, shrugs, front barbell raises, front dumbell raises, front pull ups, deltoid work, power clean. The above extras are done 10 reps or more in 3 to 5 sets.

Where will Fely go from here? His future is wide open; he is young and has the determination and drive to succeed at whatever he puts his mind to. Powerlifting will be seeing a lot of Mr. Dwayne Fely in the years to come.



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WORLDS STRONGEST MAN



Kaz..tossed the caber end over end



Lineup *for the British show segment...l-r Capes, Gamble, Magee, Dunn, Browner, Kaz, Wadd, Hackett, and Hough. Not in the picture..Marsh.*



Gamble..came on fast at the end.



Kaz & Marsh..face off at the barrels



Kaz..fell off the pace in the squat.

This year's contest was held at Magic Mountain amusement park near L.A. during the week of June 25th and included contestants Bill Kazmaier, John Gamble, Bill Dunn, Dave Waddington, Ernie Hackett, Geoff Capes, Tom Magee, and pro footballers Browner, Marsh, and Hough. There was haste in getting the contestants and meet site together as NBC waited until the ratings were in on the telecast of last year's contest in order to give the go-ahead for the 1982 version. There were minor changes in the events, which ended up as the overhead log lift, the vertical weight toss, the Peterbilt truck pulling event, the steel bar bend event, the Scottish style caber toss in which a small telephone pole size log is flipped by the athlete for maximum distance, a beer keg loading contest, a deltoid straining battery lift endurance event, a rack squat lift, the Silver Dollar deadlift lockout, and finally, Sumo wrestling according to traditional rules.

Kaz was actually training for the Seniors rather than keying on the specific skills required for success in this contest, which made his title defense a bit of a gamble, but after he won the first 3 events in a row it looked like a rout. After the first day's battle in the log lift, weight toss, and truck pull, Capes was the closest to Kaz's perfect score of 30 points with 24.5 of his own. Hackett, Magee, Waddington, Marsh, Gamble, Dunn, Hough, and Browner followed. On the second day, Kaz played it careful on the bar bend (where he was injured last year), Caber toss, and keg loading; finishing 4th, 3rd, and 5th respectively behind winners Capes, Waddington, and Magee. At this point Kaz led by only 4 points over Capes and sleeper of the contest Magee, had moved to 3rd. On the 3rd day, Gamble started out by winning the battery lift, with Kaz managing only 5th again. In the squat lift Hackett, Magee, and Waddington all tied for 1st, as did Gamble and Kaz for 4th place. In the Silver Dollar deadlift, Kaz and Hackett battled it out to some tremendous poundages for another tie which put Kaz 6 points up on the surging Magee, with Capes falling a big 11 back of Tom. Powerlifters continued their domination with Hackett, Gamble, Waddington, Marsh, Dunn, Hough, and Browner following up.

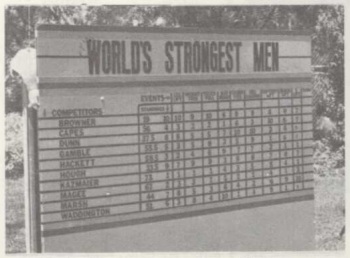
Double points in the Sumo event made things theoretically interesting but after Kaz won his first 2 matches the title was his. Marsh and Browner's performances in the Sumo saved some grace for that sport, but there was no doubt that the Strongest Man in the World is Powerlifting's own Bill Kazmaier. The telecast is months in the future, but don't miss it when it comes. There was some great action, particularly in the Sumo where a little eye-gouging and kicking took place. Unfortunately Kaz found that he had pulled a hamstring and missed the Seniors; fortunately his victory check was consoling. (Thanks to Ms. Loufek & Ms. Herrick for photos/info in this report).

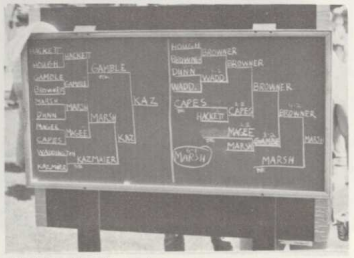


Ernie..squatted the barrels on up.



Bill Dunn..had a bandage on his leg but still managed to lift some money.





ScoreCard...after 9 events Kaz led with Magee close behind, but Kaz cleaned up in the Sumo **(above)** finale.

STARTIN' OUT

A special section dedicated to the beginning lifter

The Inverted Pyramid Workout
by Mike Requa

Beginning and intermediate lifters today are constantly assaulted and sometimes 'insulted' with programs from the so called stars of our sport. The intent of this article is not to present a new idea to beginning lifters but to define one that appears to have potential. The idea I speak of is the inverted pyramid type of set/rep schedule. Others have mentioned its use but according to my knowledge none have detailed it's possible benefits or use to the readers of Powerlifting USA.

Powerlifters and strength coaches across the country are becoming aware of the tremendous gains that come about by using the inverted pyramid. To explain the pyramid, picture two lifters. Lifter 'A' has a squat workout that consists of the following weights, sets and repetitions: 135x10, 225x5, 275x5, 315x5, 345x5, and 365x5. This type of routine isn't bad; in fact it is quite a solid workout. It has everything that we want; lots of weight, the right number of sets and the right number of repetitions. One thing that it has that isn't needed is the factor of built in fatigue. Before lifter 'A' gets up to the top set of 5 repetitions with 365 he is tired. It must be remembered that it is the top set that gives the desired results! How can the athlete avoid fatigue before reaching the top set? Look at lifter 'B'. His workout consists of the following sets and repetitions: 135x10x2, 225x4, 275x2, 325x1, 365x5. Instead of the traditional 4 to 5 sets of 5 repetitions lifter 'B' utilized this repetition schedule: 10, 4, 2, 1, 5. This lifter will begin his top set feeling less fatigue than lifter 'A' would. Also, after the top set lifter 'B' will be able to do a light set of 10 repetitions for a finish off set done in a controlled descent and explosive ascent. Lifter 'A' could also do a set of 10 at the end of the workout but they would not have the speed of movement that lifter 'B' would have, again due to the fatigue factor.

The inverted pyramid works for just about everyone but there are a few things that must be remembered.

a. Don't use this workout without at least 6 weeks on a workout similar to lifter 'A's workout (motor pathway work).

b. Do 2 sets of 10 repetitions with a light weight or the lifter won't get the warmup he is accustomed to.

c. Always include a backoff set of 6 to 10 repetitions at the end of the exercise.

d. Always utilize the 1 repetition set before the top set.

e. The inverted pyramid is used on the powerlifts but it is also effective on inclines, power cleans and other physically taxing exercises.

I can make no guarantees for this type of workout. It must be remembered that one of the key ingredients of a champion is not being afraid to question others wisdom and to experiment with new ideas. This is but one way to elevate the standard of lifting in the USA, already far above the rest of the world.

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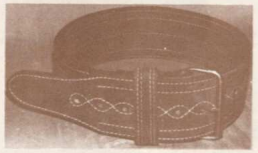
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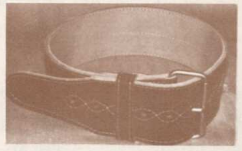
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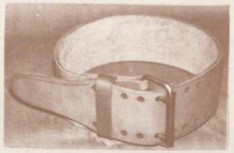
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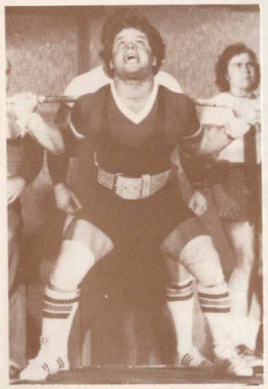
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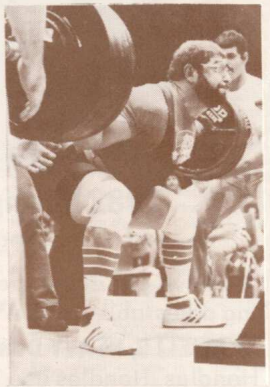
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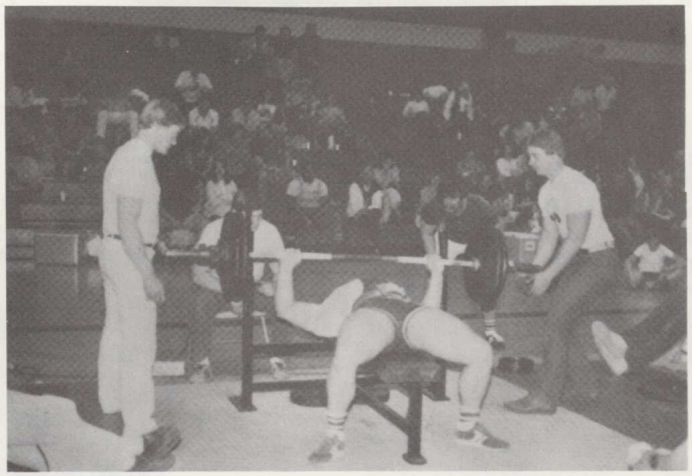
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More From Ken Leistner

Well, Larry Pacifico told everyone that this year's Seniors would be the best ever and he more than lived up to that promise. Absolutely everything, including the little details, were first rate.

My journey through the Seniors began on Thursday when Eric Stuber, the co-director of the meet, picked me up at the airport. He was tough to miss at about 280 pounds and folks in the airport reacted accordingly. 'Gee, wait until the really big guys come in!' I was thinking the same thing as we drove up to Pacifico's gym and encountered John Gamble. Man, we've all heard so much about this man, but he still has to be seen to be appreciated. There are a lot of big men in the sport, but none that I can think of are as impressive as John because he looks not like a lifter, but a huge, muscular athlete. His background as a field performer (discus primarily) was evident as he moved with the grace of a cat, yet he possesses some of the largest muscular measurements ever. A two week diet and a ticket to the Olympia are about all he needs to turn the bodybuilding world upsidedown. As big as he was, it didn't match his politeness. One of the meet officials later commented to me that 'It's easier working with the lighter classes. You know how it is sometimes, the big guys are used to having things their own way and tend to be a bit belligerent or tough about things, sort of like they're accustomed to having everyone do their bidding. Hell, if I was that size, maybe I'd be the same.' True or not, John is a prime example of a big man who is twice as nice as his size. Steve Knight and Doyle Kenady were there too, and we quietly discussed healing injuries, something that would set the tone for the meet as injury and missed lifts punctuated the fine performances otherwise seen at this contest.

I fell in with the big guys for dinner, McCormick, Drapal, Doyle, and a few others. Our early arrival allowed the waitresses to tune up for the weekend as most of the big men ordered af least two dinners. 'I'll have the spaghetti dinner with meatballs, and the spaghetti dinner with cheese sauce, four milks, two beers, and an extra salad.' I'm sure the cooks were thrilled too, and a number of restaurants ran out of well liked items throughout the weekend. After the usual visiting, I found a comfortable place in the lobby to watch the arrival of the elite, and wait for time to cool my body out from the flight. Hatfield, Noonan, and Bradley rolled out of their Winnebago about midnight and I noted that Joe looked a bit heavy, an observation that would tell later on. Fred was his ebuillient self, looking every bit the world record squatter that he is. Bill Dunn and Willie Morrie proved to be great company, and I finally made the acquaintance of two Carolina legends, Dean Best and Rick Mooney, who perhaps looks even less like a lifter than Leistner does, but is at least twice as funny. He had all of us rolling and his outlandish comments chased us off to bed in fine humor.

The stuff hit the fan on Friday as all of the political matters were dealt with. Words cannot describe the emotion that poured forth as lifters, administrators, and friends of the game clashed over all of the issues that have caused so much controversy this past year. Johnny Peebles III and the Great Kaiser actually showed up and made a pitch for the presidency (hell, two for the price of one, a bargain any way you cut it) but they were held off by Conrad Cotter. A vote had limited the salary/stipend to be paid to the USPF president, something that I disagreed with and John Pettitt was honest enough to say that he didn't feel that he could devote full time to the job under those circumstances, essentially removing the possibility of his election. Conrad Cotter was my next choice and if he continues running the USPF in the same efficient manner, giving us a living example of integrity and poise under fire, then we will be straightened out in a brief period of time.

With his election, the first major question had been settled. The national contest bids were settled quickly and it was on to the really heavy stuff; steroid testing. Tempers flared, emotions broke, and a battle was waged. Tony Carpino, Terry McCormick and I had talked prior to the meeting, comparing the pulse of lifters across the country. We agreed that our personal feelings needed to be laid aside, and that we were bound to present the issue in light of the wishes of our constituency. We were, and are, of the belief, that the majority of lifters across the country do not want to give up steroids. Yeah, everyone gives lip service to it, but the truth, as the three of us interpreted it, was that most lifters would like their competitors to give them up, not necessarily give them up themselves. Strength, as Bill Starr has told us, is a greedy mistress, and most guys want the big numbers, they want the PRs, and their state and local records. Fairness in testing procedures and possible legal repercussions were other reasons brought forth in an attempt to defeat the measure. The supporters of testing, primarily Jan Todd, were just as vociferous in their belief that most lifters wanted

testing and that these procedures were necessary to preserve the integrity of the sport. Needless to say, when you have bright, articulate, knowledgeable people on both sides of an issue, it can get heavy, and did it ever. The highlight of the discussion was perhaps the eruption between New Jersey's semi-famous state rep and Doug Young. A challenge to take it into the hallway was actually uttered. 'I'm not going to take this off of you, ya wanna go out into the hall fella?' For those of you who know Doug, the obvious answer was 'okay' and as he rose from his chair, visions of manslaughter immediately danced in the minds of many. Doug realized the ridiculousness of the situation and sat down, but man, it could have been messy. I turned to Tony Johnson and said 'that adrenalin shot he just got is gonna cost him 20 pounds on his bench.' Doug turned around and said with half a smile , 'more than that.' In further action, the women and men's administration will not be split, another emotion packed point.

With the administration stuff out of the way, everyone got ready for the next day's lifting by generally raising hell and swapping stories well into the week hours of the morning. The comraderie shown by all is perhaps the nicest part of a national meet. Everyday garage lifters get to talk with the greats, share a beer, get to know kindred souls seeking the light of strength, and this meeting of the tribe perhaps had more of this, as many came to Dayton to voice their feelings about the various political issues. On Saturday, Pacifico's work became obvious as everything rolled smoothly along. Mike will have already given you the blow by blow description, so I'll just throw in some highlights as I saw them. At 114, Dunbar deadlifted the roof off of the convention center to nip Cunha on bodyweight. It was a particularly impressive lift as this was one of the first Seniors where Chuckie had to reach down and make a big pull to bring home the bacon. Cunha will be back, and a nicer guy you won't meet. Heath needed more Led Zeppelin on this day, although Lambert and I were treated to a 3 AM news piece that reported 'Ohio lifter Doug Heath is being shown lifting 1700 pounds at the Dayton Convention Center today at the Senior National Championships for Powerlifting.' I guess the judges missed that one. Gant lifted as well as ever despite timing out on one squat, and really wasn't pushed. The 132s could have been interesting but a funny thing happened on the way to the weigh in. Inexplicably, Bradley was a bit late to weigh in, came in a pound and a half heavy, and was bumped into the '48s. Victor Williams was in my room, sitting in the makeshift steamroom of the shower, trying desperately to sweat off a few more ounces. He was so drained by the effort (and still overweight) that he passed on the lifting altogether. Friday evening, Jay Rosciglione, his wife Terre, and Frankie Vedro had dinner with me at some greasy spoon. Frankie's choice of nothing to eat was perhaps the best bet on the menu, but it was indicative that he was having a weight problem. I don't know if sucking off a few pounds did him in, or if he started too high, but he didn't get a squat in, paving the way for Detroit's Claude Hansor, a heretofore unrecognized figure. He was well controlled as he cruised to a 10 times bodyweight plus total. It's a shame that Vedro didn't stay long enough to deadlift as he was looking for a world record. I'm sure that this young lifter learned a lot from his first Senior's experience and will be back next year.

I won't pretend to be able to write objectively about the 148s. I've been working with Jay Rosciglione for 3 years and we were determined to see him win this one. He was so confident that he even baked a few extra brownies for me, knowing I like them better than champagne. Jay is from the modest school, and though he was confident, he was ready for the battle of his life. Finch, Wahl, Austin and Ruettiger all looked good and we knew that Hummel couldn't be counted out. George Hummel has my respect. Here is a man who stood up for his beliefs and came to town steroid free, in an attempt to show others that you could lift at the Seniors without the aid of chemicals. His comportment was such that even those who disagreed with him were immediately struck by his self respect, and were won over by him. He's also one hell of a lifter. Rudy Ruettiger needs another year at 48 but he has all the tools. Austin is a real comer and a nice guy, impressing all with his poise. He didn't rattle for a moment and he too will be in the thick of things in the next few years. Bob Wahl was getting fine coaching from Jerry Bell, former deadlifting great, and we were most concerned with him and Finch. Wahl absolutely smoked his third squat and indicated to us that we were in for a fight. Unfortunately, he bombed on his DL but this young man has all the tools for greatness and a terrific coach. Jim Finch brought the audience to its feet with his final DL attempt, a 628 that would have won it for him. He gave it a great ride but fell short, but his courage and tenacity had the fans screaming and jumping. Jay had the best physique of the contest. He was 4.5% bodyfat (hydrostatically) at 154 pounds a few weeks before the meet and we estimated him at under 3.5% at 149 and he looked it. When the cross fibers in the erectors are staring you in the face, man, you know you got yourself one lean lifter! Even Steve Knight admitted that Jay had him on cuts, so you can just imagine what kind of shape Jay was in. His selection to the world team is just reward for a wonderful lifter who has paid all the dues necessary to be a national and world champion. The support he got from his wife and relatives in the audience helped an awful lot and the St. Louis lifters who came to town to help and advise proved to be a decisive factor.



***Ken and Jay Rosciglione**, they worked together well to bring Jay the biggest victory of his lifting career, so far*

The middleweights were somewhat anti-climatic as Rickey Dale actually benched his way to victory. I'm sure that he was afraid of facing the wrath of his wife Kim, a factor which cranked him up for a beautiful winning DL. I'd like to find words to describe the performance of Mike Bridges, but those words don't exist. 'Ken, I may just take openers, I don't know, I'll push as hard as I think my body wants to go'. Mike is better in tune with his body than most of us (and let's face it, he's just not like the rest of us) and his body said 'GO'. His 837 squat looked like he had more and his big bench had all of us shaking our heads. Lyle Schwartz said it best, 'It's such a delight watching him, he is so great.' Amen to that, but what is nicer is Mike's development off of the platform. He's grown immensely in the last year or two, becoming a respected businessman, and a mature, well mannered individual, highly sought for his seminars (everyone, including the big name lifters, who have seen his seminar told me that he does a terrific job on stage) and his advice. It was a pleasure spending some time with him, and it can truly be said that the world is now at his feet. I was pleased to see Paul Sutphin back on the national scene as I have always respected his lifting, and Jack Wilson, 'Doc' Wehunt, and Bruce Takala handled themselves with elan, if not enough strength to take a top spot. Steve Knight looked sharp and fit and made the nicest squat of the entire meet at 722, picture perfect. His 418 bench was a fine improvement over the old model, but a nagging back injury limited his DL and shuttled him to third place.

I had the opportunity to speak with Walter Thomas on Saturday night, after intercepting him in the hall. Another truly nice individual with an awesome physique. The support of his record holding wife Julie aided him greatly, and although it went somewhat unnoticed on the heels of Bridges' lifting, this man out totaled his nearest rival by over 50 kg. Think about that one for a moment. Buddy Duke established himself as one to look for next year, and Sam Mangialardi, respected by everyone, lifted super well despite nagging personal problems. He's had so much hard luck of late that it brought me great pleasure to see him cop third place, despite the aforementioned difficulties and an oft-operated on shoulder. His young son Sam was there to cheer him on, and the father son team proved to be tough to beat. Of those trailing the trophy winners, Joe Ladnier will be one to watch in the future.

After a night of merriment, I parlayed three hours of sleep into a gallant attempt to announce the second day's proceedings. Tony Carpino had handled the mike the day before and for those who know Tony's inimitable style, it will not surprise you to hear that he ended up hoarse. I promised Larry that I would curb all profanity, keep a handle on my New Yawk accent, and say nice things about him and his brother Dick. The 220s gave us a few of the best physiques to be seen anywhere and Cash, Sideris, Logston, and Moran didn't disappoint. Cash needs to be seen up close to be appreciated. More than one woman almost fainted when they caught sight of him. Logston is a real comer and Herb Glossbrenner predicts much more from him. His say so is enough for me as Jim McCarty, his middle-weight entry, handled himself superbly, despite seeming a bit overtrained. Sideris lifted with remarkable consistency and proved that he can be a real threat to the title, making most of his lifts look smooth and easy. Larry Plumlee proved to be a Southern gentleman despite missing some of the lifts he really wanted. As always, Anello was a threat right to the end. Hatfield's third squat could have been an opener and what appeared to be a rotator cuff injury kept him from the title. Chip McCain couldn't get a squat in. Never one to alibi, Chip told me that he was physically recovered from his terrible injury of a year ago, but perhaps he needed another few months.

Ernie Frantz was a deadlift away from an upset, and looked great at 48. All of the east coast guys were disappointed to see Carlton Snitkin bomb, but he remains at the top of the 242s. Todd Wilson has made great gains this past year, while Mark Dimiduk copped some glory despite a still injured pec. The big surprises were Schneider and Warman and Bill Davis. Warman came out of the woodwork to apply all that he's been learning as a grad student in exercise physiology to get 2nd place. Lean and capable, he had a number of guys looking over their shoulders the entire meet. Dave Schneider showed real consistency and great strength and was the deserving winner of a tough class. More hard luck for Billy boy. He was 10 kg in front going into the DL but we knew he was in trouble. I gave the microphone to John Pettit as I tried to get him through the pulls. Unfortunately, he had aggravated an existing back injury and faces possible surgery. He was unable to complete a deadlift and saw his shot at the title slip away.

Gamble was awesome as he dominated the 275 class, arousing the audience with his enthusiasm and power. Almost unnoticed was the performance of Steve Wilson. Under any other circumstances, the Sandusky strongman would have been the man of the hour, toying with huge weights, and impressing everyone with his platform demeanor. He really has his act together. Dempsey looks like there's potential for lots more and Alabama's Sandlin will be watched by those on top. Doyle Kenady's back problem prevented him from making a big squat or any DL and Wrenn's shoulder problems limited his squat (on the rack) and bench. He tried to make it up with a huge DL but just fell short. This in no way denigrates the performance of winner Wayne Bouvier who has sought the Senior title for many years. His mysterious absences have puzzled a number of people, but he showed on Sunday and had a great meet, matching his legendary bench with fine work on the other lifts. Doug Young tried a world record bench press with no success, but made that attempt in severe discomfort. I was told that Doug had ignored doctor's orders and attended the meet while facing possible gall bladder surgery.

As always, there are lots of fond memories from this national meet. Christina and Rita, Larry's effervescent helpers, performed sixteen different jobs, doing all of them well. Some of the guys walked away without dates, but hell, what comes first fellas, party time, or running a first rate meet? I'm sure that Rita made up for it immediately after, but Pacifico was blessed with a competent, hard working crew. Ken Noffsinger made sure that the loading was done correctly and quickly while Dean Best proved himself to be the rival of any specialist when it comes to directing the platform activities at a high level meet. Dean and the spotter/loaders prevented any serious injuries and believe me, the opportunity for mayhem was ever present. Dean wandered into our room about 3 am two nights in a row and also proved to be hilarious company. I'll look forward to seeing him again. Carpino's announcing is always exciting, but he may have outdone himself. Despite his assertations that this would be his last major meet, I'm sure we'll see him with the microphone before too much time goes by. In response to some of the comments about Tony's usual behavior, he ain't heavy, he's from the Bronx! One of the things that made the meet run well for the lifters was the excellent expediting system directed by John Pettitt and his wife Jan. Talk about well oiled machinery. Everyone knew who was lifting and when, despite many last second weight changes for reasons of strategy. Dave Roberts of Canada and Terre Rosciglione handled the expediting board with lots of cool. Terre was also recognized as unofficial meet cheerleader. Eric Stuber kept the meet running throughout the weekend and was somewhat of an unsung hero. Eric and I both shook up the crowd with our luck. Bob and Julie Morris, the belt makers, were raffling off a beautiful suede covered powerbelt, one per day, with all proceeds going to the USPF travel fund. I saw Bob walking to the microphone at the conclusion of the first day's lifting and offered him two bucks. 'Take it, I want to support the team. Take it and I'll walk up to the mike with you as I have to announce the awards ceremony.' 'Hell Ken, take a raffle ticket for the two bucks.' 'No, I'll just give the money.' Bob prevailed and I walked back to his table for the ticket, threw it into the raffle box, and waited while Carpino shook the box up, dipped in, and would you believe it, drew my number. 'Fix, fix!' Hey, sometimes you get lucky. The same thing happened the next day to Eric and I'm sure the crowd thought that Bob was trying to hold onto his belts. As it is, I'll be getting mine shortly and Bob was kind enough to donate new belts for all members of the World team, a wonderful gesture. Although this was not your typical bodybuilding audience, Bill Pearl's presence was noted by everyone there. Man, he looked so healthy, skin aglow with good health and vitality. As big as you'd like too. One of my fonest memories was going one on one in a death duel with Paul Wrenn as he tried to steal the shirt off my back. I had to 'punch him out' in the hotel lobby as he attempted to take my psychedelic purple shirt home to Tennessee with him. Anyone believe that? Can you see Paul with a tie-dyed pink and purple number in the conservative South? Actually, he had a few comments about the shirt, not printable, and it led to a lively and humorous conversation about Southern California morality.

Really would have loved to see Paul in that shirt though.

What else is there to add. Ron Fernando and our own Mike Lambert scribbled furiously, and snapped photo after photo as the meet report indicates. This meet left all of us anxious for next year and I can only encourage everyone to make early plans to get to Austin for what will be great lifting, great companionship, and one great time.

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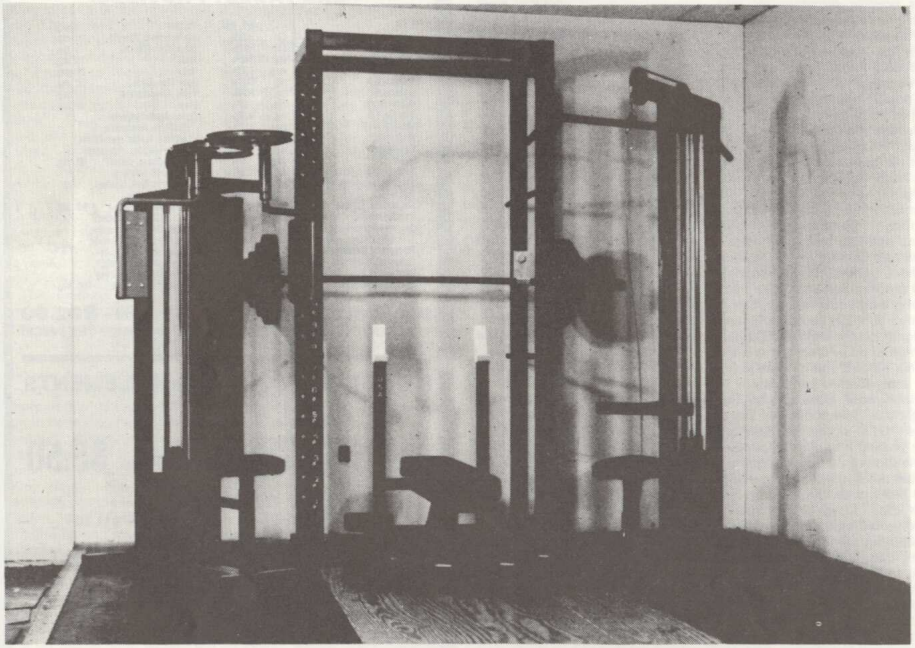
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The Perils of Perfectionism

We live in an achievement oriented society, but achievement is often confused with perfectionism. Slogans like: 'Give it your best shot.', and 'Do it right or don't do it at all.' are seldom questioned. Parents and leaders admonish us to always to our best. Hit songs like 'The Impossible Dream' have glorified the struggle to reach impossible goals.

Let's clarify what's meant by the term 'perfectionism.' Just because you are concerned about quality and have high standards does not mean you are a perfectionist. We're talking about a more generalized personality trait. The individual is preoccupied with doing things 'perfectly.' This personality characteristic is a dominant feature which has overriding importance. The perfectionist assesses his worth as an individual in terms of his accomplishments. We're talking about someone whose whole existence is geared toward superior achievement. If you're seriously wondering 'What's wrong with that?', you may very well be a perfectionist. What's 'wrong' is that such individuals suffer a great deal of personal distress, and ironically may end up achieving less than they would have if they weren't trying to be so 'perfect.'

The Perfectionistic Personality

As we have said, perfectionists define their worth as individuals in terms of their accomplishments; they are usually unhappy and dissatisfied, but feel this is the price they have to pay for success. There are other traits that most perfectionists have in common. Surprisingly, they usually have low self-esteem. Failures are likely to result in self-criticism and depression. Successes aren't satisfying because the perfectionist is likely to feel that he should have done better.

Perfectionists believe that others achieve their goals more effortlessly, and with less stress; therefore, they view themselves as inefficient and inferior. Typical cognitive styles include dichotomous all-or-none thinking. That is, you are either a success or a failure; things are either good or bad. They are preoccupied with past failures, and given to overgeneralization. For example, no matter how long your string of successes, if you eventually fail, you're a failure...rather than someone who may have failed in one particular instance.

Perfectionists generally have poor interpersonal relations. Perfectionists attempt to impose their standards on others, and are super critical. If some extraordinary individual does measure up to their standards, they feel threatened and dread comparison. The anxiety and stress they feel about performing makes them hostile towards those whom they view as potential critics. Generally, though, perfectionists are their own worst critics.

Perfectionism and rewards

The Gain-loss theory of rewards states that increases in rewards are especially rewarding, whereas decreases in rewards are especially punishing. In other words, when we get used to a certain level of rewards, it becomes taken for granted; we may feel content, but not really excited or thrilled about the situation. In order to experience a greater sense of reward, there must be an increase over what we have become used to.

The relief provided by outstanding success is only temporary, because the perfectionist feels compelled to raise his standards even higher. As his standards rise, he moves up to correspondingly higher levels of competition. Moving up may be viewed as a reward in itself, but often it causes performance anxiety.

Most of us take slight fluctuations in rewards in stride--such rises and falls help make our lives interesting, but the perfectionist is preoccupied with proving his self-worth, so his happiness is much more closely tied to performance rather than other things. Unless there is a commensurate increase in skill, success may turn out to be cruel punishment for the perfectionist, because it may cause him to elevate his criteria for success to more frustrating levels. Tasks become more difficult, and the competition more severe. Even if his abilities improve, the perfectionist experiences dimished returns as he approaches his potentials.

It is not uncommon for experienced weightlifters to spend years trying to add just a few extra pounds to a particular lift. Sometimes an injury can be a blessing because it lowers performance expectations. The injured lifter has an opportunity to experience improvements in performance again by making a comeback. Injuries can also provide an ideal way of showing how really perfect you are, that is, if you can perform well in spite of injuries. Medical doctors often contribute to this potential for recognition because they usually err on the conservative side when predicting whether or not or how long it'll take to recover. After all, there is less risk for both patient and physician in making this type of error than there would be in stating that it was all right to start lifting again when it really wasn't.

Sometimes athletes of only modest capability achieve an outstanding level of performance by dint of supreme effort. Overachievers, as they are called, can be especially frustrated when they encounter stiffer competition or higher standards, because they are already working about as hard as they possibly can. Therefore, they will no longer be able to compensate for the lack of natural ability.

Why doesn't the perfectionist just quit? Although withdrawal and procrastination are related to perfectionism, it's not easy for the perfectionist to quit trying because he has been taught to measure his worth as an individual in terms of performance. He does have a chance to earn the respect of those he cares about and thus gain self-respect--all he has to do is try to be 'perfect.' An extreme but fortunate instance of perfectionism occurred when a man was so desperate that he would have committed suicide if it wasn't for the fear that he might fail at that too!

Giving up perfectionism is especially difficult because it is often a deeply ingrained aspect of one's personality, and something that developed very gradually over the years. Then too, perfectionists do meet with considerable success--even if it isn't often satisfying. Studies have shown that even infrequent satisfactions can maintain behavior. In fact, intermittent reinforcement, as it's called, can make the behavior more persistent because it teaches us to expect to be rewarded eventually.

Are perfectionists really better? This is a crucial issue, because if perfectionism leads to superior achievement, we might feel that the end justifies the means--that the personal suffering is worth the individual and social benefits. On the other hand, if perfectionism is not an essential ingredient of achievement, then it is probably something that ought to be cured.



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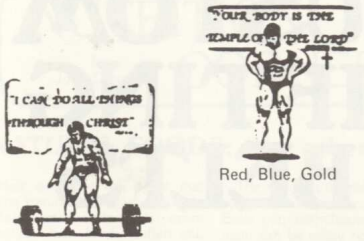
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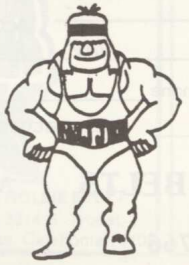
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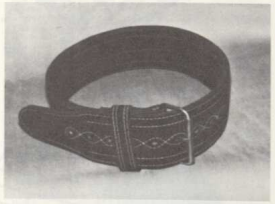
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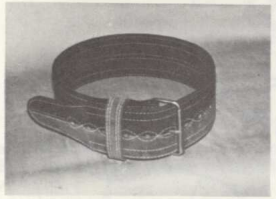
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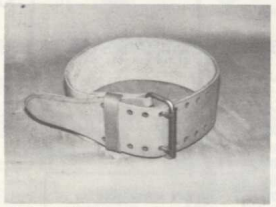


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NUTRITION CORNER
by Jack Digangi

NATURAL FOODS: the other side

Most everyone will agree that eating 'natural' or 'organic' foods in today's marketplace is more beneficial than foods stuffed and sprayed with chemicals. In this month's Nutrition Corner, I'd like to present the other side. It might make you think that if it is natural, it may not be good.

There are three classes of food poisons or toxins. The first one those toxins that occur in foods which cause illness when eaten in normal amounts. Among these, called myco toxins, are shellfish eaten at certain times of the year.

The second type are those harmful agents which occur naturally in foods. These can become dangerous when an abnormally large amount of these foods is eaten, for example, the goitrogens. These substances can reduce the throid function and thus cause goiter. Cabbage, cauliflower, broccoli, and brussel sprouts contain goitrogens. The seeds of apricots, apples, and peaches (a foundation for the drug laetrile) can form cyanide when digested.

The last category is a food that most of us can eat but are extremely dangerous to those unable to detoxify these agents. For example, Lathryus Peas can be toxic to some persons lacking the enzyme necessary for proper digestion.

The greatest concern here is not the problem of toxicity, which can be determined and avoided. The problem is more of a hazard which appears to be normal, but yet can cause harm in certain persons.

The body has the ability to detoxify small doses of a toxic poison. Even non-insignificant doses of a toxin can be safely handled when eaten with a varied diet. It is much safer to eat a variety of foods and the food groups to avoid any potential hazard that your own body may not be able to handle.

Another factor in combating possible toxic effects in foods in the possibility of a particular combination of toxins forming a single, more powerful toxin or the combination nullifying one another as in the case of the previously mentioned goitrogens, in the cabbage family, combined with iodine.

Here are a few suggestions to help detoxify these harmful agents. First, heat destroys most of the toxins. Keeping foods below 45 degrees F and or above 160 degrees F will discourage mold growth on food.

The second is to simply eliminate the foods known to cause toxicity. Finally if you find a certain food, or combination of foods make you ill, then the possibility exists that either the food was spoiled or something intrinsic in the food caused distress.

One other point to remember is that stress often causes considerable harm. Eating while angry or upset is an excellent way to invite stomach distress. Continue the pattern of nervousness and in a few years....!

Nutritionally yours,
J. P. Digangi, R.D.
Nutritionist

POWERLIFTING QUALIFICATION STANDARDS FOR MEN

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Class I	882	953	1025	1152	1257	1350	1422	1505	1554	1598	1670
Class II	777	838	904	1009	1102	1190	1257	1323	1367	1411	1472
Class III	672	733	788	887	965	1036	1097	1157	1196	1229	1279
Class IV	590	639	689	772	838	904	953	1003	1047	1075	1119

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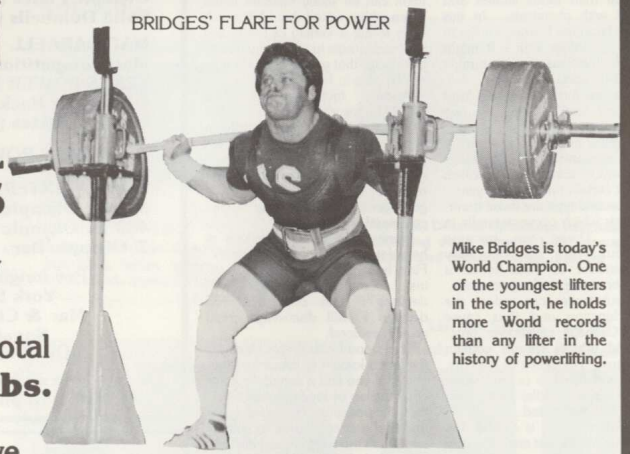
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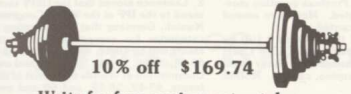


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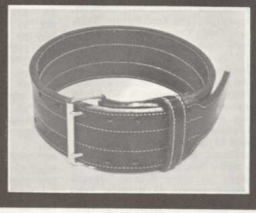


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MESSAGE FROM THE PRESIDENT

I have just received a supply of IPF renewal labels which must be affixed to each valid Category I and II book issued prior to January 1, 1979. At the 1981 Congress in Calcutta the renewal fee was raised from US $8 to UK 10 pounds. Those needing renewal labels should remit in dollars the equivalent of UK 10 pounds payable to the USPF. Your bank will be able to provide you the current exchange rate.

On July 9, 1982 the National Committee of the USPF voted to instruct the President to remit to each state chairman, 50 cents per each lifter registered and $15 for each meet sanction. The following table is compiled from American Sports Management registration information through June 30. The meet sanction figures are from our own log.

State	No. of Lifters	Regis. paymt.	Sanc-tions	Sanc. paymt.	Total paymt
AL	122	61.00	7	105.00	166.00
AK	50	25.00	1	15.00	40.00
AZ	90	45.00	4	60.00	105.00
AR	52	26.00	2	30.00	56.00
CA	598	299.00	23	345.00	644.00
CO	63	31.50	1	15.00	46.50
CT	79	39.50	1	15.00	54.50
DE					
DC					
FL	213	106.50	6	90.00	196.50
GA	131	65.50	3	45.00	110.50
HI	55	27.50	5	75.00	102.50
ID	62	31.00	2	30.00	61.00
IL	364	182.00	8	120.00	302.00
IN	307	103.50	11	165.00	268.50
IA	137	68.50	5	75.00	143.50
KS	104	52.00	2	30.00	82.00
KY	60	30.00	0	0	30.00
LA	121	60.50	4	60.00	120.50
ME	51	25.50	1	15.00	40.50
MA	33	16.50	1	15.00	31.50
MD	219	109.50	16	240.00	349.50
MI	279	139.50	7	105.00	244.50
MN	107	53.50	2	30.00	83.50
MS	67	33.50	5	75.00	108.50
MO	103	51.50	2	30.00	81.50
MT	37	18.50	1	15.00	33.50
NE	109	54.50	4	60.00	114.50
NV	38	19.00	3	45.00	64.50
NH	9	4.50	1	15.00	19.50
NJ	213	106.50	5	75.00	181.50
NM	89	44.50	2	30.00	74.50
NY	349	174.50	12	180.00	354.50
NC	171	85.50	7	105.00	190.50
ND	22	11.00	4	60.00	71.00
OH	397	198.50	12	180.00	378.50
OK	170	85.00	6	90.00	175.00
OR	112	56.00	2	30.00	86.00
PA	567	283.50	10	150.00	433.50
RI	7	3.50	0	0	3.50
SC	95	47.50	2	30.00	77.50
SD	52	26.00	2	30.00	56.00
TN	61	30.50	5	75.00	105.50
TX	393	196.50	9	135.00	331.50
UT	58	29.00	1	15.00	44.00
VT	25	12.50	1	15.00	27.50
VA	262	131.00	7	105.00	236.00
WA	134	67.00	3	45.00	112.00
WV	82	41.00	6	90.00	131.00
WI	249	124.50	0	0	124.50
WY	23	11.50	1	15.00	26.50

Minutes of the National Committee, July 9, 1982, Room 202, Dayton Convention Center, Dayton, Ohio.

The meeting was called to order by President Conrad Cotter at 9 a.m. Invocation was given by Paul Wrenn. Roll call of voting members: President Conrad Cotter, Secretary Ramona Kenady, (proxy to Walter Thomas), Treasurer Conrad Cotter (proxy to Watson Lawrence), Executive Committee: Lyle Schwartz, Jan Todd, Jack Hughes, Fred Hatfield, Doyle Kenady, Bob Packer, Mike Lambert (proxy to Jim Drapal), Terry McCormick (proxy to George Zangas). Members at large: Bob Ross (proxy to John Pettitt), Billy Jack Talton, Ed Jubinville, Tom Eldridge, Juli Thomas, Pat Malone, Athlete's Representatives: Paul Wrenn (proxy to Barbara Wrenn), Ken Leistner, Tony Carpino (proxy to Tony Fitton), Terry McCormick, Doug Young, Regional chairman: Tony Carpino Region II, Jim Lowe Region III (proxy to Terry Todd), Pat Malone Region 6 (proxy to John Hare), William Kucera, Region 7 (proxy to Mabel Rader), Nate Foster Region 8, Whitfield Davis Region 9, Bill Decker Region 10, Mike Berg Region 11, Doyle Kenady Region 12, (proxy to Steve Knight), Jim Lem Region 13, (proxy to Bill Hartmann), State chairman, Ken Brown, Arkansas (proxy to Steve Sparr), Dennis Brady, Illinois (proxy to Ernie Frantz), James Cash, Kansas, (proxy to Kathryn Sansocie), Dennis Burke, Louisiana, Charles Carnobas, Maryland, George Zender, Michigan, Kent Goude, Minnesota, Brother Bennet, Mississippi (proxy to Jim Taylor), Lawrence Glisson, Missouri, William Kucera, Nebraska, (proxy to Peary Rader), Randolph Paniseidi, New Jersey, Richard Cernosek, New Mexico (proxy to Vicki Steenrod), Jerry Welcher, New York, Paul Whitney, North Dakota, John Black, Ohio (proxy to Bob Fortenbaugh), Rickey Crain, Oklahoma, Ramona Kenady, Oregon, Tim McCarthy, South Dakota (proxy to Tracy Upton), Eddie Bodkin, Tennessee (proxy to Joe Cummins), Patti Jehl, Texas, (proxy to David Coats, Bob Edmanson, Virginia, Jeff Magruder, Washington (proxy to Paul Wright), Vincent Joe White, West Virginia, Bruce Sullivan, Wisconsin.

Minutes of the preceding meeting: The minutes of the National Committee meeting held July 10, 1981 at Corpus Christi, Texas, were approved on motion by Lawrence, seconded by Carpino.

Treasurer's report: The Treasurer's report was presented by Conrad Cotter. Lawrence moved adoption of the report, seconded by Hatfield, motion carried. Report adopted.

Operating Committees gave their annual reports:

All American Awards Committee: Larry Pacifico, chairman, was not present and report was deferred.

Classification Awards Committee: On behalf of Dick Fisher, chairman of the committee, Cotter gave a brief report. Report was adopted by implied consent.

Coaching Techniques Committee: Terry Todd, chairman, announced that there was no report.

Collegiate Committee: Billy Jack Talton, chairman, gave his annual report. Hatfield moved the adoption of the report, Carpino seconded. Motion carried. Report adopted.

Discipline Committee: On behalf of Jan Shendow, chairman, Bill Decker gave the annual report. He also stated that the committee would meet at 9 p.m. at room 202, Dayton Convention Center on July 9 to consider pending action against Joe Zarella. Report adopted by implied consent.

Hall of Fame Committee: On behalf of Dick Burke, chairman, Peary Rader gave the annual report. He stated that the Federation will have to locate another facility to house the Hall of Fame and requested suggestions. He also stated the necessity that nominations for the Hall of Fame must be processed prior to the national meeting in order to properly prepare for their election. Carpino moved adoption of the report. Pettitt seconded. Motion carried. Report adopted.

Selections Committee (Men): Conrad Cotter, chairman, announced the committee would meet immediately following the championships for selection of the world teams. Report adopted on motion of Burke, seconded by Packer.

Selections Committee (Women): Jan Todd, chairman, announced there was no report.

Law and Legislation Committee: Lyle Schwartz, chairman, gave the annual report. Report adopted on motion of Carpino, seconded by Burke.

Masters committee: Nate Foster, chairman, gave his annual report. Report adopted on motion of Carpino, seconded by Lawrence.

National Referees committee: Tony Carpino, chairman, gave the report of the committee. He stated the need to determine whether to send the IPF $10. for procuring international cards, or whether we send the IPF 10 pounds. Lyle Schwartz moved that the USPF charge 10 pounds in American dollars ($20.00) for the international cards and file an official protest with the IPF. Lawrence seconded the motion. Motion carried. Report adopted by implied consent.

Nominating Committee: On behalf of Ed Jubinville, chairman, Conrad Cotter gave the report. Report adopted by implied consent.

Publicity Committee: On behalf of Mike Lambert, Conrad Cotter gave the report. Report adopted by implied consent.

Records committee: Nate Foster, chairman, gave the annual report. Report adopted by implied consent.

Registration committee: Ramona Kenady, chairman, gave the annual report. She stated that the USPF has registered 7108 members, 180 clubs, and sanctioned 214 meets to date. Report adopted by motion of Schwartz, seconded by Packer.

Television and Special Events committee: Conrad Cotter, chairman, gave the annual report informing the committee of the status with the various broadcasting networks and cable companies. Report adopted by motion of Burke, seconded by Packer.

Women's committee: Jan Todd, chairman, gave the annual report. Report adopted on motion of Decker, seconded by Crain.

Youth Development committee: On behalf of Bob Ross, chairman, John Pettit gave the annual report. Report adopted by motion of Decker, seconded by Packer.

AD HOC COMMITTEES

Medical Committee: Jan Todd, chairman, moved that the report be deferred until the special order of business (Item No. 58 on prepared agenda). Motion seconded. Motion carried.

UNFINISHED BUSINESS

Lawrence moved to empower the Executive Committee to call subsequent meetings to consider all items which might not be considered on today's agenda. Packer seconded. Motion carried.

ACTION ON PROPOSED AMENDMENTS TO THE BYLAWS OF THE USPF:

1. Terry Todd moved Section 2.1 (i) be amended as follows: Delete 'the President of the powerlifting federation shall appoint the state powerlifting chairman' and insert 'the regional chairman shall apoint the state powerlifting chairman'. Pettit seconded. Carpino moved the motion be amended as follows: 'the president of the federation shall appoint the state powerlifting chairman upon recommendation of the regional chairman.' Burke seconded. Previous question moved by Burke, carried. Motion to amend carried. Motion carried.

2. Burke moved that section 2.1(ii) be amended as follows: Add 'U.S. Coast Guard', Packer seconded. Previous question moved by Carpino, carried. Motion carried.

Meeting of the National Committee recessed until 1:30 p.m.

Cotter called the meeting back to order at 1:30 p.m. Under the order of business of proposed amendments to bylaws:

3. PettiTt moved that Section 2.2 be amended to rearrange Regional boundaries (map to be published later). Packer seconded.

4. Carpino moved that Section 3.5 be amended as follows: 'a voting member of the National committee may delegate his vote, subject to the following conditions: (a) the delegate must be present at the National Committee meeting; (b) No person may cast more than one vote; (c) the President of the USPF must be notified in writing of the intended delegation one week prior to the National meeting; (d) a similar or identical bearer letter must be presented to the USPF secretary at the National meeting in order for the delegate to receive a voting card; (e) state chairmen should delegate to a USPF member who is registered for the current year in his own state; (f) Regional chairmen should delegate to a USPF member who is registered for the current year in his own region, (g) Executive committee members, members at large, and athletes representatives may delegate without regard to geographical subdivision.' Pettitt seconded. Hughes moved to amend the motion by deleting 'should' in subsections (e) and (f) and inserting 'shall'. Motion seconded. Motion carried. Schwartz moved to amend the motion by deleting 'Executive Committee member, members at large' in subsection (g). Malone seconded. Motion carried.

5. Pettitt moved that Section 3.6 be amended as follows: Add 'only one vote may be cast by each person.' Packer seconded. Motion carried.

6. Packer moved that Section 4.6 be amended as follows: Add 'alternatively, the Executive committee or any committee pursuant to section 4.5 may take action by use of conference call provided that all committee members have been notified in advance, of the intention to carry out such conference, and that a quorum is included in the conference.' Burke seconded. Previous question moved, carried. Motion carried.

7. Lawrence moved that Section 9.3 be amended as follows: Delete '70 and over' and insert '70-74, 75-79, and 80 and over.' Pettitt seconded. Previous question moved by Burke, carried. Motion carried.

8. Burke moved that Section 10.1(j) be amended as follows: Delete 'Note' and what follows, regarding disbanding of team. Schwartz seconded. Motion carried.

9. Lawrence moved Section 12.6(c) be amended as follows: Amend Section 12.6(c) to read 'Any member of any club of the Federation who shall have been expelled from said club for unpaid indebtedness to the club may be designated as ineligible for competition in any USPF sanctioned meet by action of the Discipline committee, such ineligibility to continue until such indebtedness is liquidated.' Burke seconded. Motion carried.

10. Lawrence moved that the District of Columbia be treated as a state and included in the region on either side. Packer seconded. Previous question moved by Todd, carried. Motion failed.

11. Packer moved that Puerto Rico be treated as a state and included in Region 4. Schwartz seconded. Motion ruled out of order on the grounds that the IPF recognizes Puerto Rico as a federation.

12. Lawrence moved that Guam be treated as a state and included in the region with Hawaii. Packer seconded. Motion failed.

RECOMMENDATIONS TO THE INTERNATIONAL POWER LIFTING FEDERATION.

1. Packer moved that the USPF instruct delegates to recommend to the IPF at the World Congress in Munich, Germany, to establish a Masters committee similar to the IPF Women's committee with all rights and privileges now accorded to the Women's committee, chairperson to be accorded the appointed masters committee chairman. Glisson seconded. Motion carried.

2. Lawrence moved that the USPF recommend to the IPF at the World Congress in Munich, Germany that the following age categories for competition in masters meets will be 40-44, 45-49, 50-54- 55-59, 60-64, 65-69, 70-74, 75-79, 80 and over. Competition at Worlds to consist of three teams, 49-49, 50-59, and 60 and over. Packer seconded. Motion carried.

3. Terry Todd moved the USPF recommend to the IPF at the World Congress in Munich, Germany, that world masters championships be held annually in early October in 1983 with no requirement for host nations to provide housing or board for visitors until television revenues are available. Burke seconded. Carpino moved to amend the motion by deleting 'until television revenues are available'. Hatfield seconded. Previous question moved, carried. Motion to amend carried. Motion carried.

4. Schwartz moved the USPF instruct its delegates to recommend to the IPF at the World Congress in Munich, Germany, that Category I testing at World championships, using a 4th, graded referee, located in the jury position be reinstituted. Carpino seconded. Motion carried.

SPECIAL ORDER OF BUSINESS

Awarding of bids to the 1983 championships:

Senior Nationals: On behalf of Fitness Systems, Whitfield Davis, presented a bid for the meet to be held in New Orleans, Louisiana. On behalf of Elite Sales, Inc, Jon Pettitt presented a bid for the meet to be held in Austin, Texas. Bid was award to Texas.

National Championships: On behalf of Fitness Systems, Whitfield Davis presented a bid for the meet to be held in New Orleans, La. Richard Labbe presented a bid for the meet to be held in Portland, Maine. Bill Dunn of Charlottesville Barbell Club presented a bid for the meet to be held in Charlottesville, Va. The meet was awarded to Virginia.

Collegiate Nationals: The bid was awarded to Texas A&M on recommendation from the Collegiate Committee.

Masters: There was no bid presented to the National committee. It was moved and seconded that the award be referred to the Masters Committee for recommendation to the Executive Committee and proper action.

Teenage Nationals: There was no bid presented to the National Committee. It was moved and seconded that the award be referred to the Youth Development Committee for recommendation to the Executive Committee and proper action.

Women's Nationals: The bid was awarded to Ralph Sesso in Chicago on recommendation of the Women's committee.

SPECIAL ORDER OF BUSINESS: ELECTION OF OFFICERS.

Agenda Item No. 48: Burke moved a salary of $600 per month be paid to the National President. Crain seconded. Previous question moved by Burke, carried. Motion carried.

President: The following persons were nominated in compliance with Corpus Christi minutes of July 10, 1981: John Pettitt, Bob Packer, Conrad Cotter, Nate Foster, Johnny Peebles III. Cotter was elected using secret ballot.

Treasurer: The following persons were nominated in compliance with Corpus Christi minutes of July 10, 1981: Fred Hatfield, Rickey Crain, Conrad Cotter. Cotter was elected using secret ballot.

Executive Committee: The following persons were nominated: Nate Foster, Dennis Burke, Jan Todd, Larry Glisson, Lyle Schwartz, Bill Decker, Doyle Kenady, Fred Hatfield, Ramona Kenady, Pat Malone, George Zangas, John Pettitt, Bob Packer, Bud Mucci, Larry Kidney, Ernie Frantz. Nate Foster, Lyle Schwartz, Doyle Kenady, Fred Hatfield, George Zangas, John Pettitt, Bob Packer and Larry Kidney were elected using secret ballot.

SPECIAL ORDER OF BUSINESS:

Item No. 58, drug testing:

Jan Todd, Medical committee chairperson, gave the report of the Medical committee with its recommendations for drug testing at the 1983 Women's Nationals and Senior Nationals. Report adopted on motion of Carpino, seconded by Malone. Item No. 58: Carpino moved that there be drug testing at the 1983 Women's Nationals and Senior Nationals, as proposed by the Medical committee. Lawrence seconded. Sansocie moved that the question be divided in order that testing for the Women's Nationals and Senior Nationals be considered separately from testing at the Senior Nationals. Malone seconded. Motion failed: ayes: 21, nos: 25. Motion to administer drug testing at 1983 Women's Nationals and Senior Nationals failed: ayes: 21, nos: 27.

SPECIAL ORDER OF BUSINESS: Election of Officers, continued.

IPF delegates: The following persons were nominated as United States delegates to the International Powerlifting Federation World Congress at Munich, Germany: Dennis Burke, Nate Foster, Dave Keaggy, Bob Packer, Jack Hughes. Packer and Keaggy were elected by secret ballot. Foster was elected first alternate and Burke was elected second alternate.

Selections Committee (Men): Hatfield moved that the Executive Committee serve as the Selections Committee. Doyle Kenady seconded. Motion carried.

Athletes Representatives: Hatfield moved that the athletes representatives be nominated and elected through Powerlifting USA in the manner that was used in 1981. Carpino seconded. Motion carried.

NEW BUSINESS:

Agenda Item No. 1. Schwartz moved that the IPF be asked to recognize and keep Men's and Women's teenage records. Seconded. Glisson moved to amend the motion so that Teenage records would be divided amongh 14-15, 16-17, 18-19 year old age groups. Motion to amend seconded. Motion carried.

Agenda Item No. 2: Glisson moved that the youth development committee be charged with arranging for the first World Teenage powerlifting championships. Motion seconded and carried.

Agenda Item No. 3. Ruled out of order because a change of bylaws is required. Burke asked that the rules be suspended in order to consider agenda item No. 3. Failed.

Agenda Item No. 4 failed for want of a motion.

Agenda Item No. 5 failed for want of a motion.

Agenda Item No. 6. Jan Todd moved that the National chairpersons of the Womens' committee be elected by the voting members of the USPFWC and that she serve a 2 year term. Packer seconded. Motion ruled out of order because a change in the bylaws is required. Malone ruled to suspend the rules in order to consider agenda Item No. 6. Failed.

Agenda Item No. 7. Schwartz moved that the President remit to each state chairman 50 cents for each lifter registered and $15 for each meet sanction. Packer seconded. Carried.

Agenda Item No. 8 failed for want of a motion.

Agenda Item No. 9: Glisson moved that the 1983 USPF membership fees be raised to $15. which sum is to be divided as follows: (a) USPF $10., (b) state $2., (c) Region $.50 (d) rule book $1.25, (e) quarterly newsletter $1.25. Packer seconded. Zender moved to amend by deleting (d) and (e) and reducing the fee to $12.50. Seconded. Talton moved to amend the amendment in order that the $2.50 be allocated equally among the chairman of the collegiate, masters, womens, and youth development committees. Seconded. Failed. Ramona Kenady moved the previous question. Carried. Motion to amend carried. Motion as amended failed.

Agenda Item No. 10. Schwartz moved that the $4.50 per lifter participation fee be identified with the cost of running the sport and that television money is to be used to support foreign trips by USPF teams. Burke seconded. Lawrence moved to amend by deleting 'and that television money is to be used to support foreign trips by US teams'. Jan Todd seconded. Carried. Motion as amended carried.

Agenda Item No. 11 ruled out of order because a change of bylaws is required.

Agenda Item No. 12 ruled out of order because a change of bylaws is required.

Agenda Item No. 13 failed for want of a motion.

Agenda Item No. 14. Lawrence moved that the formula for dividing television revenue derived from national meets be amended to read '1/3 of TV contract not to exceed $5,000'. Seconded. Ramona Kenady moved that the motion be amended by deleting '$5,000' and inserting '$10.000'. Foster seconded. Carried. Motion as amended carried.

Agenda Items No. 15, 16 and 17. Malone moved that agenda items 15, 16, 17 be postponed. Seconded. Carried. Schwartz called for a quorum. Roll call was taken. A quorum was present.

Agenda Item No. 19: Schwartz moved to consider agenda Item 19 in order that Mr. Felix Archibeque, who had come from Missouri to present a new computer proposal, could be heard. Seconded. Carried.

Mr. Archibeque presented a proposal for the computerized registration of USPF members. Schwartz moved that consideration of the proposal presented by Mr. Archibeque be referred to the President for review and comparison and for the President to make recommendations for proper action. Lawrence seconded. Carried.

Agenda Items 15-63: Schwartz moved that agenda items 15-63, excepting items number 48 and 58, be referred to the Executive Committee for proper action. Lawrence seconded. Carried. Lawrence moved to adjourn. Talton seconded. Carried.

USPF Executive Committee

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Treasurer, Dr. Conrad Cotter, 2103 Langley St., Pensacola, Florida 32504 (Residence) 904-477-4863

Secretary, Ramona Kenady, 5040 Chehalis Dr. N., Salem, Oregon 97303 (Residence) 503-393-1949

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1	534 Cunha, J 10/17/81	319 Escobedo, H 6/5/82	460 Paterniti, N 3/27/82	1201 Cunha, J 2/20/82
2	500 Dunbar, C 3/27/82	315 Cunha, J 4/24/82	457 Heath, D 1/9/82	1185 Dunbar, C 3/27/82
3	425 Heath, D 9/19/81	310 Dunbar, C 3/27/82	451 Sanders, B 7/11/81	1118 Escobedo, H 6/5/82
4	405 Paterniti, N 3/27/82	260 Beiber, P 4/18/82	451 Toins, F 8/1/81	1100 Paterniti, N 3/27/82
5	391 Escobedo, H 6/5/82	255 Ferreira, M 3/27/82	435 Stoudt, L 6/5/82	1096 Heath, D 1/9/82
6	385 Freitas, C 10/10/81	248 Kahn, J 8/81	424 Young, A 5/15/82	1003 Sanders, B 2/27/82
7	365 Schlegel, B 3/20/82	248 Ohata, S 10/10/81	420 Schlegel, B 5/1/82	986 Ohata, S 10/10/81
8	363 Hunnicutt, G 4/24/82	248 Hunnicutt, G 4/24/82	407 Escobedo, H 6/5/82	986 Young, A 5/15/82
9	358 Sanders, B 2/27/82	242 Steinfeld, J 9/26/81	407 Meskew, K 6/12/82	980 Toins, F 5/1/82
10	352 Steinfeld, J 9/26/81	240 Chin, D 4/24/82	402 Horne, V 3/6/82	965 Schlegel, B 5/1/82
11	352 Chun, L 10/10/81	235 Paterniti, N 3/27/82	396 Schmidt, J 2/13/82	964 Steinfeld, J 9/26/81
12	350 Beiber, P 4/18/82	231 McGonigal, K 10/31/81	391 Provenzano, F 10/3/81	964 Freitas, C 10/10/81
13	350 Toins, F 5/1/82	231 Padova, J 3/19/82	391 Ohata, S 10/16/81	964 Hunnicutt, G 4/24/82
14	350 Castro,M 5/1/82	231 Young, A 5/15/82	386 Foddrill, B 2/13/82	959 Schmidt, J 2/13/82
15	347 Ohata, S 10/16/81	226 Heath, D 1/9/82	385 Cunha, J 2/20/82	936 Stoudt, L 6/5/82
16	347 Schmidt, J 2/13/82	225 Willis, T 11/21/81	385 Majerus, M 3/19/82	920 Horne, V 3/16/82
17	347 McGonigal, K 2/26/82	225 Talbott, D 4/24/82	385 Boudoin, D 4/24/82	914 Talbott, D 5/22/82
18	347 Burkhardt, K 3/19/82	220 Howe, L 10/18/81	380 Talbott, D 4/24/82	914 Chun, L 6/13/82
19	345 Penegrey, M 4/24/82	220 Couch, R 1/31/82	380 Harris, D 5/1/82	910 Ijaz, M 3/13/82
20	340 Ijaz, M 3/13/82	220 Howard, J 4/23/82	375 Rodgers, K 7/25/81	903 Provenzano, F 10/3/81
21	340 Collins, M 3/27/82	215 Ward, R 10/17/81	375 Dunbar, C 3/27/82	903 Meskew, K 6/12/82
22	336 Jones, K 5/1/82	215 Pender, J 3/20/82	374 Ijaz, M 6/5/82	895 Ferreira, M 5/22/82
23	330 Misewicz, T 1/31/82	215 Shea, J 4/18/82	374 Chun, L 6/13/82	892 Foddrill, B 2/13/82
24	330 Horne, V 3/16/82	214 Freitas, C 10/10/81	370 Gennaro, P 12/5/81	892 Jones, K 5/1/82
25	330 Andrews, S 5/1/82	214 Schmidt, J 2/13/82	369 Steinfeld, J 9/26/81	880 Beiber, P 4/18/82
26	330 Young, A 5/15/82	210 Wilson, F 10/10/81	365 Ferguson, D 11/21/81	880 Andrews, S 5/1/82
27	325 Stoudt, L 3/20/82	210 Loney, R 10/17/81	365 Steenrod, V 12/13/81	870 Padova, J 3/19/82
28	325 Nguyen, V H 5/1/81	210 Boyd, E 11/22/81	363 Gironda, V 9/6/81	865 Burkhardt, K 3/19/82
29	315 Jacobson, E 10/13/81	210 Stoudt, L 4/24/82	363 Godat, W 9/26/81	855 Collins, M 3/27/82
30	314 Provenzano, F 10/3/81	210 Sanders, B 5/15/82	363 Freitas, C 10/10/81	855 Shea, J 4/18/82
31	314 Parr, D 3/20/82	209 Oberson, S 9/26/81	360 Boyd, E 11/22/81	853 Godat, W 3/20/82
32	314 Talbott, D 5/22/82	209 Thomas, L 12/5/81	360 Mrotek, M 1/30/82	850 Boyd, E 11/22/81
33	314 Meskew, K 6/12/82	205 Castro, M 5/1/82	360 Shea, J 4/18/82	850 Misewicz, T 11/22/81
34	308 Roane, S 3/19/82	205 Kelly, R 5/8/82	360 Catalfamo, J 5/22/82	837 Willis, T 11/21/81
35	305 Ferreira, M 3/27/82	204 Foddrill, B 2/13/82	360 Messersmith, M 5/22/82	832 Thomas, L 12/5/81
36	305 Yu, J 5/1/82	203 Jorden, T 8/1/81	358 Nguyen, V 2/27/82	830 Gennaro, P 12/5/81
37	303 Foddrill, B 2/13/82	203 Jones, K 3/19/82	355 Perrera, T 3/20/82	830 Miguel, R 3/27/82
38	303 Padova, J 3/19/82	200 Ijaz, M 3/13/82	352 Provenzano, T 10/3/81	826 Nguyen, V 5/1/82
39	303 Godat, W 3/20/82	200 Montana, G 4/18/82	352 Jones, K 3/19/82	821 Gironda, V 9/6/81
40	300 Miguel, R 3/27/82	200 Toins, F 5/1/82	352 Hunnicutt, G 4/24/82	821 Provenzano, T 10/3/81
41	300 Hickey, G 4/82	200 Andrews, S 5/1/82	352 Garcia, E 6/12/82	820 Parr, D 3/20/82
42	300 Fine, B 6/12/82	200 Bozzelli, B 5/1/82	350 Andrews, S 5/1/82	820 Boudoin, D 4/24/82
43	300 Jesiolowski, J 6/27/82	200 Ruzicka, J 6/5/82	350 Ferreira, M 5/22/82	815 Ferguson, D 11/21/81
44	297 Provenzano, T 10/3/81	198 Godat, W 9/26/81	347 Patterson, C 2/20/82	815 Majerus, M 3/19/82
45	295 Shea, J 12/12/81	198 Provenzano, F 10/3/81	347 Burkhardt, K 3/19/82	815 Kahn, J 6/12/82
46	292 Thomas, L 12/5/81	198 Misewicz, T 3/19/82	345 Hert, C 3/13/82	810 Penegrey, M 4/24/82
47	286 Ellison, K 8/1/81	195 Hamilton, B 1/31/82	341 Weaver, D 7/18/81	804 Roane, S 3/19/82
48	286 Dellacer, M 8/22/81	195 Collins, M 3/27/82	341 Donovan, D 8/1/81	804 Steenrod, V 5/7/82
49	286 Steenrod, V 5/7/82	193 Chun, L 6/13/82	341 Duhon, M 5/1/82	800 Catalfamo, J 5/22/82
50	285 Ferguson, D 11/21/81	192 Horne, V 9/6/81	340 Misewicz, T 11/22/81	795 Hamilton, B 1/30/82
51	285 Mrotek, M 1/30/82	192 Stamford, B 3/27/82	340 Perez, R 2/20/82	795 Hickey, G 4/82
52	285 Willis, T 4/17/82	190 Mayer, S 7/25/81	340 Cross, J 2/27/82	788 Donovan, D 8/1/81
53	285 Wright, J 4/82	190 Schlegel, B 3/20/82	340 Arnold, S 3/20/82	785 Mrotek, M 1/30/82
54	285 Pettingill, S 5/1/82	190 Miguel, R 3/27/82	340 Miguel, R 3/27/82	785 Lenett, M 6/5/82
55	281 Boudoin, D 8/1/81	190 Griffith, B 4/17/82	340 Higginbotham, K 4/17/82	785 Ruzicka, J 6/5/82
56	281 Austin, J 11/1/81	190 Ortiz, C 5/22/82	336 Thompson, M 8/1/81	782 Jorden, T 8/1/81
57	281 Patterson, C 2/20/82	187 Yoshizu, F 10/10/81	336 Hickey, G 3/6/82	782 Garcia, E 6/12/82
58	281 Sikkema, B 2/20/82	187 Duhon, M 3/27/82	336 Padova, J 3/19/82	782 Oberson, S 9/26/81
59	281 McLean, B 3/19/82	185 Taylor, T 10/3/81	336 Parr, D 3/20/82	780 Yu, J 5/1/82
60	280 Boyd, E 11/22/81	185 Hyde, M 2/13/82	335 Boykin, R 8/1/81	777 Weaver, D 7/18/81
61	280 Gennaro, P 12/5/81	181 Donovan, D 7/18/81	335 Tatum, D 4/3/82	777 Patterson, C 2/20/82
62	280 Dreschel, C 5/1/82	181 Dellacer, M 8/22/81	335 Lenett, M 6/5/82	777 McGonigal, K 2/26/82
63	280 Cross, J 5/15/82	181 Gironda, V 9/6/81	330 Oberson, S 9/26/81	775 Cross, J 2/27/82
64	275 Weaver, D 7/18/81	181 Meskew, K 6/12/82	330 Loney, R 10/17/81	775 Arnold, S 3/20/82
65	275 Gironda, V 9/6/81	181 Garcia, E 6/12/82	330 Austin, J 11/l/81	775 Aleman, D 4/3/82
66	275 Buddemeyer, 9/26/81	181 Okami, L 6/13/82	330 Willie, T 11/21/81	775 Jesiolowski, J 6/27/82
67	275 Morgan, J 2/28/82	181 Smith, S 8/1/82	330 Thomas, L 12/5/81	771 Duhon, M 3/27/82
68	275 Majerus, M 3/19/82	180 Gennaro, P 7/25/81	330 Hamilton, B 1/30/82	770 Montana, G 4/18/82
69	275 Aleman, D 4/3/82	180 Thompson, M 10/10/81	330 Burr, B 3/6/82	770 Messersmith, M 5/22/82
70	275 Harrell, B 5/21/82	180 Messersmith, M 12/5/81	330 Aleman, D 4/3/82	766 Dellacer, M 8/22/81
71	275 Levett, M 6/5/82	180 Brown, K 4/24/82	330 Tuite, K 4/18/82	766 Harris, D 5/1/82
72	270 Meleon, B 1/16/82	180 Catalfamo, J 5/22/82	330 Kiefer, M 4/24/82	765 Jacobson, E 10/24/81
73	270 Hamilton, B 1/30/82	176 Parr, D 9½26/81	330 Ganley, S 5/22/82	760 Ellison, K 8/1/81
74	270 Okami, L 6/13/82	176 Thurm, R 9/26/81	330 Kahn, J 6/12/82	760 Perrera, T 3/20/82
75	265 Arnold, S 3/20/82	176 Bloom, B 11/1/81	325 Baez, A 7/25/81	755 Thompson, M 8/1/81
76	265 Ruzicka, J 6/5/82	176 Spearman, T 12/18/81	325 Jorden, T 8/1/81	755 Austin, J 11/1/81
77	264 Donovan, D 8/1/81	176 Nguyen, V 2/27/82	325 Cottingham, J 10/3/81	745 Richardson, V 4/24/82
78	264 Thompson, M 8/1/81	176 Hilton, S 3/6/82	325 Hubert, J 10/3/81	744 Okami, L 6/13/82
79	264 Buscareno, S 8/1/81	176 Roane, S 3/19/82	325 Hayashi, K 3/6/82	740 Loney, R 10/17/81
80	264 Stringer, K 1/9/82	175 Jacobson, E 10/24/81	325 Frazier, F 4/17/82	740 Richardson, M 6/19/82
81	264 Lockard, C 6/26/82	175 Lastra, J 11/14/81	325 Richardson, V 4/24/82	738 Thurm, R 9/26/81
82	260 Mayer, S 7/25/81	175 Cross, J 2/27/82	325 Yu, J 5/1/82	735 Hert, C 3/13/82
83	260 Frazier, F 4/17/82	175 Lenett, M 6/5/82	325 Guthrie, 5/1/82	735 Baker, S 5/21/82
84	260 Hann, J 4/18/82	170 Provenzano, T 10/3/81	325 Neeley, D 5/15/82	735 Ganley, S 5/22/82
85	260 Neeley, D 5/15/82	170 Cottingham, J 10/3/81	325 Richardson, M 6/19/82	735 McLean, B 5/22/82
86	260 Catalfamo, J 5/22/82	170 Morgan, S 12/81	325 Lockard, C 6/26/82	735 Ortiz, C 5/22/82
87	260 Perez, S 5/22/82	170 Giannandrea, F 3/13/82	320 McAdory, I 2/20/82	733 Lockard, C 6/26/82
88	260 Snow, J 5/29/82	170 Burkhardt, K 3/19/82	320 Collins, M 3/27/82	730 Mayer, S 7½25/81
89	259 Freisen, D 8/1/81	170 Arnold, S 3/20/82	320 Montana, G 4/18/82	730 Neeley, D 5/15/82
90	259 Humphries, G 11/7/81	170 Perrera, T 3/20/82	320 Cooper, T 4/82	730 Perez, S 5/22/82
91	259 Elwyn, S 2/20/82	170 Wilson, D 3/20/82	320 Gilbert, M 5/15/82	730 Fine, B 6/12/82
92	259 Howie, D 3/6/82	170 Strauss, E 3/27/82	320 Baker, S 5/21/82	727 Elwyn, S 2/20/82
93	259 Duhon, M 3/27/82	170 Swetz, P 3/28/82	320 Ruzicka, J 6/5/82	727 Morgan, J 2/28/82
94	255 Hughes, K 11/28/81	170 Aleman, D 4/3/82	320 Jesiolowski, J 6/27/82	725 Higginbotham, K 4/17/82
95	255 Ramil, Q 12/12/81	170 Boudoin, D 4/24/82	319 Fisher, C 2/20/82	725 Kiefer, M 6/5/82
96	255 Richardson, V 4/24/82	170 Hickey, G 4/82	319 Roane,S 3/19/82	722 Cottingham, J 10/3/81
97	255 Hacker, R 5/1/82	170 Wade, R 6/19/82	315 Ross, E 3/6/82	722 Bozzelli, B 3/19/82
98	255 Baker, S 5/21/82	170 Perez, S 5/22/82	315 Pender, J 3/20/82	720 Snow, J 5/29/82
99	255 Ganley, S 5/22/82	165 Ferguson, D 11/21/81	315 Pettingill, S 5/1/82	720 Graves, T 5/8/82
100	255 Furnas, J 6/19/82	165 Steenrod, V 2/20/82	315 Sigsby, W 5/15/82	716 Buddemeyer 9/26/81

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Hundreds of these patches have been sold and worn proudly. They go good with any color warmups or gym bag. ORDER TODAY. Each time a list is updated it becomes harder and harder to make it, so, if you qualify now, then ORDER NOW. Send your check to POWERLIFTING USA, BOX 467, CAMARILLO, CALIFORNIA 93011

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Official Supplement of the U.S. Men's and Women's World Championship Powerlifting Teams
the Product of Champions

- **VITAMINS A & D**
- **1000 I.U.'S OF VITAMIN E**
- **TIMED RELEASED HIGH POTENCY B-COMPLEX**
- **TIMED RELEASED HIGH POTENCY C-COMPLEX**
- **HIGH POTENCY MINERAL COMPLEX**
  AMINO ACID CHELATED (for greater assimilation)
- **DIGESTIVE ENZYMES**
- **CONVENIENCE** —8 TABLET/CAPSULES IN ONE PACKET FOR EASIER USE AT HOME OR TRAVELLING

Each Pack contains:

Lipo Soluble		
Vitamin A (Palmitate)	25,000 IU	500%
Vitamin D (Erad. Egostrol.)	600 IU	150%
Vitamin E (d-Alpha Tocopheryl Acetate)	1000 IU	3333%
Vitamin C Complex (time release)		
Vitamin C (Natural Ascorbic Acid)	2000 mg.	3333%
Lemon Bioflavonoids	500 mg.	***
Selected Natural Rose Hips	500 mg.	***
Hesperitin Complex	50 mg.	***
Rutin (Green Buckwheat)	50 mg.	***
B-Complex factors (time release)		
Folic Acid	400 mg.	100%
Vitamin B_1 (Thiamin Hcl & Yeast)	130 mg.	8333%
Vitamin B_2 (Riboflavin & Yeast)	130 mg.	7647%
Vitamin B_6 (Pyridoxine Hcl & Yeast)	130 mg.	650%
Niacinamide	130 mg.	650%
Vitamin B_{12} (Hydro Cobal. Conc. & Yeast)	130 mcg.	2167%
Biotin	130 mcg.	44%
Pantothenic Acid (d-cal. pan. & yeast)	130 mg.	1300%
Choline Bitartrate (Soya)	130 mg.	**
Inositol (Soya)	130 mg.	**
Para Amino Benzoic Acid	130 mg.	***
Chelated Mineral Compounds		
Calcium (Amino Acid Chelate)	1500 mg.	150%
Iodine (Kelp)	225 mcg.	100%
Iron (Amino Acid Chelate)	45 mg.	250%
Magnesium (Amino Acid Chelate)	750 mg.	188%
Copper (Amino Acid Chelate)	4.5 mg.	225%
Zinc (Amino Acid Chelate)	34 mg.	225%
Manganese (Amino Acid Chelate)	15 mg.	**
Potassium (Proteate)	100 mg.	**
Selenium (Yeast 21)	150 mcg.	**
Chromium (Amino Acid Chelate)	150 mcg.	**
Enzyme Compounds		
Betain Hcl	150 mg.	***
Glutamic Acid Hcl	150 mg.	***

*U.S. Recommended daily allowance for Adults and Children 12 years of age or older
**U.S. RDA not established.
***Need in human nutrition not established.

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marathon NUTRITION®

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60 DAY SUPPLY — $36.00

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Super Pack - The original high potency vitamin-mineral pack
One packet contains:
*Vitamin A 25,000 IU*Vitamin D 1400 IU*Vitamin E 600 IU *Balanced B Complex 125 mg. sustained release*Vitamin C Complex 1500 mg.*A complete Multi-Mineral Complex *Digestive Enzymes
30/$18.00 60/$33.00 90/$45.00

One Pack - For the individual who desires a medium potency pack
One packet contains:
*Vitamin A 10,000 IU*Vitamin D 400 IU*Vitamin E 200 IU*Balanced B Complex 50 mg.*Vitamin C Complex 1000 mg.
*A complete Multi-Mineral Complex*Digestive Enzymes
30/$12.00 60/$21.00 90/$29.00



For the greatest gains, use the finest quality, highest potency Argentine Beef Liver product available.
Marathon 2 Gram Liver
100/$5.75 250/$12.50 500/$24.00

*MARATHON 2 GRAM LIVER

54% MORE LIVER PER TABLET THAN OTHER BRANDS

Nothing matches desiccated liver for building strength, stamina and energy. Compare Marathon 2 Gram (30 grain) Argentine Beef Liver Tablets with your current liver supplement:

Each tablet contains:

Desiccated liver	2,000 mg. (30 grains)
B-12	50 micrograms
Protein 90%	2 grams

Five protein-coated, easy swallow tablets provide:

Argentine Beef Liver	10,000 mg.
B-12	250 mg.
Protein	10 grams
Calories	40
Carbohydrates	0
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NEW NUTRITIONAL BREAK THRU

6 GRAM (6,000 mg) AMINO ACID COMPLEX POWDER

100% PROTEIN

EACH PACKET CONTAINS IN POWDER FORM A TOTAL OF 6 GRAMS (6,000 mg) OF THE 18 AMINO ACIDS NECESSARY FOR MUSCLE GROWTH. THE AMINO ACIDS (100% PROTEIN) ARE ISOLATED, HYDROLIZED & PREDIGESTED FOR THE HIGHEST POSSIBLE UTILIZATION OF ANY FORM OF KNOWN PROTEIN. USE WITH ALL LIQUIDS (PROTEIN DRINKS, JUICE, MILK, WATER & SOUPS) SPRINKLE ON FOOD OR MIX WITH GRAVIES.

6 gram amino acid powder is an excellent drink to take before and during training or competition. It will insure the high protein blood levels necessary for a sustained high performance.

A NUTRITIONAL BREAK THRU THAT WILL HELP YOU GAIN. IT WORKS!! . . 14 DAY SUPPLY — **$20.00**
28 DAY SUPPLY — **$36.00**

One Gram Liver (15 grain) with B-12
Argentine Beef Liver, a 90% Protein
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Vitamin B-15 - 100 mg. Calcium Pangamate
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Multi-One with Stress Factors
A One-a-Day High Potency Vitamin-Mineral tablet
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Milk and Egg Protein
Good taste easy mixing, highest protein efficiency
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Gland Protein Powder
High utilization - Great gains
1 lb./$10.50

Maxi-A-Min High Potency Mineral Complex
Two tablets contain:
*Calcium 1000 mg.*Magnesium 500 mg.*Zinc 22.5 mg. *Potassium 95 mg.*Iron 30 mg.*Iodine 150 mcg.*Manganese 10 mg.*Copper 3 mg.*Selenium 50 mcg.*Chromium 20 mcg.*Betaine HCl 100 mg.*Glutamic Acid HCl 100 mg.*Vitamin D 400 IU
90/$4.50 180/$7.95 360/$14.95

Vitamin E 400 I.U. Capsules
d'alpha or mixed tocopherol (your choice)
90/$5.00 180/$9.00 360/$16.00

Amino Acids - 1 Gram (1000 mg.) Tablets
50/$4.00 100/$7.00

One-Daily Formula 100 (sustained release)
A Multi-Vitamin & Mineral tablet featring 100 mg. B Complex & Amino Acid Chelated Mineral
30/$6.00 60$11.00 90/$17.00

Brewers Yeast Tablets
7.5 grains (500 mg.)
250/$2.75 500/$5.00 1000/$9.00

Super Bio-C 2000 - sustained release Vitamin C Complex
Formulated with naturally selected Rose Hips Powder, and Bioflavinoids which act as a catalyst for Vitamin C, helps maintain capillary integrity and heal muscle tissue. Each tablet contains:
*Vitamin C 1000 mg.*Rose Hips Powder 500 mg.*Bioflavinoids 500 mg.*Rutin 50 mg.
50/$4.50 100/$7.75 250/$17.50

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2 Gram Liver									
6 Gram Amino Acid									
					TOTAL $				

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* **THE PATTERN** - Designed originally and exclusively for Powerlifting by a World Record holder. Not a converted wrestling suit as seen on the market. Because of unique stretch properties of the fabric, the suit is cut so the most stretch is horizontal, the least vertical. This allows you to put the suit on easier, yet offers the most supportive resistance while squatting.

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Sizes 24-40 in Black, Navy, and Red. Team prices on orders of 8 or more.
Give Height and Weight info, 1st and 2nd choice of color.

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COMPETITION WRAPS

Designed specifically for Powerlifting competition and training. Due to synthetic materials used, these wraps **will not rip**. When squatting, the wrap stretches to the bottom position and then stops stretching - essential for an explosive start. Best on the market!!

$8.50

GUARANTEED ONE YEAR against ripping of material

SPECIAL - SUIT AND WRAPS **$43.00**

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1982 Western American Invitational-5/16/82 Scottsdale, AZ

132	SQ	BP	DL	T
J. Penic	424	286*	424	1135
B. Wong	424	248	429	1102
165				
J. Bissen	424	303	479	1207
181				
K. Horewitch	606	369	600	1576
G. Olachea	451	292	484	1229
198				
G. Hickerson	429	314	529	1273
J. Ritz	451	214	457	1124
220				
P. Hardy	451	347	551	1350
275				
M. Allen	777	418	727	1923

Thanks to Tom Petrola for results.

California Police Olympics 7/7&8/82-San Francisco,Ca(kilos)

WOMEN	SQ	BP	DL	T
52kg				
H. Norton	65	40	110	215
56kg				
T. Akune	105	57.5	120	282.5
J. Wiltshire	85	55	130	270
C. Lee	95	42.5	127.5	265
60kg				
D. Hartmann	147.5*	95*m	165*	407.5*
J. Batton	77.5	45	115	237.5
67.5kg				
K. Raffetto	105	50	155	310
L. Cummings	100	70	137.5	307.5
S. Cox	97.5	45	137.5	280
D. Stroobant	67.5	47.5	80	195
75kg				
M. Ruble	117.5	40	135	292.5
L. Flanders	100	52.5	132.5	285
P. Jackson	35	45	90	170
	OPEN			
67.5kg				
B. Haar	217.5	145	232.5	595
P. Lozano	155	102.5	195	452.5
K. Vernon	150	85	195	430
75kg				
J. Takemoto	202.5	152.5	227.5	582.5
R. Masucci	200	147.5	215	562.5
R. Love	175	140	232.5	547.5
S. Roloson	185	137.5	185	507.5
R. Chaves	175	140	185	500
D. Curiel	157.5	117.5	200	475
F. Deluna	142.5	125	180	447.5
J. Hemingway	---			
E. Loriaux	142.5	140	---	
M. Palmer	160	---		
D. Bliss	---			
82.5kg				
G. Mattis	210	162.5	222.5	595
J. Killin	215	122.5	227.5	565
J. Wright	205	120	222.5	547.5
K. Foley	180	135	200	515
M. Puccinelli	142.5	150	197.5	490
P. Gallagher	152.5	97.5	205	455
R. Schaad	110	137.5	180	427.5
D. Gottlieb	105	125	170	400
J. Klein	172.5	---		
90kg				
T. Mossbarger	310	182.5	307.5	800
L. Wagner	260	182.5	272.5	715
D. McDermott	172.5	152.5	240	565
D. Fitzhugh	207.5	142.5	215	565
G. Peterson	195	115	207.5	517.5
M. Alford	180	130	205	515
T. Parris	137.5	80	170	387.5
100kg				
J. Moffet	275	197.5	347.5	820
M. Baeta	255	170	265	690
G. Lawson	230	147.5	297.5	675
J. Marino	252.5	172.5	250	675
J. Dyer	222.5	182.5	245	650
B. Smith	222.5	147.5	230	600
E. Guzman	205	137.5	237.5	580
E. Brown	185	112.5	240	537.5
R. Kipp	150	125	225	500
C. Halberstadt	160	102.5	182.5	445
K. McBride	247.5	172.5	---	
110kg				
J. Mutz	307.5	190	335	832.5
P. Toma	280	172.5	250	702.5
J. Walker	205	152.5	227.5	585
P. Wirsing	200	132.5	230	562.5
D. Nalian	280	167.5	---	
T. Bryant	280	167.5	---	
G. Fortin	307.5	inj		
125kg				
D. Licavoli	275	185	287.5	747.5
R. Ralston	212.5	127.5	222.5	562.5
A. Snodgrass	160	127.5	192.5	480
SHW				
B. Messmer	160	127.5	192.5	480
	SENIORS			
67.5kg				
R. Taylor	137.5	125	175	437.5
V. Nocon	112.5	105	170	387.5
R. Lopes	95	107.5	155	357.5
C. Aubuchon	---			
T. Wilson	---			
75kg				
J. Cantalupi	152.5	127.5	200	480
G. Farthing	140	115	175	430
E. Gillette	137.5	102.5	182.5	422.5
82.5kg				
C. Thomas	217.5	145	217.5	580
D. Deluca	210	137.5	205	552.5
R. Walker	165	122.5	227.5	515
S. Schroeder	137.5	127.5	152.5	417.5
90kg				
L. Hernandez	280	160	305	755
J. Vetrovec	272.5	172.5	250	695
100kg				
J. Brescia	282.5	167.5	272.5	722.5
J. Williams	250	165	272.5	687.5
A. Bollinger	260	130	240	630
P. Malae	210	162.5	242.5	615
T. Harris	212.5	140	237.5	590
R. Lopez	192.5	155	222.5	570
G. Tornberg	195	140	210	545
R. Senecal	182.5	110	185	495
110kg				
Hartmann	265	182.5	310	757.5
D. Brown	230	147.5	280	657.5
R. Pagal	260	155	240	655
D. Travis	150	102.5	182.5	435
SHW				
D. Carter	267.5	215	295	777.5
	MASTERS			
90kg				
B. Caves	192.5	120	230	542.5
W. Scheffler	182.5	120	190	492.5

Spotters and loaders: David Espinosa, P. Smith, M. Schaefer, J. Curry, F. Weeks, V. Robinson, K. Niver, B. Knighton and R. Musanti. Referees: B. Hartmann, T. Eldridge, B. Mucci, M. Musto, T. Smerdel, P. King, Dl Shearee, F. Seiberg, J. Lem and M. Jung. Scorekeepers: S. Burke, M. Hemingway, R. Bolton, S. Cox, S. Jackson and R. Danenhauer. Expeditors: B. Knighton and B. Pain, scoreboard: Jim Lee, Lifters sliding scoreboard: L. Morris, R. Morris, Jim Lem and Ila King. Announcers: J. Schmitz, B. Wilhelm, E. Lolax and F. Seibert. Meet director: Ray Musanti. * indicates Women's state and Region 13 Masters records; ! indicates Region 13 Masters, Natl and World masters record, *m indicates Women's state, Region 13 and world masters records. Thanks to Jim Lem for results.

New England Bench Press Open 6/13/82-Southbridge, Ma

0-150		E. Wells(197)	440
M. Hunt(148)	310	N. Fusaro(197)	420
McLaughlin-(148)	305	E. Lanoue(192)	400
		201-225	
S. Polke(130)	280	S. Pignato(213)	480
151-175		Pignatore(201)	385
J. Bartlett(174)	395	D. Lee(205)	385
Veromes(175)	370	226& up	
B. Galvin(175)	365	J. Lyons(245)	455
176-200		G. Stern(260)	415

Thanks to John Saffron for results.

1982 Region II & So. Maryland Open-6/26/82 Pax River,Md (kilos)

WOMEN	SQ	BP	DL	T
T. Hoyt	105	70	112.5	287.5
D. Jones	95	45	102.5	242.5
San Angelo	62.5	42.5	102.5	207.5
	TEEN 52-75kg			
K. Miller	217.5	145	200	562.5
M. Shapiro	215	112.5	245	572.5
L. Leroy	157.5	112.5	185	450
J. Higgs	155	142.5	212.5	510
T. Carnobas	155	82.5	167.5	405
	TEEN 82-SHW			
T. Hoffman	182.5	120	192.5	494.5
F. Clary	147.5	100	197.5	445
J. Merna	---			
	MASTERS 52-75kg			
J. Lusk	160	92.5	195	447.5
C. Lockard	120	65	147.5	332.5
	MASTERS 82.5-SHW			
R. Collins	192.5	150	255	597.5
R. Metcalf	205	132.5	237.5	575
52kg				
C. Lockard	120	65	147.5	332.5
R. Kelley	100	90	125	315
56kg				
J. Lusk	160	92.5	195	447.5
W. Walkup	132.5	70	165	367.5
D. Stewart	92.5	90	137.5	320
60kg				
J. Burgess	195	132.5	217.5	545
T. Connally	170	102.5	200	472.5
L. Leroy	157.5	107.5	185	450
T. Perrera	125	92.5	182.5	400
67.5kg				
J. Higgs	155	142.5	212.5	510
S. Golden	157.5	110	182.5	450
T. Carnobas	155	82.5	167.5	405
75kg				
S. Shiplett	235	147.5	225	607.5
Trevillian	220	130	242.5	592.5
R. Walls	230	127.5	222.5	580
M. Shapiro	215	112.5	245	572.5
K. Miller	217.5	145	200	562.5
L. Eggleston	180	107.5	200	487.5
J. Chavez	125	90	170	385
S. Coleman	100	105	130	335
H. St John	182.5	---		
J. Williams	---			
M. Schuman	127.5	112.5	---	
82.5kg				
J. Walden	287.5	195	290	772.5
J. Tillman	282.5	165	272.5	720
D. Donahue	230	187.5	232.5	650
E. Harmon	217.5	140	265	622.5
M. Swann	215	140	252.5	607.5
T. Shanholtz	227.5	150	227.5	605
P. Conover	145	110	220	475
M. Wood	145	---		
D. Krebs	125	115	---	
90kg				
D. Borden	310	170	295	775
M. Peck	290	192.5	267.5	750
J. Farri	260	180	295	735
B. Baver	280	175	272.5	727.5
G. Dingle	265	165	272.5	702.5
S. Bixler	230	157.5	240	627.5
C. Woodard	215	122.5	247.5	585
R. Metcalf	205	132.5	237.5	575
A. Barbee	212.5	135	217.5	565
J. Mogavero	182.5	157.5	205	545
B. Sweeney	190	110	220	520
G. Goldburg	150	152.5	192.5	495
A. Fleury	142.5	110	197.5	450
P. Buzy	---			
P. Kelley	215	---		
100kg				
D. Bost	315	195	265	775
B. Walker	275	167.5	287.5	730
R. Stewart	255	185	272.5	712.5
G. Stratton	285	157.5	267.5	710
J. Bedford	182.5	162.5	295	640
T. Herring	207.5	142.5	220	570
W. Jackson	175	125	182.5	482.5
P. Patton	170	117.5	192.5	480
110kg				
M. Dimiduk	370	172.5	345	887.5
T. Walk	275	167.5	262.5	705
T. Pyrzewski	---			
B. Lippy	---			
125kg				
K. Caulfield	340	212.5	285	837.5
J. Polvinale	317.5	155	347.5	820
R. Brown	250	190	265	705
R. Chaillet	265	110	275	650
R. Morgan	227.5	147.5	227.5	502.5
SHW				
R. Miller	320	185	305	810
B. Minor	295	167.5	262.5	725
L. Latham	260	162.5	250	672.5

Teams: Pax River: 28, Dynamo: 21, Walker's gym: 20, Temple Hills: 19, Hampden BB: 18, PWR Machine: 14, No. VA: 9, NOS: 0. Best lifter 52-75kg: J. Burgess, 82.5-SHW: J. Walden. Records: World-Masters: 3 - 52kg C. Lockard, SQ, DL T, 3 - 56kg J. Lusk, SQ, DL T. American: 4 - 52kg C. Lockard, SQ, BP, DL T, 1- 56kg J. Lusk, SQ. Md. State: 12 women, 8 teen, 8 mastrs, 28 seniors. Thanks to Cheryl Gadzala for results.

★ WHO'S WHO IN POWERLIFTING ★

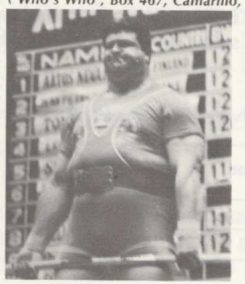
Whether you're Big Name or No Name, send your picture and details *('Who's Who', Box 467, Camarillo, CA 93011)* to this popular feature.



1982 Connecticut Sportsman of the Year, David Micik, was awarded the honor for his active involvement in recruitment and coaching powerlifting. Besides competing, he has coached teams to the state championships and is now organizing a BP meet for Muscular Distrophy and a training-nutrition workshop for young adults.



Peter Gori, 15, of Randolph, NJ qualified for the Teenage Nationals while competing in the New Jersey Open held on June 27. Peter had a 360 lb squat, 190 lb bench and 420 lb deadlift, for a 970 lb total, and will compete in the 148 lb class for 14-15 year olds in the Nationals. Thanks to T. Gori for photo and information.



Ray Rigby recently won the Superheavyweight division of the Victoria Championships in Australia. His brother Bruce Rigby also competed and placed second in the 110 kg. division and his sister-in-law won the 67.5 kg. division. Ray placed third in the SHW division of the 1981 World Championships held in Calcutta, India.



After only powerlifting since March, 1982, John Hann, 14, has placed 1st in two contests and 3rd in another. In contests he has done SQ 285, BP 155 and DL 300. At the Iron Gym Club in Phillipsburg, NJ he has lifted 295, 170 and 315. His coach and uncle Lennie Stires says he will compete in the Teenage Nationals

Titan Suits

$34.00

When you're ready for the best!

You are an individual, a powerlifter....something to be proud of. But, you've always had to settle on a suit that was designed for John Doe, average proportions, average measurements...average lifts!

Titan realizes that you are unique and that your needs can't be satisfied by an off-the-shelf product. That's why Titan handcrafts and custom fits each suit, because you are what makes our sport great and you deserve the best.

With this in mind Titan has developed a three step plan that you can follow to help you realize your fullest potential:

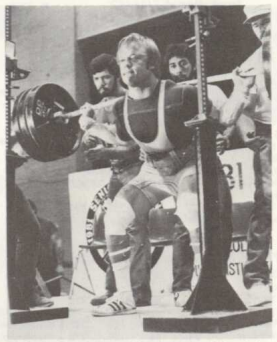
1. **REGULAR FIT** — moderate tightness for working out. Recommended for the lifter who's never worn a tight suit or just wants to keep the "groove".
2. **MEET FIT** — a ***tight*** suit recommended for the lifter who appreciates the benefits that a tight suit can give.*
3. **COMPETITION FIT — THE TIGHTEST FIT AVAILABLE.** Recommended only for the experienced lifter or those who have followed the three step plan.*

*note: The meet and competition fits are ***tight*** suits designed especially to increase your maximum poundages. New lifters or those not used to tight fits should order the regular fit.

If a custom fit isn't enough to convince you that you should be using a Titan Suit then we have one more reason.....

BLOWPROOF CROTCH — Zero crotch blowouts..period. What more need be said. **Titan has done what the others couldn't!**

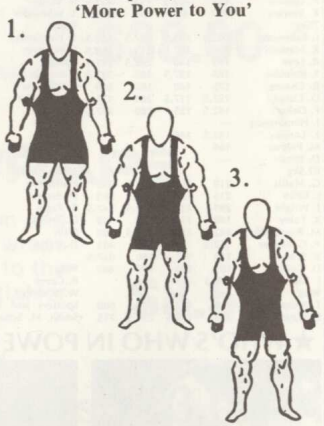
Available in Navy Blue, Burgandy, Chocolate Brown, and Rust.



Rick Gaugler, National, World Champion & multiple W/R holder

"For a proper fit and durability....I wear a Titan Suit!"

Barranquilla, Columbia 'More Power to You'



Send a self addressed, stamped envelope for free mat. samples.

Measurements must be true.

Height _____

Weight _____

Chest _____

As illustrated:

Hips (largest part of buttocks) _____

Leg (largest part) _____

Overall (top of trap to 6" below crotch on leg) _____

No. of Suits _____

Color 1. _____ 2. _____



☐ reg.
☐ meet
☐ comp.
☐ check here if repeat customer

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Corpus Christi, TX 78412

Texas residents add 5% sales tax. Overseas add 20%. Allow 3 to 4 wks. delivery.

2nd annual Freedom Festival
7/3/82 Evansville,Ind (kilos)

OPEN DIV

56kg	SQ	BP	DL	T
T. Durachta	157.5	82.5	165	405
D. Simpson	127.5	102.5	162.5	392.5
V. Garramone	117.5	92.5	135	345
K. Niemeyer	117.5	55	137.5	310
60kg				
R. DelGallo	167.5	125	187.5	480
K. Minton	170	100	187.5	457.5
N. Brown	155	95	182.5	432.5
R. Holt	147.5	100	182.5	430
J. Burris	160	92.5	157.5	410
P. Lazrovitch	127.5	87.5	155	370
R. Manire	110	82.5	137.5	330
67.5kg				
K. Bolen	205	112.5	210	527.5
G. Webb	172.5	107.5	195	475
J. Durachta	170	90	210	470
J. Mumaw	150	102.5	192.5	445
G. Nickleson	132.5	122.5	182.5	437.5
M. Evans	122.5	132.5	177.5	432.5
I. Jaquiss	---	112.5	---	112.5
75kg				
J. Hare	205	137.5	240	582.5
T. Jeffers	215	137.5	215	567.5
P. Malone	202.5	107.5	225	535.5
J. Martin	205	115	197.5	517.5
B. Luebbeks	170	110	200	480
J. Smith	152.5	125	200	477.5
A. Baldwin	167.5	112.5	190	470
J. Owens	---	---	---	---
82.5kg				
D. Rosenzweig	230	167.5	272.5	670
D. Hall	215	130	257.5	602.5
L. Rondall	222.5	137.5	217.5	577.5
J. Mazeeque	190	127.5	227.5	545
B. Wilson	182.5	120	237.5	540
M. Folz	182.5	105	212.5	500
G. Galey	187.5	122.5	182.5	492.5
J. Haghart	157.5	102.5	202.5	462.5
P. McClellan	172.5	117.5	---	
B. Clodfetter	---			
90kg				
B. Craft	247.5	160	287.5	695
T. Stewart	235	110	250	595
S. Haghart	197.5	115	222.5	540
R. Luigs	190	120	225	535
P. Tyring	205	110	215	530
K. Wertman	1$92.5	120	205	517.5
T. Lugbbers	167.5	100	205	472.5
J. Stromsdorfer	25	185	25	235
G. McMillon	---			
100kg				
J. Mize	302.5	200	285	787.5
B. Trawick	250	160	262.5	672.5
W. Hedden	240	162.5	270	672.5
E. Gosselin	237.5	142.5	227.5	607.5
S. Delong	210	112.5	222.5	545
D. Harris	165	107.5	227.5	500
B. Tucker	180	117.5	195	492.5
M. Goodman	227.5	---		
K. McDonough	---			
110kg				
P. White	302.5	175	310	787.5
V. Vandivier	282.5	152.5	272.5	707
R. Slawson	---			
125kg				
R. Mason	212.5	170	265	647.5
K. Huggen	---			
J. Pierce	---			
SHW				
D. Martin	282.5	165	300	747.5
A. Larson	---			

Team scoring: 1. The Pit: 35, 2. H&B Health club: 15, 3. Purdue Power: 14, 4. Indiana U Power: 12, 5. Los Naturea: 11, 6. Bernie's gym: 7, 7. Geo. Turners gym: 7, 8. Miss Power: 7, 9. The Weight room: 5, 10. Midwest gym: 2.

TEENAGE DIV

52kg				
S. Prince	110	65	152.5	327.5
B. Foxworth	112.5	72.5	127.5	312.5
C. Chambers	117.5	55	130	302.5
56kg				
B. Stephens	115	80	147.5	342.5
C. Hanson	77.5	67.5	140	285
B. Sprinkle	102.5	55	117.5	275
B. Foddrill	---			
60kg				
N. Brown	155	95	182.5	432.5
A. Purcell	112.5	85	160	357.5
D. Brantly	105	72.5	140	317.5
67.5kg				
T. Smith	200	120	205	525
B. Wilson	172.5	110	205	487.5
M. Willett	150	110	180	440
R. Murray	160	95	167.5	422.5
J. Barber	162.5	77.5	182.5	422.5
T. Garry	125	85	185	395
M. Kiefer	157.5	80	155	392.5
M. O'Connor	135	105	150	390
R. Coffey	110	70	137.5	317.5
D. Henson	147.5	---		
S. Reinke	---			
75kg				
D. Lakey	230	122.5	210	562.5
C. Miller	155	97.5	170	422.5
A. Bredemeir	155	90	170	415
J. Kell	137.5	95	175	407.5
J. Kiefer	147.5	82.5	175	405
82.5kg				
M. Ullom	195	137.5	237.5	570
M. Strohm	202.5	125	240	567.5
B. Missi	180	107.5	220	507.5
F. Greener	192.5	105	210	507.5
D. Miller	167.5	97.5	177.5	442.5
D. Corra	150	70	170	390
90kg				
J. Russ	195	117.5	200	512.5
T. Greener	167.5	87.5	190	445
L. Roth	132.5	95	165	392.5
T. Griggs	140	67.5	152.5	360
100kg				
T. Bauman	192.5	165	230	587.5
D. Ballard	225	117.5	240	582.5
J. Schmidt	205	107.5	217.5	530
M. Toland	182.5	107.5	297.5	487.5
J. Groce	172.5	115	190	477.5
J. Tewbarge	95	65	165	325
110kg				
T. Mooney	210	100	205	515
125kg				
K. Terrell	172.5	107.5	197.5	477.5

Teenage team scoring: 1. The Pit BBC: 35 pts, 2. So.Ind Health Club: 30, 3. Everetts gym: 18, 4. Zupancics gym: 12, 5. Big Bucks gym: 12, 6. Muncie YMCA: 7, 7. Tyndall's gym: 7, 8. Los Naturea, 9. Purdue Power team. Had an excellent turnout, meet starting at 10 am ending 8 pm. that evening. Had the tallest teenage powerlifter ever, John 6 ft 10 inch Tewbarge for the Pit BBC.

WOMEN'S OPEN DIV

J. Austin	142.5	67.5	135	345
J. Johnson	165	90	162.5	417.5
J. Gedney	90	60	122.5	272.5
R. Welding	142.5	67.5	162.5	372.5
A. Tuite	110	50	130	290
N. Weder	90	60	127.5	277.5
C. Koh-Knox	135	45	137.5	317.5
L. Jager	85	52.5	115	252.5
S. Kahle	105	55	125	285
M. Atwell	85	57.5	115	257.5
D. Wicker	102.5	42.5	112.5	257.5
A. Doerr	112.5	55	107.5	275
P. Woods	167.5	75	170	412
C. Tuite	100	40	90	230
M. Fortune	92.5	42.5	97.5	232.5
G. Goren	72.5	37.5	85	195
D. Wilson	102.5	57.5	137.5	297.5
B. Clifton	92.5	47.5	115	255
C. Miller	72.5	37.5	95	205
S. Tipton	80	32.5	80	192.5
B. Wallace	102.5	40	100	242.5
T. Belcher	47.5	---		

Thanks to Bud Downen for results.

Almost Nationals-26/27 June 82
Norman, Ok (kilos)

OPEN

114	SQ	BP	DL	T
P. Whited(f)	102.5	57.5	122.5	282.5
K. Crain(f)	92.5	52.5	105	250
B. Bidwell	65	27.5	67.5	160
123				
J. Lewis	137.5	87.5	167.5	392.5
D. Harris	92.5	50	117.5	260
M. Brummett(f)	92.5	27.5	115	245
132				
R. Porter	175	105	202.5	482.5
E. Wodraska	162.5	102.5	190	455
S. Gonzalez	122.5	87.5	165	375
148				
R. Jones	227.5	145	265	637.5
M. Breault	190	122.5	227.5	540
D. Young	175	140	215	530
B. Haga	165	125	192.5	482.5
165				
J. Tyree	255	155	285	695
J. Inzer	267.5	130	295	692.5
M. Martin	247.5	157.5	260	665
G. Maloney	245	142.5	260	647.5
E. Mooney	230	155	252.5	637.5
181				
M. Ford	275	160	285	720
R. Farmer	250	175	260	685
N. Foster	247.5	142.5	295	685
R. Boren	230	160	277.5	667.5
J. Smith	252.5	150	250	652.5
198				
R. Kofnovec	287.5	167.5	285	740
K. Jones	277.5	185	272.5	735
J. Lowery	235	172.5	247.5	655
M. Hunziker	230	162.5	242.5	635
J. Pettitt	215	150	245	610
220				
K. Adcock	287.5	205	290	782.5
R. Peters	295	192.5	287.5	742.5
J. Bornhop	295	170	277.5	742.5
D. Schmille	192.5	132.5	227.5	552.5
G. Flood	157.5	115	205	477.5
242				
D. Burton	355	210	295	860
S. Bonham	320	192.5	290	802.5
L. Houston	272.5	175	315	762.5
M. Farney	287.5	167.5	297.5	752.5
R. Wolfe	250	162.5	277.5	690
275				
J. Mies	277.5	222.5	340	840
SHW				
W. Betts	230	182.5	272.5	685
M. Rogerson	247.5	162.5	242.5	652.5

NOVICE DIV
(top 5 only)

114				
R. Peters	65	27.5	67.5	160
B. Bidwell	65	27.5	67.5	160
123				
K. Meredith	117.5	92.5	160	370
K. Ervin	115	87.5	147.5	350
K. Sturdivan	120	70	140	330
D. Tatun	117.5	60	150	327.5
D. Harris	92.5	50	117.5	260
M. Brummett(f)	92.5	27.5	115	245
132				
B. Waddell	165	105	177.5	447.5
C. Deneault	112.5	95	160	367.5
T. Cunningham	115	90	152.5	357.5
C. Cassmeyer	110	92.5	150	352.5
148				
M. Breault	190	122.5	227.5	540
P. Coffman	190	122.5	217.5	530
D. Unruh	185	117.5	200	502.5
B. Haga	165	125	192.5	475
G. Griffith	150	120	185	455
165				
T. Robinson	237.5	137.5	245	620
G. Thomas	225	127.5	217.5	570
R. Adams	190	132.5	215	537.5
R. Harrison	192.5	132.5	210	535
M. Ledbetter	182.5	105	237.5	525
181				
T. Brown	267.5	147.5	265	680
R. Conrad	245	145	247.5	637.5
B. Lockhart	227.5	155	250	632.5
D. Coffman	205	140	242.5	587.5
J. Trussler	205	130	227.5	562.5
198				
J. Lowery	235	172.5	247.5	655
M. Hunziker	230	162.5	242.5	635
T. Stout	212.5	132.5	265	610
C. George	217.5	127.5	237.5	582.5
B. George	195	132.5	227.5	555
220				
J. Bornhop	295	170	277.5	742.5
B. Hale	175	152.5	230	557.5
D. Schmille	192.5	132.5	227.5	552.5
R. Pierce	187.5	127.5	232.5	547.5
H. Turner	197.5	137.5	197.5	532.5
242				
K. Ufford	237.5	160	295	692.5
R. Allgood	272.5	142.5	260	675
K. Doonkeen	215	182.5	215	612.5
K. Schnonk	195	162.5	242.5	600
SHW				
M. Rogerson	247.5	162.5	242.5	652.5
D. Brower	250	150	212.5	612.5

TEENAGE DIV

114				
R. Peters	65	27.5	67.5	160
B. Bidwell	65	27.5	67.5	160
123				
J. Chamberlin	112.5	67.5	122.5	302.5
K. Noel(f)	72.5	45	127.5	245
M. Brummett(f)	92.5*	37.5	115*	245*
B. Parker(f)	72.5	40	117.5	230
K. Pickering(f)	62.5	45	115	222.5
132				
M. Butler	180	92.5	197.5	470
G. Wilhelm	97.5	90	180	367.5
M. Clark	122.5	95	157.5	365
K. McBroom	87.5	72.5	180	347.5
S. Ward(f)	130	75	120	325
148				
B. Haga	165	125	192.5	482.5
D. Russell	145	87.5	182.5	415
165				
M. Payne	217.5	107.5	227.5	552.5
K. Moody	155	107.5	212.5	475
M. Lobaugh	120	115.5	182.5	415
P. Delesdenier	127.5	97.5	165	390
181				
J. Trussler	205	130	227.5	562.5
V. Rogers	155	110	195	460
220				
A. Blake	210	130	287.5	627.5
R. Chandler	215	130	250	595
E. Fowlkes	212.5	110	147.5	470
242				
K. Ufford	237.5	160	295	692.5
R. Algood	272.5	142.5	260	675

* - state record.

WOMEN'S DIV

105				
K. Crain	92.5t	52.5t	105t	250t
114				
P. Whited	102.5	57.5	270	282.5
123				
M. Brummett	92.5t	37.5	115t	245t
S. Foreman	57.5	32.5	85	175
132				
S. Ward	130	75	120	325
148				
D. Scott	92.5s	37.5	105s	235s

t - teenage state record; s - open state record.

The meet went really well. 144 lifters in all. The Womens lifting was tremendous. The men's lifting had some real good totals. Dan Burton, Ken Adcock, Jim Mies, John Tyree, John Inzer and Mike Ford all did tremendous jobs in making fine totals. Thanks to Richard Peters, meet director, for results. PS: Aug 14 -Bench Press - DL meet - men and women. Sept 11: Class I and novice meet, Men and women.

The Titan Guarantee

Titan has so much confidence in this suit that it is giving a full 2 mo. guarantee on the crotch, from the time you receive it. **If you can blow the crotch out, during the guarantee period, Titan will not only replace the suit.....but refund your $34.00 as well!** So go ahead and try the others because when you're ready for the best....you'll come to Titan.

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Phil Roper

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16 oz/$23.50, 32 oz/$44.50

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Stero Glan, 5 tabs provided: Pituitary 150mg, Adrenal 150mg, Liver 150mg, Pancreas 150mg, Kidney 150mg, Heart 150mg, Bee Pollen 75mg and Yeast 200mg....250 tabs/$14.50
500 tabs/$26.00, 1000/$48.50, 2000 /$98.50

Argentina Beef Liver tabs with B-12 20 grain
300 tabs.....$12.95, 600 tabs.....$24.95

Adrenal 150 mg...90 tabs/$8.25..270 tabs/$22.25

Orchic 150mg (raw testicle)
90 tabs/$5.75, 270/$27.50

Pancreas 650mg.....90 tabs/$11.95, 180/$21.75

Pituitary 35mg.....90 tabs/$7.25,270/$19.75

Prostate 35mg.....90 tabs/$6.95, 270/$18.95

Spleen 250mg.....90 tabs/$3.60, 270/$9.75

Thymus 140mg.....90 tabs/$5.50, 270/$14.95

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300 caps/$24.95, 500/$39.75, 1000/$74.95

Raw Heart 300mg in base of Argentina Beef Liver
100 caps...$6.75, 300 caps...$17.95

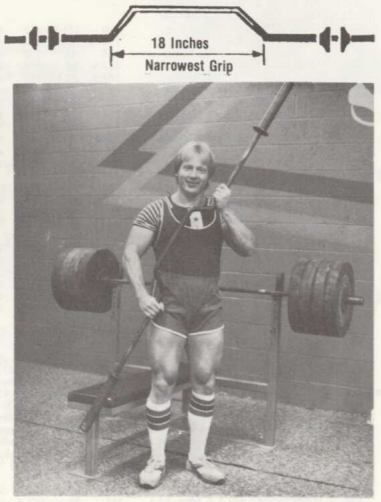
Raw Orchic 200mg (testicle gland) in base of Argentina Beef Liver..100 caps/$7.25, 300/$19.75

Raw Adrenal 150mg in base of Argentina Beef Liver.....100 caps/$7.75, 300/$20.95

Raw Orchic 525mg..100 caps/$12.50, 300/$34.50

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Pennsylvania State Championships
6/19-20/82-Clearfield, Pa

WOMEN	SQ	BP	DL	T
97				
M. Majerus	215	105	260	580
105				
N. Menear	190	100	240	530
L. Hoadwonic	190	90	225	505
114				
K. Allison	205	115	250	570
R. Laughman	190	110	255	555
M. Folk	205	90	240	535
J. Frick	185	100	240	525
123				
M. Goldstine	205	105	240	550
D. Henry	190	110	230	530
C. Wolf	140	70	150	360
132				
D. Wolf	115	75	160	350
148				
C. Spellman	330	180	360	870
165				
T. Condio	190	110	240	540
198				
N. Ostroff	350	200	350	900

Outstanding ltwt lifter: Mary Anne Majerus; outstanding hvywt: Cathy Spellman; teams: 1. York BB: 27 pts, 2. State College Racquet club: 14 pts; 3. Villanova Univ: 10 pts; 4. Washington BBC: 9 pts; 5. Penn St. BBC: 7 pts; 6. Fox Hill BBC: 5 pts. Mary A. Majerus at 96.8 lbs went 9 for 9 in setting 4 state records; Kathy Allison at 113 lb tied a state record with her 115 lb BP and failed at 120 lbs. Cathy Spellman's 870 total was 5 lb better than her total at the Natls. as she set 4 state records at 146.2 lbs.

MEN'S DIV				
114				
B. Schlegel	360	195	410	965
G. McEWen	330	175	365	870
P. Gennero	300	170	370	840
D. Sandy	210	155	290	655
T. Delucca	200	120	270	590
K. Bingaman	190	105	250	545
123				
N. Paterniti	425	240	455	1120
G. Zeolla	415	220	435	1070
R. Caputo	365	250	440	1055
S. Snyder	375	230	425	1030
D. Remaley	350	190	405	945
G. Murphy	300	185	325	810
132				
L. Weinstein	355	240	485	1080
B. Oster	365	200	360	925
B. Constant	280	220	375	875
R. Erdeljac	300	185	350	835
148				
D. Reed	465	265	465	1195
G. Wolf	440	265	470	1175
J. Allison	405	290	475	1170
J. Travis	400	265	500	1165
R. Vanderbeek	410	250	495	1155
M. Taylor	400	310	435	1145
T. Young	370	260	500	1130
J. Welch Jr	360	235	410	1005
C. Schachte	325	310	360	995
J. Laney	325	240	405	970
J. Siegel	350	200	400	950
M. Zorbaugh	445	280	---	
165				
J. Welch	590	405	605	1600
D. Wolf	570	285	600	1455
V. Faust	425	310	540	1275
D. Floyd	490	305	480	1275
S. Toy	430	290	455	1175
J. Tretter	450	265	455	1170
D. Dwyer	425	280	450	1155
T. Fitzwater	350	250	450	1050
F. Kirk	300	165	375	840
D. Ali	---			
181				
M. Baird	590	355	640	1585
J. Caputo	615	360	610	1585
J. Orengia	570	310	650	1530
R. Dell	600	340	580	1520
T. Buljat	590	325	580	1495
J. Geesey	530	330	575	1435
B. McKee	555	300	580	1420
R. Wenner	535	335	540	1410
A. Lentz	565	285	535	1385
D. Bankert	500	285	550	1335
G. Bogdon	445	285	485	1215
J. Gallagher	540	---		
198				
T. Kurlowicz	605	440	575	1620
J. Verno	550	380	600	1530
R. Jenness	505	400	550	1455
R. McCoy	530	355	530	1415
P. Kelley	510	340	560	1410
B. Kowalcyk	500	380	525	1405
C. Miller	485	300	500	1285
L. Donahoo	435	265	535	1235
220				
T. Pharr	725	500	700	1925
E. Walker	610	390	740	1740
S. Barry	630	380	705	1715
B. Graser	650	360	700	1710
C. Evans	630	360	660	1650
G. Grosso	600	430	600	1630
M. Rosentrater	550	390	625	1565
B. Weaver	560	405	565	1530
B. Belcastro	570	350	575	1495
R. Douglas	440	365	475	1280
242				
K. Caulfield	760	490	650	1900
G. Sicheri	705	470	680	1855
R. Lippy	670	400	630	1700
T. Walke	660	370	630	1660
B. Huey	650	450	560	1660
K. Hunter	625	370	630	1625
D. Fallaran	540	430	630	1600
L. Stover	460	370	560	1390
M. Riordan	474	330	500	1305
275				
T. Bentley	805	540	710	2055
J. Arena	705	385	630	1720
J. Kielur	635	395	660	1690
T. Kinard	600	400	630	1630
C. Hunter	600	400	630	1630
J. Billman	580	375	555	1510
G. Walker	580	335	540	1455
M. Eberly	500	255	500	1255
SHW				
T. Hagans	780	540	700	2020
B. Miller	740	410	710	1860
L. Henry	550	335	555	1440

Outstanding ltwt Mens lifter: Norbert Paterniti; Outstanding middlewt men's lifter: Jack Welch, outstanding hvywt men's lifter: Tony Pharr, team standings: 1. York BBC: 34 pts; 2. Downtown WLC of Clearfield: 27 pts; 3. Presque Isle Powermen: 22 pts; 4. Powerhouse: 19 pts; 5. Penn St BBC: 19 pts; 6. Ambridge VFW: 9 pts; 7. Carlisle Power Brokers: 9 pts; 8. Armstrong Co. YMCA BBC: 6 pts; 9. Washington BBC: 3 pts.

Men's 114 saw Penn St BB's Bob Schlegel breeze to a victory with 7 for 9, while the fight was for 2nd place. Paul Gennero opened at 370 on the DL after Geff McEwen had already finished but all he could get was openers for 3d.

Men's 123 was a close race after Norb Paterniti. Norb was really in a class by himself as he came in over his normal 114 lb wt. He passed on several lifts and looks real strong for the SRs.

Men's 132 saw unattached Lloyd Weinstein of Levittown breeze to an easy first with his 1080 total. Srs entry Frank Vedro did not lift at this meet but was one of the judges while Lloyd was lifting. Lloyd's fine 7 for 9 was capped by his 485 DL.

Men's 148 saw 6 lifters beat Jim Travis' 1981 winning total but it was not enough as David Reed of Powerhouse was untouchable today with his great 1195 total. The next 4 places were all determined on the DL platform.

Men's 165 saw Jack Welch of Powerhouse repeat as State champion with only 4 attempts as he qualified for the Srs with openers and an extra BP. Dale Wolf of York BB increased his 2nd place total over last year and is looking forward to the day when Jack goes to 181.

Men's 181er Miles Baird came from behind to catch John Caputo with his 640 lb 2nd DL after John was already finished. An attempt at State record 680 lb was a little too much. It should benoted that Miles has still never lifted in a supersuit and we should see a great increase in his squat in the future. It should be noted that long time PLer Joe Orengia finally broke the 300 lb BP mark in his 3rd place finish.

Men's 198 was no contest for York's Ted Kurlowicz. The competition in this class was from 4th to 6th as either of the lifters could have finished in either place. 3rd place finisher Russ Jenness went 9 for 9.

Tony Pharr of Ambridge came to qualify for the Srs at 220 lb and he did with State record at 500 lb in the BP and his fine 1925 total. Tony was qualified at 198 lb and this is his 2nd wt class that he has earned his elite rating in. Competition for the next 3 places was perhaps the best of the entire meet but Ed Walker's 8 for 9 with a 740 PR on his 3rd DL was the winner of that battle.



PA State Champ..at 275 is Tim Bentley, seen here with a state record 805 squat in a photo courtesy of Bruce Graser.

Men's 242 saw York's Kevin Caulfield berat out DWC's George Sicheri 1900 to 1855. This matchup could have been closer and really been a fight but Geo. had severe cramps after his opening squat and passed on his other attempts. Kevin's 760 lb squat was a state record.

Tim Bentley of the Presque Isle Powermen came to qualify for the Srs and qualify he did with his 4 State records while going 6 for 9. Second place was a good battle and was settled on the DL platform.

Men's supers was no contest with DWC's Telford Hagans 2020 being the only factor. Special thanks must be given to several people who made this two day meet a success: Brenda Siegel and Matt Bryzki who were the announcer-expeditors for this meet; Carson Barry of the Penn State BBC who coordinated the entire meet from its idea stage in Feb.; all of the men and women of the Penn State BBC who did a great job in scoring, spotting, loading, cleaning up and everything else that is necessary at a meet. If I used any names at all I would definitely forget somebody; all of the lifters, both men and women, who came and lifted and even helped judge; everybody who came and cheered these lifters on, we all know that our lifters did great and we will be rooting for all of the great Pa. Plers who will be lifting at the Senior Nationals in July.' Thanks to Al Siegel, meet director, for results.

Eastern Masters PL
6/13/82-York,Pa(kilos)

40-44 YRS	SQ	BP	DL	T
Greenwald(147)	217.5	127.5	192.5	537.5
L. Gordon(148)	110	100	160	370
D. Hess(160)	160	107.5	177.5	445
D. Friesz(162)	125	90	165	380
B. Dirisi(178)	222.5	130	217.5	570
K. Hansen(197)	210	137.5	217.5	565
D. McCoy(216)	240	160	232.5	632.5
T. Conrad(208)	187.5	157.5	187.5	532.5
Lichtenstein(217)	287.5	182.5	---	
Luckenbill(221)	220	135	232.5	587.5
T. Kanavy(240)	210	152.5	210	572.5
B. Edwards(303)	260	150	230	640
H. Seiling(324)	217.5	145	205	567.5
	45 to 49 yrs			
J. Dundon(179)	147.5	112.5	167.5	427.5
L. Bowker(180)	142.5	87.5	147.5	377.5
H. McCoy(194)	185	112.5	185	482.5
Vernacchio(208)	227.5	122.5	210	560
D. Whitzel(209)	180	132.5	180	492.5
Hotchkiss(241)	220	127.5	225	572.5
E. Riley(264)	320	227.5	272.5	820
C. Lamison(252)	250	175	250	675
	50 to 54 yrs			
T. Gennaro(121)	102.5	77.5	135	315
E. Quier(132)	95	60	110	265
A. Montini(162)	165	107.5	185	457.5
R. Durante(211)	182.5	122.5	195	500
	55 to 59 yrs			
B. Bendel(163)	137.5	100	190	427.5
C. Paslay(177)	155	125	185	432.5
E. Nagy(207)	215	140	207.5	562.5
L. Radzieski(246)	187.5	135	222.5	545
	60 to 64 yrs			
J. Schubert(165)	142.5	100	155	397.5
G. Buckley(163)	137.5	77.5	155	370
W. Starling(180)	115	90	140	345
McDonough(192)	162.5	112.5	125	400
	65 to 69 yrs			
B. Brand(160)	145	82.5	187.5	415
J. Kurliel(194)	152.5	95	200	447.5
D. David(187)	92.5	77.5	112.5	282.5
	70 to 74 yrs			
B. Mitchell(150)	62.5	72.5	100	235
A. Taormina(163)	97.5	55	140	292.5
G. Cianfrani(180)	102.5	92.5	150	345

Our thanks to all who assisted in the meet; our thanks to the York BBC for the use of the gym. Thanks to James Messer for results.

Canada Games Complex
Deadlift meet-Ont.,Canada
6/12/82

WOMEN-OPEN		L. Sebastionis	478
A. Nadjvich	237	J. Simon	402
M. Pelltier	231	B. Shellut	414
K. Kerr	132	R. McDonald	396
MEN-0-148		D. Zahorsky	396
D. Shymko	408	181-220	
G. Dolaiczak	386	D. Akis	493
N. Holmes	370	D. Davies	453
D. Patola	340	A. Kalbus	482
E. Anderson	331	OVER 220	
148-181		T. Foley	568
J. Petrick	562		

Results from meet director Raimo Paananen

2nd annual Contra Costa Open & Novice Bench Press-6/19/82
Concord, Ca

114 NOVICE		W. McClanhan	374
R. Wade	170	S. Downs	363
K. Tuite	126	D. Lee	363
G. Hall	110	M. Findley	352
123		K. Tayloe	325
R. Cerado	192	J. Upton	297
M. Silva	154	242	
D. Arroy	143	K. Untermann	429
V. Hawkins	88	S. Almonetti	418
132		G. Resnik	391
M. Maiano	203	SHW	
E. Verdon	187	H. Hudec	396
G. Gonzales	181	114-OPEN	
K. Magin	165	G. Hunnicutt	231
K. Silva	121	123	
V. Syas	110	J. Cunha	319
148		148	
J. Johnson	319	K. Von Schoech	275
J. Prueger	303	D. Coleman	264
M. Vasquez	281	D. Buckingham	253
S. Fisher	253	165	
L. Cabral	242	A. A. Rafael	424
J. Liscom	242	A. Kirshner	275
165		181	
L. Tachibana	319	S. Vanotti	407
F. Kennedy	319	J. Suvvivan	402
A. Martinez	308	F. Siebert	358
E. Lorizнux	303	K. Kuhlmann	352
C. Lara	---	D. Siroskey	347
181		R. Anderson	308
A. Valenzuela	374	198	
D. Nunes	363	M. Costi	424
G. Harvey	308	S. Schulz	347
R. Coppla	303	220	
M. Ostrander	297	E. Carlson	446
S. Thomas	270	D. McLee	380
W. Prodger	259	R. Medeiros	369
S. Medeiros	231	M. Baeta	369
J. Muela	---	C. Burns	---
198		242	
M. Kratz	380	G. Gida	457
R. Gillett	380	R. Morris	451
P. Bryan	336	D. Horrigan	424
P. Yanez	308	T. Phiel	396
S. Anderson	286	275	
L. Ramirez	281	M. Burruel	303
M. Goodwin	275	D. Van Brocklin	143
M. Lastra	---	SHW	
220		M. Nidever	385
N. Taebotich	407	J. Ochoa	380

Best lifters lt class novice: J. Johnson, hvy: K. Unterman, open lt class: A. Rafael, hvy: E. Carlson. Competing teams: 1st: Mission Muscle Factory 66 pts; 2nd: Internatl PL club: 32 pts; 3rd: Little C Power team: 25 pts; 4th: Universal power team: 16 pts. Loaders and spotters: Dave Giannini, Jim Drain, Joe Riodran, Joe Carlson, Bill McElwain and Dave Van Brocklin. Referees: Marc Galanter, Craig Tanner, L. Williams, B. McElwain and Joe Carlson. Announcers: Alan Kirshner and Jerry Hopops, Scorekeepers: Kathy Burruel and Lyn Morris, Meet directors: Tom Pheil and Manuel Burruel, sponsor: Little 'C' Athletic Club. Thanks to Jim Lem for results.

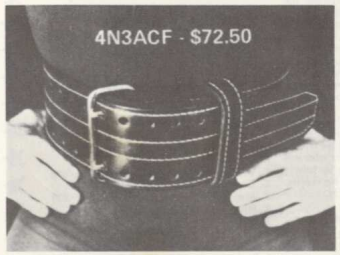
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4N3	3	Natural	13-mm	4" Zinc	Style 1	A,B,C,D,F	61.00
4S1	1	Suede	10-mm	4" Zinc	Style 1	A,B,C,D,E	54.00
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(STATE COLOR FOR E OR F) E. _____ F. _____

NY State Law Enforcement PL
6/9/82-West Point, NY

67.5kg	SQ	BP	DL	T
C. Meyers	250	155	375	790
T. Caines	240	165	330	735
75kg				
R. Titus	425	275	570*	1270
R. Pamulo	500	270	500	1270
M. Mistretta	375	315	425	1115
J. McCann	320	2156	415	950
82.5kg				
G. Pratt	490	285	450	1225
G. Warycka	380	270	480	1130
J. Frayler	425	300	400	1125
P. Posillico	390	230	450	1070
M. Beckley	230	190	200	720
K. Brennan	350*			
90kg				
S. Bailey	535	345	500	1380
J. Worrell	380	375	510	1265
J. Lawler	475	285	475	1235
J. Stuhr	415	295	475	1185
J. Palmer	425	340	490	1185
100kg				
S. Moran*	525	325	600	1450
M. Edwards	525	340	560	1425
R. Sims	475	325	550	1350
J. Jackson	440	320	500	1260
K. Brennan	425	315	500	1240
J. Leone	400	350	415	1170
B. McNaught	415	255	475	1145
110kg				
R. Langan	490	380	540	1410
T. Weidel	515	340	490	1350
110 plus				
J. Tomaski	660*	405*	660*	1725*
B. Anderson	400	225	450	1075

Referees: Larry Mintz, Dave Wuest, Richard Ortiz; loaders: Howard Phillips, Calvin Meyers, John Colden, Stan Bailey, announcer: Morris Weissbrot; scorekeepers: Suzanna Bailey, Pat Pratt. Thanks to Stan Bailey for results.

Oklahoma Teenage Championship
5/15/82-Geary,Ok(kilos)

WOMEN	SQ	BP	DL	T
K. Crain	95	50	107.5	252.5
T. Crenshaw	75	40	92.5	207.5
L. Garret	60	37.5	92.5	190
S. Todd	50	45	80	175
114				
R. Robinson	95	65	142.5	302.5
M. Lutz	90	75	120	285
K. Crain	95	50	107.5	252.5
132				
D. Crane	140	75	182.5	397.5
K. Graley	127.5	100	170	397.5
148				
D. Johnson	142.5	97.5	142.5	387.5
R. Arter	107.5	75	137.5	320
165				
T. Grisham*	192.5	122.5	212.5	527.5
L. Hamilton	172.5	135	205	512.5
P. Delesdernier	125	97.5	150	372.5
R. Joachims	112.5	85	135	332.5
181				
J. Tolleson	187.5	105	227.5	520
K. Moody	160	107.5	217.5	485
R. Mackey	140	107.5	197.5	445
J. Norris	160	100	182.5	442.5
198				
V. Simpson	167.5	110	207.5	485
220				
R. Davis	205	150	232.5	587.5
J. Reichenberger	195	107.5	207.5	509.5
242				
C. Wallen	232.5	135	240	607.5
275				
K. Sewell*	260	157.5	260	677.5
K. Haney	157.5	115	195	467.5
T. Allen	160	110	137.5	407.5
SHW				
S. Jones	175	92.5	185	452.5

* best lifters; Thanks to Lance Childers, meet director, for results.

Testosterone...although some research has apparently indicated that running lowers the testosterone level in the body, Ray Ganong, Director of Strength and Conditioning at the University of Miami, points out a study by Dr. J.R. Sutton of the Garvan Institute of Medical Research in Australia, which measured testosterone levels in two groups of men (athletes and non-athletes) before, during, and after a period of cardiovascular exercise and found that the levels of testosterone were highest after vigorous cardiovascular workouts for both groups. Ray points out that it is important that PLers don't forget about exercises that help their hearts run efficiently.

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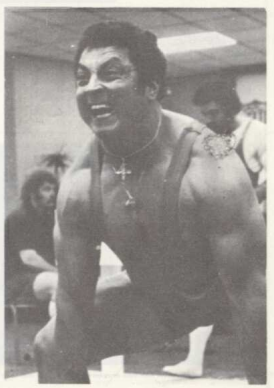
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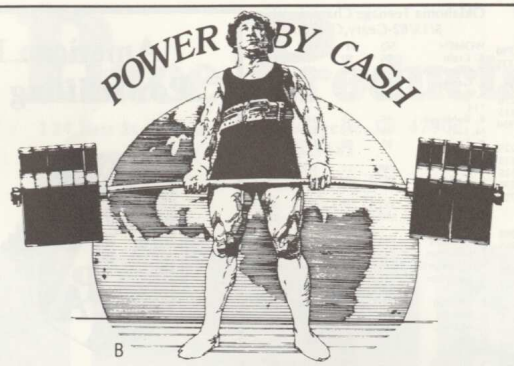
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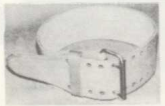




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Continental Sports Conference Championships-5/7/82 Spangdahlem AB, Germany

WOMEN	SQ	BP	DL	T
132				
K. Martin	115	65	205	385
148				
W. Ladson	165	85	215	465
D. Woody	150	65	210	425

Women's team points: Spangdahlem:29.

OPEN DIV

132				
R. Bow	335	170	360	865
148				
R. Bauer	325	275c	370	970
165				
R. Baxter	450	315	560a	1325e
M. Mannion	405	250	500	1155
J. Gallegor	340	225	470	1035
J. Riazzi	315	255	400	970
M. Guerra	275	285	390	950
181				
T. Dorsey	440	360	530	1330
E. Hamler	450	350	525	1325
R. Boniface	475	250	510	1235
T. Healey	430	295	460	1185
K. Keckeisen	425	260	490	1175
R. Delong	335	245	470	1050
E. Rivera	310	240	450	1000
198				
T. Todak	420	275	450	1145
D. Collins	320	305	450	1075
J. Mannes	320	255	440	1015
220				
C. Toppin	525	360	650	1535
A. Piccolo	400	300	470	1170
M. Dupalo	375	300	430	1105
H. Cook	---	---	---	---
242				
L. Long	605u	275	550	1430
M. Mullenax	500	320	510	1330
275				
D. Wilkinson	540e	440	650e	1630e
	4th	450e		
J. Langer	495	315	520	1330
S. Watkins	350	285	500	1135

a - US Army in Europe record; c - Continental Sports Conf record; u - US AF in Europe record; e - US Military in Europe record' team points: Spangdahlem: 51; Hahn: 36, Sembach: 35, Thanks to Dusty Caldwell for results.

USAREUR PL Championships Lee Bks, Mainz-5/1/82

WOMEN-105	SQ	BP	DL	T
B. Briley	170*	82	253*	506*
C. Woodhouse	110	71	176	357
J. Pugh	110	66	154	330
123				
P. Sheperd	203*	104*	319*	627*
S. Corpening	99	61	187	347
132				
G. Carr	181	93	280*	555*
D. Robichaux	148	99	214	462
B. Melvin	104	110*	225	440
148				
W. Stokes	225*	132*	302*	660*
D. Barnett	159	104	203	467
165				
D. Elliott	209*	99*	253*	660*
M. Smith	159	77	253*	489
L. Berry	126	77	242	445
181				
E. Jenkins	253	126	401	781*
	269*		423*	
B. Woisin	220	148*	280	649
L. Woodson	132	99	253	484
OVER 181				
B. Gibby	220*	148*	231*	599*

* USAREUR record; 26 new records set in Womens'div in 1982.

Father's Day Bench Press 6/20/82-Madison, Wis

WOMEN UNDER 142		OVER 142	
C. Everson	175	S. Overeshi	190
G. Edison	135	M. Penner	135
V. Wooten	125		

Rep winner: Cory Everson: 19 with 120.

MEN-WINNERS ONLY			
Belcastro(123)	240	J. Lepak(181)	440
S. Nelson(132)	270	D. Ellefson(198)	405
C. Kopplin(14)	320	Truax(225)	435
B. Borchert(165)	350	Vivier(250)	500
		Barwick(ovr250)	535

35 lifters total. Thanks to Jeff Everson for results.

Best Lifter...one lifter who wasn't named in the report on the National Collegiates as one of the Best Lifter winners was Carolee Engel of Des Moines, Iowa. Congratulations on your fine lifting Ms. Engel.

1982 Racine, Wisconson Regency Mall, Sept. 11

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Men-Women-Unusual Galactoids

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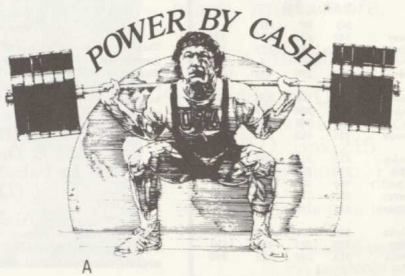
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Fairlane Village Mall Open
6/19/82-Pottsville, Pa

	SQ	BP	DL	T
114				
C. Ciardelli	195	115	240	550
M. Heintzelman	185	100	215	500
N. Alleman	100	120	235	455
M. Redcliff(f)	130	80	225	435
123				
F. Glass	310	140	395	845
E. McCorristra	280	205	325	810
P. Verrasta	270	190	320	780
G. Gratli	235	180	310	725
132				
R. Dermo	370	290	430	1090
P. Yaich	310	235	350	895
B. Thomas	235	205	325	765
148				
B. Batdorf	480	245	505	1230
J. Guzick	415	290	455	1160
W. Bohl	420	270	450	1140
F. Kenyon	415	230	480	1125
F. Targirra	355	245	430	1030
A. Turner	350	185	415	950
D. Kunkle	305	225	380	910
P. Gori	335	185	380	900
U. Archie	190	125	300	615
D. Care	280	150	250	---
165				
D. Haines	550	315	605	1470
J. Mazzuca	520	325	550	1395
W. Pawlowski	455	290	460	1205
N. Theodorou	405	245	500	1150
D. Melo	425	230	450	1105
B. Verta	355	260	450	1065
T. Ciauaglia	360	180	425	965
J. Wisniewsk	275	200	370	845
N. Smith	365	---	350	---
R. Nairns	---	240	410	---
181				
D. Wilson	475	370	520	1365
G. Murphy	400	325	480	1205
P. Babinsky	400	245	475	1120
S. Gori	360	260	470	1090
G. Serino	300	220	375	895
D. Drapalski	---	250	410	---
198				
T. Heck	485	240	575	1400
J. Murphy	390	325	570	1285
S. Stephens	435	300	465	1200
B. Russell	435	275	435	1145
L. Anderson	390	260	490	1140
K. Mooney	350	200	395	945
D. Ziegler	325	240	---	---
D. Care	---	225	350	---
G. Carles	450	280	---	---
220				
P. Liszka	540	350	550	1440
K. Warfel	490	345	560	1395
J. McGowan	425	305	450	1180
C. Yozwiak	365	295	450	---
B. Gable	570	---	520	---
242				
M. Latko	705	360	720	1815
J. Schaeffer	600	500	640	1740
R. Smith	500	320	600	1420
F. Babinchuck	450	290	550	1290
T. Groody	400	325	460	1185
275				
E. Riley	705	500	640	1845
C. Ziegler	505	350	570	1425
SHW				
J. Henning	630	375	650	1555
M. Betz	515	460	550	1525
G. Goss	375	225	400	1000
R. Mikulski	450	270	525	---

Doug Heines - best lifter lt class: Marty Latko, hvy wt; Team trophy: Jake Boyer. Thanks to Fairlane Village Mall for results.

Mediterranean Sports Conference Championships-5/16/82-Aviano, Italy

	SQ	BP	DL	T
97				
B. Sheldon	165e	85u	185u	435e
123				
J. Kirst	155	100	230	485
132				
M. Caldwell	255e	115e	280	650e
148				
C. Wiersma	125	95	200	420
165				
L. Carr	160	110	45	315
	OPEN DIV			
123				
J. Vicari	230	155	305	690
132				
B. Naparan	315	255	450	1020u
	4th	271e	451u	
M. Bonefas	245	145	320	710
148				
F. Arrington	415	225	445	1085
T. Alford	395t	235t	435t	1065t
S. Rafferty	360	250	435	1045
G. Johnson	---			
165				
T. Richardson	435m	255	465t	1155t
E. Phillips	380	250	410	1040
P. Domingo	325	275t	375	975
K. Serra	250g	260g	375g	885g
E. Hammons	225	260	400	885
L. Courtney	305	175	400	880
P. Perron	250	190	300	740
R. Crosby	225	120	275	620
181				
T. Rohde	475	270	560m	1035m
P. King	250g	225g	340g	815g
198				
D. Caldwell	550	350	675	1575
J. Ross	275	275	450	1000
220				
J. Soulia	430	325	585	1340
242				
K. Wallace	320	335	360	1015
275				
M. Ludlam	185	145	360	690

e - US Military in Europe; g - US Military in Greece, m - Mediterranean Sports Conf. , t- US Military In Turkey, u - US Air Force in Europe. Teams: Aviano: 93, Incirlik: 32, Torrejon: 18; Hellenikon: 12. Thanks to Dusty Caldwell for results.

Japanese Nationals
5/30/82-Kobe, Japan(kilos)

	SQ	BP	DL	T
52kg				
H. Inaba	215	110	225	550
Y. Fukuya	170	95	210	475
H. Marumoto	170	100	180	450
56kg				
H. Isagawa	200	140	220	560
T. Kudo	200	122.5	210	532.5
60kg				
H. Torisawa	237.5*	110	210	557.5
M. Suzuki	215	110	215	540
T. Shirakawa	185	140	200	525
C. Ito	232.5	132.5	---	---
67.5kg				
T. Harada	225	152.5	240	617.5
K. Kohlogi	235	110	242.5	587.5
T. Higuchi	197.5	122.5	250	570
M. Tomita	210	130	220	560
M. Futenma	210	165*	---	---
75kg				
Y. Nakagawa	250	152.5	260	662.5
S. Uoyoshi	240	160	240	640
N. Nishimura	250	165	220	635
E Ueda	230	160	---	---
82.5kg				
T. Nakao	302.5	180	265	747.5
M. Inoue	270	160	250	680
E. Nagata	240	160	250	650
M. Hamano	210	130	230	570
90kg				
T. Maeda	335	165	290	790*
T. Saiwaki	250	155	230	635
M. Nikaidani	---	275	---	---
Over 90kg				
S. Yoshida	280	180	270	730
S. Koide	215	195	210	620
Y. Yoshida	270	---	---	---

* Japanese Natl record; H. Isagawa in 56kg class got the best lifter award, M. Nikaidani in 90kg class got the special award. Though he has no legs by a terrible accident, his effort for PI is great so he got this special award. This was the 1st Nationals outside of Tokyo and there were some problems. The bar knurling was minimal and some, Ito incided, bombed due to grip troubles. Inaba suffered making weight but still tried a WR DL (233kg). Since Inaba is in the Hall of Fame, the best lifter award went to Isagawa, who hoped for a 330 BP record but jet lag from the Calif. trip may have affected him. Torisawa got a Natl record with a 523 squat at 132, as did Futenma at 148 with a 363 BP. Former bodybuilder Nakagawa won the 165s and Nakao won the 181s again...5 yrs ago he held a World BP record of 183kg for a few days. Nakamura is semi-retired and Adachi had a shoulder injury and didn't lift but Secretary of the Japan PI Assoc. Susumu Yoshida, saw his chance in the over 90kg class and took it. Thanks to Susumu Yoshida for the results and information.

Bret's Gym Windward Championships-6/27/82 - Kailua, Hi

	SQ	BP	DL	T
114				
S. Spencer	145	130	255	530
S. McIntosh(f)	185	90	225	500
123				
P. Yoshizu	395	270	435*	1100
132				
B. Kaneshiro	400	280	370	1050
M. Barkley	330	200	355	885
J. Aune	335	190	340	865
K. Kaanapu	335	165	335	835
148				
B. Kunioka	455	315	500	1270
C. Zoeller	455	260	505	1220
G. Okubo(17)	460	300	430	1190
B. Rezentes	400	270	430	1110
P. Zivlemore	365	210	385	960
165				
E. Nishioka	550	275	610*	1435
D. Cabiles	395	225	410	1030
K. Baldwin	315	240	335	890
181				
K. Kojima	540	340	590	1470
B. Gaifer	460	335	505	1300
E. Agbayane	460	280	510	1250
D. Kauka	425	270	480	1175
F. Medeiros(48)	370	275	500	1145
J. Fernandez	285	150	435	870
198				
B. Chong	585	340	625	1550
D. Schultz	540	350	640*	1530
H. Nakamura	570	375	525	1470
M. Hicks	505	300	620	1425
J. Bridges	480	245	500	1225
C. Calavera	470	305	450	1185
M. Spencer	425	275	475	1175
P. Pai	345	225	425	995
220				
M. Lutu(18)	680	385	600	1665
H. Nakagawa(16)	600	330	545	1475
W. Flenke	535	365	505	1405
242				
L. Jacobs	700	500*	690	1890
W. Forbes	625	380	600	1605
275				
T. Sagapulu	650	425	675	1550

* state record, Thanks to Gus Rethwisch for results. Newcomer Lutu came close with a 725 squat (1st meet). Sagapulu was just tuning up for the next teenage nationals.

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3rd annual Appalachian Masters and under-6/26/82 Zanesville, Oh

	SQ	BP	DL	T
132				
A. Williamson	325	185	405	915
L. Dodd	265	120	285	670
148				
D. McCartney	375	275	430	1080
J. Trussler	380	225	420	1025
B. Tracy	350	250	420	1020
H. Rome	300	225	400	925
D. Brown	300	265	355	920
165				
G. McElroy	530	305	475	1310
C. Maxwell	430	230	530	1190
A. Coykendall	375	285	375	1035
S. Meaney	295	140	340	775
B. Billman	---			
181				
J. Orengia	550	300	615	1465
M. Scott	465	280	510	1255
G. Rome	415	260	450	1125
L. Swiger	390	210	470	1070
A. Pucci	365	275	425	1065
198				
T. Quinn	365	270	455	1090
220				
B. Brock	630	350	605	1585
L. Stinson	600	300	600	1500
J. Kusar	570	350	500	1420
E. Gosselin Jr	515	300	575	1390
D. Fordyce	510	305	500	1315
D. Macgregor	395	255	375	1025
242				
P. Harvey	550	380	550	1480
K. McLane	500	355	500	1355
L. Stasiulewicz	425	325	500	1250
K. Haun	395	210	420	1025
275				
S. Miller	560	330	475	1365
SHW				
B. Coyer	505	320	530	1355
J. Freeman	500	240	505	1245

Outstanding lifter 1st session: J. Orengia, 2nd: Bill Brock, outstanding female: Laura Dodd. We would like to thank all the lifters for their cooperation in making the meet run smoothly.

We would also like to thank the following people for their assistance in running the meet: Bev Wallace, Mark Schiller, Mrs. Rummell, Joe Orengia, Tom Revenaugh, Fin Revenaugh, Jay Butler, Dave Scott, Brent McCutcheon, Kevin Haun, Mark Dement, and Mike Anderson. Thanks to meet directors Don Graham, Steve Uhas, Marty Scott for results.

ATTENTION..Beginning to Intermediate Lifters

Are you fed up with all of the endless trial & error involved with developing a winning total? Are you frustrated with all of the conflicting advice you hear daily about diet, training, drugs, etc.? Worst of all, are you disgusted with tossing your hard earned dollars away on so-called guaranteed routines? I know that I am, so I am announcing the creation of a TOTALLY new concept in powerlifting seminars:

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US Military World Championships
6/4&5/82-Aviano, Italy

	SQ	BP	DL	T
105				
B. Sheldon	175t	95t	200t	470t
114				
J. Kirst	165	100	230	495
123				
Caldwell	250	115	310ms	675ms
	4th	260e		
148				
K. Dundas	175c	120	275c	570c
C. Wiersma	135	95	205	435
165				
L. Carr	165	110	170	445
	MEN'S DIV			
114				
J. Buckner	150	120	280	550
123				
R. Jackson	300	230	365	895
M. Bonefas	290	155	365	810
132				
Q. Karlberg	300	200	400	900
R. Bow	300	170	400	870
T. Gillen	280	175	350	805
R. Harris	150	125	300	575
148				
D. Sneed	480	365m	560m	1405m
S. Harrison	505	250	480	1235
F. Arrington	430	230	440	1100ms
4th	440u			
L. Tucker	300	250	380	930
R. Crosby	---	135	310	BMB
M. Conde	315	255	---	
165				
W. Walker	450	285	525	1260
Tossie	425	290	500	1215
M. Murphy	380	265	470uk	1115
T. Alfred	420	250	440	1110
S. Tracy	305	285	430	1020
E. Hammons	230	310	425	965
L. Cortney	300	175	430	905
C. Lewis	275	210	400	885
D. Raynor	260	185	385	830
B. Swearingen	225	250	315	790
B. Morelli	250	170	330	750
L. Brown	350	305	---	
181				
M. Grant	430	345	550	1325
T. Rohde	500ms	285	530	1315
W. Herl	460	280	550	1290
W. Brown	405	285	600	1290
G. Ferstler	450	285	550s	1285s
C. Thornton	340	325	500	1265
T. Healy	430	280	450	1160
A. Faust	350	270	480	1100
M. Fargnoli	335	285	480	1100
D. Eddy	325	305	450	1080
198				
D. Caldwell	565	360	700e	1625e
	4th	371u		
D. Coletta	590	370	600	1560
C. Ehrenberg	560	285	540	1385
S. Reimondo	460	310	540	1310
T. Todak	420	280	440	1140
L. Ford	335	205	525	1065
220				
S. Williamson	530	395i	620	1545
C. Toppin	525	355	600	1480
J. Soulia	465	360	590	1415
D. Stein	475	325	525	1325
G. Garland	400	335	550	1285
W. Barnes	400	315	505	1220
J. Ross	300	290	480	1070
C. Mashaek	360	260	450	1070
J. Oeser	300	235	320	855
F. Collins	250	160	425	835
242				
L. Long	575	300	560	1435
L. Vaughan	490	310	565ku	1365ku
J. Thomas	425	295	475	1225
275				
K. Wallace	300	355ms	450ms	1105ms
M. Massey	---			
SHW				
J. Teague	630e	335e	580	1545e
M. Ludlam	200	160	420	780
	---	4th	435u	

c - Continental Sports Conference; e - US Military in Europe; i - US Military in Italy; m - All Marine, ms - Mediterranean Sports Conf. - s - US Military in Scotland, t - US Military in Turkey, u - US AF in Europe; uk - United Kingdom Sports Conf.

Joe Guido from Zweibrucken AB, Germany, was our special guest lifter. Weighing 164, Joe gave the crowd the best performance ever by a US Military 165r in Europe. He squatted 485, benched 280 and broke two of his US Military in Europe records with a 590 DL and a 1355 total. Thanks for the show, Joe.

Outstanding lifters: Women's div: Best sq: Monkee Caldwell, best BP; M. Caldwell, best DL- M. Caldwell, outstanding lifter: M. Caldwell. Men's div: Friday: 114-165: best sq: S, Harrison, best BP; D. Sneed, best DL: D. Sneed, outstanding lifter: D. Sneed; Saturday: 181-SHW: Best sq: D. Coletta, best BP: S. Williamson, Best DL: D. Caldwell, outstanding lifter: Dusty Caldwell. Branch of service points: Air Force: 265, Army: 119, Marines: 67, Navy: 12. Team points: Aviano: 104, Cherry Pt: 67, Worms: 36, Spangdahlem: 32, Stuttgart: 31, Hahn: 25, Vicenza: 24, Incirlik: 19; Eielson: 19, Upper Heyford: 17, Ansbach: 12, Darmstadt: 9, Zindorf: 8, Pruem: 7, Edzell: 6, Puget Sound: 6, Zweibrucken: 6.

There were lifters from all branches of the service; they came from Turkey, Scotland, the US, Italy, England and 7 installations in Germany. Transportation into Aviano was difficult. Many flights were cancelled due to runway maintenance, but people still made it here by train, car, or whatever. The excellent team of Marines from Cherry Point, NC flew in and out on their own C 130. They needed the cargo space for their 22 awards. Everyone seemed to have a good time during the two day meet. Several folks got a chance to do a little touring of the mountains and beaches here. No one went home without something. There were beautiful awards for all competitors. The judging was kept unbiased with one USAF, one Marine, and one Army judge at all times. Powerlifting is an official sport for the Marines and at least two major echelone: USAF in Europe (USAFE) and US Army in Europe (USAREUR). I am intent on helping PL to become an inter-service sport with championships at every level of the US Armed Forces. Thanks to the many folks who helped to make this meet a success, especially Lee Vaughn, Tony Alford, Mike Murphy, Frank Arrington and of course, the Monks.

Spangdahlem Invitational Spangdahlem AB, Germany 2/27/82

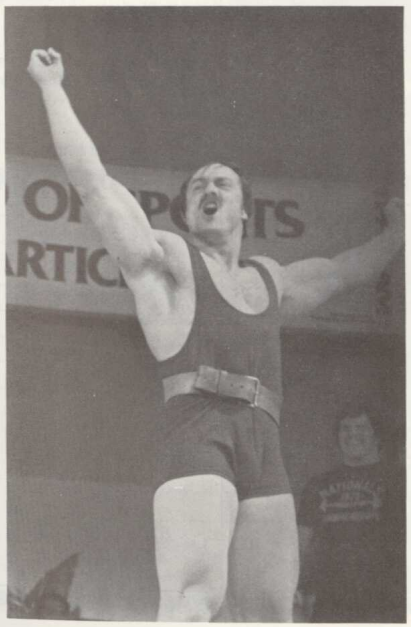
WOMEN	SQ	BP	DL	T
114				
W. Cocanour	175	105	245	525
132				
C. Frizzle	135	85	165	385
148				
M. Drury	135	75	185	395
	MEN'S DIV			
132				
R. Kanda	325	225	425	975
148				
R. Bauer	300	260	360	920
L. Fambrough	275	150	360	785
R. Bow	265	160	310	735
165				
R. Baxt	415	305	525	1245
J. Guido	440	235	500	1175
S. Alli	385	250	465	1100
H. Santana	350	285	445	1080
M. Mannion	360	245	465	1070
J. Riazzi	300	250	360	910
181				
W. Frazier	450	270	540	1260
R. Boniface	450	250	530	1230
B. Cocanour	385	265	535	1185
M. Perry	375	285	450	1110
R. Andrews	350	325	405	1080
T. Healey	320	275	405	1000
198				
M. Furrows	510	290	610	1410
W. Singleton	460	300	480	1240
T. Piccolo	420	295	450	1165
M. Patterson	350	275	405	1030
T. Todak	350	250	410	1010
220				
H. Cook	580	365	685	1630
M. Dupalo	360	275	400	1035
242				
D. Wilkinson	450	405u	550	1405
L. Long	550	300	525	1375
275				
S. Watkins	400	285	600	1285

u - US AF in Europe record; team points: Spangdahlem: 24, Bitburg: 16, Zweibrucken: 12, Thanks to Dusty Caldwell for results.

Dolomiti Powerlift
6/12/82-Aviano, Italy

	SQ	BP	DL	T
114				
J. Kirst	160	105	235	500
123				
M. Bonefas	315u	155	375	845u
148				
F. Arrington	400	225	435	1060
165				
C. Lewis	300	185	410	895
D. Raynor	275	175	400	850
B. Morelli	260	185	365	810
C. Corsmeier	225	220	355	800
181				
T. Rohde	500	280	540	1320m
	4th	501m		
D. Rossa	250	225	335	810
198				
M. Fargnoli	345	295	490	1130
V. Lagana	325	290	400	1015
220				
D. Caldwell	610e	365	705	1680u
4th	372m		706e	
J. Soulia	470p	330	600	1380
242				
K. Wallace	350	360	480	1190

e - US Military in Europe; m - Mediterranean Sports Conference, p - personal, u - US Air Force in Europe. Thanks to Dusty Caldwell for results.



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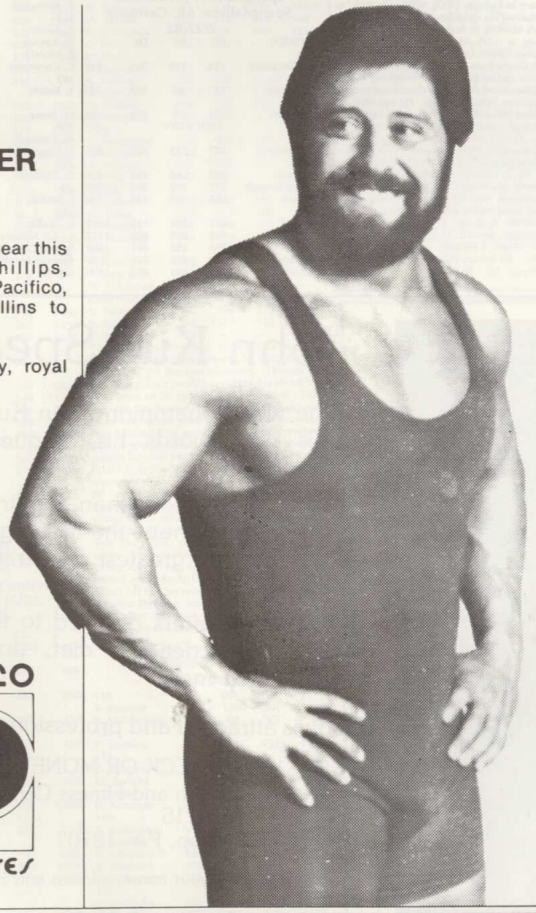
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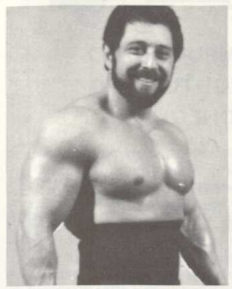
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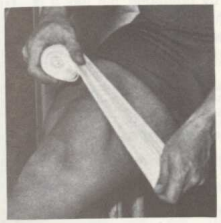
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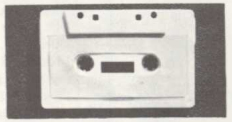
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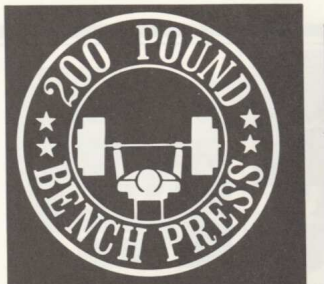
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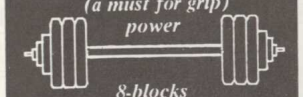
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Birmingham Open & Novice
6/5/82-Birmingham,Al

148	SQ	BP	DL	T
	NOVICE			
J. Boose	225	165	320	710
J. Young	350	---		
181				
J. Brannon	520	330	580	1430
A. Bradley	520	330	570	1420
N. Swannigan	440	295	575	1310
M. Riggs	400	235	435	1070
V. Dumas	330	250	430	1010
198				
H. Morgan	500	270	530	1300
220				
C. Alexander	515	395	570	1480
D. Lanier	500	350	600	1450
M. Love	440	390	500	1330
242				
M. Rogers	600	300	620	1520
J. Kaiser	540	330	580	1450
G. Wilkins	470	270	540	1280
275				
B. White	525	470	540	1535
R. Layton	560	385	500	1445
L. Schruder	525	355	525	1405
G. Cunningham	525	255	560	1340
L. Duncan	560	400	---	
	OPEN			
114				
B. Jones(f)	220	105	250	575
123				
M. Cross	365	215	500	1080
R. Malkasian	410	220	350	980
B. Hatfield(f)	145	100	235	480
132				
B. Hutler	215	180	315	710
148				
J. Ramsey(f)	245	100	280	625
165				
R. Crawford	420	265	440	1125
181				
G. Bell	600	410	625	1635
B. McKee	560	410	630	1600
M. Farmer	560	330	645	1535
C. Bush	570	340	620	1530
J. Cooper	550	290	565	1405
198				
B. Duke	650	430*	700	1780*
C. Hill	505	355	575	1435
J. McIntire	480	375	480	1335
220				
J. Hood	600	400	740	1740
F. Watts	690	400	650	1740
R. Selle	595	395	625	1615
T. McLaughlin	620	375	610	1605
242				
T. Sexton	650	385	650	1685
E. Bodkin	630	385	585	1600
V. Turk	600	390	---	
275				
R. Sandlin	820*	510*	740*	2070*
SHW				
G. Reynolds	750*	455	840*	2045*
T. Owens	620	455	625	1700
B. Floye	625	415	660	1700

Best lifter women: Brenda Jones, It class: Gene Bell, hvy: R. Sandlin. Team trophy: L.A. Powerlifting, * denotes Ala state record. Special thanks to Wright Equipmt Co., Nautilus Gym, Frank Watts, Chuck Bush and Richard Sandlin for use of their wts and equipmt. Thanks to Laura Boyd, Danny Boyd, Brenda Lee, Jodie Lee, Susan Moon, Susan McKee, B. Turk, Y. Ingram, H. Dyson, J. Grimes, J. Gamel, H. Hammond, D. Knoc, T. Smith, L. Stephens, C. Bush, L. Gillis, G. Tsimpides, M. Cross, B. Keel, D. Hudson and Bill Hutler for helping us as judges, announcers, scorekeepers and loaders. Also special congratulations to Buddy Duke who has made a comeback at 198 (1780 total) after a very serious back injury! Thanks to Vines Turk for results.

Northern Utah Open Novice
6/12/82-Roy,Ut(kilos)

WOMEN	SQ	BP	DL	T
T. Wolfe	82.5	40	107.5	230
D. Briggs	85	50	100	235
67.5kg				
J. Trujillo	182.5	112.5	192.5	487.5
P. Mower	160	117.5	182.5	460
75kg				
D. Clayton	170	122.5	212.5	505
K. Kasper	170	127.5	197.5	495
J. Zamora	135	110	195	440
R. Cloward	147.5	90	197.5	430
M. Cordner	110	77.5	145	332.5
B. Whetstone	90	95	147.5	332.5
M. Poole	---			
82.5kg				
K. Rasmussen	230	162.5	227.5	620
K. Smith	212.5	145	215	572.5
B. Edmund	177.5	127.5	215	520
C. Hennefer	185	110	215	510
90kg				
H. Phillips	210	165	220	595
R. Inglefield	200	132.5	237.5	570
G. Smith	190	145	227.5	562.5
K. Sweat	182.5	130	237.5	550
B. Smith	182.5	122.5	227.5	532.5
J. Broadhead	150	140	200	490
100kg				
L. Brumley	220	157.5	275	652.5
M. Evans	225	147.5	250	622.5
M. Sekulich	227.5	125	190	542.5
B. Querubin	217.5	107.5	205	530
R. Valentine	160	132.5	200	492.5
110kg				
G. Grundvig	200	145	280	625
B. Woffinden	182.5	135	200	517.5
V. Richins	175	227.5	275	782.5
SHW				
T. Romney	280	227.5	275	782.5

Best lifter 1st place: T. Romney, 2nd: Kip Rasmussen; best teenager 1st place: K. Smith, 2nd: D. Briggs.

Women: Toni Wolfe in her 1st meet, started off each event but pulled a good PR DL to secure her 1st place.

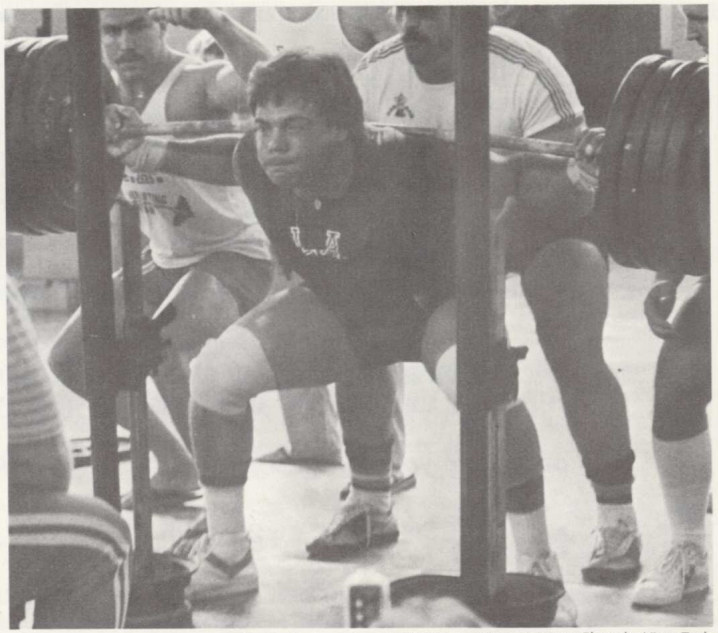
67.5kg: John Trujillo has had to be satisfied with placing behind Jeff Searle at most other meets. At this meet, he utilized Jeff as a coach to overpower BYU's Paul Mower.

75kg: Javier Zamora's only competition last year endded with a bomb in the sq. This meet he held on for 3rd place. Training partners from Cokeville, Wyo. Doug Clayton and Kris Kasper drove down to have their shoot out in front of an enthusiastic Utah crowd. When the dust settled Kris' missed attempts and Doug's 9 for 9 performance put Doug out front.

82.5kg: The real battle in this class was for 3rd place. Chris Hennefer's 3rd attempt DL at 227.5 would have given him his 1st 500 plus DL, his first trophy, and his 1st 9 for 9 performance, but it slowed to a halt at the knees. Brent's BP gave him the margin he needed to hold on to that 3rd place award. Kip Rasmussen, with each event, added to his lead over the solid lifting of our best teenage lifter, Ken Smith.

90kg: In this class only Randy Inglefield had had any previous meet experience. Gary Smith held off Karl Sweat from Wendover, Ut for a 3rd place finish, while Randy had to yield 1st place to the excellent BP of Hal Phillips.

100kg: Perserverance pays! Mike Sekulich, after a year of training and trying, finally took home something to show for it. 15 yrs ago I too, captured a third place in a novice meet after a year of trying. Then you have those guys like Loran Brumley who enter their 1st meet and take home all the bacon. Mark Evans of Salt Lake lifted solidly to secure second.



***Rich Sandlin**..opened with 820 at the Birmingham Open and has done 900 in training. Photo by Vines Turk*

110kg: Val Richins' 1st meet finished with 4 PRs, a third place trophy, two minor backaches and one disease: the PL bug bit him! Bill Woffinden had to yield 1st place to the biggest DL of the day, Gail Grundvig. Gail lifts with a bum leg, and serves as an inspiration to the rest of us who realize that we doo could fall to accident or disease that would leave us with such an impairment. The loudest and warmest ovation of the day was reserved for the presentation of the first place award to this fine gentleman. Carrying a very solid 280 lbs, Tye Romney showed what some training under Joe Clifford will do. A couple more training cycles will render this guy a definite threat to Utah's heavy class competitors. As it was, he only blew away Tapio Kuusela's state BP record by 50 lbs and in spite of being the heaviest guy there, captured the best lifter award as well.' Thanks to Jan Shendow for results.

Central USA Championships
3/27/82-New Albany,In

WOMEN	SQ	BP	DL	T
M. Quinn	236	99	275	611
E. Matison	242	121	242	606
P. Crisan	181	104	220	512
R. West	187	121	225	534
D. Goldman	203	88	220	512
B. Clifton	176	99	242	606
114				
S. Prince	242	126	303	672
B. Stamford	198	192*	275	666
S. O'Kelly	225	115	225	567
B. Sprinkle	209	-115	231	556
123				
B. Foddrill	325	209*	396	931*
B. Stephens	259	170	352	782
M. Daniel	253	165	341	744
132				
M. Schiller	347	253	396	997
K. Minton	347	209	407	964
D. Hays	248	176	341	766
G. Rawlings	270	132	336	738
148				
W. Evans	424	253	451	1157
B. Wilson	369	236	479	1085
J. Bostian	352	209	402	947
M. Evans	259	286*	402	947
D. Wedding	308	192	402	903
165				
S. Stamper	617*	369*	600*	1587*
R. Freeman	451	314	512	1278
J. Hare	407	303	551	1261
J. Yeats	446	286	507	1239
L. Edwards	479	270	479	1229
M. Keller	396	242	479	1118
M. Wright	363	231	451	1047
E. Lytle	270	176	330	776
181				
D. Law	628	391	655	1675*!
R. Craft	551	352	672	1575
S. Phillipy	573	363	501	1438
B. Downen	501	242	473	1217
W. Wilson	396	242	534	1173
J. Hughart	341	220	440	1002
T. Griggs	303	132	330	766
198				
D. McDaniel	556	374	518	1449
E. Burkett	551	341	551	1443
T. Coots	518	330	573	1421
B. Nester	529	286	562	1377
T. Stewart	501	242	573	1317
J. Plose	473	352	485	1311
R. Luigs	380	275	479	1135
S. Hughart	407	242	479	1129
R. Roberts	347	242	429	1019
R. Parsons	281	176	352	810
220				
J. Logston	738*!	446	683*	1868*!
M. Hubbard	451	292	595	1338
S. Delong	501	259	551	1311
L. Alvey	374	253	512	1140
C. Polak	---			
242				
A. Rawlings	705*	479	683	1868
L. Traub	622	380	699	1702
W. Wadsworth	551	369	600	1521
C. Loehrlein	---			
275				
D. Allen	622	374	722*!	1719
T. Nethery	622	402	666	1691
P. Parker	628	396	639	1664
R. Cornett	578	363	529	1471
J. Hurle	551	347	501	1399
SHW				
A. Larson	573	391	589	1553
D. Barr	562	396	589	1548
B. Martin	451	369	540	1361
B. Duggins	314	275	451	1023

! - Indiana state record; *- meet record. Outstanding lifter 114-165: S. Stamper; 181-SHW: D. Law. outstanding lifter meet: Steve Stamper. team points: 1. Tyndalls 44, 2. So. Ind Health Ctr: 42; 3. The Pit: 30. Thanks to Ron Weigleb for results.

Guest Lifters at the Indiana Natural PL contest were Jim McCarty and Justus Owens. Both went 148 and Jim hit lifts of 606 347 644 1598, missing a 666 deadlift try, and training buddy Justus went 462 286 501.

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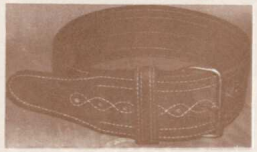
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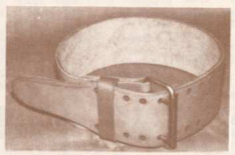
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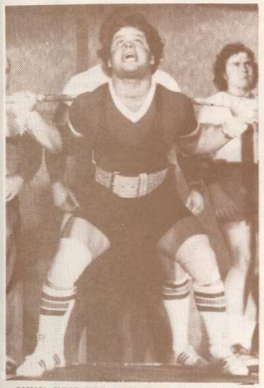
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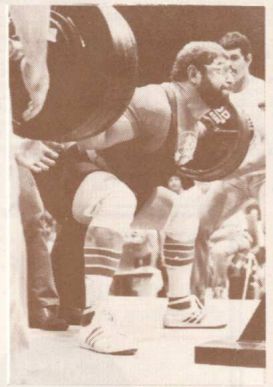
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US Air Force in Europe Championships-5/22/82 Spangdahlem, Germany

WOMEN-97	SQ	BP	DL	T
B. Sheldon	165*	85	165	415*
114				
A. Gudson	145	100	240uk*	485
123				
J. Kirst	165*	100	235*	500*
132				
M. Caldwell	260e	115	290	665e
	4th	116e	303e	
W. Ladson	170	95	220	485
148				
C. Wiersma	140*	95*	205*	440*
	OPEN DIV			
123				
M. Bonefas	275*	155*	340*	770*
132				
B. Naparan	300	255*	455	1010*
	---	4th	460u	
M. Sigala	275uk	255	380uk	890uk
R. Bow	340	170	380	890
148				
Aringtn	430	220	445*	1095m
	4th	435u		
T. Alford	410t	240t	440t	1090t
B. Bauer	350	275	380	1005
F. Solis	245	180	320	745
J. Arnold	150	185	290	625
165				
M. Mannion	425	275	485	1185
T. Richardson	440m	260	480t	1180t
R. Duvall	425uk	305	445	1175uk
F. Revell	385	255	440	1080
E. Phillips	415	260	400	1075
J. Gallegore	300	225	485	1010
181				
S. Boscarino	500	275	585u	1360u
E. Hamler	460	350	550	1360c
T. Dorsey	460	370*	510	1340
G. Gudson	420	260	475	1155
198				
J. Doyle	470	305	465	1240
M. Wright	425	260	500	1185
T. Todak	410	290	480	1180
D. Collins	370	300	480	1150
B. Zenker	375	325	445	1145
T. Rohde	490	275	---	
220				
D. Caldwell	575*	350	690	1615*
	---	4th	700u	
C. Toppin	530	350	635	1515
A. Piccolo	400	275	480	1155
S. White	335	255	410	1000
S. Cantu	315	220	440	975
242				
L. Long	550	300	575	1425
J. Soulia	455	330	620*	1405
L. Vaughan	5095	315	530	1350uk
M. Martinez	410	305	525	1240
275				
J. Langer	520*	320*	520*	1360*

* - US Air Force in Europe meet, c - Continental Sports Conference; e - US Military in Europe, m - Mediterranean Sports Conference; t - US Military in Turkey, u - USAFE, uk - United Kingdom Sports Conference, teams: MSC: 114, CSC: 89; UKSC: 76. Thanks to Dusty Caldwell for results.

Myrtle Beach AFB Invitational 6/12/82-Myrtle Beach AFB,SC

123	SQ	BP	DL	T
E. Green	185	215	280	680
132				
C. Lawson*	480	230	470	1180
148				
A. Gomez	515	265	500	1280
J. Atkins	270	210	380	860
165				
A. Yearby	515	405	515	1435
A. Alexander	440	280	480	1205
S. Marvin	365	275	425	1065
W. Jackson	295	285	405	985
181				
A. Smith	520	280	500	1300
T. Meyers**	450	285	540	1275
D. White	305	205	375	885
198				
M. Mackey	520	335	500	1375
D. Altenburg	425	325	450	1200
R. Smith	400	300	450	1150
220				
R. Motta	500	400	525	1425
R. Wilkins	400	350	580	1330
F. Bloedown	420	380	495	1295
242				
G. Ward	650	375	630	1655
SHW				
P. Sneedy	500	315	550	1365

Team trophy: Camp Lejeune Marine Base. Ltwts: Best sq: C. Lawson, best BP: A. Yearby; best DL: C. Lawson; best lifter C. Lawson*. Hvywts: Best sq: A. Smith, best BP: R. Motta; best DL: T. Meyers, best lifter: T. Meyers**. 'In our 1st invitational PL competition we had some pretty good competitors. Charles Lawson had best squat, best DL and 1st place in the 132s, and best lifter overall. Alvin Yearby did an awesome BP of 405 lbs missing an attempt of 415 by a small margin. Weighing in at 169 lbs Tee Meyers of Myrtle Beach AFB, took 2nd in the lt-hvy div. Anthony Smith of Camp Lejeune did a strong 520 squat to take best sq in the hvy div. Ron MOtta of Camp Lejeune tho weighing only 195 lbs opted to compete in the 220s and won it convincingly with a 400 lb BP which gave him best BP in the hvywt div. I'd like to take this time to thank all the gym staff at Myrtle Beach AFB for making this meet possible. The judges and spotters did a commendable job and should be thanked. Thanks! But mostly I want to thank Camp Lejeune for traveling to our competition and making such a good showing. Of the 19 lifters 11 were from Camp Lejeune, 3 from Shaw AFB, 2 from Parris Island Marine Base, 1 from Charleston AFB and 2 from Myrtle Beach AFB.' Thanks to Tee Meyers for results.

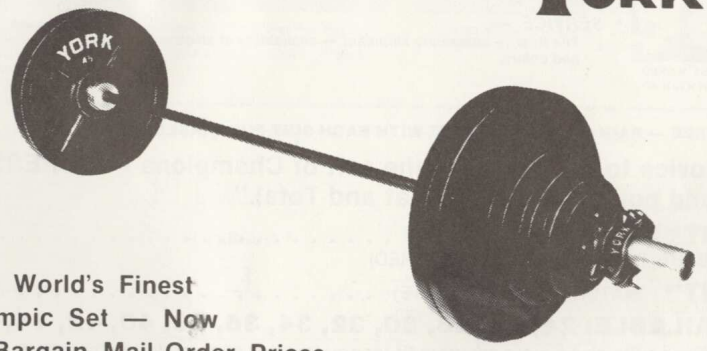
Tennessee Jr State & Bench Press-6/19/82 Chattanooga, Tn

114	SQ	BP	DL	T
M. Richardson	245	160	325	740
J. Furnas(w)	255	105	240	600
T. Cummins(b)	245	105	225	575
123				
S. Patti(w-b)	175	105	200	480
A. Cummins(w)	165	65	180	410
P. Wrenn	125	75	170	370
132				
S. Braz	300	205	400	905
D. Hull	260	175	335	770
M. Cross(b)	---	215		
148				
T. Lee	430	260	425	1115
J. Hargett	380	210	500	1090
M. Rhodes	360	220	400	980
G. Moss	345	250	340	935
C. Houser	305	145	350	800
B. Davenport	235	150	320	705
M. Sargent(b)	---	320		
165				
J. Earhart	450	315	505	1270
D. Hill	405	220	480	1105
J. Burnett	390	255	425	1070
J. Hood(b)	---	400		
181				
J. Conners(BL)	525	330	530	1385
B. Harvey	500	285	510	1295
S. Bartlett	370	230	415	1015
B. Byrd	270	300	380	950
A. Wrenn(w)	150	75	200	425
D. Smith	475	375	---	
J. Baughn(b)	---	400		
198				
B. Huskey	490	305	525	1320
W. Trail	480	330	470	1280
K. Earp	410	245	450	1105
M. Lampley	375	275	435	1085
L. Hood(b)	---	465		
220				
J. Bible(BL)	490	390	600	1480
T. Rapp	550	330	590	1470
D. Hull	580	335	550	1465
D. Latch	480	300	540	1320
L. Teasley	450	275	455	1180
A. Hill	300	210	335	845
R. Baker(b)	---	435		
242				
E. McAlexander	570	375	550	1495
L. Duncan	565	330	570	1465
J. Tidmore(m)	515	335	550	1400
T. Springfield	475	300	450	1270
J. Shofner	415	295	505	1215
J. Cummins(b/m)	615	395	585	1595
275				
B. Loflen	550	350	620	1520
D. Coffelt(b)	570	365	580	1515
T. Hutson	585	350	550	1485
WOMEN				
J. Furnas	255	105	240	600
P. Shayes	175	105	200	480
A. Cummins	165	65	180	410
A. Wrenn	150	75	200	425
MASTERS				
J. Cummins	615	395	585	1595
J. Tidmore	515	335	550	1400

m - indicates Masters, w - woman; b - 1st place bench; BL: best lifter. Teams: 1. Chattanooga Ironmen: 25 pts; 2. Tenn. Power: 19 pts. 1st place: 5 pts, 2nd: 3 pts, 3rd: 1 pt. My appreciation and many thanks to the competitors, judges, scorekeepers, announcers, and all who participated. To mention a few: Lester Shell, Amy Tidmore, Dave Coppert, Barbra Wrenn, James Lowe, and Britt Raper. Thanks to Eddie Bodkin for results.

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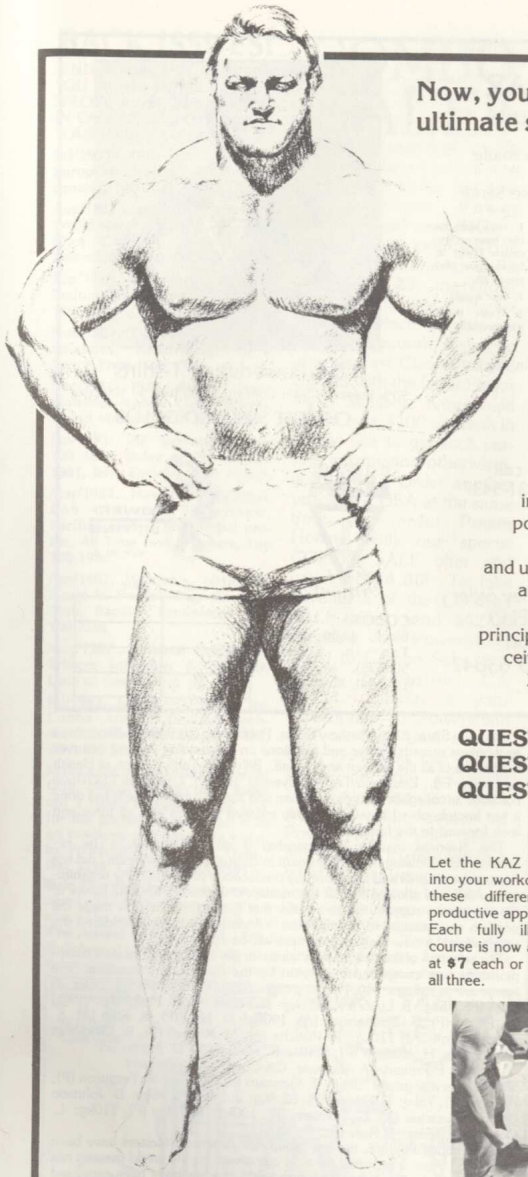
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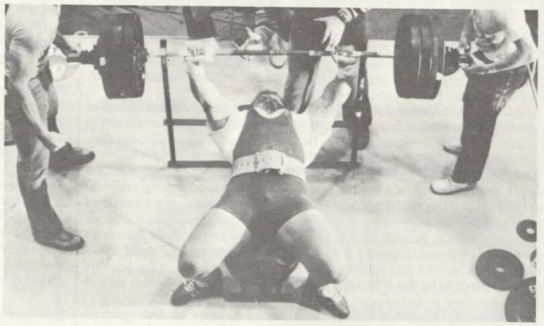
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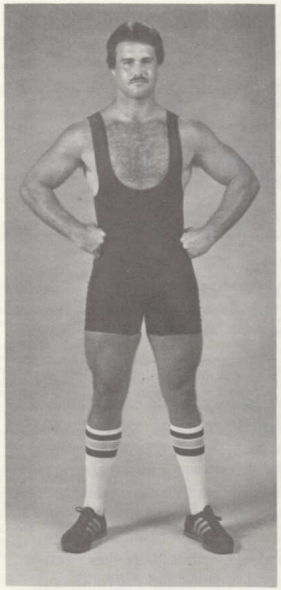
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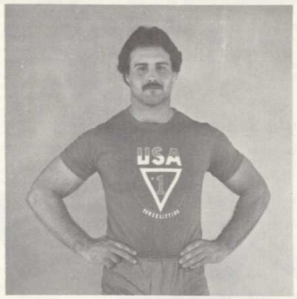
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From the American Records and National Masters Chairman

The agreement for recovery of world records resulted in 150 records submitted for recovery to the IPF Secretary Arnold Bostrom. The agreement with him to open a window of recovery has been of tremendous satisfaction to me. I believe that in doing so, the IPF has allowed both the USPF and the IPF to clean their houses. Some records are still unclaimed by athletes who have long since become disgusted with not getting their certificates. This is unfortunate, but, now the reason for the complaints has been removed. The opportunity to reclaim records as far back as Nov of 1980 lasted for 3 months plus. Now that window is closed.

The IPF has determined that they were supposed to have been keeping teenage men's records in one age group only (14-19). Up to now they have not kept them as an oversight. A second window has now been opened for teenage men to reclaim lost records. This window will be open until the end of August 1982. So, all teenage men who wish to reclaim lost world records must submit to me by before 1 Sept the information published previously for recovery of lost records: a. Name of athlete., b. Complete address (include zip please), c. Complete telephone No. (include area code please), d. Names of the 3 IPF referees officiating the lift, e. Lift, f. Weight in kilos and pounds, g. Meet, i. Date of meet, j. Place of meet, k. Name and address and phone No. of the meet director (data will be checked), l. Age and birth certificate. Send information to Nate Foster, 204 Harvey Dr., Manhattan, KS 66502.

The IPF Record Keeper has at long last received a large amount of record applications that were submitted to his predecessor in Australia and held up as a part of an IPF Internal dispute. Between those and the recovery list, hopefully, most of the lost records will be recovered.

The matter of the IPF not keeping teenage womens and masters womens records (put on the agenda by me) was brought up at the National committee meeting and the proposal to keep them and to increase the number of age groups will be taken to Munich. The Masters age groups were extended at my request to include 70-74, 75 to 79 and 80 and over for American records. A proposal to extend the world masters age groups to 50 to 59 and 60 and over was also submitted by me and will appear on the Munich agenda. I am told by the IPF secretary, that the rest of the countries do not want an increase in age groups, but we will propose it anyway.

Bob Ross has submitted his resignation after 5 years of distinguished work as teenage mens record keeper. Bob is a tremendous gentleman and I have enjoyed working with such a dedicated and efficient record keeper. I would like to thank him publically for the job he has done. Jake Boyer will likely be appointed to replace Bob. His address is Box 356, Lehighton, PA 18235.

Michelle Silva, 2116 Matthew Court, Pittsburgh, CA 94565 will continue as womens records keeper and has done an outstanding job and deserves the thanks of all the women and myself. Billy Jack Talton, Dept. of Health and Phys. Ed., Louisiana Tech. University, Ruston, Louisiana 71270 will continue as collegiate records chairman and like Bob and Michelle has done a top knotch job. I have thoroughly enjoyed working with all three and look forward to the future.

The National masters chairmanship is another matter. The circumstances following my appointment in August of 1981 wherein I did not receive the records and files from my predecessor to this day; the organization which was allowed to split the masters is unabated; and the failure of the masters to support the newsletter that they asked for, has made the position exasperating to say the least. Accordingly, I have tendered my resignation. A new Masters chairman will be appointed.

The selection of the two masters teams for the 1982 world masters championships was completed in Dayton by the Selections committee. The teams are as follows: 40-49 age group: 52kg: C. Lockard (P), 56kg: J. Lusk (P), 75kg: F. Lyon (P), 82.5kg: N. Foster (P), H. Pitard (A), 90kg: W. Patillo (P), S. Zimmerman (A), 100kg: D. Mills (P), K. King (A), S. Zimmerman (CA), 110kg: R. Pleticha (A), M. Mitchell (P), B. Chapoton (P), 125kg: H. Hudson (P), SHW: R. Hudec (A), D. Martin (P)

P-Primary, A-Alternate, CA-Conditional Alternate

50 and over age group: 52kg: T. Gennaro (P), 67.5kg: M. Ferguson (P), P.Neyer (P), 75kg: B. Decker (P), 82.5kg: J. Lem (P), 90kg: D. Johnson (P), E. Steinacker (A), G. Tornberg (P), 100kg: E. Nagy (P), 110kg: L. Coon (P), 125kg: B.Ross (P)

As mentioned before, the age groups for American Masters have been increased. Also, a proposal for a 3d age group for the world masters has been proposed. The dates for future world champs have been proposed for the traditional late October time frame. This proposal will be taken before the IPF Congress as well.

I have also tendered my resignation as Region VIII chairman and will discontinue the Region VIII/USPF Masters newsletter. Losing $1400 is enough! Larry Glisson, Box 1073, Branson, MO 65616, (417)-334-1226 will likely be appointed as the new Region VIII chairman.

Nate Foster

Bridges Seminar...Dick Smith, of York Barbell Club, took in Mike Bridges seminar in Columbia, MD and was really impressed with it. He thought that Mike covered his topics thoroughly and had good delivery.

Rickey Dale's European Delivery Program...Mr. Crain will be in Munich this Nov. and his customers over there are advised that he can have new orders brought over for personal delivery at that time if you so wish.

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Rule Clarification..since there was a question about it the USPF has obtained a clarification regarding the width of side and strap seams on lifting suits. The width of such seams shall not exceed 3 centimeters.

New Arrival...the wife of PL USA Research Editor, Dr. Tom McLaughlin of Auburn University, recently gave birth to a daughter, Lindsey Gale McLaughlin. 7 lbs. 1½ oz. of 'quality muscle tissue' according to Tom.



Wade's 7th South Jersey Open PL Championships-5/15/82 Glassboro, NJ

	SQ	BP	DL	T
132				
D. Krauss	290	210	300	800
D. Brown	220	235	335	790
L. Erdogan	---	195	340	535
148				
P. Sacco	430	295	490	1215
W. Wiener	430	280	480	1190
S. Forline	330	210	385	925
G. Holland	245	175	330	765
S. Patterson	---	---	350	350
J. Cole	---	265	---	
S. Godine	---			
165				
D. Hines	530	320	615	1465r
V. Faust	465	305	525	1295
T. Oglivie	415	315	525	1255
G. Snider	435	270	510	1215
P. Lancetta	435	300	475	1210
J. Walt	450	275	425	1150
H. Bindert	360	210	430	1000
F. Warner	---	---	475	
K. Forsythe	---	310	---	
181				
M. Massone	515	300	565	1380
R. Branch	540	330	510	1380
J. Smart	490	295	505	1290
M. Dematteo	490	280	500	1270
S. Cloak	375	270	535	1180
J. Hansbury	465	240	440	1145
J. Morgan	450	245	450	1145
R. Gontarski	395	245	470	1110
B. Mason	400	290	385	1075
A. Bodwell	350	275	415	1040
A. DeGeorge	360	---		
N. Dimarino	---	245		
198				
M. Orr	485	375	575	1435
R. Visconti	510	260	560	1330
D. Smyth	475	240	580	1295
J. Jackman	520	275	500	1275
W. Conway	460	335	455	1250
V. Carlucci	400	290	475	1165
W. Haberle	370	300	450	1120
J. McConnell	360	280	400	1040
220				
R. Harris	525	390	550	1465
D. Testerman	525	350	550	1425
C. Steele	---	440	550	990
242				
B. Feeney	315	380	600	1295
D. Henry	---	280	475	715
T. McGovern	---	370	435	845
275				
E. Riley	700	500	640	1840
L. Quarles	425	425	525	1375
SHW				
N. Prestipino	460	290	475	1225
B. Brown*	300	300	470	1070

Novice winners: 148 lbs: G. Holland, 165: J. Walt, H. Bindert, 181: S. Cloake, J. Morgan, 198 lbs: W. Conway, V. Carlucci. Helpers, judges and scorekeepers: J. Biaselli, S. Wallace, M. Bryant, E. Blough, R. Wetzel, R. Branch, G. Schneider, N. Dimarino, V. Faust, L. Quarles, Mrs (Mammason) Wade, Alice, Anna, Bobbie, Lessie and Roy Wade, Armando Duran, D. Drakapulus, G. Holland, A. Jackson, G. Gentilini, L. Thompson, C. Herman, G. Grantham, C. Page, J. Bankes and the many others who helped. Thanks a million to all of you. Director: J. Q. Wade, Jr. asst. Dir: Bill Brown. r - New meet and South Jersey record. Thanks to J. Q. Wade for results. Most outstanding team: Wade's Athletic Muscle Factory, strongest team: Wade's Ath. M.F. Largest team: Wade's Athletic. Most outstanding lifter: 165 and under: D. Haines, 181 lbs and over: Ed Riley, youngest lifter: D. Krauss.

Computerized Schwartz Formula...Dr. Lyle Schwartz has often been asked for a means by which the formula he has given Powerlifting can be programmed into a computer or a hand held calculator with sufficient memory. To obtain the Schwartz Formula (SF) for bodyweights (BW) between 40 and 126 kg, the expression is: $SF = 0.631926\ exp(+01) - 0.262349\ exp(+00)\ (BW) + 0.511550\ exp(-02)\ (BW)^2 - 0.519738\ exp(-04)\ (BW)^3 + 0.267626\ exp(-06)\ (BW)^4 - 0.540132\ exp(-09)\ (BW)^5 - 0.728875\ exp(-13)\ (BW)^6$. *For higher bodyweights, the following simple formulae are used: for BW 126-136, SF = 0.5210 – 0.0012 (BW – 125), for BW 136-146, SF = 0.5090 – 0.0011 (BW – 135), for BW 146-156, SF = 0.4980 – 0.0010 (BW-145), and for BW 156-166, SF = 0.4880 – 0.0090 (BW – 156)*

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Norton Team Champs..*top row from left: PFC Santos, CPL Pereira, SSGT Drapal, L/CPL Thill, CPL Alberts, bottom row from left: SGT Moyer, CPL Handler, SGT Carrillo, CPL Dobias (not pictured) L/CPL Robinson, CPL Leeber. Photo courtesy Jim Drapal, who relates that when he first came to El Toro Marine Base last October they didn't know what a Powerlifting team was. Now they have a 16 man team that has 3 team titles to their credit; All-Marine Championships (April), Warner Gardner Championships (May), Norton AFB Meet (June).*

Norton AFB contest
7/82-Norton AFB,CA

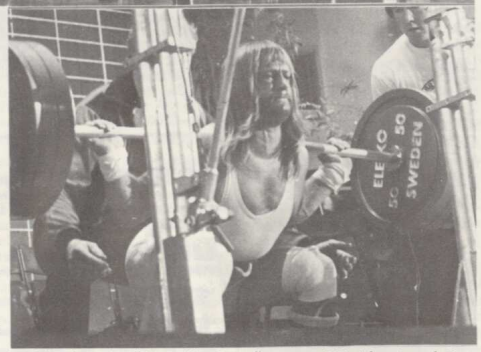
148	SQ	BP	DL	T
M. Lawrence	400	270	420	1090
S. Lieu	350	305	435	1085
R. Roberson	375	275	405	1055
J. Vogel	265	195	360	825
165				
S. Anderson	480	325	565	1370
L. Garrett	475	305	525	1305
D. Carrillo	450	275	500	1225
B. Handler	370	250	470	1090
L. Gullett	385	235	460	1080
L. Fischer	370	285	410	1065
R. Moyer	370	240	440	1050
K. Proulx	356	245	395	995
181				
J. Leeber	550	375	550	1475
D. Dobias	465	375	450	1290
M. Robinson	500	280	450	1250
E. Bowman	360	230	425	1015
198				
J. Santos	505	350	500	1355
R. Jakovac	365	290	510	1163
C. Brown	315	275	425	1015
220				
J. Thill	485	350	550	1385
M. Deutsch	500	350	500	1350
J. Helton	260	285	360	905
242				
W. Bell	605	405	700	1710
D. Periera	580	360	575	1515
S. Albert	530	360	600	1490
SHW				
J. Drapal	760	500	800	2060

Thanks to Jim Drapal for results.

British Seniors-Birmingham
England-6/27/82(kilos)

52kg	SQ	BP	DL	T
P. Stringer	202.5	127.5	185	515
56kg				
N. Bhairo	225	120	215	560
60kg				
D. Mannering	215	125	200	540
J. Jones	195	105	205	505
67.5kg				
E. Pengelly	265	150	295*	710*
G. Ward	215	135	232.5	582.5
M. Barry	220	135	225	580
75kg				
S. Alexander	277.5	170	290	737.5
H. Salih	270	170	270	670
R. Limerick	242.5	142.5	285	670
M. Shaw	160	147.5	220	627.5
82.5kg				
M. Duffy	320	200	280	800
P. Longley	292.5	157.5	287.5	737.5
D. Anderson	255	160	280	695
90kg				
W. West	327.5	177.5	305	810
J. Neighbour	290	177.5	300	792.5
C. Buchanan	285	---		
100kg				
T. Stevens	350	202.5	320	872.5
R. Farquharson	270	177.5	290	752.5
110kg				
A. White	320	182.5	340	842.5
M. Savage	290	172.5	345	807.5
G. Poole	---			
125kg				
D. Carter	342.5	187.5	360	890
SHW				
A. Kerr	315	205	330	850

Andy Kerr reports that Eddie Pengelly was the Best Lifter and really the only star of the day, with his British record deadlift and British and European record total. Only 24 of the 40 lifters selected to be eligible for the competition actually stepped up on the platform and many were below their best. There were some record attempts missed, including Stringer's 132.5kg bench, Bhairo's 235 squat, Pengelly's 302.5 deadlift, Alexander's 307.5 deadlift, White's 382.5 deadlift, and Carter's 387.5 World Record deadlift try in the 275s. Collins is, of course, now living in South Africa, while Galvez has emigrated to Spain. Other absentees included Eamon Toal, Des Garner, Ray Nobile, Dave and Francis Caldwell, and Sulby Prince. Invitations to the contest were sent out only 2 weeks prior to the event and this may have had something to do with the turnout. Andy points out that only 3 of this year's champions would have beaten the winning totals of the 1979 British Championships. Andy feels the British team will pick itself up for the Worlds, however. He took it easy at this class, but hopes to put together a better total at the National Cup in Tennessee





British Championships..*Eddie Pengelly squats 551 (above) and Dave Carter (below) tries 755. Dave has come back excellently from a serious Paul Jordan-type leg injury. (photos provided courtesy of Dennis Unitt).*

U.S. Open Bench Press
6/6/82 Towson, Md

123			
B. Kelly	205	198	
G. Murphy	205	J. Warehime	405
D. Perrarra	95	G. Hollis	405
132		G. Black	390
I. Burgess	290	C. Smith	350
J. Drago	275	J. Haass	350
148		220	
J. Edwards	335	D. Mills	470
W. Bohll	275	J. Deremer	360
M. O'Hagan	160	K. Ferrell	330
165		D. Starr	325
A. Urbanik	345	B. Marshall	295
A. Henderson	335	242	
K. Miller	320	C. Kelley	500
M. Shapiro	250	A. Zahorchak	400
181		T. Walke	350
R. Stephens	360	275	
J. Trout	330	B. Edmanson	400
R. Fowler	315	SHW	
D. Conway	300	G. Hechter	450
S. Orozco	285	B. Miller	390

Thanks to Jim Moser for results.

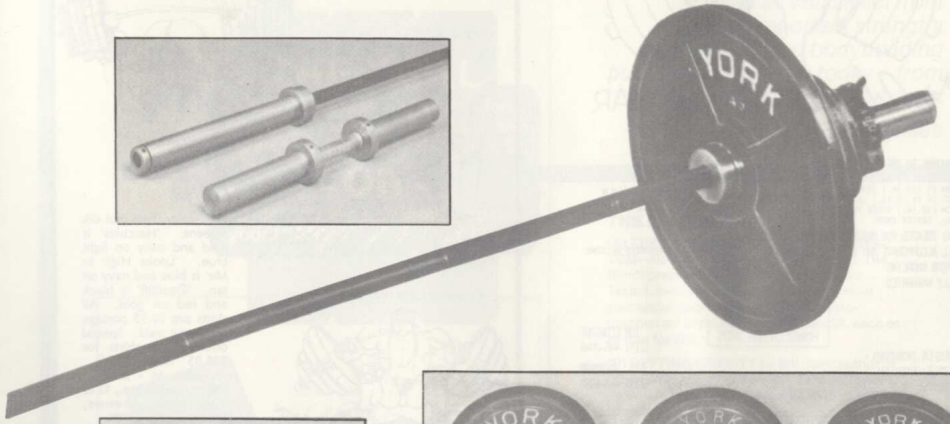
Lehigh Valley Bench Press
6/27/82-Allentown. Pa

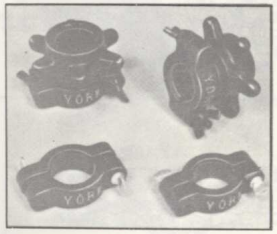
65		M. Serfass	325
D. Glass	65	D. Haines	320
114		E. Aksu	240
C. McBairly	90	C. Brogne	230
R. Guinther	70	181	
N. Evans	65	J. DelVecchio	440
132		T. Napoli	325
J. Rubio	230	D. Gbur	300
Leibensperger	225	T. Mandarino	290
S. Snyder	195	E. Bachert	275
M. Levandski	195	198	
T. Swiezak	175	J. Yelovich	400
148		F. Ventrosca	350
S. McFarland	320	C. Schafer	330
J. Mandariano	280	K. Mooney	215
M. Moskella	280	220	
S. Peters	230	K. Worfel	350
N. Moyer	195	L. Kramer	320
165		242	
M. Kroutsack	335	R. Heffelfinger	325
		D. Brozey	295

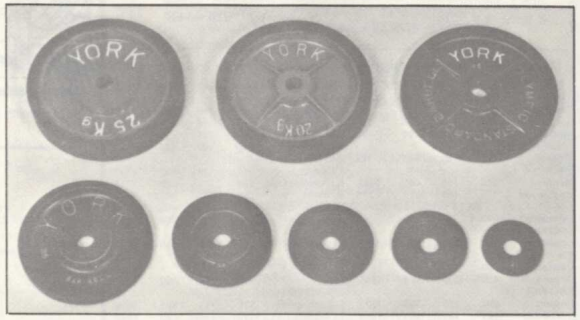
Thanks to Fred's gym for results.

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Jacksonville Championship
7/10/82 Jacksonville,Fl

WOMEN	SQ	BP	DL	T
E. Trevorah	300	115	285	700
D. Lyle	165	170	275	610
B. Brooks	150	80	190	420
123 NOVICE				
M. Cohen	160	130	225	515
132 NOVICE				
T. Manning	420	190	405	1015
B. Smallwood	275	185	315	775
OPEN				
M. Simmons	---			
148 NOVICE				
A. Grundy	300	215	355	870
OPEN				
A. Conyers	500	380	550	1430
T. Dopson	410	280	515	1205
165 NOVICE				
T. Dopson	400	325	500	1225
G. Yearwood	425	305	485	1215
G. Kemp	310	300	475	1085
P. Dickman	375	230	455	1060
R. Bush	350	275	350	1000
L. Williams	200	200	300	700
T. Wright	---			
OPEN				
C. Hultquist	565	365	570	1500
B. Mitchell	490	300	575	1365
D. Coleman	435	300	400	1135
D. Castellano	---			
R. Walsh	---			
181 NOVICE				
A. Ward	500	355	475	1330
T. Trevorah	500	310	510	1320
A. Baker	420	400	485	1305
B. Evans	450	300	470	1220
C. Flowers	250	225	360	830
OPEN				
R. Heller	---			
198 NOVICE				
T. Jenkins	455	325	565	1345
M. Detrino	525	275	515	1315
D. McCurley	475	290	545	1310
F. Trapp	500	250	510	1285
F. Fasanelli	330	265	450	1045
OPEN				
E. Gilley	675	440	660	1775
D. Currie	575	360	610	1545
L. Russell	525	325	575	1425
B. Johns	410	300	425	1135
220 NOVICE				
J. Turner	575	340	600	1515
E. PoncedeLeon	500	315	300	1315
A. Byers	450	275	485	1210
K. Haak	395	275	465	1175
A. Byers	335	360	400	1095
OPEN				
B. Beckley	700	400	610	1710
R. Bennett	300	---		
242 NOVICE				
J. Vause	450	290	500	1240
275 NOVICE				
S. Stathopoulos	530	335	585	1450
D. Claridy	550	340	550	1440
OPEN				
M. Lloyd	575	375	600	1560
R. Delph	515	340	565	1420
MASTERS				
T. Trevorah(181)	500	310	510	1320
E. Gilley(198)	675	440	660	1775
T. Green(220)	410	385	400	1195

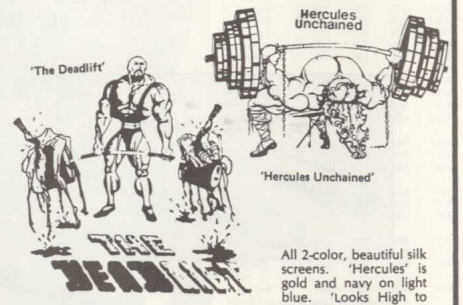
Best lifters: ltwt novice: T. Dopson, hvywt novice: J.Turner, ltwt open: A. Conyers, hvywt open. E. Gilley. Teams: Novice: Big Al's, The Intermediate Physique, St. Petersburg P.A.L., Open: Southern Iron. Many thanks to WTLV-Channel 12 and Olympus Health and Fitness for their support and promotion of our event and also to the many volunteers who served as judges, spotters, loaders, etc... it is with the help of so many community oriented people that we at the Police Ath. League can continue striving toward our goal of 'Filling Playgrounds not Prisons.' Thanks to all of the lifters and we are already planning for a greater meet next year.' Thanks to Officer Charlie Thompson and Officer Rick Graham, Jacksonville Police Ath. League for results.

WHEN TO RENEW...the numbers to the right of your name on the addressed envelope that each monthly issue of PL USA comes to you in, indicate the Volume and issue Number of the last issue paid for on your present subscription. For example, '6/11' means that, if you don't renew beforehand, the last issue you will receive is Volume 6, Number 11. The Volume and issue number of each edition are found on the front of the magazine just above the month and year designation. If you don't renew, we will remind you, but it's best to renew well ahead of time to avoid any break in your delivery service. You can renew at any time. Just send $18 for one year ($34.50 for 2 years) to PL USA, Box 467, Camarillo, California 93011 and we'll keep the magazines coming.

By Popular Demand

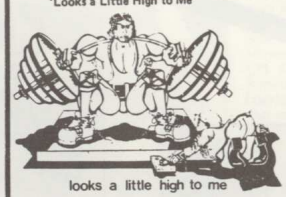
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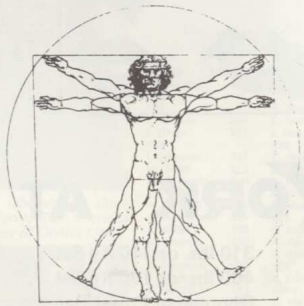


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Gem State Open-Nampa,Id
6/12/82

WOMEN	SQ	BP	DL	T
P. Luthy	250	115	265	630
D. Duman	235	110	280	625
M. McCarty	170	85	155	410
114				
T. Willis	260	210	310	780
123				
M. DaCosta	225	160	275	660
132				
K. Kroll	350	215	435	1000
W. Burgess	325	210	390	925
E. Lindauer	280	170	350	800
148				
Q. Millington	430*	200	530	1160
J. Heeding	385	265	410	1060
J. Nourse	335	195	480	1010
V. Kekoa	325	210	400	935
M. Horton	260	190	290	740
165				
M. Mattoon	445	325	510	1280
D. Hall	390	265	540	1195
D. Turner	400	195	445	1040
T. Holloway	400	240	400	1040
K. Poll	360	200	390	950
J. Gonzales	300	200	350	850
B. Matsuba	290	185	365	840
181				
R. Schnabel	485	300	500	1285
B. Panatopoulos	440	305	505	1250
T. Wilson	430	300	425	1155
S. Rayborn	425	320	400	1145
J. Alexander	335	250	455	1040
G. Barber	270	290	425	985
198				
J. Engelbert	620*	325	680*	1625*
G. Lamott	530	350	580	1460
R. McKune	495	260	500	1255
D. Collins	380	300	450	1130
220				
M. Requa	570	340	550	1460
J. Luthy	460	290	500	1250
D. Bain	430	210	480	1120
D. Herrera	375	290	450	1115
J. Fisher	450	240	425	1115
242				
R. Woolley	650*	420*	600	1670*
275				
E. Anderson	525	415	600	1540
D. Cook	570	320	550	1440
G. Jones	415	290	450	1155
SHW				
L. Cole	350	200	400	1050

* new state record. 45 powerlifters participated in the 1st annual Gem State open on June 12 sponsored by the Fitness Center of Nampa, Ida. 7 new state records were set with Mike Mattoon of Moscow, Ida winning the best lifter trophy in the lt session and Jerry Engelbert of Ketchum, Ida the best lifter of the hvy session. The time and effort donated by many people contributed to a smoothly run meet and the Fitness Center is looking forward to next year and an even more successful meet. Thanks to Dean Cook for results.

1st annual YMCA Class II PL Championships-6/26&27/82 Asheboro, NC (totals only)

114		J. McMahan	1205
G. Stewart	545	198	
T. Hester	330	T. Bonourant	1435
123		G. Ferguson	1430
M. More	805	K. Mccoy	1425
132		M. Pribble	1380
T. Woodell	930	G. Hingleton	1370
D. Bunn	875	220	
D. Hunt	875	B. Crawford	1455
J. Thorpe	695	C. Birkhead	1415
S. Allen	600	E. Washan	1415
148		S. Kinney	1395
S. Reason	1125	T. Ridge	1275
J. Jackson	985	242	
J. Owens	980	P. Whitaker	1570
S. Gray	950	W. Harris	1465
K. Trozdon	935	B. Nash	1440
165		G. Williams	1155
L. Lawrence	1225	G. Mason	1095
M. McCoy(BL)	1200	275	
J. Gray	1175	J. Seashull (BL)	1590
S. Smith	1175	R. Layton	1360
L. Hoisington	1100	J. McLeod	1245
181		R. Smith	1120
J. Hutchins	1345	B. Bryant	1050
M. Hoyle	1320	SHW	
B. Walker	1320	K. Chriscoe	1145
C. Weathers	1225		

Co-sponsor: Nautilus Fitness Ctr. owner: Charles Bean. Thanks to Charles Beane for results.

Switcheroo..reader Tony Springs points out that in the May 1982 issue of PL USA, in the For The Record section, we had the National Teenage records for the 14-15 and 16-17 age groups reversed.

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New England States Novice
6/12/82-Whitman, Ma

WOMEN	SQ	BP	DL	T
P. Iocovo	315	165	360	840
B. Brindley	350	135	340	825
T. Keahey	180	100	260	540
L. Chin	210	150	205	565
D. Blaney	140	105	245	490
J. Zafarana	160	90	225	475
Men-114				
B. Fine	300	155	275	730
B. Kavanaugh	190	125	225	540
123				
S. Hanna	230	170	275	675
G. McAllister	200	---		
132				
H. Baldounas	350	220	390	960
M. Arbec	250	---		
148				
G. Toma	375	215	440	1030
T. Arbec	360	245	410	1015
S. Travers	350	210	420	980
T. Marehand	340	230	400	970
J. Bushard	330	175	415	920
D. Robinson	325	200	375	900
J. Riddensdale	320	220	335	875
C. Cardin	280	230	335	845
165				
J. Custer	510	315	475	1300
M. Keefe	465	285	500	1250
R. Saddler	465	250	490	1205
H. Shapiro	450	300	455	1205
D. Jesse	425	240	500	1165
G. Leal	405	235	500	1140
E. Mattson	380	250	500	1130
M. Gallant	385	205	475	1065
K. Durgin	350	225	400	975
B. Bovaird	300	190	375	865
J. Muto	400	---		
181				
J. Gentile	590	335	650	1575
R. Paull	585	350	540	1475
W. Whelton	525	315	510	1350
S. Dembro	450	280	550	1280
D. Holbrook	460	320	485	1265
T. Magrini	450	355	425	1230
S. Russell	400	300	430	1130
R. D'Anna	345	235	450	1030
J. Frati	325	300	385	1010
T. Derocher	300	235	430	965
M. Milletts	325	215	410	950
A. Morrissey	390	---		
H. Nunes	---			
198				
J. Haggerty	505	365	625	1495
J. Pittman	525	325	575	1425
N. Carr	535	315	525	1375
R. Voss	530	265	575	1370
R. Baker	450	335	560	1345
P. Stromberg	450	270	445	1165
C. Richardson	390	310	460	1160
B. Simmons	450	245	430	1125
R. Fiske	300	190	460	950
J. Raboza	---			
L. Shepard	---			
220				
G. Reynolds	600	375	600	1575
S. Braley	550	300	600	1450
M. Lannigan	555	370	500	1425
J. Paul	525	335	525	1385
W. Rowe	475	275	500	1250
M. Norman	430	245	500	1175
242				
K. Disimone	550	365	675	1590
C. DiSangro	590	355	640	1585
R. Archambault	575	350	600	1525
275				
A. Weaver	550	430	480	1460
F. Ciavattone	460	310	550	1270

Once again, another successful contest was held at the West Middle School in Whitman, Ma. This area is fast becoming the 'Nashua YMCA' of the south shore region. There were only 66 lifters but the caliber and quality was excellent as reflected by the totals. The lifting started at around 10:30 am and was finished by 7 pm.

The women's div which was only the second time it was held at this novice meet, is becoming very popular. This year it was won by the Natl. Collegiate Track Champion from Brockton, Ma, Pia Iocovo. She had lifts of a 315 sq, 165 BP and 360 DL for a total of 840. Pia is coached by Peter Yuonno who is the Mass. state PL chairman. Harry Baldounas won the 132 class with 960 lb total. George Toma, who was entering his 1st PL contest ever, won the 148 lb div with a 1030 total, narrowly edging out Thomas Arbec of the Iron Palace with a 1015 lb total and also Stanley Travers of the Iron gym with a 980 lb total. In the 165 lb div Joseph Custer of Pep's gym won with a 1300 total to outdistance Mike Keefe of the Universe gym with a 1250 total. The day clearly belonged to James Gentile of the Iron gym who totaled his masters with an excellent 1575 lb total. Jim squatted an easy 590, benched 335 and DLtd 650 and nararowly missed pulling 675! Jim also won the best lifter trophy. Ron Paull of Pep's gym was second in the 181s with a solid 1475 lb total. John Haggerty won the 198 lb class with a 1495 total to outdistance John Pittman of Pep's gym with 1425 total. Peter Stromberg of the P&P gym, the contest's only master lifter at age 49, totaled 1165 in the 198s and would have done more if he hadn't injured his bicep. In the 220s George Reynolds of the Iron gym finally had his day in the sun, totaling 1575 via a 600 lb sq, 375 BP and 600 DL. Scott Braley, who came in second in the 220s is proving that patience is a virtue and that hard work pays off, totaled a fine 1450 and had more to spare.

In the 242 lb class it went down to the wire with Ken DiSimone of Pep's gym winning it with a 675 lb DL and a 1590 total to edge by Chris DiSangro of the Iron gym who totaled 1585. And in the 275lb div Adam Weaver of Pep's gym won his 1st contest with the contests highest BP, 430 lbs and a 1460 total. In what has become a hotly contested battle betwen the Iron gym and Pep's gym, the Iron gym nararowly edged out Pep's gym 53 to 50 to capture the highly coveted team trophy. The spectators were treated to a posing exhibition by this year's Mr. Massachusetts, Tony Lopes of Brockton, Ma. In closing I would like to thank Jose Simas, Chet Mann, Mike Capachione, Denis Reno, Dick Fisher and his wife, Roger Paul, the members of the Iron gym and Body Dynamics, my fiancee, Kimberly Studeny, Jennifer Reid Weyland, George Parigian, Saul Shockett, Harry 'the Hawk', Debbie Hill, and anyone else who contributed in any way to make this contest a successful one. A big thanks to all the loaders, spotters and scorers, for also making this contest a success. And once again, thank you, Joe Zarella for helping to make this contest run smoothly and thanks for your continued support of New England PL. Where would we be without you?

And last, but definitely not least, a very special thanks to Pete Vuono, who was a tremendous help at the contest. Pete, I can't thank you enough. You are a very deserving state chairman. Thanks to Meet director Greg Kostas for results and report.

California Open, Masters & Women's Deadlift-7/17/82 Pacifica, Ca

OPEN			
114		275	
G. Hunnicutt	347	L. Greenhagen	722
B. Brown	148	R. Rivera	611
123		MASTERS	
M. Shijo	407	132	
R. Ceraolo	363	L. Tanager	435
D. Arroy	303	148	
132		H. Zechmeister	181
L. Tanager	435	165	
I. Orais	429	A. Kirshner	220
M. Mariano Jr	391	181	
T. Young	330	R. Seymour	402
148		198	
D. Buckingham	523	B. Carpenter	429
J. Summers	418	220	
C. Aubuchon	402	R. Hammond	529
165		P. VanDyke	402
G. Bass	534	275	
D. Lopes	451	R. Mosher	529
181		WOMEN	
J. Dentice	595	105	
M. Hanjes	556	L. Chen	253
M. Clason	540	114	
F. Siebert	507	C. Yee	264
198		G. Hall	237
W. Prodger	490	123	
P. Carpenter	440	N. Dixon	281
D. Ishimoto	451	M. Mishihara	187
220		L. Kawaii	---
M. Evans	600	148	
K. Fisher	DISQ	K. Raffetto	319
242		B. Jensen	292
M. Frates	540	165	
G. Kunit	639	J. Cheng	308
S. Jackson	600	S. McFarland	259
R. Tuider	551	181	
K. Taylor	529	S. Wenk	303

Best lifters open: It class: D. Buckingham, hvy: L. Greenhagen, Masters: lt clss: L. Tanager, hvy: D. Hammond, Women: lt class: C. Yee, hvy: K. Raffetto. Competing teams: open: 1st: Mission Muscle Factory: 44 pts, 2nd: Love's Health Club, San Jose: 22 pts; Masters: 1st: Mission Muscle Fac.: 21 pts, Women: 1st: West Coast Fitness Ctr: 33 pts, 2nd: Mission Muscle Factory: 5 pts.

GRAND LIFT			
OPEN		L. Tanager(132)	200
Buckinhm(148)	235	Hammond(220)	242
M. Shijo(123)	187	Carpenter(198)	200
L. Tanager(132)	200	A. Kirshner(165)	175
J. Dentice(181)	---	Zechmister(148)	82
Greenhagn(275)	---	R. Mosher(275)	---
M. Frates(242)	---	WOMEN	
		N. Dixon(132)	125

Announcers: Alan Kirshner and F. Siebert, scorekeepers: J. Lester, L. Morris and Ron Morris, referees: L. Williams, Jim Lem, Paul Mendez and A. Kirshner. PS: Helen Zechmeister is 77 years old. This was her first contest and she is looking forward to a 3 lift meet next time. Thanks to Jim Lem for results.

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London Y PL Championships
6/27/82 London,Ontario (kilos)

56kg	SQ	BP	DL	T
CLASS III & BELOW				
T. Kinney	107.5	52.5	125	285
60kg				
S. Goss(BL)	157.5	80	172.5	410
C. Snowdon	155	100	132.5	387.5
67.5kg				
K. Hutcheson	155	85	170	410
75kg				
D. Kinney(BL)	187.5	115	195	497.5
R. Dauncey	160	132.5	197.5	490
R. Deutsch	170	115	197.5	482.5
G. Iszakouits	160	125	182.5	467.5
R. Harris	175	90	195	460
M. Torrez	160	95	195	450
K. Hawkins	140	102.5	152.5	395
82.5kg				
D. Gardner	200	135	245	580
A. Charbonneau	202.5	125	197.5	525
P. Officer	197.5	105	197.5	500
G. Gardner	165	120	160	445
K. Kelman	137.5	102.5	170	410
K. Schimanski	177.5	87.5	---	
90kg				
D. Eustice	205	120	227.5	552.5
100kg				
L. Kuhn	222.5	145	237.5	605
R. Baarbe	205	145	232.5	582.5
R. Charbonneau	230	130	210	580
K. Smith	155	160	205	520
110kg				
S. Fry	225	130	250	605
OPEN				
60kg				
C. Handsor(BL)	232.5	157.5	245	635
67.5kg				
J. Marentette	255	137.5	255	647.5
M. Keys	190	120	207.5	517.5
B. Lowe	180	95	235	510
M. Farquhar	197.5	102.5	182.5	482.5
75kg				
B. Wilson	202.5	155	217.5	575
P. Summers	215	122.5	217.5	555
82.5kg				
F. Givens(BL)	242.5	167.5	282.5	692.5
R. Calcaterra	217.5	140	267.5	625
J. Whitty	240	120	202.5	562.5
90kg				
P. Perry	275	165	275	715
H. Kentel	237.5	132.5	260	630
T. Stinchombe	220	137.5	242.5	600
100kg				
J. Sarich	227.5	152.5	227.5	605.5
125 plus				
K. Voetsch	242.5	187.5	---	

John and Diane Sarich would like to thank all the lifters for entering and especially for traveling the distance. We had lifters from Kirkland Lake, Michigan, New York, Belle River, Peterborough and Kitchener. Their next big meet will be the 3rd annual open DL championships on Oct 30, 1982. Trophies for the 1st three places in each weight class for the men and women. Team trophy for men and women. Awards for record breaks in each class. Thanks to John Sarich for results.

Lousiana Hi School Championships-4/24/82 New Orleans, La

114			
D. Boudoin	820	181	
M. Penegrey	810	J. May	1045
123		D. Adams	1045
S. Boscareno	845	D. Oddo	925
E. Laborde	705	198	
R. Dicharo	645	C. Hemmelder	1205
132		J. Theobold	1130
P. Planche	865	K. Guillot	1115
D. DiPiazzo	795	220	
R. Furtado	595	L. Ellison	1090
148		T. Austin	1080
I. Kellum	1215	C. Boudreaux	910
M. McLachlam	875	242	
C. Click	845	T. Randazzo	1045
165		275	
T. Blessey	1040	B. Morton	1290
D. Richard	990	D. Walker	1285
P. Ruffin	985	R. Sanchez	1070

On April 24, 1982, Bonnabel Hi School hosted the 1982 La. State Pl championship, under the auspicious direction of Ray Gremillion and meet director Al Johnson. Participants from schools throughout the state of La. were in attendance. The team trophy award went to Riverdale Hi School with 4 first place team awards. Jes Kellum, Riverdale, received the outstanding lifter award with a 450 squat, 285 BP 480 DL for a 1215 total. There were approximately 65 students who participated in this annual event. We wish to thank Doc Rhodes for his endless energies in providing the trophies for this meet.' Thanks to Tommy Kellum for results.

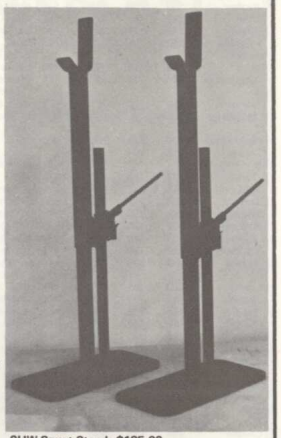
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New Jersey Class II & under
6/27/82-Fair Lawn, NJ

	SQ	BP	DL	T
114				
Jesiolowski	300	155	320	775
Willen	240	160	300	700
B. Falconio	220	105	290	615
Laster	175	100	240	515
Sloan	160	110	210	480
132				
Pinto	320	205	350	875
Bantista	240	230	330	800
148				
D. Santiago	430	260	525	1215
C. LaValette	335	300	375	1010
Gori	360	190	420	970
Ruggieri	385	190	385	960
Mazzaro	330	215	375	920
Marrente	260	195	365	820
Mahon	220	120	300	640
165				
Champion	425	225	540	1190
DeRosa	400	315	470	1185
Finn	440	270	475	1185
Samuel	425	280	470	1175
Frendel	405	250	495	1150
Lazzan	415	255	460	1130
LaVallette	400	285	440	1125
Castro	405	260	455	1120
Pozda	400	230	475	1105
J. Santiago	365	250	430	1045
Franzella	370	230	440	1040
Salandra	355	295	350	1000
Mattessich	275	245	435	955
Kowalski	310	245	400	955
181				
Canioia	475	330	560	1365
Brown	490	310	515	1315
Starace	520	280	500	1300
Kilbourne	480	285	515	1280
Yanez	450	320	500	1270
DeMatte	470	280	505	1255
Miller	440	285	525	1250
Petridis	465	320	450	1235
Raniolo	425	285	500	1210
Zanette	360	320	450	1130
Gori	370	265	475	1110
Brewer	400	280	425	1105
Latini	410	245	445	1100
Vareha	135	345	135	615
198				
Cywinski	545	345	525	1415
Sloan	550	310	500	1360
Jazua	455	310	520	1300
Halliwell	475	345	475	1295
Scutca	475	280	515	1270
Cesarro	475	275	475	1225
Cohen	435	280	505	1220
Zaszak	425	225	500	1150
Koch	330	285	420	1035
Schwartz	300	235	495	1030
220				
Abramson	570	380	565	1515
Gordon	510	350	615	1475
Szpuch	500	365	560	1425
Canfield	505	400	510	1415
Rosetti	500	300	560	1360
Monahan	460	300	540	1350
Presby	515	305	500	1260
Chanz	440	320	500	1260
Ozaluk	430	310	510	1250
Bocalski	460	265	460	1185
242				
Jones	570	375	525	1470
Feeney	440	380	550	1370
Aidito	490	385	475	1350
Benevento	405	340	550	1370
Jupina	360	330	450	1140
SHW				
Toporek	525	305	550	1380
Baleer	250	230	370	850

'The Women's Div with JoAnne Jesiolowski not eligible because of her elite status, went to 44 yr old mother of two, Barbara Falconio. Petite, Mrs. Falconio showed surprising power with a 615 total. Barbara's son, John, participated as an extra lifter. He got his masters with room to spare with a new state record bench, 400 in the 181s. To round out the women's div Lynn Laster took second and Cindy Mahon was third. The 114s saw JoAnne Jesiolowski with a 300 lb sq and a 775 total. Second went to Ken Willem weighing only 104 lbs. In the 132s Richard Pinto was 1st and ace newspaper reporter, Justo Bantista, was second. The 148s were all Dan Santiago. There was a close battle with Paul Champion winning by just five lbs in the 165s. DeRosa topped Don Finn on body wt. The 181s was Thomas Cimoia. In the 198s Ed Cywinski won despite Jim Sloan's 550 sq. Dave Abramson won the 220s with a 570 sq. Gary Jones copped the 242s with a 570 sq. Thomas Toporek won the supers. Robert Wagner, as an extra lifter going for a qualifying total for the teenage nationals, set a NJ state teenage record, 540 sq and a total of 1380. Team winner: Falconio's.

It took over 40 people to successfully put on this meet. I would like to thank the NJ Assoc. for its particularly good officiating - National card holders: Andy Garritano, Rich Lubow, Bill Celentano, Fred Robbins, Don Simon, Ed Sheehan, Bill Clayton, and State referee Dennis Van Houten. I would also like to thank Arno Suerl, Joe Enright, Ronnie and Bob Pastuca, and Wendy, Dee and Lucy. Without their unselfish help in these sometimes thankless jobs, this meet would not have been possible. Special thanks goes to Falconio's for their continued help and support. Next meet with be an open bench press, Saturday, Aug 14, at Teaneck Hi School.' Thanks to Ron Panissidi for results.

North Carolina Teenage Championships-4/82(totals only)
Fayetteville,NC

114		181	
G. Hickey	795	D. Whitley	1255
P. Kenny	500	R. Rogers	1185
C. Young	440	C. Ruvolis	1130
123		C. Massey	1110
T. Rhoads	855	J. Shope	1090
M. Moore	810	J. Griffing	1075
132		L. Frye	1065
B. Sims	1055	S. Hines	1025
T. Woodell	925	198	
D. Bunn	870	M. Schwartz	1345
R. Weaver	830	D. Bodenheimer	1290
A. Grishin	660	M. Blashfield	1200
148		B. Moore	1180
M. Schenck	1035	220	
R. Alderman	960	J. Doherty	1435
T. West	915	D. Waters	1285
D. Hall	840	P. Burke	1250
J. Parker	835	B. Crawford	1220
165		N. Rowland	1115
S. Smith	1180	R. Evans	960
J. Gray	1175	242	
E. Mosley	1145	F. Forehand	1025
T. Sims	1090	275	
R. Collier	1080	M. Boykin	805
C. Church	820		

The 1982 NC teenage championship saw an improved quality of lifting as the sport continues to grow among the ranks of teenagers in the state. Best's gym of Greensboro contined its domination of team standings in NC winning the teenage team title for the 2nd year in a row. Gary Hickey easily won the 114 class outdistancing the nearest competitor by 295 lbs. Todd Rhoads had a battle with Mark Moore in the 123 class but came from behind with a 375 lb DL to take the state title once again. Benny Sims took the 132 class finishing his title off with a state teenage DL record of 450 lbs, also taking the honor of best lifters in the 114-165 classes. Mike Schenck's BP of 275 lbs was the deciding factor in the 148 class allowing him to take the title over Roy Alderman. The 165 class had a real battle for the first, 2nd and 3rd spot but as often happens, Sam Smith showed us that the contest starts when the weight hits the floor and pulled a strong 480 DL to cop the state title. The hvywt classes showed a lot of new faces with Dean Whitley of Goldsboro leading the way, looking very strong and lifting very cleanly. Whitley outdistanced his nearest competitor by 70 lbs winning the 181 state title and winning the honor of best heavyweight lifter. Mark Schwartz of Asheboro took the 198 div by virtue of a superior BP. David Bodenheimer almost pulled a 555 DL which would have moved him into 1st place but missed and had to settle for second. John Doherty finished dead last in his wt div in 1982 and he trained diligently for one year. He came back in 1982 smoking, going 8 for 9 in his attempts and breaking the squat, BP, DL and total state teenage records along with taking the state title in the 220 class. Frank Forehand coasted into an easy victory in the 242 class as the lone entry as did Marvin Boykin in the 275 class. In closing I would like to say that it is a pleasure to work with teenagers as they almost always show good sportsmanship and serve as a good example to all of us in the open div.' Thanks to Alex Greyard for results.

Southern States Bench Press
7/5/82 Gulfport, Ms (kilos)

56kg		T. Dobrowski	137.5
B. Collins	80	T. Longo	130
60kg		90kg	
J. Ryan	62.5	J. Ladnier	190
67.5kg		C. Smith	137.5
B. Broussard	137.5	100kg	
M. Dobbins	127.5	G. Thompson	227.5
S. Treutel	105	D. Beter	195
75kg		J. Douglas	167.5
B. Becker	152.5	A. Oakes	162.5
R. Smith	152.5	110kg	
M. Clayborne	147.5	L. Plumlee	222.5
C. Payne	122.5	W. Jones	145
82.5kg		125kg	
G. Simmons	167.5	G. Kostach	170
K. Isbell	155	T. Smith	147.5
D. Burns	150	SHW	
R. Burge	140	K. Foster	200

Meet diretor: Mike Blaize, MC: Sarge Pendley, Judges: Bro. Bennet, Frank Mule, Beau Cox. Thanks to Brother Bennet for results.

3rd annual Utah Police Olympics
6/25/82-Salt Lake City,Ut

WOMEN-114	SQ	BP	DL	T
R. Winkler	175	75	225	475
123				
D. Reid	150	70	225	445
MEN-OPEN				
148				
J. Garcia	305	170	370	845
D. Hendricks	260	235	315	810
R. Martin	260	190	350	800
C. Gibson	220	170	355	745
165				
F. Roberts	375	270	455	1100
181				
M. Beckstead	275	270	355	900
198				
S. Gianchetta	340	320	405	1065
R. Wilson	325	260	400	985
G. Poret	305	225	365	895
220				
L. Brumley	490	355	605	1450
B. Stone	525	390	530	1445
242				
T. Adams	300	175	375	850
MEN-SENIORS				
165				
D. Madsen	275	180	370	725
198				
B. Maxwell	405	280	450	1135
220				
D. Eyre	330	225	410	965
242				
C. Fisher	450	285	475	1210
275				
S. Stokes	495	385	590	1470
MEN-MASTERS				
242				
B. Woofinden	420	295	450	1165
275				
G. Winkler	385	385	465	1235
H. Madsen	300	225	350	875

Special thanks to Mike Julian, Olympic Director and Dave Eyre, meet director. The meet was held at the Univ of Utah weight room in conjunction with the University Police and Sgt Ben Lemons. Thanks to Carl Fisher for results.

Minot AFB Open Powerlift
5/29/82-Minot, ND

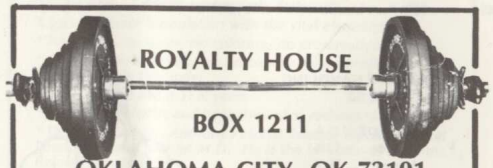
123	SQ	BP	DL	T	
C. Hester	220m	180m	305m	705m	
R. Perry(f)BL	210e	135e	225e	570e	
132					
R. Welch-BL	415	225	460	1100	
R. Hennigan	400e	205e	320e	925e	
D. Aichele(f)	195	95	245	535	
C. Zielinski(f)	185e	90e	260e	535e	
148					
S. Alli	390m	230m	470m	1090m	
S. Molinari	285	170	410	865	
A. Schatz(f)	150	80	235	465	
165					
D. Bichler	425	290	500	1215	
T. Zielinski	405	230	460	1095	
J. Dugan	225	285	365	875	
181					
Eichelberger-BL	525e	350e	560e	1435e	
B. Wagner	410	260	520	1190	
K. Cassell	400	290	445	1135	
198					
J. Deshields	510m	355	530	1395m	
D. Pickett	450	360	500	1310	
M. Mullins	310	260	430	1000	
220					
L. Klassen	600	375	610	1585	
R. Schmidt	605	340	590	1535	
M. Young	540	350	540	1430	
L. Dodge	350	275	350	975	
242					
M. Lardy	585	395	605	1585	
W. Oberg	555	295	580	1430	
R. Vlland	420	335	500	1255	
SHW					
D. Markham	375	325	525	1225	

This was our 1st open power contest and it was a great success; there were some organizational problems but for the most part every aspect of the meet ran smooth. I would like to thank all of the lifters who competed, also special thanks go out to all of our inexperienced loaders and spotters who gave it their all. We hopeto have many more lifters next year. Thanks to Jack DeShields,meet director for results.

Region III-5/24/82
Augusta, GA (winners)

114	SQ	BP	DL	T
	CLASS II			
J. Snow	260	155	305	720
123				
	CLASS II			
G. Campbell	290	210	335	835
	OPEN			
L. Brumley	490	355	605	1450
B. Stone	525	390	530	1445
242				
T. Adams	300	175	375	850
132				
	CLASS II			
B. Casey	345	225	465	1035
	OPEN			
M. Shackelford	375	300	450	1125
1 4 8				
	CLASS II			
J. Smith	415	320	475	1210
	OPEN			
D. Austin	575	345	585	1505
165				
	CLASS II			
C. Gantt	500	290	510	1300
	OPEN			
D. Thompson	500	330	530	1360
181				
	CLASS II			
D. Scala	485	270	510	1265
	OPEN			
C. Watts	565	355	570	1490
198				
	CLASS II			
M. Smith	535	275	585	1395
	OPEN			
R. Watts	525	355	565	1445
220				
	CLASS II			
J. Green	560	310	550	1420
	OPEN			
D. Daniels	630	400	675	1705
242				
	CLASS II			
D. Clark	540	375	585	1500
	OPEN			
P. Clark	700	450	645	1795
275				
	CLASS II			
T. Hutson	585	330	550	1465
	OPEN			
D. Ricafrente	675	460	675	1810
	MASTERS			
S. Zimmerman	550	300	550	1400
	WOMEN			
L. Glass(97)	135	70	150	355
C. Henly(114)	145	70	165	380
L. Yamashta(123)	270	115	275	660
C. Pardue(132)	305	200	300	805
K. Sancocie(148)	295	150	300	745
T. Otomet(165)	350	185	400	935
P. Bundrick(181)	260	155	290	705
McCutcheon(198)	300	160	300	760

Thanks to meet director Tom King for results. Unfortunately the official results were lost off Tom's motorcycle, otherwise we'd give credit to all the over 100 participants. Tom would like to thank Dick Reno, Thurman Noville, Lonnie Keyes, Kevin Payne, Bob Hopkins, Jim Goodman, Mr. Pardue, the Greenville Health Club and the Laney Hi School students.



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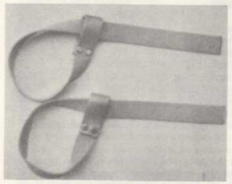


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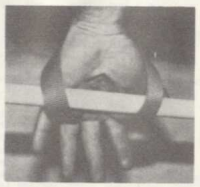
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2 Tone



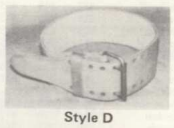
Style A



Style B



Style C

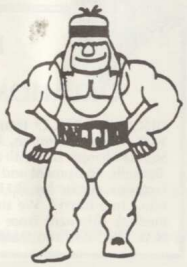


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Barbarian Challenge...from the East Coast comes a pair, known as the Animals, which include Randy Draughn and Jim Hulit, who challenge the Barbarians to any 5 lifts they please. At the New Jersey State Championships in February of next year Randy hopes to squat 900 plus at a bodyweight of 255-260 and Hulit plans a squat attempt of 850-900 in the 220 lb. class. This news comes from Andre Draughn, who is currently training for Mr. New Jersey, but still plans to deadlift 650 at 165. Andre says the Animals will be waiting to hear from the Barbarians and reminds them not to forget their paychecks when they come to lift!

Invitation to the 1982 World and European Powerlifting Championship, sanctioned by the International Powerlifting Federation and the European Powerlifting Federation, and organized by the Bavarian Weightlifting Federation, Postfach 200522, 8000 Munchen 2, West Germany. Meet Directors Heinz Vierthaler, Reinhold Schertl, and Hans Hackl invite you to the host city of Munich, capital of Bavaria, for the competition on the dates of 4/5/6/7 November 1982 with the venue being the Rudi-Sedlmayr-Halle, Grasweg 74, 8000 Munchen, 70, W. Germany. The organizer will be offering a travel arrangement to the British, Irish, American and Canadian spectators, from London and New York to Munich at the special rate of 275 British pounds (from London) and US $899 (from New York). Please ask for other arrangements. The organizer will be offering hotel reservations for spectators from DM 50-DM 100/double per night including breakfast near the venue. The tickets will cost DM 15/day and DM 50 for all competitions. Address all reservation inquiries to the organizer.

The Schedule of events will commence on Tuesday, November 2nd with the IPF Committees meeting at 5:00 PM and the EPF Congress at 8:00 PM. On Wednesday, November 3rd, the IPF Congress will commence at 9:00 AM. On Thursday, November 4th, competition will begin in the 52kg division at 1:00 PM, the 56kg division at 4:00 PM, and the 60 kg division at 7:00 PM. On Friday, November 5th, competition in the 67.5kg division begins at 11:00 AM, the 75kg division at 3:00 PM, and the 82.5kg division at 7:00 PM. On Saturday, November 6th, competition in the 90kg division begins at 11:00 AM, the 100kg division at 3:00 PM, and the 110kg division at 7:00 PM. On Sunday, November 7th competition in the 125kg division begins at 11:00 AM, and the Superheavyweight division will begin at 2:30 PM. Thanks to Arnold Bostrom for this information.

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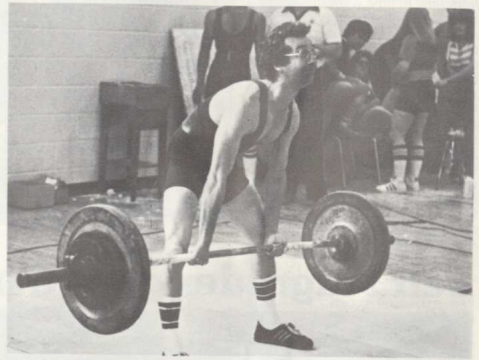
Weightlifters Warehouse
5542 South Street
Lakewood, CA 90713
213-920-1232

USPF Athlete's Representatives Nominations are now OPEN!

By decision of the National Committee of the USPF, Powerlifting USA will handle the election of 5 Athlete's Representatives as was done in 1980. The individuals elected will have a vote in National Committee meetings and are a formal means for athletes to voice their comments on issues through to the United States Powerlifting Federation National Committee. It is hoped that Athlete's Representatives will be able to attend National Committee meetings, particularly the Senior National meeting. One of the individuals elected is to be a woman, and nominations of women for the office are thus necessary. If you wish to nominate someone, SEND IN THE INDIVIDUALS NAME PRIOR TO SEPTEMBER 15th, 1982 TO ATHLETES REP NOMINATIONS, BOX 467, CAMARILLO, CA 93011. An election will be held among the nominees with a ballot being published in the October issue of PL USA. Nominations received at PL USA after 15 September will not be considered for the election. Nominees may be men or women.

National Meet Qualifying Totals

	Senior Nationals	Junior Nationals	National Collegiate		Womens Nationals
114	1069	936	799	97	518
123	1190	1041	881	105	562
132	1284	1140	1003	114	606
148	1410	1361	1201	123	661
165	1625	1455	1322	132	705
181	1714	1554	1432	148	744
198	1813	1675	1499	165	771
220	1895	1758	1521	181	793
242	1984	1791	1521	198	799
275	2061	1901	1587	198+	815
SHW	2143	1929	1598		



Charles Lockard *making a Masters World Record 120 kg DL & total in the 114 pound class at a recent contest. Photograph provided by Jim Micik.*

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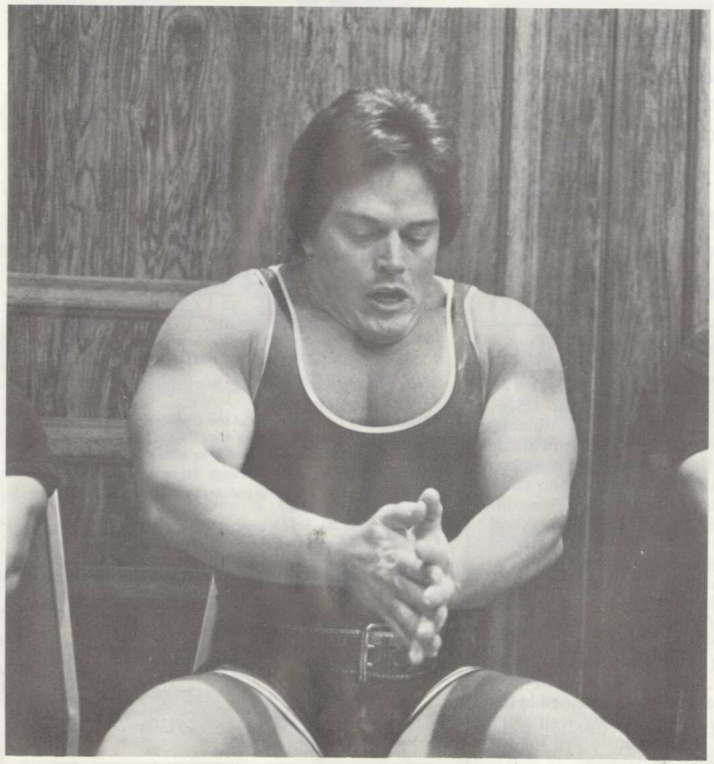
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12 bottle case - less 5%
2 cases - less 10%
3 cases - less 15%



***Mission Muscle Factory**...(right) the team that won 23 trophies at the California Open-Masters-Women's Deadlift championships. Front row from left: Larry Tanager(46), Rich Ceraolo(22), Gary Hunnicutt(25), Billy Brown(14), Taco Marianno(22); second row, left to right, Alan Kirshner(44), Scott Moody(15), Dave Arroy(15), and on the 3rd row Wayne Prodger(25) and Dan Buckingham(28). The Mission Muscle Factory was formed to compete in the American Drug Free Powerlifting Association Nationals when they are held and to show people that lifters could have fun and win from time to time without steroids. Missing from the team photograph are the female members of the team and Joe Cunha. Joe intends to compete at the American Cup Championships and move the American record total up. Joe and Gary Hunnicutt both had blood samples taken right after the meet in Sacramento where Joe set an American total record and Gary a Collegiate record squat which were analyzed (paid for by NATURAL BODYBUILDER Magazine) for steroids and both came up negative. photo courtesy Alan Kirshner.*

Jeff Magruder gets World Record



Jeff Magruder, after a long quest, finally got an official World Record in the bench press at the Body Expo bench press extravaganza, which was conducted with international judges in the seats; the site of Mike MacDonald's breaking of the same World Record in the 242 pound class last year. Magruder weighed in close to the 242 limit and got the 595 on a 4th attempt, necessitated when he was following himself. The fans (approximately 15,000 over the 2 days of Body Expo) went crazy, even during Jeff's psyche-up routine. Jeff, seen at left in a photo taken by Gary Menaker, didn't feel the PL USA estimate of his last attempt bench with the same World Record poundage at the Juniors as 'sticking too his chest pretty well' was quite accurate. He had done 605 in training at that point, but not after squatting 700 or so and was really anticipating the record down at Body Expo. He also hoped to lift against Mike MacDonald, who had moved to Southern California, but had all his belongings stolen and returned to Minnesota.

Category II Test...all National referees in good standing who have held their card at least 2 years are eligible to be recommended for the official Category II International testing that will take place in conjunction with the World and National Masters Championships in Greensboro, North Carolina, probably on the Friday preceding the meet, September 3rd. Contact Meet Director Dean Best, 12-K Wendy Ct., Greensboro, NC 27409 for actual time and location. All referees who wish to take the test should send a resume of their previous experience to USPF Secretary, Ramona Kenady, 5040 Chehalis Dr. N., Salem, Oregon 97303 (503-393-1949).

Coming Events

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

21 AUG Power Meet, Wade's Euphoriam, 105 Market Pl., Glassboro, NJ 08028, 609-881-5151.

21 AUG Edzell Invitational, NSGA Edzell, Scotland, Gary Ferstler, NSGA Box 549, FPO, NY 09518.

21 AUG Mid Central Open, Ken Brown, NLR Community Ctr, 2700 Willow St., N. Little Rock, Ark 72114, 501-758-2132.

21/22 AUG Southern Ohio OPen (21st: Class II and below, teenage), (22nd: Class I and above, Masters, and women). Jmaes Rummell, 151 E. 2nd Rear, Chillicothe, OH 45601, 614-774-2801.

28 AUG Scott AFB Midwest championships, Belinda Raiford, 232 C Glen Addie Court, Belleville, Il 62221.

29 AUG Barbarian Club Iron Man and Women, Vaughn Maldfeld, Bx 129, Bellevale, NY 10912.

4 SEPT Women's championship, Toronto, Ont, Canada, Bill Lupka, 416-225-2483.

4 SEPT Twin Cities NC annual Open, Lance Gee or Rick Caporaso, Twin Cities Health Club, 131 F. St., Marysville, CA 95901.

4/5 SEPT World and National Masters Championships, Dean Best and Chuck Braxton, Best Gym, 12 K Wendy Ct., Greensboro, NC 27409.

11 SEPT Class I and novice meet (men and women, Rich Peters, Bx 1753, Norman, Ok 73070, 1-405-360-6145.

11 SEPT Central Carolina Open, Johnny Howie, 1329 Roosevelt Blvd., Monroe, NC 28110, 704-289-4940.

11 SEPT All Galaxy Open Bench Press, Execs Inc., 1712 Van Hise, Madison, Wis 53705.

11 SEPT All American Women's Open, Michelle Greenspan, Bx 482, W. Somerville, Ma 02118.

11 SEPT American Cup Amateur PL Championships, Louis Zwick, Sports Promotions, Inc., POBx 386, Rosemead, CA 91770, 213-572-4545.

12 SEPT Bench Press contest, Bill Lennox, Mohawk Valley YMCA, Main St., Mohawk, NY 13407, 315-866-6570.

18 SEPT Greater Hattiesburg Championships, Dan Lott, Rt 2, Bx 45, Sumrall, Ms 39482.

18 SEPT Miller High Life Open Bench press and Deadlift meet, (physique also), John DeRemer, Bx 431, Carlisle, Pa 17013, 717-243-3317.

18 SEPT Open meet, Hastings Barbell, 2257 Heath Rd., Hastings, Mi 49058, 616-948-2462.

19 SEPT Purdue Women's classic and Indiana Women's state meet, Pat Malone, 124 E. State St., W. Lafayette, In 47906, 317-743-3481.

19 SEPT Selection meet for Japanese world championship team.

25 SEPT West Penn Open, Leo Nobile, PO Bx 9901, 412-761-1955.

26 SEPT Sports Palace Women's PL meet, Jim Schmitz, 828 Valencia St., San Francisco, CA 94110.

SEPT Region VII Women's championships and open meet, Pete or Barb Conis, 803-24th St., Ames, Ia 50010, 515-232-3016, 515-232-1596.

SEPT Milwaukee City contest, Ken Berninger, 1028S 9th St., Milwaukee, Wi 53204, 414-384-3100

2 OCT Argentina Sr. championships, Gimnasio Esparta, Buenos Aires.

3 OCT North American PL championships, Master and above only, Bert Marchio, 275 Mobus Ave., No. Plainfield, NJ 07060, 201-756-2378.

8 OCT Lexington Open, Gary Martin, c/o Lexington YMCA, 239 E. High St., Lexington, Ky 40507, 606-277-7628.

8-9 OCT Southeastern championships, Steve Reynolds, Rt 1, Bx 372, Martin, Tn 38237, 901-587-3361.

9 OCT N. Canton Fall Classic Open and novice, Rick Mussey, 1223 Clearmount SE, N. Canton, Oh 44720, 216-494-3493.

9 OCT Central Calif. Open, Gene Estrada, 526 Dana St., San Luis Obispo, Ca 93401.

9/10 OCT 9th annual Temple Hills Open/Women/Novice, Temple Hills WLC, 5909 Temple Hills Rd., Temple Hills, Md 20748, 301-423-4780.

9/10 OCT Oklahoma Grand, Open-Novice-Women, Richard Peters, Bx 1753, Norman, Ok 73070, 1-405-360-6145.

10 OCT 3rd annual Metro Detroit Open bench press, Glen Underhill or Fabian Wambsgans, 20349 Ecorse Rd., Taylor, Mi 48180, 313-488-0411.

16 OCT Texas Cup, Elite Sales, Inc., Chip McCain, Bx 17711, Austin, Tx 78760.

16 OCT Northwestern US Collegiate championships, Mike Requa, 304½ N. Straughan, Boise, Id 83702, 208-336-9791 (after 8 pm)

16 OCT Southern Colorado championships, Helen and Julio NUnez, 2524 Cedar, Pueblo, Co 81004.

16 OCT New Jersey Cup bench press, Charnik's Barbell, 28 Almonesson Rd., Deptford, NJ 08096, 609-228-7180.

16/17 OCT Southern States championships, (Oct 16: Class I and above, Oct 17: Class II and below, women and masters), Mike Stein, 1770 NE 162 St., N. Miami Beach, Fl 33162, 305-948-2927.

16/17 OCT Sunflower State championships, (open, teenage, women, novice), Power by Cash, Bx 1023, Manhattan, Ks 66501, 913-776-7622.

17 OCT Hawaii State, Gus Rethwisch, 3816-2 Kaimuki Ave., Honolulu, Hi 96815.

17 OCT North Jersey Dist. championships, Ron Panissidi, 247 Camden St., Oradell, NJ 07649, 201-568-5878/265-3474.

23 OCT 3rd annual Atlanta Women's Open, Coffee's gym, 1033 Franklin Rd., Marietta, Ga 30067, 404-952-1744.

23 OCT Florida Open bench press, Cliff's Olympic Gym, 1022 N. Monroe St., Tallahassee, Fl 32303, 904-224-8357.

23 OCT No. Calif. Open bench press, Bob Taketa, 4252 Birgit Way, Sacramento, CA 94110.

30/31 OCT Mountaineer Open/Novice/Womens, Dave Jeffrey, Rt 1, Grove Ave., Mineral Wells, WV 26150, 304-428-7771.

30 OCT Open deadlift meet, (men and women), John Sarich, 711 Westmount Hills Dr., London, Ont., Canada N6K 1B3, 519-471-1105(after 7 pm)

31 OCT Vacationland Open, Brad Shaw, PO Bx 2161, Augusta, Maine 04330, 207-622-4068/623-1665.

OCT Women's and Masters open, Vaughan Maldfeld, PO Bx 129, Bellvale, NY 10912.

4-7 NOV World and European Championships, BGV, Haus Des Sports, Brienner Strasse 52, 8000 Munich 2, West Germany

6 NOV Pennsylvania Cup Open (womens/novice/teenage awards), 'Powermeet', Hazelton YMCA, 75 S. Church St., Hazelton, Pa 18201, 717-455-2046.

6 NOV Northern Calif. Novice (Class 3 and below) and Masters Pl championships, Manuel Burruel, 1881 Gelbke Lane, Concord, CA 94520.

6 NOV Edward Hudson Memorial, Hal Hudson, 609 Fannin No. 305, Houston, Tx 77002.

6 NOV Jr Indiana State championship, So. Indiana Health Ctr., 141 E. Main, New Albany, In 47150, 812-944-0002.

13 NOV Great Plains Bench Press, Tom Hiser, 912 E Fifth, McCook, Ne69001, 308-345-6445.

13 NOV Open West Coast bench press contest, Rick Poston, Tampa Fitness Ctr., 1441 E. Fletcher Ave., Tampa, Fl 33549.

13 NOV Badger State Open, Jeff Everson, 2036 Sherman, Madison, Wi 53704, 608-244-5956.

13 NOV Whittier Open, Glen Maur, 15364 Pittmar, Whitier, Ca 90603, or Danny McDermott, 13745 Via Del Palma, No. 19, Whittier, Ca 90602.

13 NOV Sooner Invitational, below class I and novice divisions, Richard Peters, Bx 1753, Norman, Ok 73070, 1-405-360-6145.

13/14 NOV Auburn Open/state meeting/state referee clinic, Lee Indelicato, 40 Westwood Rd., Auburn, NY 13021, 315-253-3188.

20 NOV Los Angeles Sheriffs Dept PL meet, (open, police, fire and masters only), Tom Harris, LASD Academy, 1060 N. Eastern, Los Angeles, CA 90063, 213-267-2722, or Danni Hartmann, 213-267-2891.

20/21 NOV Missouri State championships, Mike Cissell, 15 Lakeside Dr., Lake St. Louis, Mo 63367, 314-625-1225(days)

NOV All South championships, Bob Woodward/the Powerhouse, c/o Dean Best, Best Gym, 12 K Wendy Ct., Greensboro, NC 27409.

4 DEC Power meet, Wade's Euphoriam, 105 Market Pl., Glassboro, NJ 08028, 609-881-5151.

4 DEC 29th annual Iron man and iron woman contest, Paul Love, 3050 Story Rd., San Jose, Ca 95127.

4 DEC Okla. State collegiate championships.

4/8 DEC South American championships, Lima, Peru

10/11 DEC Western NC Open, Nelson Kelly, Bx 681, Canton, NC 28716.

11 DEC Wisconsin Jr Championships, Jim Greco, 2317 Kearney Ave., Racine, Wi 53403, 414-637-7625/632-8434.

11 DEC Region 9 Collegiate, Chip McCain, Bx 17711, Austin, Tx 78760.

11 DEC No. Calif. annual PL awards banquet, Jim Lem, Region 13 PL chairman, 875 Broadway No. 6, San Francisco, CA 94133.

11,12 DEC Caesar's Palace Invitational, Ken Trujillo, 1500 E. Karen Ave., No. 126, Las Vegas, Nv 89109.

11/12 DEC Potomac Open, Women's open/Novice men/Masters/Teenage, Bob Edmanson, 14204 Randall Dr., Woodbridge, Va 22191, 703-494-1377/691-2301.

18 DEC Western Open Class 2 and below and Masters championships, Robbie Roberts, Depot Spec. Service, Bldg 13 MCRD, San Diego, Ca 92140.

18 DEC South Jersey Bench press, Charnik's Barbell, 28 Almonesson Rd., Deptford, NJ 08096, 609-228-7180.

19 DEC Illinois State class III championships, Norm Zale, Leaning Tower YMCA, 6300 W. Touhy Ave., Niles, Il 60648, 312-647-8222.

DEC Greater Texas Classic, Doug Patterson, 1601 NW Dallas, Grand Prairie, Tx

DEC New Jersey Open, John Falconio, Rd 1, Bx 151, Allentown, NJ 08501, 609-259-2428.

8 JAN Laconia Hi School Open, Mike D'Angelo, Laconia HS, Rosendale,Wi 54974, 414-872-2193.

8 JAN 83 National YMCA Championships, Garry Benford, Columbus Central YMCA, 40 W. Long St., Columbus, Oh 43215, 614-224-1131, ext 212.

16 JAN Illinois State Class II championships, Norm Zale, Leaning Tower YMCA, 6300 W. Touhy Ave., Niles, Il 60648, 312-647-8222.

29/30 JAN Women's Nationals, Ralph Sesso, 4408 N. Milwaukee, Chicago, Il 60630, 312-545-0449.

JAN Jersey City Open, Ray Penna, 10 Soltes Dr., Carteret, NJ 07008.

JAN Wisconsin Collegiate Open, Dik Waak, 123 S Main, River Falls,Wi 54022, 715-425-9441.

5 FEB Kimberly HS Open, John Malin, Kimberly HS, 217 E. Kimberly Ave., Kimberly, Wi 54136, 414-788-3983.

19 FEB 9th Wm. Chase Memorial Open, Scott Gram, Phys. Dir., Gloversville YMCA, 19 E Fulton St., Gloversville, NY 12078.

19 FEB Wisconsin Sr State championships, Racine,Wis.

26 FEB Case Hi School open, Tom Brandon, J.I. Case Hi School, 7345 Washington Ave., Racine, Wi 53406.

27 FEB New Jersey State championships, Ron Panissidi, 247 Camden St., Oradell, NJ 07649, 201-265-3474.

FEB Texas State open, Rob Haley, 1722 Kern, Corpus Christi, Tx 78412.

14 MAR (TENTATIVE) Hawaii Invitational, Honolulu, Hi

19 MAR Caseville Open, (plus Women and Masters), John Parr, 6567 Main, Caseville, Mi 48725, 517-856-2140.

20MAR Illinois State teenage championships, Norm Zale, Leaning Tower YMCA, 6300 E. Touhy Ave., Niles, Il 60648, 312-647-8222.

26 MAR Wisconsin Hi School champions, John Malin/Kimberly Hi School, 217 E. Kimberly Ave., Kimberly, Wi 54136, 414-788-3983.

MAR Upper Heyford Open, (US Military in England), Lee Vaughn, Bx 749, APO NY 09376

PS...when writing a meet director for information always include a stamped, self-addressed envelope and please, if you call him, don't call collect.

Lake Lansing Open Deadlift
7/17/82-Haslett, Mi

114		R. McGraw	585
K. Hughes	330	J. Crockett	560
C. Lockard	320	P. Urchik	510
D. Childs	255	D. Zarzycki	510
C. Larkin	235	R. Snyders	410
S. McMillan	205	B. McNall	400
123		J. Hatcher	375
J. Pacelli Jr	350	M. Fontaine	325
V. Mitchell	285	D. Horvath	---
J. Brown	250	S. Schweigert	---
G. Robbins	225	198	
G. Hileman	225	G. McMillan	600
132		P. Person	575
S. Marta	475*	D. Haynes	560
G. Catterson	470	P. Leverentz	510
R. Suitor	410	D. Kho	470
P. Moreno	400	M. Horvath	450
S. Goss	390	220	
M. Bverkle	225	D. Robertson	575
148		G. Krueger	550
J. Marentette*	550	S. Martis	515
B. Lowe	500	D. Burke	490
D. Larkin	490	R. Hamelink	475
M. Grub	470	T. Murphy	430
D. Ankrapp	455	242	
E. Engstrom	450	J. Green	680*
J. Hoodhood	440	A. Miller	550
B. Pittman	380	J. Miller	550
W. Crescentini	375	B. Smith	470
V. Goss	320	SHW	
J. Martin	275	P. Dobbs	550*
165		G. Brayman	520
F. Wambsgans	560	B. Dustman	520
C. Maxwell	550	W. Ailles	505
L. Boynton	525	WOMEN	
M. Heivilin	525	V. Mitchell(117)	285
A. Huegel	510	V. Goss(153)	320
R. Hollins	510	G. Robbias(119	225
K. Richardson	500	J. Martin(147)	275
L. Woodard	420	McMillan(112)	205
M. Torrez	420	G. Hileman(122	225
C. Herndon	405	M. Buerkle(130	225
181		MASTERS	
F. Givens	615*	Lockard (113)	320
R. Calcaterra	600	Hamelink(216)	475
B. Batko	600	J. Hatcher(175)	375

* meet record, Best lifters were Marentette and Givens. We had 69 lifters from Illinois, Mich., Indiana, Maryland and Canada. We also had father-son teams (Larkins); husband-wife (McMillans); brother-sister (Goss from Canada), brother team (Horvath from Indiana). Trophies awarded to places 1-5 plus womens, plus masters. Many notables also competed: 114: Charles Lockard, world record holder in Masters div, from Aberdeen, Md.; 132: Gordon Catterson, 3-time Canadian Natl champ, (will be going to the worlds); 148: Gerry Marentette, former world competitor from Canada; 220: Dave Robertson, former Canadian Natl champ, (1980), 2nd in No. Americns (1980, and many state champions and former state champions from Michigan, Illinois, Indiana.

Also in attendance: 1. Claude Handsor, 132: 1982 US Natl champ, and 2. Jim Moir,from Canada, former world champion.

I was really pleased to see so many quality lifters in the meet (2nd year at the beach). No admission charge, so everyone was able to attend and we had a constant large audience; a good family atmosphere; if kids got restless they could play on the playground. I thought we'd have lifters from Wisconsin and Ohio; what happened to you guys? Thanks to MC George Zender, state chairman, officials: Gary Wandell, 2 time Natl collegiate champ, 3rd in world 1974, Claude Handsor, US Natl champ, Mark Symarski: MSU. Thanks to loaders Jim Hilbert, football standout at Princeton, Jan Graumatius. Thanks to Julie McAlvey, Head scorer. Thanks to Mario Torrez for results.

Music City Bench Press
7/82-Nashville, Tn

123		220	
B. Hooper	70	L. Hood	460
132		J. Resha	415
L. Orlando	95	J. Bible	390
148		G. Martin	350
M. Sargent	325	R. Turner	340
165		242	
J. Bronner	410	T. Waller	400
181		J. Sauer	390
J. Hood	410	H. Roop	355
D. Hooper	380	B. Orlando	355
J. Waldo	350	K. Phillips	325
S. Caldwell	340	M. Cullum	295
E. Caudill	330	275	
198		D. Arnold	500
R. Baker	425	G. Davis	370
P. Wright	365	J. McElhiney	370
J. Sanger	355	SHW	
M. Redus	355	P. Saindon	450
D. Bingo	355	D. Hararison	350
M. Mills	335	D. Cathey	340

Thanks to Jay Kreis for results.

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Middletown Open Meet
6/12&13/82 Middletown,NY

	SQ	BP	DL	T
52kg				
C. Lockard	264	143	330	738
D. Comeau	231	110	259	600
56kg				
M. Rizzuto	220	121	281	622
G. Romero	198	77	264	540
60kg				
T. Jordan	347	248	369	946
R. Herbst	253	253	391	898
67.5kg				
R. McNamee	402	319	446	1168
J. Micik	424	246	424	1119
R. Clifton	424	225	457	1107
W. Parente	341	281	341	964
B. MacDowell	325	236	380	942
M. Kunze	308	187	363	859
L. Belisto	209	154	297	661
S. Alexander	231	148	270	639
C. Taffel	148	148	236	523
75kg				
J. Varrone	556	308	584	1449
R. Sanniola	446	286	545	1277
J. Prendergast	396	264	496	1157
B. Marchetti	385	281	479	1146
E. Weinstein	396	253	490	1140
R. Johnson	363	253	462	1080
V. Barbara	402	220	451	1074
S. Brier	369	253	413	1053
B. Lippincott	363	242	435	1041
J. Hauptner	325	187	358	870
D. McMullen	286	126	325	738
82.5kg				
L. Voulo	584	319	589	1493
M. Makofsky	534	347	562	1444
A. Miranda	534	319	540	1394
D. Micik	512	325	540	1377
M. Kriegor	507	303	540	1350
M. Barricelle	451	364	518	1234
K. Mullen	440	297	485	1223
E. Helfand	451	248	468	1168
W. Stanton	319	236	380	936
90kg				
T. Corrie	600	325	622	1548
M. Walrath	540	308	600	1449
M. Duffy	523	352	551	1427
C. Nelson	451	336	518	1306
L. Witherel	457	286	529	1273
J. Cohen	407	281	512	1201
H. Musnik	319	303	402	1025
S. Sullivan	600			
100kg				
S. Backus	694	407	744	1846
P. Bruni	600	396	584	1581
J. Lomio	573	385	551	1509
R. Morris	545	391	529	1465
S. McDermott	501	363	556	1421
R. Klion	507	352	523	1383
P. O'Leary	545	330	501	1377
J. Lombardi	512	286		
110kg				
T. Harlin	644	462	617	1724
J. Martinez	578	319	573	1471
T. Schaller	479	292	523	1294
J. Dusenbury	446	319	525	1289
B. Hogan	424	264	440	1129
125kg				
J. St. Victor	562	385	661	1609
F. DosSantos	600	325	573	1498
M. Mack	523	358	562	1443
D. Spinelli	562	325	529	1416
S. Schroeder	518	325	529	1372
T. Klanac	600			
J. Sialiano	600			
SHW				
N. Cali	749			
J. Miller	589			

Women's div: best lifters: 1. L. Belsito, 2. D. McMullen, 3. G. Romero, 4. S. Alexander, 5. C. Taffel, Best sq: D. McMullen, BP: L. Belsito, DL: G. Romero; Men's ltwt div: Best sq: J. Varrone, best BP:R. McNamee, best DL: J. Varrone, best lifter: J. Varrone; Men's hvywt div: Best SQ: S. Backus, BP: T. Harlin, DL: S. Backus, best lifter: Sherman Backus. Best team: 1st: Greater Orange YMCA, 2nd: Bellvale Barbarians, 3rd: Tunxis Health Studio. Helpers: Announcer: Barbara Burns, scorekeeper: B. Moffitt, Judges: V. Maldfeld, J. Steinfeld, M. Roy, T. Niccolini, K. Leistner, O. Lugo, B. Moffitt, C. Schroeder, J. Farrow and T. Weidman. Loaders: J. Farrow, T. Weidman, M. Roy, B. Mills and B. Lippincott. Thanks to Tim Weidman for results.

Aviano Base Bench Press
Aviano, Italy-7/10/82

123			
J. Kirst	115		
132		R. Bradley	190
S. Connell	60	198	
148		M. Fargnoli	305
F. Arrington	215	T. Rhode	295
M. Bonefas	160	J. Ross	295
165		220	
E. Hammons	290	S. Petronsky	400*
B. Morelli	185	D. Caldwell	350
R. Crosby	175	J. Soulia	340
181		242	
L. Fairchild	290	K. Wallace	310

* US Air Force in Europe record. Thanks to Dusty Caldwell for results.

Great Kennebec Whatever Week... which consists ot 11 days of activities, highlighted by the 'Whatever Race' wherein one floats 6 miles down the Kennebec river in anything from bathtubs to rafts to septic tanks, also included a rep deadlift contest organized by Gilly's Gym in Waterville, Maine.

In the Women's division they all used 1⅓ times bodyweight and the winner of that event was Maxine Michaud who hit 25 reps with 160, followed by Susan Morrill (150x21 reps), Nicki Bruno (145x20), Jeanne Dube (185x19), Jeanne LaFlamme (150x19), Joanne Bellavance (155x16). John LaFlamme reports that Sue Morrill showed incredible determination; he dubbed her the 'Queen of Hitch' and remarked that what she did to squeeze out a few more reps was hard to describe, except that it was something like exotic dancing. The highlight of the Women's division was an exhibition by Ginger Lord who did 3 reps with 300, a poundage triple her own bodyweight. In the men's group the winners were Guy Bruno (330x28), John LaFlamme (290x27), Mark Hunter (355x23), Tim Hagerty (275x22), Robert Plourde (295x20), Fred Cooper (310x18), Peter Burrill (400x15), Richard Lindsay (320x14), Danny Cox (365x13), Robert Henderson (370x8), Matthew Israelson (430x7), Brian Burgess (450x1).

Connecticut PLer of the Year...predictably it was venerable Carlton Snitkin with Tom Coleman picking up the High Schooler of the year.

FOR THE RECORD

THIS SECTION IS RESERVED FOR POWERLIFTING RECORDS. EVERYONE IS ENCOURAGED TO SEND IN REGIONAL, STATE, MEET, CLUB, SCHOOL, GYM RECORDS, ANY KIND OF RECORDS. SEND TO *FOR THE RECORD*, BOX 467, CAMARILLO, CA 93011.

	MINNESOTA STATE RECORDS		INDIANA STATE RECORDS	
114	SQ	355	K. McGonigal	310	T. Durachta
	BP	248	K. McGonigal	205	D. Simpson
	DL	380	K. Goude	391	B. Foddrill
	T	835	K. Goude	892	B. Foddrill
123	SQ	355	K. Goude	363	T. Durachta
	BP	220	C. Feaster	260	R. Sappenfield
	DL	410	K. Goude	500	J. Wesby
	T	940	K. Goude	1070	R. Sappenfield
132	SQ	420	D. Carlson	470	C. Rybicki
	BP	308	J. Kachina	280	R. Sappenfield
	DL	485	K. Goude	535	C. Rybicki
	T	1125	K. Goude	1200	C. Rybicki
148	SQ	523	S. Muller	600	J. McCarty
	BP	347	T. Rachwal	347	J. McCarty
	DL	578	K. Goude	644	J. McCarty
	T	1410	K. Goude	1598	J. McCarty
165	SQ	525	T. Rachwal	628	J. McCarty
	BP	380	T. Rachwal	386	J. McCarty
	DL	628	M. Busse	650	S. Willis
	T	1432	K. Goude	1653	J. McCarty
181	SQ	694	B. Takala	672	D. Law
	BP	522	M. MacDonald	413	D. Law
	DL	635	J. Jones	672	R. Craft
	T	1741	B. Takala	1732	D. Law
198	SQ	793	J. Jones	672	D. Hart
	BP	551	M. MacDonald	440	W. Tyndall
	DL	716	J. Jones	688	R. Craft
	T	1923	J. Jones	1703	D. Hart
220	SQ	775	J. Jones	771	J. Logston
	BP	580	M. MacDonald	479	R. Everett
	DL	750	P. Ellering	699	J. Logston
	T	1890	J. Jones	1923	J. Logston
242	SQ	766	J. Davis	750	G. Logston
	BP	600	M. MacDonald	529	K. Schoknecht
	DL	744	P. Ellering	765	A. Rawlings
	T	1962	J. Davis	1905	A. Rawlings
275	SQ	777	D. Moore	800	G. Logston
	BP	500	J. Davis	485	M. Bennett
	DL	744	B. Darsow	705	J. Dawson
	T	1906	B. Darsow	1940	G. Logston
SHW	SQ	700	D. Cundy	843	J. Ford
	BP	520	M. Hennessey	457	J. Ford
	DL	760	D. Cundy	755	J. Ford
	T	1920	D. Cundy	2044	J. Ford

	IDAHO STATE RECORDS		OHIO STATE RECORDS	
285	T. Willis	413	D. Heath
215	T. Willis	226	D. Heath
310	T. Willis	457	D. Heath
810	T. Willis	1096	D. Heath
250	M. DaCosta	410	D. Heath
225	W. Boyer	265	B. Landrum
365	W. Boyer	450	D. Heath
820	W. Boyer	1100	D. Heath
390	K. Kroll	462	S. McFarland
230	W. Burgess	300	M. McKinney
460	J. Nourse	515	M. McKinney
1025	K. Kroll	1240	M. McKinney
430	Q. Millington	622	B. Wahl
265	M. Clason	347	J. Finch
530	M. Clason	600	J. Finch
1215	M. Clason	1510	J. Finch
450	J. Hicks	683	J. Topsoglou
335	M. Mattoon	390	D. Eller
560	M. Mattoon	670	J. Bell
1340	M. Mattoon	1560	G. Crawford
535	M. Shines	665	G. Crawford
375	M. Shines	415	R. Iona
640	M. Shines	750	V. Anello
1540	M. Shines	1660	R. Halmes
620	J. Engelbert	755	G. Sanger
400	P. Gutierrez	480	J. Drzewiecki
680	J. Engelbert	821	V. Anello
1625	J. Engelbert	1884	J. Black
700	J. Engelbert	826	J. Sideris
380	J. Engelbert	520	D. Dicke
730	J. Engelbert	799	V. Anello
1775	J. Engelbert	2006	J. Sideris
650	R. Wooley	832	D. Schneider
420	R. Wooley	535	D. Wilson
675	R. Axtman	821	D. Schneider
1670	R. Wooley	2088	D. Schneider
710	R. Wooley	909	D. Waddington
450	R. Wooley	573	S. Wilson
640	R. Axtman	805	S. Wilson
1735	R. Wooley	2221	D. Waddington
600	R. Axtman	1003	D. Waddington
425	J. Mather	550	D. Waddington
670	R. Axtman	760	D. Waddington
1640	R. Axtman	2325	D. Waddington

	NEVADA STATE RECORDS		CENTRAL USA RECORDS	
114	SQ	315	D. Pickle	265	K. Tuite
	BP	220	J. Howard	192	B. Stamford
	DL	400	D. Pickle	330	A. Bobbitt
	T	920	D. Pickle	740	A. Bobbitt
123	SQ	385	D. Pickle	350	T. Durachta
	BP	233	L. Press	185	B. Lucas
	DL	429	D. Pickle	375	T. Durachta
	T	1036	D. Pickle	900	T. Durachta
132	SQ	473	K. Trujillo	420	J. McCarty
	BP	264	J. Howard	270	M. Evans
	DL	512	K. Trujillo	450	J. McCarty
	T	1206	K. Trujillo	1125	J. McCarty
148	SQ	462	K. Trujillo	485	J. Rosciglione
	BP	319	A. Rosen	286	M. Evans
	DL	518	K. Trujillo	500	J. Rosciglione
	T	1239	A. Rosen	1265	J. Rosciglione
165	SQ	567	G. Menaker	617	S. Stamper
	BP	336	G. Menaker	369	S. Stamper
	DL	578	G. Menaker	600	S. Stamper
	T	1471	G. Menaker	1587	S. Stamper
181	SQ	650	G. Stivers	640	D. Law
	BP	380	G. Stivers	395	D. Law
	DL	611	J. Dentice	672	R. Craft
	T	1572	G. Stivers	1675	D. Law
198	SQ	722	G. Stivers	605	R. Hale
	BP	407	G. Stivers	400	R. Everett
	DL	644	G. Stivers	620	L. Traub
	T	1774	G. Stivers	1580	R. Hale
220	SQ	622	M. Beckerle	738	J. Logston
	BP	429	M. Beckerle	470	R. Everett
	DL	677	M. Beckerle	683	J. Logston
	T	1724	M. Beckerle	1868	J. Logston
242	SQ	606	R. Margison	705	A. Rawlings
	BP	413	D. Wilson	480	A. Rawlings
	DL	650	R. Margison	740	A. Rawlings
	T	1631	R. Margison	1890	A. Rawlings
275	SQ	683	J. Piekut	645	T. Nethery
	BP	501	J. Piekut	420	T. Nethery
	DL	826	J. Piekut	722	D. Allen
	T	2011	J. Piekut	1765	T. Nethery
SHW	SQ	733	J. Piekut	765	J. Ford
	BP	523	J. Piekut	430	J. Ford
	DL	832	J. Piekut	755	J. Ford
	T	2088	J. Piekut	1950	J. Ford

	NEW YORK STATE POLICE RECORDS		WORLD RECORDS (some pending)
			535 J. Cunha
			319 H. Escobedo
			512 H. Watanabe
			1251 H. Inaba
			512 P. McKenzie
			325 H. Isagawa
			639 L. Gant
			1383 L. Gant
			650 J. Bradley
			397 J. Bradley
			628 L. Gant
			1560 J. Bradley
425	R. Pamulo		644 J. Bradley
300	J. Leonardis		427 K. Hulecki
480	J. Tullo		688 R. Valineva
1025	R. Titus		1614 J. Bradley
530	S. Bailey		722 M. Bridges
400	C. Maye		479 J. Rouse
570	R. Titus		716 R. Gaugler
1380	S. Bailey		1877 R. Gaugler
535	S. Bailey		837 M. Bridges
370	S. Bailey		529 M. Bridges
550	R. Ortiz		788 V. Kumpuniemi
1400	S. Bailey		2105 M. Bridges
535	S. Bailey		826 F. Hatfield
375	J. Worrell		562 M. MacDonald
555	R. Ortiz		821 W. Thomas
1385	M. Makofsky		2066 M. Bridges
525	M. Edwards		881 F. Hatfield
410	K. VanCleal		576 M. MacDonald
580	K. VanCleal		832 J. Cash
1430	K. VanCleal		2099 J. Cash
580	P. Spangler		867 D. Wohleber
370	K. Thompson		595 J. Magruder
570	P. Spangler		870 J. Kuc
1490	P. Spangler		2204 J. Kuc
660	J. Tomaski		903 E. Hackett
405	J. Tomaski		609 T. Hardman
660	J. Tomaski		848 T. McCormick
1725	J. Tomaski		2215 E. Hackett
			981 D. Fely
			661 B. Kazmaier
			886 B. Kazmaier
			2425 B. Kazmaier

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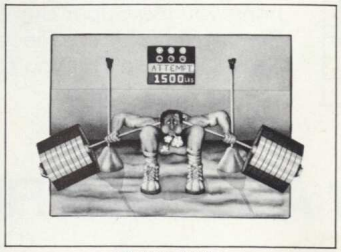
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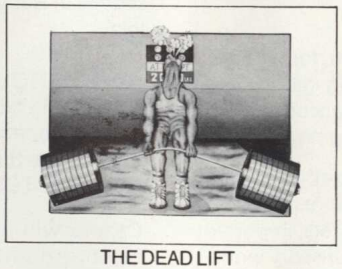
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