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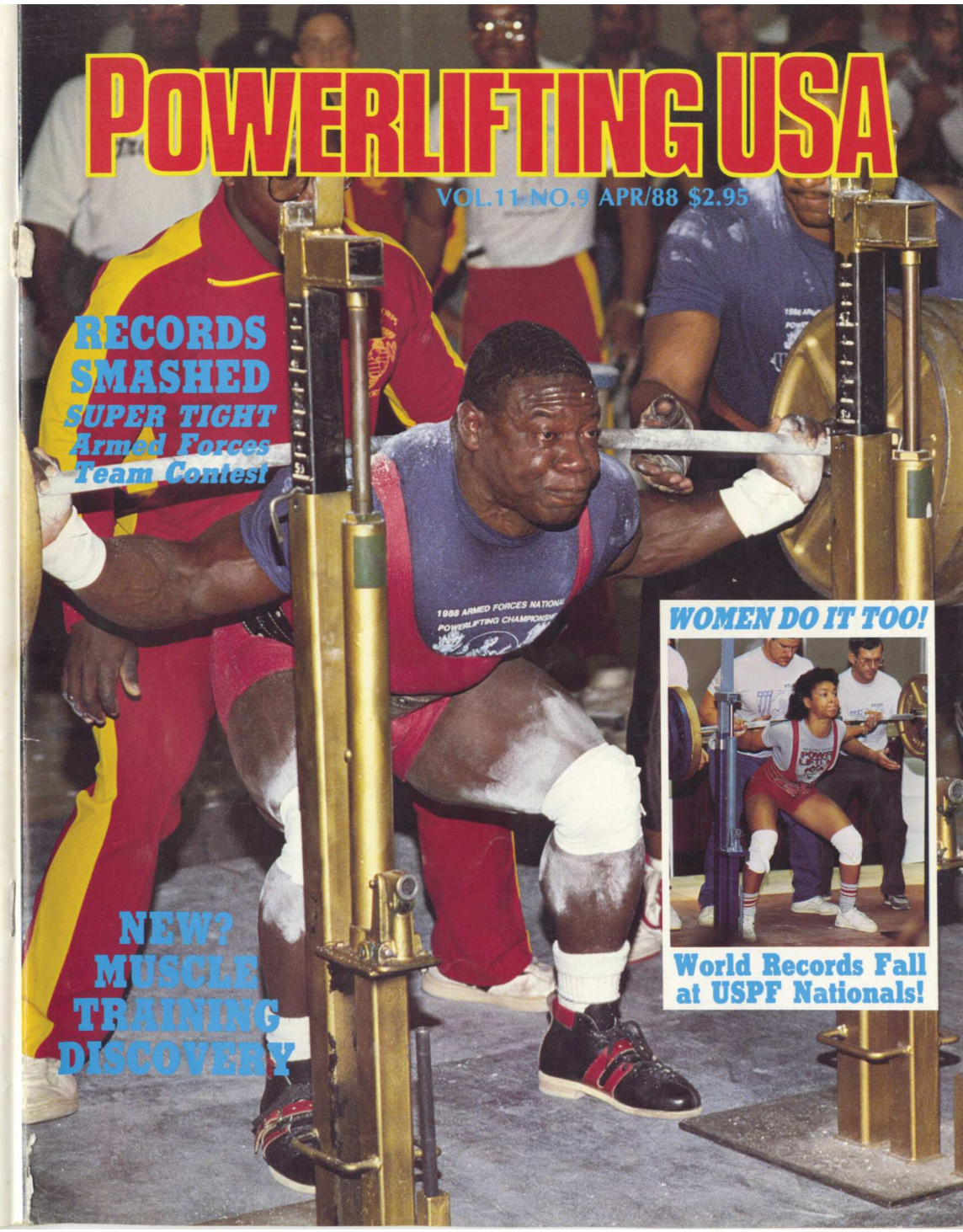
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ON THE COVER...Sylvester Anderson didn't win his class, but the points he earned helped the Marine Corps win the hotly contested 1988 Armed Forces Powerlifting Team Title.

NEXT MONTH...USPF Natural Nationals from from Dallas

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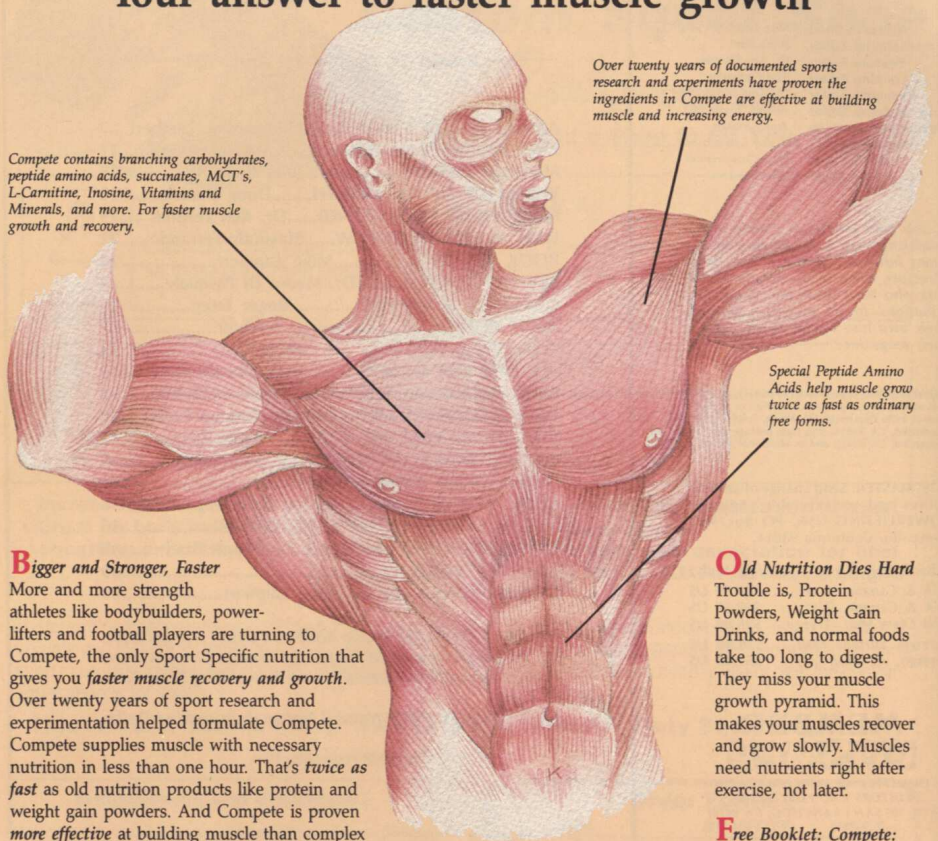
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ARMED FORCES
POWERLIFTING CHAMPIONSHIPS
as seen by PL USA Editor, Mike Lambert

The annual Powerlifting clash of the United States Military forces is getting to be like a mini-Senior Nationals. In fact, some of the lifters here go on to win the Senior Nationals, or various other national and international titles later on in the year. It's much more than a tune-up meet, however. The rivalries are friendly and civilized, but serious. Pride is on the line, and the team concept that our services pride themselves on in fulfilling their major defense missions is also paramount to success in this team-only format, where a missed lift or a bombout is not just a personal problem, but something that weighs on the backs of all your teammates. They cheer each other on, help each other with brotherly sincerity, because everybody is a contributor. One place up or down, 1st or 4th, can put your team in the winner's circle or the doghouse. This year's competition was so very close. In the years to come, team format competition could be the great growth area for Powerlifting. When the ongoing team standings can be clearly communicated to the audience, it will be a much more exciting sport.

Though the Air Force and Marine Corps have often had their way in this meet, the Army team was loaded this year, and none of the coaches, etc. that I talked to prior to the meet had a confident notion about who was going to come out on top at the end of the two day competition. Evidence of the Army's hot prospects showed itself soon, in the 114s, when Bobby Adams blitzed the record books and busted the old meet total record by nearly 150 pounds, and his team buddy Roosevelt Thomas was well over 1000 himself. Ching of the USMC obviously had his difficulties, but Scott Shimko, who weighed in at just 100 pounds, had it even worse and bombed.

Steady Dave Pattaway moved up his squat and total marks at 123, coming from behind to overtake the challenge of the Army's David Ramsey. Pattaway passed his 2nd attempt unexpectedly, but pulled what he needed on his 3rd. Herb Blake got 3rd, but went Elite in doing so and looks forward to taking on Ron Hoff at the next ADFPA Nationals.

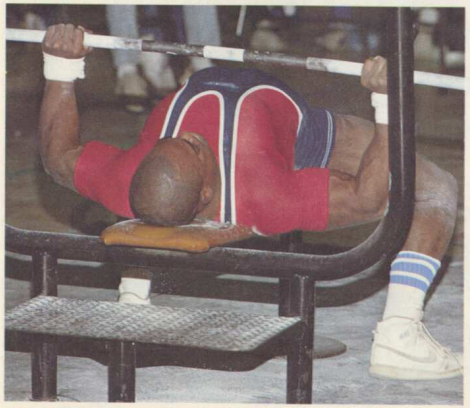
In the 132s, the class of the class was J.D. Carr, who works at the facility where the meet was staged. After bombing out last year, he took it very easy in the squat and left many pounds unscored in that lift. His 600 deadlift was so strong that 622 seemed certain, but it wouldn't go. Tim Taylor got a new bench record to tie J.D. at subtotal, but couldn't match the Marine's pulling power advantage. Ken Westbrook kicked in more points for the Air Force, just over Cunningham of the Navy and his fellow team member Mike Duhon. The Navy is always at a disadvantage in these meets, competing against the other, largely shore-based services.

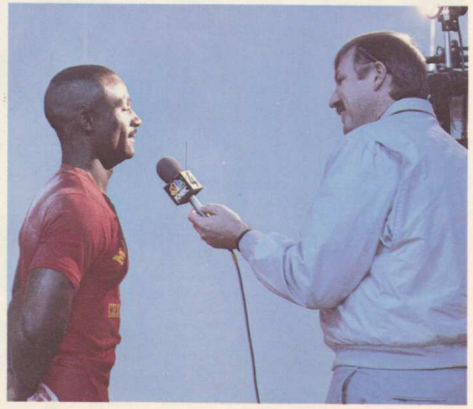
Miguel Taoy Jr. got off to a nice start in the squats to take the 148 title out of Chuck Lawson's hands, which only handled 3 successful attempts on the day. The Navy's Dave Faison tied Ausby Alexander's record in the bench press to follow up, and Mike Curtin of the Air Force had nothing but troubles.

In the 165s, Ausby Alexander began stretching his new, thicker and more massive wings, cracking some of Gene Bell's old records in the process. His 733 squat was frustrating because it was so easy, but an inch or so high. Time was a problem on his 1st deadlift, and 683 was a hard lift. 716 was smoked, however, and thus it was surprising to see him stop so abruptly with 727, but it was a bit out in front of him. He feels like a 1900 total is just around the corner, and when he really fills out in this class, much more than that. Ausby had been sick with the flu some time prior to the meet and came in at only 162. Mike Hancock, a former Collegiate and Junior World contender is now in the Army and he looked and lifted great, while steady Al



Gene Bell *(right) was once again in red hot condition, approaching the all time bests of the legendary Mike Bridges in the 181 pound class.*





Robert Pittman *(below left) struggling with a massive 551 bench press, and* ***J.D. Carr*** *(below) being interviewed for television station KNBC.*

Guidry got the points his Marine team was depending on him for.

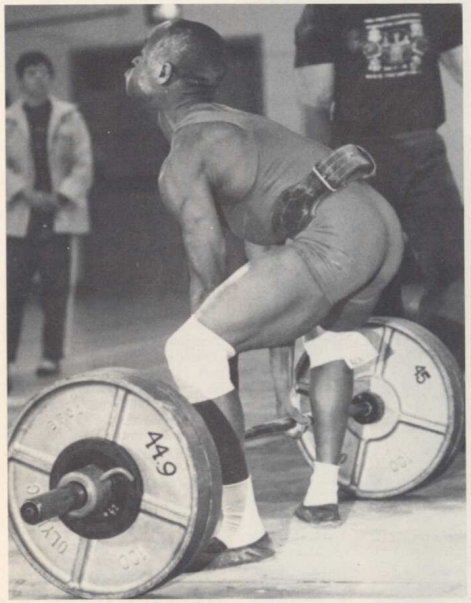
In the 181s, Gene Bell was amazing, even more so than last year, because he came rather close to matching his amazing 1987 lifts, while down a full class in bodyweight and setting new standards in every event. Gene's jumps were huge, but he proved to all that he knew exactly what he was doing. 782 was off the mark in the deadlift, but worth the effort to threaten the Bridges legacy in this division. Gene wants to compete in the upcoming Hawaii meet. Maybe we'll see him bust the 2100 barrier then. Mike Barber declared each attempt to be "Bird Weight" but found that some of them had a bit too much steel loaded on. The Army's Danny Wagman came back twice, in both the squat and bench, to get the weights that beat him on 2nd attempts.

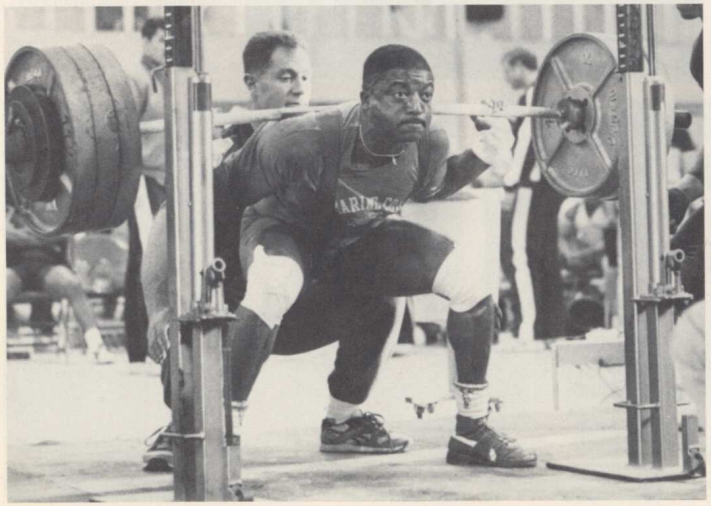
At 198, the charismatic Robert Pittman was set to take on last year's

Armed Forces Championships/17-18 Feb 88/El Toro, CA

114	SQ1	SQ2	SQ3	BP1	BP2	BP3	Sub	DL1	DL2	DL3	Total
B. Adams-A	358	413	435*	242	259	270*	705	391	440*~~468~~		1146*
R. Thomas-A	341	391	~~413~~	214	~~231~~	~~231~~	606	391	435	~~440~~	1041
S. Ching-MC	275	~~308~~	308	220	~~253~~	~~253~~	529	~~330~~	358	~~402~~	887
S. Shimko-N	~~281~~	~~281~~	~~281~~								
123											
D. Pattaway-AF	424	473	490*	214	225	~~237~~	716	490	---	523	1240*
D. Ramsey-A	457	496	~~512~~	253	270	281*	777	457	~~479~~	~~479~~	1235
H. Blake-N	402	435	~~446~~	225	237	~~242~~	672	429	468	485	1157
P. Webber-MC	363	~~391~~	391	253	~~275~~	275	666	374	402	~~473~~	1069
R. Naylor-AF	303	---	---	259	~~281~~	~~281~~	562				
132											
J.D. Carr-MC	462	501	518	270	286	292	810	573	600	~~622~~	1410
T. Taylor-AF	451	479	~~490~~	303	319	330*	810	529	~~578~~	~~578~~	1339
K. Westbrook-AF	451	~~473~~	473	225	242	~~253~~	716	424	457	485	1201
Cunningham-N	418	446	~~451~~	259	286	~~292~~	733	407	440	457	1190
M. Duhon-N	319	341	~~358~~	209	~~231~~	~~231~~	551	369	402	~~413~~	953
148											
M. Taoy-A	~~534~~	534	573	330	352	~~369~~	925	485	507	529	1455
C. Lawson-MC	573	~~622~~	~~622~~	281	~~297~~	~~297~~	854	562	---	~~606~~	1416
D. Faison-N	413	451	~~485~~	336	369	374	826	479	512	~~518~~	1339
M. Curtin-AF	440	~~473~~	~~473~~	~~319~~	~~319~~	~~319~~					
165											
A. Alexander-MC	655	705*	~~733~~	380	402	413	1118	683	716*~~727~~		1835*
M. Hancock-A	551	589	611	319	330	341	953	633	661	~~672~~	1614
A. Guidry-MC	584	622	633	303	~~314~~	314	947	600	~~639~~	~~639~~	1548
181											
G. Bell-AF	722	760	810*	457	485	512*	1322	699	733*~~782~~		2055*
M. Barber-AF	705	~~738~~	~~738~~	413	~~435~~	~~435~~	1118	661	683	~~705~~	1802
D. Wagman-A	589	~~628~~	628	440	~~462~~	462	1091	633	672	~~710~~	1763
A. Rollins-N	~~496~~	496	~~529~~	303	336	~~341~~	832	496	529	~~551~~	1361
198											
R. Pittman-AF	733	771	~~804~~	523	~~551~~	~~551~~	1295	722	749	~~771~~	2044
S. Anderson-MC	782	~~826~~	~~826~~	429	440	~~451~~	1223	722	~~744~~	~~744~~	1945
R. Long-AF	~~688~~	688	~~716~~	380	396	~~407~~	1085	661	~~688~~	~~688~~	1747
B. Johnston-MC	622	688	705	363	391	402	1107	289	633	~~644~~	1741
K. Laird-N	507	584	622	341	374	402	1025	507	562	600	1625
G. Ferstler-N	600	~~655~~	~~655~~	325	~~352~~	~~352~~	925	650	~~688~~	---	1576
220											
R. Harris-MC	688	744	771*	424	462	~~473~~	1234	699	755	788	2022
J. Pegues-A	655	699	~~716~~	391	407	~~418~~	1107	749	804*~~821~~		1912
S. Murdock-N	~~677~~	677	~~722~~	~~347~~	347	363	1025	650	722	~~727~~	1747
G. Pamplin-N	595	~~644~~	~~644~~	374	396	~~407~~	992	485	501	523	1515
S. Goggins-A	~~826~~	~~826~~	~~826~~								
242											
D. Martinez-MC	694	~~722~~	722	468	485	496	1218	755	788	~~826~~	2006
J. Deshields-AF	744	771	804	473	501	~~512~~	1306	~~650~~	650	~~688~~	1956
J. Bornhop-A	~~744~~	744	~~804~~	457	~~468~~	~~468~~	1201	650	---	~~760~~	1851
275											
G. Ward-MC	804	859*	~~870~~	479	490	~~501~~	1350	755	771	782*	2132*
L. Ross-A	738	793	~~821~~	468	490	~~501~~	1284	755	~~804~~	~~804~~	2039
R. Stewart-AF	655	683	705	440	457	468	1173	633	699	~~727~~	1873
SHW											
O.D. Wilson-A	766	826	859*	496	~~556~~	~~556~~	1355	799	826*~~848~~		2182*
D. Melius-AF	650	705	727	435	457	468	1196	694	~~744~~	~~744~~	1890

MC - Marine Corps (37 pts.), A - Army (34), AF - Air Force (33), N - Navy (9)

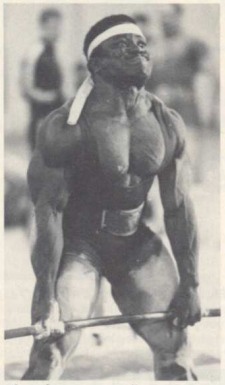




***Hot Lifter**...Bobby Adams of the Army (upper left) put up a record breaking 114 total, and **Ausby Alexander** (below left) also broke some records.*

Gene Bell legacy in the record books, and though a 2044 total is great, it was not a great day for him. Sly Anderson needed to get a jump on Robert in the squats to have a chance for the win. He came up with 826 on his last try, but it was obviously high. Sly had won the Armed Forces physique championships in Coronado just a few days prior, where Ray Long was just behind, which is where he ended up again in this Armed Forces Championship. He's considering going 220 in the future. Husky Marine Robert Johnston was almost able to take advantage of Ray's off day to get into 3rd. Keith Laird, also an Armed Forces physique contestant, representing the Navy, started ridiculously low, but made all his lifts to finish up on team member Gary Ferstler.

In the 220s, speculation was rampant about Steve Goggins. People were talking huge, Coanesque numbers for him, off his 940 training squat, and several recent 2200 plus totals. His first try with an 826 squat was awkward, out of his groove, but he came up with it, only to see red lights. His next two tries were much more explosive and



***Ripped Man** at 198 lbs., Ray Long.*

easier, but were apparently not deep enough. His bombout threw the Army team's plans into disarray, but Ray Harris of the Marines knew what to do in Steve's absence, and the Army's Jimmy Pegues followed up nicely. 804 was a strong deadlift and it seemed like 821 might well be a success, but it was too much for Jim, and perhaps too soon after the previous effort. Navy coach Steve Murdock had a question mark day, few things made sense to him when he looked at the lights after his lifts. Gary Pamplin followed his coach with a 4th place finish.

The 242s were a key class. If Martinez won, it was all over. If he could be beaten, things could still be interesting teamwise, but Danny wasn't about to let his title defense slip away. Veteran Air Force representative Jack Deshields did all he could, but rough-edged Army newcomer Jim Bornhop was much stronger than his 1851 total.

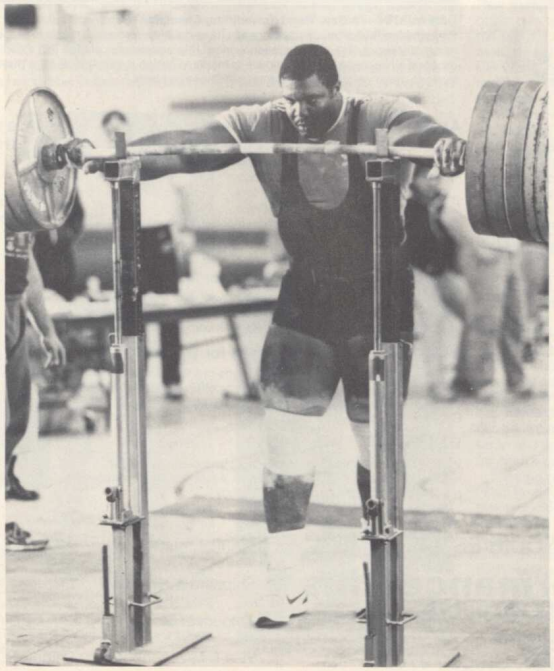
At 275, with Gary Ward, the Marine Corps has a gimmee, a winner you can depend on. A rib injury was apparently a factor in his 3rd attempt squat miss, otherwise he might have bumped the record all the way up over 900, where he has already been recently. Cool and calm, he nudged up his PRs in the deadlift and total to notch yet another win. Lance Ross was fired up for the Army team, and was very disappointed in missing that 804 deadlift, twice. Massive Rich Stewart, now stationed in Europe, made it over and lifted very steadily, almost 9 for 9.

In the Supers, it was new face Dan Melius of the Air Force, at a seam popping 303 pounds, also having a near perfect day, but he was in the company of someone special. There are Big Men in this World, and then there is O.D. O.D. is a BIG MAN, 360 pounds worth. I don't know how tall he is, and haven't got the guts to ask him, but I do know that the squat racks used at this meet were more than adequate for everyone at this



***Point Man** at 275 lbs. for the United States Marine Corps, Gary Ward.*

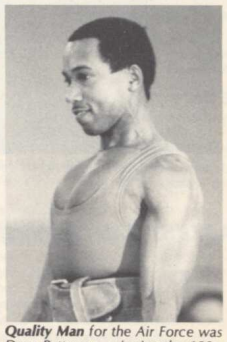
***BIG MAN** at 360 lbs. of Superheavyweight for the Army, O.D. Wilson*



meet, except O.D. That expression about a guy being so huge that his arms are bigger than some people's legs is no mythology. That guy exists. His name is O.D. Despite having to get down to quarter squat position in order to get the bar out of the squat racks, O.D. toyed with his record breaking squats. His 60 pound jump in the bench was too much, but just barely so. O.D. is a sumo style deadlifter, and once again just played with big number weights. 848 had him shaking his head, however. Mr. Wilson is right on the verge of being a 2300 pound plus Superheavy, and I wouldn't put 900 600 900 past him eventually.

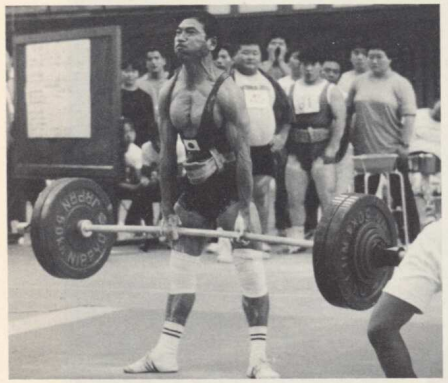
Taking pictures and covering the meet was work enough, so I couldn't follow the team competition as the jockeying took place, but a lot of pencil lead and eraser material was expended by coaches and helpers as those final attempts were made, passed, or failed. In the end, the host Marine Corps prevailed with 37 points, but look how close Army (34 points even with the bombout) and the Air Force (33) were. Additionally, look at the quality of this lifting. 23 new records, over half the total number available, were established. This is the kind of competition that needs to be on TV on a regular basis. In fact, the NBC station was on hand to film and interview lifters from the first day on that night's Fred Rogin (of 'Hall of Shame' Fame) sportscast.

The Marines at El Toro, and their civilian co-workers at the Base Gym, were excellent hosts, as always, and took special care of the local referees, and Southern California is blessed with a great corps of them as well. Congratulations to these fine athletes and the best of luck to them in the many national championships we will see them in for the rest of 1988.



***Quality Man** for the Air Force was Dave Pattaway, winning the 123s.*

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U.S.P.F. WOMEN'S NATIONALS

as seen by PL USA Editor, Mike Lambert

This year's U.S.P.F. Women's National Championships took place at the Hilton Hotel in Austin, Texas directed by Jim Griffith assisted technically by John Pettitt. Jim really put his heart in effort, dedicating it to "My wife and family, John Pettitt, and all my friends that came from afar to help where needed", and going the extra mile to boost the entry list up this year, and he succeeded with almost 100 women strength stars weighing in for the competition. Paul (Sarge) Pendley handled much of the announcing chores, except when spelled by the likes of Glen Venator, Mike Reed, etc. Glen also worked the platform, loading and spotting with Jim Voronin, Randy Blackmon and other good people. Meet personnel that John Pettitt noted were Mike Hargett, Matt & Sue Henderson, along with Lily, Tanya, Tamara, and Travis Griffith.

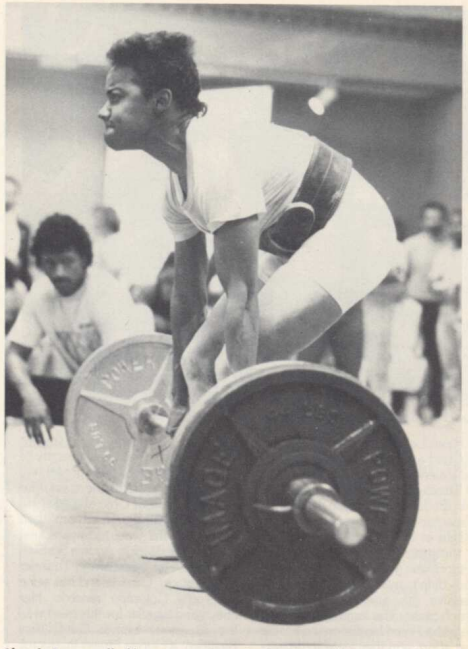
This was a drug tested meet, with all competitors providing a sample, and with the 1st two finishers in each class, and any lower placing world record breakers, being initially evaluated by urinalysis. IPF rules were in effect, so any world records broken were up to that official standard.

In the 97s, veteran women's champs Ann Leverett (a two time national champ) and Judy Gedney (1986 IPF World champion and a FIVE time ADFPA champion) tracked each other closely, but Ann would not relinquish her subtotal advantage and left no openings for Judy. Delcy Palk, a new 2nd Lt. in the Air Force and holder of all the ADFPA National Collegiate records in this class, showed great form and even greater determination in the squat. She did not get her 292 3rd attempt, but asked for a new World Record of 314 on a 4th try. That was misloaded and she missed, but given another (her 5th!) attempt, she kept her eyes on the roof and drove the weight out of the hole and all the way upward. If she had made that weight on her 3rd attempt, she would have won the class by 33 pounds. After the lifting, she contemplated one of Powerlifting's great ironies, dieting, by toying with her post-meet dinner; when you can't eat, you want to desperately, when you can, it's just not interesting.

Marianne del Castillo, originally from the Phillipines, and now a Nevada State champ, followed up, just ahead of Army champion Marva Austin, and Maine State javelin champion Robin Jewett. Texas State ADFPA champion and Region 8 record holder Donna Brown, a hair stylist, finished out the class.

Sherrie Burns is a Marine out of North Carolina with a wide range of interests (chess, tennis, basketball) and she was not part of the military team at the meet, and Jim Vetrovec decided to help her through the meet. As the lifting progressed, Jim noted that she hardly spoke a word, but after the deadlifting dust had settled and she emerged victorious in the 105 lb. class, she unwound joyfully. Peggy Box, an Austin graphic artist originally from Lake Charles, Louisiana, was the favorite coming in but lost her advantage in the squats. Glynis Ramirez, now the Alaska State champ, but born in Manhattan, New York, had some rough misses of her own to deal with to finish out the top 3. Linda Haugland, a legal assistant out of Arizona coached by Bill Wong, got the 4th place award and then set her sights on the Natural Nationals to be held 2 weeks later. Diva Hart, who likes aerobics and bodybuilding when she's not powerlifting, was next up. She and her husband Jim Hart, one of the military team coaches, are looking forward to a new assignment in Belgium now. She was followed in the standings by Sonja Bowles of Ohio, who sells baskets; Becky Rackleff, a bookeeper from Maine; Teresa Fong of California, a gas company meter reader (who loves dogs!); Jill Byler, a student from Texas; Sandra Calvillo, a Texas born Alaska resident who is also a mountain bike racer and musician; Anna Creech of the host state; Hue Mullick, who won the Texas State meet only one week earlier; and Jan Halper, a corporate psychologist who had flown out to the Women's Nationals in Salt Lake City two years earlier and decided this was the sport for her.

Shirley Gutierrez, who works in video production in San Francisco, was the 1987 USPF champ at 105 lbs., missed some lifts, but still had the title well in hand over firy Teresa Mims. Teresa raises horses and has been very successful in barrel racing as well as powerlifting, where she has broken Texas state deadlift records 13 times before. 374 would have given her the win. Bertha Lopez, a public relations expert in Texas, just nudged Sue Elwyn, a National and World Champion in 1980, who has set numerous world records in the bench during her 12 year career and got a National Masters record in the bench with 165. Dawn Terry, who trains horses and bulldogs for fun, was next up on the scorecard, just behind Sue. Melissa Cansibog, born



***Sherrie Burns** pulled her way to victory in the 105s with super 358 deadlift.*



***Ann Leverett**..held on for the win, even though **Delcy Palk** got a World Record 314 in the squat at 97 lbs.*





***NUMBER ONE** in her new weight class, 114, was Shirley Gutierrez.*



Can You Believe *a 254 bench press try by Mary Jeffrey, weighing 121?*

in Hawaii and now with the US Army, had a tough, 4 attempt day, as did Valerie Webster, who is also out of Texas these days.

In the 123s, Mary Ryan Jeffrey had a spectacular day. Actually coming in light at 121.2 lbs. (she was listed in the program as a 114 lb. competitor), she got three world records and didn't miss a lift, except a massive 4th attempt 254 pound bench press. The large, gold 45 kilo plates had been loaded on the bar for that effort, and they were so distracting that she missed the weight, a surprise because 253 was rammed strongly. Sarge Pendley declared that Mary was as strong as a garlic sandwich, but that doesn't do justice to her. Mary, who likes to golf and wrote on her attempt card that her goal was to live a long and healthy life, got a genuine thrill out of all those solid 3rd attempt successes. Felicia Almy was not that far off a big total herself, only missing a 402 squat on her 3rd attempt by stumbling forward with it after getting the signal squat. Did you know that this two time National and World champ is also a brown belt in Karate? 3rd placer Nora Cline is a black belt herself, and a biochemist. She had totaled 60 pounds more the weekend before in taking the Texas State title. Janie Lara, a public relations specialist, also from Texas, was followed by Lillian Arranzo, an underwriting secretary and fellow Texan. Lossie Schneidmill, a retail supervisor, came all the way from North Carolina to compete and finish just ahead of Amy Weisburger, a student from Ohio out of the Dave Jeffrey camp, and Bethanne Lista, who wore the colors of James Madison University in West Virginia. Jeffrey Johnson, a social worker, was next, followed by New Englander Dr. Sheri Oldham, whose other hobby is powerboat racing. Graphic artist Luanne Thornton finished out the class, and sported 2½" high wedges on her squatting shoes.

In the 132s, Vickie Steenrod, a multi-time champ and a nurse who also likes volleyball and racquetball, was the class of a very competitive field. Tam Thompson, a grad student in Biomechanics at the University of Texas at Austin, aggressively mastered the rest of the class, but Amy Hoffman of Ohio stayed close enough, hitting American teen records on the way, to have a final sayso in the deadlift. Andrea Sortwell was next. She was born in Thunder Bay, Ontario, Canada and has since set some Colorado records. Her coach and handler for this meet was the illustrious Lamar Gant. Kim Besuden, a Florida fitness instructor who likes needlepoint, was able to out-do Kimberly Evers of Pennsylvania for the next two places. Dee Ann Plato was next up, 10 kilos ahead of Wanda Williams, former gymnast now in the military. Crystal Konst, a solid looking blonde competitor for the Army team out of Texas, likes working with animals, but also in-

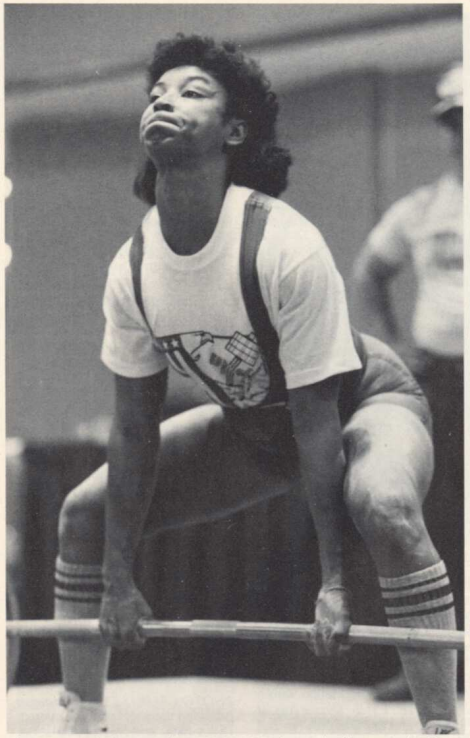


Vicki Steenrod *cruised to another national title in the 132 lb. division.*

U.S.P.F. WOMEN'S NATIONALS/30,31 Jan 88/Austin, TX

97 lb.	SQ1	SQ2	SQ3	BP1	BP2	BP3	Sub	DL1	DL2	DL3	Total
Ann Leverett	248	259	~~264~~	148	~~154~~	154	413	297	303	308	722
Judity Gedney	242	~~253~~	253	143	148	~~154~~	402	275	297	308	711
Delcy Palk	226	264	~~292~~	115	132	137	402	284	286	303	705
		4th	314*								
M. Del Castillo	264	~~275~~	~~275~~	126	137	~~143~~	402	264	281	~~303~~	683
Marva Austin	242	264	~~275~~	99	~~104~~	104	369	259	286	~~303~~	655
Robin Jewett	242	259	~~275~~	110	~~121~~	121	380	248	270	~~286~~	650
Donna Brown	181	~~203~~	~~203~~	110	121	~~186~~	303	253	270	275	578
105 lb.											
Sherrie Burns	237	259	275	137	148	~~159~~	424	303	330	358	782
Peggy Box	303	~~319~~	~~319~~	143	~~154~~	~~154~~	446	303	319	330	777
Glynis Ramirez	270	~~286~~	286	159	~~170~~	170	457	303	~~308~~	~~314~~	760
Linda Haugland	264	266	297	126	~~132~~	~~132~~	424	264	~~286~~	286	711
Diva Hart	248	~~264~~	264	115	126	132	396	286	303	~~314~~	699
Sonja Bowles	220	242	~~253~~	115	126	132	374	259	292	308	683
Becky Rackleff	~~226~~	226	237	104	110	115	352	253	275	~~292~~	628
Theresa Fong	220	~~226~~	~~226~~	104	110	~~115~~	330	265	281	297	628
Jill Byler	226	~~242~~	~~253~~	93	~~115~~	~~115~~	319	264	286	~~314~~	606
Sandra Calvillo	~~192~~	192	~~214~~	99	~~110~~	~~110~~	292	264	286	297	589
Anna Creech	~~198~~	198	~~242~~	110	~~126~~	~~126~~	308	231	264	~~292~~	573
Hue Mullick	181	~~209~~	209	93	99	~~104~~	308	209	~~231~~	~~231~~	518
Janice Halper	121	137	148	71	~~77~~	77	226	176	192	203	429
114 lb.											
Shirley Gutierrez	303	~~325~~	~~325~~	148	159	---	462	303	~~314~~	~~314~~	766
Teresa Mims	248	~~275~~	~~275~~	143	~~154~~	~~154~~	391	352	~~374~~	~~374~~	744
Bertha Lopez	~~281~~	281	~~308~~	126	137	~~154~~	418	~~281~~	292	303	722
Susan Elwyn	253	~~275~~	~~281~~	154	165	~~170~~	418	275	266	297	716
Dawn Terry	253	~~286~~	~~286~~	126	~~154~~	~~154~~	380	292	325	~~341~~	705
M. Cansibog	~~275~~	292	303	110	~~115~~	~~115~~	413	264	~~264~~	~~275~~	677
Valerie Webster	248	~~264~~	~~264~~	121	132	~~137~~	380	270	~~281~~	~~281~~	650
123 lb.											
Mary Jeffrey	363	385	407*	231	242	253*	661	363	385	407	1069*
Felicia Almy	330	369	~~402~~	176	198	~~209~~	567	341	374	~~402~~	942
Nora Cline	275	~~303~~	~~303~~	181	192	~~198~~	468	330	341	~~352~~	810
Janie Lara	297	~~308~~	308	~~159~~	159	~~165~~	468	325	336	~~347~~	804
Lillian Arranzo	237	253	275	127	148	~~159~~	424	303	326	330	755
L. Schneidmill	~~253~~	253	275	143	~~159~~	159	435	292	314	~~319~~	749
Amy Weisburger	253	275	286	143	154	~~165~~	440	281	303	~~319~~	744
Bethanne Lista	259	~~281~~	~~281~~	126	143	~~148~~	402	281	303	~~314~~	705
Jeffrey Johnson	237	259	~~275~~	126	~~137~~	~~137~~	385	253	275	292	677
Sheri Oldham	209	226	242	115	~~126~~	~~126~~	358	275	303	~~314~~	661
Luanne Thornton	---	226	~~275~~	143	165	~~181~~	391	248	~~275~~	~~275~~	639
132 lb.											
Vicki Steenrod	352	374	385	181	~~198~~	~~198~~	567	363	---	---	931
Tam Thompson	330	358	~~374~~	181	192	198	556	330	341	347	903
Amy Hoffman	303	330	~~347~~	170	181	~~187~~	512	341	369	~~391~~	881
Andrea Sortwell	270	297	~~308~~	170	187	192	490	358	380	~~396~~	870
Kim Besuden	~~314~~	314	336	154	~~170~~	~~170~~	490	336	358	~~363~~	848
Kimberly Evers	297	314	330	143	~~165~~	~~165~~	473	314	341	363	837
Dee Ann Plato	275	303	~~314~~	143	148	~~154~~	451	347	374	~~385~~	826
Wanda Williams	303	~~319~~	~~319~~	176	~~187~~	187	490	~~314~~	314	~~330~~	804
Crystal Konst	~~325~~	325	363	154	~~165~~	~~165~~	518	253	~~314~~	~~314~~	771
Jen Christiansen	286	~~308~~	308	121	~~126~~	126	429	308	330	~~341~~	760
Tina Tumbling	253	282	292	121	132	~~143~~	424	314	336	~~347~~	760
Lisa Roberts	~~248~~	~~248~~	248	121	137	~~154~~	385	308	330	~~341~~	716
Denise Ruthhardt	226	~~253~~	253	137	~~154~~	~~154~~	391	270	303	~~330~~	694
Chris Perrington	242	~~264~~	---	121	~~126~~	126	369	203	---	---	677
Judith Averbach	385	~~396~~	---	~~226~~	~~226~~	~~226~~					
Gina de Pietro	319	330	~~347~~	181	~~192~~	~~192~~	512	~~325~~	~~325~~	~~325~~	
148 lb.											
Jackie Pierce	369	413	~~451~~	209	220	~~231~~	633	451	~~507~~	~~507~~	1085
S. Vandeweghe	~~402~~	402	~~418~~	198	209	~~220~~	611	402	424	~~440~~	1036
Janice Roge	380	402	~~424~~	231	~~242~~	~~242~~	633	363	385	~~407~~	1019
S. Marshall	319	341	352	181	203	214	567	341	374	402	970
Tammy Dianda	336	~~352~~	~~352~~	209	~~214~~	214	551	352	380	~~418~~	931
Terry Walters	352	385	~~396~~	176	187	~~192~~	573	341	352	~~363~~	925
S. Wardinsky	303	325	~~341~~	181	203	~~209~~	529	330	369	~~391~~	898
Deb Bradberry	303	314	---	181	~~192~~	~~192~~	496	391	---	~~407~~	887
Joyce Leon	253	292	~~319~~	143	159	~~170~~	451	314	358	~~374~~	810
Earlene Boston	286	303	~~319~~	137	148	~~154~~	451	303	325	341	793
Kimberly Stokes	286	~~319~~	~~341~~	143	159	~~170~~	446	303	319	~~330~~	766
Mary Morehouse	~~270~~	~~281~~	~~281~~								
Kristi Tift	~~281~~	~~297~~	~~297~~								
165 lb.											
Stephanie Aleksa	341	374	391	170	187	198	589	402	429	451	1041
Betsy Wonyetye	402	~~424~~	~~424~~	214	231	~~237~~	633	402	~~418~~	~~418~~	1036
Beverly Jephcott	352	374	~~391~~	209	220	231	606	363	385	402	1008
Tegra Vetrovec	358	374	391	192	209	~~220~~	600	391	~~407~~	~~407~~	992
Sandra Golder	336	352	~~369~~	170	181	~~192~~	534	347	363	391	925
Yvonne Mellon	352	~~385~~	~~385~~	176	192	~~198~~	545	336	380	~~402~~	925
Marika Litras	~~319~~	319	336	214	~~226~~	~~226~~	551	330	~~347~~	~~347~~	881
Caroline Grassi	314	~~336~~	~~336~~	198	209	~~214~~	523	319	341	358	881
Sharon Warms	286	325	352	154	165	176	529	286	319	341	870
Jane Juergens	253	275	303	132	148	~~165~~	451	253	275	~~314~~	727
181 lb.											
Terri Byland	485	~~512~~	~~529~~	253	270!	~~281~~	755	440	485	~~523~~	1240
Shelby Corson	402	429	~~451~~	187	~~198~~	~~198~~	617	325	352	369	986
Lisa Noble	402	~~424~~	~~424~~	181	198	~~209~~	600	363	374	~~385~~	975
Melissa Moore	336	347	~~374~~	209	220	231	578	341	~~358~~	---	920
Deborah Rose	281	~~308~~	~~308~~	~~143~~	143	~~159~~	424	341	~~385~~	~~385~~	766
Leatha Butts	341	~~358~~	~~358~~	~~159~~	~~165~~	165	507				
198 lb.											
L. Costanzo	529*	551*	~~578~~	259	286*	~~303~~	237	468*	501*	~~529~~	1339*
Barbara Crocker	363	391	407	192	209	226	633	402	435	451	1085
Teri McKenzie	~~352~~	352	380	176	187	~~203~~	567	358	385	413	981
C.J. Basta	336	352	~~374~~	~~209~~	~~209~~	~~209~~					
198 plus											
Cheryl Klein	429	485	507	226	253	~~270~~	760	369	402	424	1185
Diane U'Glay	440	485	507	226	242	253	760	~~385~~	385	~~429~~	1146

* I.P.F. World Record ! American Record

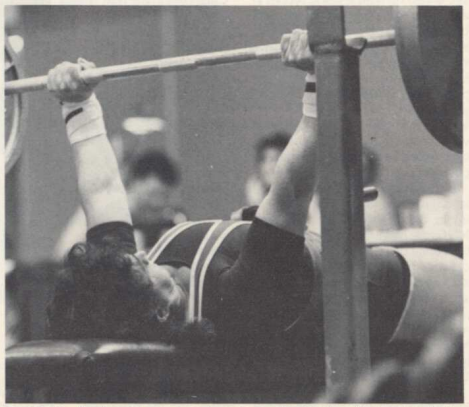


The Power and Elegance *of 1988 U.S.P.F Lightweight Champ, Jackie Pierce*

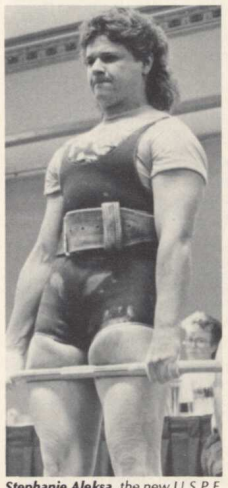
dicated that "eating" was her hobby, which got a chuckle or two from the audience. Jen Christiansen, who was All State in Softball and involved in collegiate lacrosse tied military lifter Tina Tumbling, and won the next slot on lesser bodyweight. Motorcyclist Lisa Roberts was next up, over Denis Ruthhardt, a banker and a mother, and another Texas lifter who competed the weeked before at their state meet. The final totaler was Chris Perrington of Texas, but not to be forgotten were two impressive non-totalers. Judith Averbach, a 4.0 GPA student in Math at Fayetteville State University in North Carolina, looked to be a serious threat to Steenrod, but her calculations were off in the bench press. 226 was simply too heavy, all three times. Gina Di Pietro, a snow and water skier from California and Bernie Gagne's team, was a fired up returnee from last year's meet, and was devastated when she couldn't get a deadlift on the books.

Jackie Pierce was very impressive in 1986 at the USPF Women's Nationals in Salt Lake City, but she had to pass her chance at a slot on the World Team that year because, happily, she was pregnant. When she isn't looking after her new child, she works as a librarian at Homestead Air Force Base in Florida. Jackie was a state champion in the long jump back in 1981, and uses her innate explosiveness now to power up the weights. She is immaculately stylish in her lifting, and had much more of a total in her, but for some big jumps that didn't pan out. She politely indicated to John Buckley not long ago that she WILL be the World Champion this year, and I think she WILL be hard to stop.

Next up was Stephanie Van De Weghe, who was Stephanie Virgin when Jackie shared the stage with her in Salt Lake, but she is now married to former *PL USA* coverman Jan Van De Weghe, and she still is a machine operator at Wigwam Mills in Sheboygan, Wisconsin. Besides that she is a black belt in karate, and enjoys throwing the Frisbee. Stephie bombed last year, but came in to this meet off a January 17th qualifying total of 445 215 440 1100. As happened in 1987, her groove in the squat seemed to vanish, but she still got one in, and finished up the rest of the meet solidly, holding off Janice Roge, who happens to work as a mason. 4th was a strong looking lifter, Stearlene Marshall, a California Highway Patrolperson. She is one of the new faces on Bernie Gagne's



Terri Byland *salvaged one American Record in the bench on a tough day*



Stephanie Aleksa*..the new U.S.P.F. National Middleweight Champion.*

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team with the departure due to injuries of Debbie McElroy Patton as well as Aloma Marquis and Maggie Sandoval (temporarily, as a result of new job situations). Tammy Lee Dianda, a Las Vegas doctor, finished up next over another doctor, Terry Walters, the 1987 ADFPA National Champ who is stationed with the U.S. military in Augsburg, West Germany. Shawn Wardinsky was in this meet last year. She's a student in Portland, Oregon. Deborah Bradberry had lots of support from the crowd because she was another of the many Texas competitors in the meet, but she also works as a firefighter, dabbles in rodeo, and was an All American outfielder in softball. Joyce Leon is an equipment mechanic out of Santa Ana, California and a former track & field athlete. Next up in the finishers for 132 was Earlene Boston, a lab tech from Ohio, and she came out ahead of another Texan, Kimberly Stokes. Texan Mary Morehouse missed making weight for the 132s, then bombed in this class, and Kristi Tift, out of Louisiana, joined her.

It is great to see success come to a hard working, veteran athlete like Stephanie Aleksa. She's been to this meet before, 4th in 1986 and 2nd in 1987, and now she's a winner. She had a perfect 9 for 9 day, and zoomed by three other sub-total leaders with the best deadlift in the class, by 49 pounds. Stephie works as a sales coordinator back in Oregon and trains out of Kenady's Gym. On the other hand, it's rough to see someone not get what they're capable of in a national meet. Betsy Wonyetye has the right attitude and will prevail in the future. Betsy, who is also active in rodeo and other sports, kidded her new husband Mike about how her total has gone nowhere since they got married. With one more good attempt, she could have been in the winner's circle. Beverly Jephcott, another new lifter for Bernie Gagne, works at Doug Pettit's MUSCLE MART in San Diego and had a fine national championship debut. Tegra Vetrovec was primed for a 1000 plus total, and almost got it, even though her handler, husband Jim, had his arm in a sling, the aftermath of a pec repair job.

Sandra Golder, assigned to the Medical Corps in Germany, was very pleased with her successes on the platform, where she was almost 9 pounds lighter than the New Jersey's Yvonne Mellon, whom she tied in total. Youthful Marika Litras of Hermosa Beach, California was a returnee from last year's meet. Unfortunately, she got off to a hard start, being timed out on her first squat attempt. Caroline Grassi, and aerobics instructor and strength coach out of Earlysville, Virginia was the next finisher in line, 5 kilos ahead of Sharon Warms, a Ft. Worth Police Sergeant, and Jane Juergens of La Porte, Texas.

At 181, Terry Byland moved up a class and moved her lifts way up, but did not get the really massive weights she seemed capable of. Her squats, especially, looked great, but got too



***Lorraine Costanzo** now OWNS the entire I.P.F. record book above 181 lbs.*

many reds. Shelby Corson, a former teenage power champ and a kayaking champ from Maine, was next up over Lisa Noble, long a collegiate powerhouse and now an interior decorator. Melissa Moore, who wrote the fine article on Lorraine Costanzo in the January/88 issue of *PL USA* was just up from the 165 lb. class, weighing 168.8 to get 4th place. Deborah Rose, a discus tosser from California was next, ahead of Alaska's Leatha Butts.

In the 198s, Lorraine Costanzo went back to her natural class, and gave the recordskeeper some writer's cramp with all the marks she busted. On her 2nd squat, a world record, she tore something in the back of her leg, and this hindered her on the next attempt and later in the meet. Still, she ended up with a world record in every lift, smashing her squat mark by 28 pounds, crunching Gael Mulhall's bench by 20 pounds, obliterating her own previous deadlift mark by 33 pounds, and shattering the previous total mark (her own) by 88 pounds. She now holds all the I.P.F. World Records in two complete weight classes, unprecendented excellence and domination in women's powerlifting.

Barbara Crocker, a research and legislative aide in Oregon, was next up in the 198s, followed by Teri McKenzie (yet another lifter from the host state of Texas. No wonder they only had 6 lifters in the women's division of the Texas State Championships - some of those and most of the rest of the state's top female PLers were in this meet!). C.J. Basta, a lab technician from Washington, valiantly struggled with a 209 bench press three times before leaving the meet.

In the 198 plus division, there were two brand new and very impressive lifters. They both tied at subtotal, making the same 507 squat and 253 bench, and only the deadlift could separate them. Cheryl Klein is a shotputter (13th in the nation with a distance of 54' 8¾" in a recent *Track & Field News* ranking) and discus thrower (23rd in the nation with a toss of 175' 1") on scholarship at Houston, and this was only her 2nd powerlifting contest. Her explosiveness was amazing, and she has the attributes to go much further in his sport, just as Diane U'Glay could do. Diane, I believe, has only competed twice before and has made enormous progress. Either one of them could be a record breaking World Champion in the next few years.

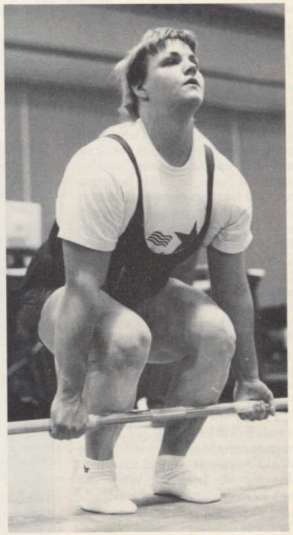
Now for a bit of summation. There were Best Lifter and Best Lift awards given for each day's competition. On the first day, Mary Ryan Jeffrey cleaned up with the Best Squat, Best Bench, and Best Overall Lifter awards. I believe that Sherrie Burns got the Best Deadlift award. On the following day the Best Squat award went to Lorraine Costanzo, Best Bench to Terri Byland's American Record, and Jackie Pierce took both the Best Deadlift (on her opener!) and Best Overall Lifter titles. The team competition went to the 84 points of Fitness World, over the Texas team, and the Army contingent. Meet director Jim Griffith succeeded in many ways with this contest, and might get the meet again next year, and I imagine most people think that would be just great.

The drug testing at the meet went very smoothly. All the competitors were gathered up as they finished their last attempts and were marched off to provide a urine sample. Dr. Richard and Stella Herrick of the U.S.P.F. Sports Medicine Committee were pleased with the medical staffing at the meet, with the likes of Ron Brenner DC, Thomas Hyde DC, Robert Windsor MD, Mike Lippe DC in attendance, and they indicated to co-Meet Directors Jim Griffith and John Pettitt that they had never as much cooperation in handling their tasks.

There were many U.S.P.F. qualified judges in attendance, though more could have been used, and they went about refereeing and professionally handling the many behind the scenes duties, mostly taken for granted, that help meets like this turn out so well.

About two weeks after the competition, we received word that all the women who were drug tested had passed the test, and that the individual class winners were selected as the team to represent the United States in the I.P.F. Women's World Championships in Brussels, Belgium in early May. The 1st two alternates are Barbara Crocker and Diane U'Glay, and the rest of the alternates are unranked. Coach of the team is Dave Jeffrey. Co-managers are Ramona Kenady and Tony Fitton.

PHOTO CREDITS...Linda Finnegan provided the shots of Ann Leverett, Delcy Palk, and Stephanie Aleksa. Others by POWERLIFTING USA.



***Cheryl Klein**...how far will she go in the sport?*

MUSCLE GENESIS?

by Dr. Judd Biasiotto, WORLD CLASS ENTERPRISES

In 1981, we were hired by the Kansas City Royals Baseball Academy in Sarasota, Florida as research consultants. The Academy was an Orwellian adventure into esoteric sports research that was easily decades ahead of any sports complex in the world. More specifically, the Academy was a scientific institution that was designed to enhance athletic performance through science.

The Academy was the brainchild of Ewing Kauffman, the owner of the Kansas City Royals. Kauffman believed that athletes who had raw physical talent could be transformed into super athletes through advanced scientific technology. No expense was spared to make his dream a reality. A ninety million dollar complex, housing the most sophisticated laboratories in the world, was constructed on a 200 acre site. The Academy was then staffed by the best scientific minds that money could buy. Scientists were brought in from throughout the world - Japan, Soviet Union, Italy, France, etc. - to help Kauffman create the super athletes of the future. One such scientist was Dr. Scherzo di Abril, a neurophysiologist who was working to perfect an electromagnetic stimulator that he believed could be used to increase the number of muscle fibers in a human being.

You may already be aware that the phenomenon of *hyperplasia* (an increase in the number of cells) is believed by most scientists throughout the world to be impossible in reference to muscle fibers. According to cellular research, fat cells for example can split, but muscle fibers will not. In other words, the organization and number of muscle fibers an individual has is determined strictly by genetics. Dr. di Abril disagreed. He felt that genetics could be altered throgh the stimulation of invidual myofibrils with a high frequency electrical current. Di Abril said that if the current was strong enough and administered at a precise position in the myofibril, the cell would split. Not only did he maintain that this procedure was possible, but he also claimed that he had actually utilized this procedure to bring about hyperplasia in monkeys.

Of course, the significance of such a finding would mean that an individual's strength could possibly be doubled, even tripled. Unfortunately, at the time of his visit, di Abril could not provide the Academy researchers with concrete evidence that he could, or had brought about hyperplasia. Consequently, most of the Academy personnel were skeptical of his claims. This skepticism was further compounded whan an Academy research team conducted an extensive search of the research literature to determine the resuls of previous experiments in this area. They uncovered a great number of studies, all of which indicated that electrical stimulation could not enhance strength, nor could it bring about hyperplasia. Dr. di Abril countered that the reason these studies could not show a strength increment or hyperplasia was that they failed to stimulate the *individual* muscle myofibril.

Just when the Academy was about to pull the plug on di Abril's electrical stimulator, an article appeared in a sports magazine indicating that some Bulgarian lifters had indeed brought about hyperplasia. To quote: *"Bulgarian sport scientists have claimed that muscle biopsies performed on their lifters revealed that muscle fibers of those lifters had increased, not so much in size, but in numbers, a phenomenon known as hyperplasia, which is believed impossible. One US researcher contends that the claims made by the Bulgarians may indeed be legitimate. Dr. William J. Gonyhea is professor of cell biology, director of the Anatomy Department and Distinguished Professor of Exercise Science at the University of Texas Health Sciences Center in Dallas, and since 1977 he has conducted studies in which cats undergo heavy resistance training. His report that microscopic analyses of the cross section of the trained muscles revealed that the number of fibers had indeed split in some way and increased in number was met by doubt or outright disbelief in the scientific community. When told of the Bulgarian training methods and claims of hyperplasia, Gonyea said, "In my judgement, it is entirely possible they have found a way to produce hyperplasia. There is no doubt in my mind that in our cat models the fibers were increasing in number and, given that, it should happen in humans if the stimulus is sufficient."*

Kauffman, still skeptical, but realizing the monumental potential of such a discovery, invested a quarter of a million dollars in di Abril's research. That was three years ago. Unfortunately, the Academy has since closed due to financial difficulties, however, many of the researchers were contracted to do independent research for Kauffman. Fortunately, we were two of the researchers that were retained.

Recently we received a phone call from John Sherhoultz, the GM of the Kansas City Royals, and the former research director of at the Academy. Sherhoultz told us that di Abril had succeeded in bringing about hyperplasia in a human being, and that Kauffman was going to send a research team to Italy to substantiate his claim. He also extended us an invitation to be a part of Kauffman's team. Three days later, accompanied by Dr. T.M. Hines, Dr. Steve Futch, and Dr. Steven Musgrove, we flew to Milano, Italy. What we observed at the N.I.A.F. (National Institute for an Athletic Future) we believe will render strength training, as we now know it, obsolete in the near future.

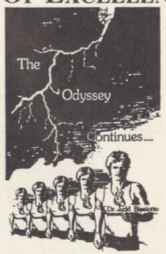
Muscle biopsies of three athletes tested by our team revealed that Dr. di Abril had indeed brought about hyperplasia. Best yet, the strength of all three athletes had increased more than fifty percent in a time period of less than eight months. Even more incredibly, at least to us, was the awesome strength that the lifters demonstrated. For instance, Pietro Gargano, a 207 pound Olympic lifter, squatted a very deep 429.5 kilos for five easy repetitions. That translates to a mind boggling 945 pounds! He also clean and jerked 212 kilos (466 lbs.). Although he wasn't schooled in the deadlift per se (they do high pulls), we were able to prompt him into a deadlifting exhibition that culminated in an easy 858. We were unable to talk him into bench pressing, but his coach claimed that he could do well over 500 lbs. In fact, his coach went so far as to say that Gargano couuld at this time compete favorably with "our American Strongman, Coan". Within a year, and with the use of di Abril's technique, Gargano' coach felt that Coan would no longer serve as competition for Gargano. The other two athletes were equally as powerful. Unfortunately, all three athletes are being primed for a record breaking performance in the 1988 Olympics, and will not make their powerlifting debut until after the Games.

On a less encouraging note, the technique requires sophisticated equipment, an inordinate amount of time, and most likely a neuro-surgeon who's had considerable schooling in the procedure. Here's how we understand the technique to work. First, you must isolate the individual myofibril with the aid of a stereotaxic instrument. When that is accomplished, a needle electrode is then inserted into the sarcolemma of the fiber. After this is accomplished, an electrical current is then administered. The intensity of the current is of sufficient magnitude to split the fiber, but still low enough to cause minimal pain to the individual. Although pain is of little consequence in the procedure, there are inherent dangers. Because the procedure is invasive, some tissue is damaged. There is also the possibility that because of the rapid development in muscle mass, the tendons and ligaments will be unable to accommodate this growth, since this tissue is not replicated. Let us not forget the moral and ethical issues involved here. Anytime you surreptiously use any means to gain unfair advantage over another athlete, you are cheating. These are all issues that must be addressed in the future.

Without a doubt, this technique will not only revolutionize strength training, but the entire realm of athletic performance. Arrangements have already been made for our research team to spend the next three months in Italy to acquire a greater understanding of Dr. di Abril's technique. We plan on sending *PL USA* a continuing update as things develop.

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JIMMY VRABEL SQUAT ROUTINE

as told by his friend, Doug Daniels

This program is designed for a 500 lb. squatter, and is basically the same training cycle I have used for the last 3 years. The first 4 weeks, don't use wraps or a tight lifting suit. Limit the use of a lifting belt to the heaviest set, if at all. During Weeks 5-9, put on your belt and wraps, and the lifting suit, but don't put the straps up. Week 12 is meet week, where you work up to your contest opener.

Always warmup to your top set, and then work down as your energy and strength decrease. This method allows maximum intensity and efficiency. Here is an example of a warmup to your top, or work set: 135x8, 225x6, 315x3, 355x8 (work set), 340x8 (down set), 325x8 (down set). The light squat day is used as a warmup to the deadlift. Concentrate on speed and explosion out of the bottom. Limit your personal equipment on light days to your belt only.

The gradual introduction of supportive squat equipment accomplishes several things; it doesn't 'addict' the lifter to their constant use so the muscles do most of the lifting, not the suit and wraps. It gradually accustoms the squatter to each piece of gear's benefits and effects on leverage. It also enables the lifter to increase the weights used over the cycle for the building of confidence and development of technique.

There is little need for much assistance work, however, some ab crunches, calf work, and stretching are critical.

As the weeks progress, pay more and more attention to squat form and reaching proper depth. Have a competent training partner keep tabs on these. Sit into the squat on the way down and stay tight. When you rise up, keep the head up and back flat. Practice setting up for the squat during training so you expend minimal energy. You'll need it for your third attempt at a new P.R. Keep reading *PL USA* each month and save all your issues for future reference. Good Luck!

Week 1: Heavy Day: 355x8, 340x8, 325x8. Light Day: 315x8x2 (No Suit or Wraps)

Week 2: Heavy Day: 365x8, 350x8, 335x8. Light Day: 315x8x2 (No Suit or Wraps)

Week 3: Heavy Day: 375x8, 360x8, 345x8. Light Day: 315x8x2 (No Suit or Wraps)

Week 4: Heavy Day: 385x8, 370x8, 355x8. Light Day: 335x8x2 (No Suit or Wraps)

Week 5: Heavy Day: 425x5, 410x5, 395x5. Light Day: 335x8x2 (Suit Straps Down)

Week 6: Heavy Day: 440x5, 425x5, 410x5. Light Day: 335x8x2 (Suit Straps Down)

Week 7: Heavy Day: 450x5, 435x5, 420x5. Light Day: 345x8x2 (Suit Straps Down)

Week 8: Heavy Day: 470x3, 450x3, 430x3. Light Day: 345x8x2 (Suit Straps Down)

Week 9: Heavy Day: 480x3, 460x3, 440x3. Light Day: 365x8x2 (Suit Straps Down)

Week 10: Heavy Day: 495x3, 475x3, 455x3. Light Day: 365x8x2 (Straps Up)

Week 11: Heavy Day: 515x1, 500x2, 485x3. Light Day: 365x8x2 (Straps Up)

Week 12: Heavy Day: 475x1. Take this workout on Monday or Tuesday before the Meet. No Light Day this week. Meet Attempts: 480, 510, 525.

For further information or custom designed power training programs contact: Doug Daniels or Jim Vrabel at Strength Ink, Inc., P.O. Box 148, Hammond, IN 46325.



***Jim Vrabel** at the APF Sr. Nationals.*

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May 21 - Alamo Open, San Antonio, TX
June 11-12 - Muscle Beach, Galveston, TX
June 25 - Summer Nationals, Dallas, TX
July 2 - 4th of July Spectacular, Wichita, KS
July 9-10 - USPF Senior Nationals, Las Vegas, NV
July 16 - Carlsbad Open, Carlsbad, NM
July 30 - Cincinnatti Open & Natural Novice, OH
Aug. 6-7 - USPF Teenage Nationals, Houston, TX
Aug. 13 - USPF Open Nationals, OK City, OK
Aug. 27 - Longhorn Open, Lubbock, TX
Sept. 17 - Tyler Open, Tyler, TX
Dec. 10 - Lubbock Open, Lubbock, TX

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Oct. 22 - Denver, CO
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Nov. 5-6 - Las Vegas, NV
Nov. 12-13 - Kansas City, MO
Nov. 19-20 - St. Louis, MO
Nov. 26-27 - Dallas, TX
Dec. 3 - Madison, WI

* The Regional and National meets this year will feature the following divisions: Pure, 1 Year, Masters 1 (40-49), Masters 2 (50-up), Women's, and Teenage. You must lift in a Regional Qualifier to qualify to lift in the Nationals. The top 4 from each weight class, each division, each regional will automatically qualify for the Nationals. We will then pick 10 "At Large" lifters each weight class, each division, to lift in the Nationals. These meets will also serve as the Jr. World Selection meets for all lifters who will not be 23 years old before 10-1-89. Special air fare packages for all lifters and spectators, absolute lowest prices 1-800-346-2602.

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More From Ken Leistner

One of our patients is a young man by the name of Charles Scarlett. He is one of the football players at Malverne High School who appears to have the potential to eventually play in college. Although relatively thin at 5 ft. 11 in. and 180 pounds, he possesses a tremendous of 'naturally occurring' strength. Much of this I'm sure, comes from his father, Roy. Father and son often work together at Roy's automotive repair shop, lugging transmissions and engine blocks, and twisting wrenches and screwdrivers.

While treating Roy for an elbow related problem, I noted the tremendous strength he had in his hands and forearms. Most regular readers of *PL USA* know that I am a strong advocate of grip/forearm training, however, while doing manual resistance work for rehabilitation purposes, Mr. Scarlett demonstrated useable power that was definitely beyond many of our lifters and football players who spend time training their forearms properly.

Within two days of treating Mr. Scarlett, Steve Zinn, owner of the popular Zinn's Gym, perhaps the best known bodybuilding establishment in our area, made an observation about some of the powerlifters in his gym. 'Almost everyone of my guys, and a lot of women too, use straps. Unfortunately, they use them for almost everything.' He stated his belief that one might benefit from the use of straps while deadlifting for reps, or while doing partial range deadlifts where one's grip could compromise the ability to hold the heavier-than-usually-used weights. However, it was also Steve's belief that many shoulder and elbow injuries that occur in the gym, the type that have no obvious cause, arise from the use of straps when doing upper back work.

Partial range deadlifts and lat pulldowns can be valuable exercises for the powerlifter. Deadlifts from the knee obviously allow the use of weights heavier than those used from the floor. Straps make it much easier to hold and control the weight. Unfortunately, many use straps for all their deadlifts, with the rationale that they want to train their back, not their grip. The straps, from their perspective, allow them to train with the heaviest weights possible, without worrying about their grip. What usually occurs, is a *POWER HOTLINE* report about an up and coming lifter who deadlifted 777 for a double in training, yet cannot hold a 722 opener, resulting in a bomb, or at least a very sub par performance come meet time.

Certainly, straps can be used at times, but the majority of one's deadlifts, especially those taken from the floor in competitive style, and most definitely, those done in the four weeks period prior to competition, must be done without straps if one expects to be able to hold the weight during their contest. This observation is one that has been made numerous times, by many in the sport, however, Zinn's comments bear scrutiny too, because the danger and disadvantages of using straps for upper back work may not be as obvious.

Through the 1960s and 1970s, one rarely saw anyone using straps to assist them while doing lat pulldowns. Olympic lifters, and in time, powerlifters, were the only ones who utilized lifting straps. Deadlifts, cleans, and pulls were perhaps the only movement in which the straps were used, at least on a widespread basis. In the past few years, however, straps as well as lifting belts and knee wraps, are almost obligatory. Amazingly, non-competitive, fitness-oriented trainees, too, feel that this type of assistive equipment should be standard gym issue.

The lat pulldown to the back of the neck, especially if done with a moderately spaced, palms parallel grip, can be an effective exercise for the musculature of the upper back and biceps. A palms-towards-one's face grip, with the pull being completed to the chest, places the biceps in a stronger pulling position, and is another effective variation of this movement. However, when one uses straps, a heavier than normal weight can be used. One's first conclusion might be, 'Excellent, this will increase the intensity of the exercise.' While this may be true to a certain extent, the connective tissue in the shoulder and elbow region is exposed to stresses far beyond the norm, especially when a typically sloppy and/or explosive style of exercise is used. Yes, the muscles may work harder against the heavier weights, but injury probability is increased disproportionately to the potential muscular benefits.

What usually occurs is an eventual buildup of discomfort and inflammation in the affected joints. Over time, the pain becomes obvious, although the cause may remain obscure. After a few months, the lifter may suffer with a condition variously diagnosed as 'tendonitis', 'bursitis', 'rotator cuff impingement syndrome', or any number of other disorders. The yanking and pulling of very heavy weights, made possible only through the use of straps, remains the hidden culprit.

Straps can be used benefically with some movements, but when I think of Roy Scarlett's vise-like grip, it serves as a reminder that one must handle their weights without these straps as often as possible, in order to build a grip that will not fail during limit, maximal platform attempts. Doing a bit of extra forearm work will not make up for a refusal to deadlift heavily without straps. Whenever a lifter glares menacingly at his hands after losing a competition deadlift, I laugh. All of us want our peers to believe that we had the power to overcome the weight, and that we would have, if not betrayed by our inability to hold the weight. What most often happens, of course, is that one lacks the pulling power to elevate the weight successfully. Almost as common might be a relative weakness in the hands and gripping strength, which does not allow the lifter to control the weight so that the bar remains in the proper position throughout the entirety of the lift. Loss of position, no matter how minor, will cost you a limit attempt, thus casting the grip into the role of the villain, a role easily circumvented if one leaves their lifting straps in their gym bag.

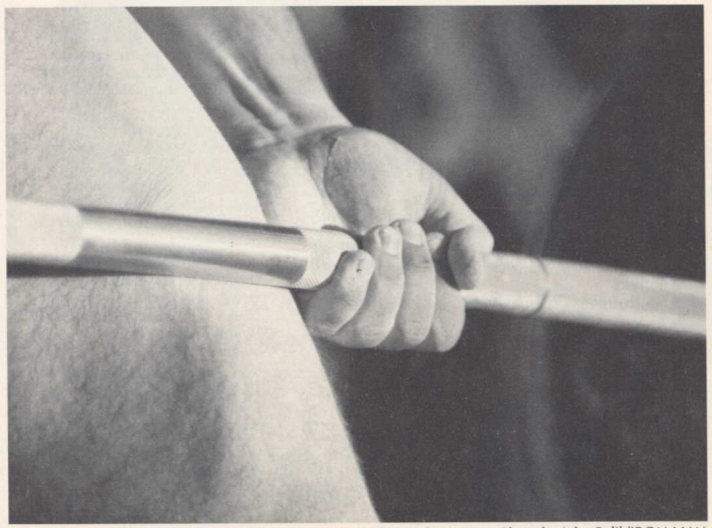
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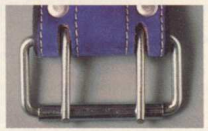
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STARTIN' OUT

A special section dedicated to the beginning lifter

Training Diary

One of the most valuable, yet simple tools a powerlifter can use is a training diary. It can be helpful to lifters of all levels, not just rookies. If maintained and used properly, it can help insure continued progress.

It should be used to keep track of training. That includes date, sets, reps, weights, exercises, bodyweight, supplements, time, length, and place of workout, weight machine settings, training tempo, gear, and general comments. This information can prove to be a valuable database to refer back to over the entire course of your lifting career.

Tracking the weather will do you little good, because there is nothing you can do to change it, but tracking your training can give you valuable clues to constantly refine your plans. The value of this activity can be both short and long term.

For the short term, it can document your recent workouts, listing your latest accomplishments from which you can progress. For example, last time you benched 205x8, this workout your goal is 5 pounds more or 210. You don't need to rely on your memory for any information. Also, your diary notation stands as a written bench mark that glares at you, daring you to surpass it, and is essentially a source of self motivation.

Over the long term, it can prove to be even more valuable. It can document trends and signal problems and successes. By examining past workouts and entire cycles, you can see when overtraining set in, or which exercises, sets, and reps seemed to work during that period; which lift seemed to peak out too soon or not at all. Extra comments on supplements and extracurricular events, etc. may show something now that meant nothing to you in the past when you were not as experienced. It may show that your latest training strategy is not as effective as a previous one. You may want to revert back to it on the next cycle. Without a diary, you could only guess what you did a ways back. That may or may not be what really happened. With a diary, you have valid, reliable (as reliable as it was entered by yourself) information.

You could take the workouts and chart them in graph form for a more clear examination. If you own a personal computer, you could develop many models to work from. Your diary could also be kept on a PC on an ongoing basis. You hackers out there can dream up limitless applications for a PC in this situation. You can also use the diary to make projections, using previous cycles as the basis.

Advertised in this magazine and others are specialized training diaries. There are blank forms for all relevant information to be tracked. For most, a regular notebook or steno pad will do quite nicely. A diary might just be the most cost effective lifting tool available. Take it with you to the gym with a pencil and fill in your workout as you go. That way the information is entered more accurately from the start. I would suggest starting a new section with every new contest training cycle. Climax each section with your contest attempts, including warmups. Review it afterwards, while everything is still fresh in your mind. Use this cycle's information as a basis for the next one. File it away and refer to it at specific times along with other cycle diaries. By using them wisely and learning from the past, they can help you refine and develop your training practices. Who knows, if you keep your records well, Mike Lambert may request your last squat cycle for the next 'Workout of the Month.'

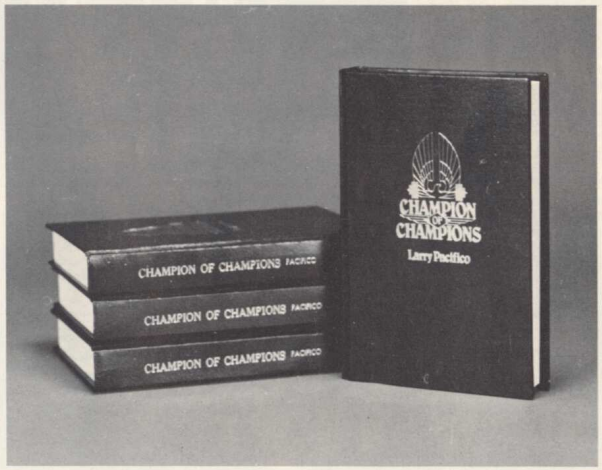
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GOOFUPS we had the photos switched on pages 60 & 65 of the March/88 issue of *PL USA*. Also, Adam Auerbach's name was mispelled in the results of the Denver Natural Nationals Regional, and Bob Eickstaedt did not have his 530 bench press at 242 listed on the TOP 100 242 list. Walter Thomas did not have his lifts from the ADFPA National Masters Championships (639 479 639 1759) on the TOP 20 ADFPA list for Midheavyweights. We have some additional entries for the Women's TOP 20 list, including Andrea Sortwell's bench press of 198 lbs. and total of 826 in the 132 lb. class, and C. Westin's 226 bench and 940 total as a lightweight.

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INTERVIEW

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

The Best of Dan Austin

by Judd Biasiotto Ph.D. & Arny Ferrando of WORLD CLASS ENTERPRISES

To meet the IPF World Lightweight Champion, we went to Murfreesboro, Tennessee to see Dan Austin. Austin was there to do a lifting exhibition for the National Speed and Strength Clinic that had been organized and directed by E. J. "Doc" Kreis.

For close to a half decade, Austin has appeared on the center stage in the 148 pound division in either the USPF or ADFPA powerlifting organizations. A multiple world champion and world record holder, Austin is clearly establishing himself as one of the greatest powerlifters of all time. Not too long ago, however, his All-American image was tarnished when he failed to pass the drug test at the ADFPA Nationals. Undoubtedly, the incident is the nadir of a powerlifting career that has been otherwise unblemished by a defeat or scandal. Consequently, it was Austin's fall from grace with the ADFPA that provided the opening question for our conversation.

WCE: Let's get some of the tough questions out of the way right at the start. For years you have been a proponent of drug-free lifting, yet in 1984 you tested positive for steroids. Would you explain the circumstances surrounding the aforementioned allegations?

Austin: *1984 was a year that went from sweet to sour, then back to sweet. It was while I was training for the USPF Senior Nationals that I decided to lift in the ADFPA Nationals. Two weeks after winning the USPF Nationals, I entered the ADFPA Nationals. I failed the polygraph test several times before I finally passed it. I really don't know why I failed the test. I had not taken any type of drugs nor was I on medication. At the World Championships in Dallas, Texas, I was given a urine test; my sample was divided into two containers (A & B). Weeks later I received a call informing me that my "A" sample was positive. This was really getting to me, and I was certain that someone was out to get me. I requested my "B" sample to be tested. It came up negative. My "A" sample had shown that I had taken Primobolan. I don't know how they came up with that. My supplements for the worlds were amino acids, a multi-vitamin pack and (D.A.G.) Direct Absorption Glandulars. Before I end this response, I would like to share with your readers an experiment I had with drugs. In 1982, after finishing 3rd in the Senior Nationals, I was given a lecture on anabolic steroids from an individual who had been taking steroids for 12 years at that time and claimed that he had not experienced any type of side effects. He said if I did this, took that, then I could be the next Mike Bridges within a year. This person sounded like he was out of a medical journal and had me believing that everything he said was or could be true (my mistake). A month laster I purchased two bottles of Winstrol. A month passed and I finally got up the nerve to try them. For two weeks, I took two tablets at lunch. Because I was told of such dramatic gains, I immediately looked for the quick result, but it never came. For two weeks I was drilled by heavy weights, and I became very discouraged, because I did not get the results fast enough - so I gave them away. This has been my only encounter with any type of drugs.*





Dan Austin*..at the awards ceremony for the lightweight class at the 1987 Worlds, and below, squatting big at the 1987 U.S.P.F. Senior Nationals.*

WCE: Do you feel wronged by how the ADFPA handled your case?

Austin: *No, not at all. After I failed the test, the committee heard my plea and granted me another chance to take the test. They could have said no, because I had failed the test several times. I thought they handled it very well and I was very thankful for the second chance.*

WCE: Now that you're once again in good standing with the ADFPA will you compete under the banner again?

Austin: *Definitely yes. As a matter of fact, I will compete in an ADFPA meet this year.*

WCE: It's been said that the great athletes are driven, obsessive even, yet your temperment seems anything but obsessive. Is there an internal drive in Danny Austin that is not overt or are you the antithesis of most world class athletes?

Austin: *Dan Austin is definitely an introverted person. I believe in letting my lifting do my talking, staying calm, and keeping my emotions to myself.*

WCE: Roger Estep once said that the hardest thing is not getting to the top, but staying there. Have you found that to be the case?

Austin: *Roger is right. It's like playing "King of the Hill" and everyone is shooting for you. There's only room for one.*

WCE: Your physical presence is not formidabile compared to many world class powerlifters, yet you are capable of world class poundages. Come on Danny - what's your secret?

Austin: *Secret! I've been asked this question a thousand times or more. The truth is, there is no one key factor that I can point out. My success is contingent upon several factors: positive thinking, diet, hard training, being injury free, smart lifting, motivation, and goal setting are just some of the key factors.*

WCE: When it's all said and done, how would you like to be perceived in the powerlifting community?

Austin: *As an individual who is friendly, loved the sport, loved the competition, and did whatever he could to help promote the sport of powerlifting.*

WCE: Ausby Alexander has totaled 1700 and is obviously a threat to your title if he were to go back to 148. Who else do you see as serious challengers to your title?

Austin: *I'm one who takes every meet seriously and I don't relax until the last deadlift has been pulled. My biggest challenge will be myself, but if I had to pick someone, I'd say Bob Bridges, or Randall Kea, if he moves up.*

WCE: What are your future goals as a powerlifter?

Austin: *To stay healthy and compete as long as I can. If I do what I'm capable of doing, winning will take care of itself.*

WCE: It's been rumored that you're in line for a job as a strength coach for a professional team. What exactly is your status?

Austin: *Presently I'm still here at A.P.S.U. Earlier in the year there was only small talk, nothing serious at that time.*

WCE: With all the factionalism in powerlifting (the USPF, ADFPA, APF, IPF, Lifetime Drug Free) how do you see the future of the sport?

Austin: *Because I try to see things from a positive point of view, I think the sport of powerlifting will continue to grow. How far the sport can or will go depends on the lifters. We are the ones who make the sport and we must do whatever we can to expose the sport to the public and media.*

WCE: Your best total is what, and how much further do you think you can go?

Austin: *1620 in the '87 Senior National Championship. I don't think I've come anywhere near my capability. I'm more of a conservative lifter, so it's just a matter of time before my big total comes.*

WCE: The poundages have increased so dramatically in the last half decade - to what do you attribute such a radical jump - equipment, training, drugs?

Austin: *There is no one key factor I can point out, but there is a combination of things: drugs probably being the top factor, followed by equipment, knowledge, and training.*

WCE: At one time, Larry Pacifico was untouchable. Then it was Bridges, and now it's Coan. Make a prediction for us - who do you foresee as the next "Great One"?

Austin: *This is a tough one. I see Ed Coan as the top lifter as long as he wishes. I'm going to cop out on this one because Ed is young and has a lot of years ahead of him, but I think the next "Great One" will emerge from the 165 lb. wt. class.*

WCE: If you had to pick a "Dream Team", the best team today to represent the U.S. in the worlds - all politics aside, who would it be?

Austin: *123 - Lamar Gant, 132 - Joe Bradley, 148 - Ausby Alexander, 165 - Gene Bell, 181 - Mike Brides, 198 - Larry Pacifico, 220 - Ed Coan, 242 - John Kuc, 275 - Doug Furnas, SHW - Bill Kazmaier.*

WCE: If you had any advice to give a novice powerlifter, what would it be?

Austin: *Be patient, concentrate on technique, don't sacrifice form for weight. Build a good solid foundation. I'll tell young lifters to run their own life, make their own decisions, because their health is the most important thing they have. No money or trophy is more valuable.*

WCE: What are the high and low points of your career?

Austin: *My high points I would say were winning the Nationals, Worlds, and totaling over 1600. My lowest point is when I went through the 1984 drug issue.*

WCE: Considering everything - championships, injuries - everything you've been through, if you had it to do over again, would you change anything?

Austin: *No. Every time there has been failure, I've looked at it as a motivation factor and after thinking about it for awhile, I ask myself, what must Dan Austin do to improve himself?*

WCE: Are there any closing comments you'd like to make?

Austin: *I would like to thank the following individuals who have had an impact on my lifting career. Mike Apps, Mike Hawkins and the gang at Greenville Athletic Club, Nick Strange and the gang, James Callaway, and Bob Plott and Thro-Lo Company, and Performance Plus.*

Book Review...the newest book from the pen of Judd Biasiotto Ph.D., and published by WORLD CLASS ENTERPRISES, is called, appropriately, ***POWER***, and it is about all the many techniques that Judd has experimentally determined to be most effective in developing strength for Powerlifting. It is, as Judd states, "guaranteed to improve your lifting significantly". After 15 years of his own research, he must know something, otherwise how could a self-confessed 131 lb. "pair of plyers in shorts" squat an amazing 575 lbs. in competition. Judd is a natural athlete, using the available powers of modern science to improve his lifting, rather than drugs, and he has been one of the greatest performers in A.D.F.P.A. (American Drug Free Powerlifting Association) history. To put it bluntly, as Judd always does, "Dumb isn't cool," meaning that, in this day and age, if you are not taking advantage of the lessons science has learned, your competition will be doing so. One of the great secrets of his lifting success has been an obsessive attention to proper form. Judd has watched films of his lifting perhaps 1000 times, and he mentally rehearsed his 575 squat perhaps 30,000 times before actually attempting the lift. He once put 35 pounds on his bench in only 4 months, not by getting stronger, but by paying attention to his form in the lift. One of the most revealing aspects of this book is the astonishing degree of self-analysis that went into the accomplishments of this "weakest strong man in the world". Judd's entertaining writing style winds you through a myriad of subjects, from the amount of time you should rest between sets, to flexibility training, and biorhythms. It is a very worthwhile addition to any lifter's library. *Mike Lambert*

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Update Four

To "Drug Use and Detection in Amateur Sports"

By Mauro Di Pasquale, B.SC., M.D.

This update concentrates on the controversies surrounding drug testing. Included is an in depth discussion and analysis of the deficiencies of the present anabolic steroid testing protocols.

Other topics covered are growth hormone (clinical trials using the new synthetic growth hormone), growth hormone stimulators, a critique on the arsenal of drugs used by modern bodybuilders and powerlifters, and medical advances in the treatment of male baldness and female hirsutism (facial and body hair)

The price of Update Four is $10.00 U.S. Funds,

Plus $1.00 Postage and handling.

The cost of the book "Drug use and detection in Amateur Sports" plus all four updates is $28.50 U.S. Funds plus $3.00 postage and handling.

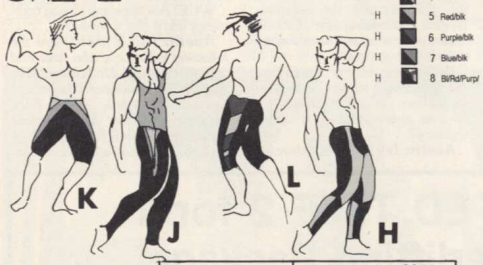
My book and updates are **The** source for information on drug use by athletes (especialy anabolic steroids, growth hormone and other ergogenic substances) and the available techniques for drug detection.

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Ask the Doctor

This column will answer questions about drugs used by athletes and the available detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send $15.00 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale, MD, 23 Main St., Warkworth, Ontario, Canada K0K 3K0. (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

DEAR DR. Di PASQUALE: I've developed a problem over the last year on which I could use some help. I've been powerlifting for the past five years and using anabolic steroids for the last three years. Near the end of my last cycle, I started to develop enlargement of both my breasts. I stopped using the steroids and have been off them for several months. The gynecomastia hasn't gone away as I had hoped. I saw a plastic surgeon and a dermatologist and both said that I should have it surgically removed. Is there some way I could treat it without surgery? Can I still use anabolic steroids if I have the surgery done? Can I go back to some form of anabolic steroids if it goes down without surgery? **Les D.**

DEAR LES: *There are several things you can try that may or may not resolve the gynecomastia. Although the information below appears in my book and updates, it bears repeating. The first step I would take is to use a combination of* Nolvadex *(an antiestrogen) orally, and dihydrotestosterone cream locally. The* Nolvadex *and the dihydrotestosterone together decrease the overall estrogenic effect on the breast tissue by two separate pathways. The* Nolvadex *decreases the effect of any estrogen present while the dihydrotestosterone decreases the tissue concentration of testosterone and other androgens and therefore decreases the local formation of estrogens (which is derived from these peripheral androgens). Thus, these compounds decrease the estrogenic hormonal input to the breast tissue and will lessen the gynecomastia.*

In many cases this approach will decrease the amount of breast tissue but likely some breast tissue will still remain. If this residual breast tissue is not too noticeable, then most athletes elect to just leave it alone. If it is noticeable, the only alternative is surgery. However, even if surgery is done, using Nolvadex *and dihydrotestosterone will shrink and concentrate the breast tissue making it easier to remove and leaving a smaller scar.*

The continued use of anabolic steroids (especially the ones which aromatize - see Update Two for a comprehensive list of anabolic steroids that don't aromatize) may increase the gynecomastia. In cases where an athlete wishes to continue using anabolic steroids, but doesn't want the residual breast tissue surgically removed, then its important for that athlete to use Nolvadex *along with a non-aromatizing anabolic steroid to prevent the increase in gynecomastia. Even if the breast tissue has been surgically removed it is prudent to exercise some caution in case some small islands of breast tissue remain after the surgery.* ***M.G.D.***

DEAR MAURO: In reading you Update Three, I came across a mention of the cartilage based compounds, *Adequan* and *Catrix*. Recently I was diagnosed through X-rays as having chondromalacia in the left knee. I am 32 years old and have been squatting heavily for the past two years. I would like to keep on competing, but the doctor who diagnosed me told me to quit squatting forever. I would like to know if either *Adequan* or *Catrix* would help my knee. Where could I purchase them? I don't want to stop squatting and competing. **Robert D.**

DEAR ROBERT: *The cartilage based compounds are available from two different sources. Compounds like* Adequan *are only available through a veterinarian. It may be difficult to get any of these compounds for human use. The research I have done shows that these compounds could be quite useful for a host of joint problems. The other compound,* Catrix, *is only available from a Dr. Prudden, a doctor who has a practice in New York City.* Catrix *comes in both injectable and oral forms. I've heard that* Catrix *has helped some patients with arthritis, but not enough is really known about its effectiveness for patellar chondromalacia.*

Unfortunately I have had problems getting Catrix *from Dr. Prudden so I really have not been able to test it out. You could perhaps try to contact him and have him send you more details on* Catrix.

Rather than looking to these compounds for relief of your patellar chondromalacia, perhaps you should be getting another opinion on your knees - preferably from a sports medicine specialist. There is a lot that can be done surgically (sometimes through a suprisingly small incision) to improve you knees and keep you squatting. I've enclosed a copy of a study showing the effectiveness of one surgical method for treating patellar chondromalacia. You could perhaps contact the authors of the paper if you're having problems finding a good orthopedic surgeon. ***M.G.D.***

Question & Answer

Your training questions answered by Roger Estep, 1979 Sr. National Champ, World Record Breaker at 198, and 1985 MR. IRON MAN. For a personalized answer, send $15 to Roger Estep, 1413 Holgate, Anaheim, CA 92802

DEAR ROGER: I have been squatting in a new style for the last four months, low bar squats, for a meet I entered last week. After these low bar squats I could do 260 kilos, 15 kilos more than my previous best squat in a meet done the year before in high bar style. I am 6'3" tall. This year I weighed 244 pounds; last year, 256 pounds. This year I bombed out in the squat, being undernourished and overtrained. I could not achieve legal depth either after the low bar squat training. My deadlift for this meet was 600 pounds - barely! When I was squatting high bar style I could rep out with 600 and my best deadlift was 670 pounds! Should I revert to high bar squats? Being so tall I found that my best reps on the squat high bar style are sometimes like good mornings. I also believe high bar squats isolate the quads more and help the pull from the floor. Olympic squats developed my lower erectors; but not so with low bar squats. Also, after low bar squat training I found my middle erectors thicker than ever. My coach advises me to squat low bar. What do you think? High bar or low bar squats? **Gilbert M.**

DEAR GILBERT: *It sounds to me like you are overtrained; and you are letting the position of the bar on your back confuse you. I recommend that we start you with the basics. First the position of the bar should be on the spinous process of the scapula. If the bar is any lower, you could have to bend forward to prevent the bar from sliding off your back. This could cause enormous strain on your lower back. Also, if the bar is too high your back will have to work very hard to keep the bar from pushing you forward.*

Now that we know where to put the bar let's set some goals. You should squat twice a week, once heavy and once light. On light days work up to a couple of sets of 8-10 reps that work your technique, but do not wipe out your energy for the heavy day. On the heavy day do about 4-5 heavy singles, then drop down about 100 pounds and do a triple. You should be sure to start with a weight that you can do easily and give yourself at least 5 weeks of good progress before you ever come close to a miss. This will help you prevent overtraining and your deadlift should come back up.

In reading your letter again, I think you should define how low the bar is on your back. If it is lower than explained above that could be the whole problem. I have seen people carry the bar so low that they already have some bend at the waist. Take a look at the great squatters and see where they carry the bar; this will help you visualize what I'm saying. Being 6'3" may be a disadvantage, and if you want to compete you'll have to get your weight up near the 300 mark. That should take care of your problems. ***Roger***

Message from the U.S.P.F. Masters Chairman

The 1988 U.S.P.F. National Masters Championships will be held May 13-15 in Salt Lake City at the Mariott Hotel. Entry blanks and reservation information can be secured upon request from the Rocky Mountain Athletic Center, 1968 West 6000 South, Roy, Utah 84067. Please enclose a self-addressed, stamped envelope.

The annual meeting of the U.S.P.F. Masters Committee will take place on Friday evening, May 13th. from 7 to 9 P.M. The attendance of all interested Master powerlifters is urged so that various items relating to Masters competitions can have a representative hearing.

Written and practical tests for U.S.P.F. National referees will be offered in conjunction with the annual meeting. Qualified candidates should complete the appropriate resume form and have it approved by their state chairman. Send the resume to the National Test Coordinator Mr. John Pettit (3105 Bullock, Plano, TX. 75023) sixty days in advance of the meet.

No qualifying totals are required for participation as a lifter at the National Masters. In addition no drug testing will be performed at the meet. Competitors are reminded to bring with them the adequate proof of birth date. This is of special importance for those setting new national records.

The lifters who will represent the U.S.P.F. at the Masters World Championships (Great Britain - 28, 29, 30, 31 July) will be nominated from among the winners. This is the only championship that will be used for qualifying for the Worlds. Due to the early date of the World meet early commitment is a must. The closing date for team submission is the first week in July. Nominations for the positions of coach and manager will be made at the annual meeting.

Respectfully, Don Haley, Chairman



***Roger Estep**, our Question & Answer man, demonstrates that powerlifters can do more than just simply lift weights. While proficient at 'America's Pastime' from an early age, Roger never had a 'power' swing until he started 'power'lifting, however, here (above) he is shown as he connects for his 5th home run of the day at a recent tournament in Los Angeles. Photograph and information courtesy of Roger Estep.*

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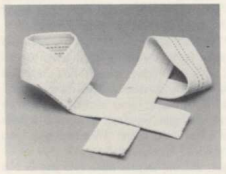
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HIGH PULLS

by APF World Champ George Hechter

HIGH PULLS

Advantages for the Power Lifter
A) develop explosive pulling power
B) stimulate trap development
C) refines pulling technique
D) superior grip development

If your dead lift is lacking the snap that you think that it should have, spend some time working on high pulls. This is my number one assistance exercise for the dead lift. Sure, many of you are saying that this is an olympic lifting movement. True, but when you consider all the benefits this lift can bring to a power program, you will wonder why you have waited until now to start working them.

Let me first start with a brief description of the movement for those who are not familiar with it. Stand over the bar as if you were to deadlift in conventional style. This is not to say that any lifter who pulls sumo can't reap the benefits from this exercise. Grip the bar in an overhand fashion (both palms facing the floor). Bend at the hip and knee assuming a similar start position to your deadlift. This starting position will be somewhat different for everyone. For maximum carryover value emulate your deadlift position as closely as possible. Push with the legs, head up, back flat, chest forward, high on your toes, and pull the bar to your chin. The upper position is explosively reached by shrugging with the traps and raising up high on your toes at the same time.

It is best to find someone familiar with the lift to spend a few minutes working with you. This is not to say that you can not learn it by yourself. You certainly can. Things are only as complicated as you make them.

I have found that many people who practice the high pull for a period of time can pull fifty percent of their close stance dead lift for three good reps. This means pulling the bar up under the chin. This may take some time to reach this level of development, but it means that you can improve your deadlift that much more.

Picture if you will the 500 lb. dead lifter. If he or she could hurl around 250 - 300 lbs. up to their chin for three good reps, how much should they be able to deadlift?

Here is a sample program that I would use. No weights are suggested here because on this type of movement, which many people have not done before, it would be a disservice to suggest any numbers at all.

Prior to your normal deadlift workout do three very light sets of high pulls. This establishes an explosive neurological pattern for your pulling muscles. I always do this, especially at meets!!!

On a light day pick a weight that you can handle very comfortably. This weight should be light enough that you can think through the movement. What did I do right? What did I do wrong?

I recommend sets of six reps when doing light high pulls. Later on, after you develop a strong groove, work some triples from the floor. The light sets, however, are best worked in sets of six reps. The first three reps are performed from the hanging position. That is deadlift the bar to the upright position. Now lower the bar to the top of the knee, by bending at the waist, and very slightly at the knee. In an explosive motion finish the high pull. The next three reps should be started from the floor.

You have already set up the explosive pattern during the first three reps. Now the three reps from the floor will have the most beneficial effect on your deadlifting.

Once a moderate weight has been established, train about three sets across the first week, four sets the next week and five sets the following week. Be cautious when adding weight to this movement. By this I mean your main goals are speed and range of motion. If the weight increase you select affects your goals adversely you defeat your purpose.

Don't become discouraged if this movement feels awkward at first. This is natural, and is one reason I recommend doing the first three reps from the hanging position.

One final thing that may help considerably. Find some pictures of top notch olympic lifters in the middle of their pulls. Study these photos, and develop an image in your mind of the correct position. Your subconcious will guide you in developing the proper technique.

Much has been said about the value of power cleans by many coaches. The high pull is only a slight adaptation, and will yield all the benefits of the power clean, yet will leave out the negatives of joint stress of the shoulders, wrist and elbows that powerlifters can not afford.

My very best wishes to those of you who follow this advice, and I hope that many of you do. If there are any questions or comments please feel free to direct them to George Hecher, American Fitness, Box 462, Jarrettsville, MD 21084.



***George Hechter**...visualizes the tremendous explosion he has developed through high pulls before attempting an 800 plus deadlift at 242 in Hawaii.*

Steroids

Resolve and Replacement as told by Jon Smoker

It has been almost three years since my steroid confessional, *"The Steroid Way of Knowledge,"* and since the article seemed to generate more of a reaction than any other I have written; I thought it would be appropriate to write an update, regarding, specifically, what do I think about steroids in retrospect, how has my decision to stop using them affected my lifting career and why?

First of all, I now think that in terms of my goal in powerlifting, steroids were, in the end, counterproductive. That's right: counterproductive. My aspiration is to lift progressively for as long as Mother Nature will allow me, and in that respect, steroids are a deterrent. If one wants a short ride to the top or near the top (given one's genetic potential) and retirement with a sport-related business, then they're a possible way to go, but if that's not your bag and you envision yourself lifting competitively in the Masters ranks, steroids are detrimental.

Ultimately, I think they probably play mind games with anyone who takes them, probably even more so with more intelligent lifters. At some point, every user is going to lose on the mind game aspect, even if (and it's a big IF) they are holding up physically. That's where steroids will defeat them. A person who doesn't have it together in his mind is confused and therefore in a state of sin to a certain degree. That begins to take its toll in sleepless, anxiety-ridden days and nights: a total waste of energy that is needed for training. Under such conditions of physical tiredness and mental unrest, progress will come to a halt and then start falling back. More and different kinds of injuries occur, and they, too, slow down your progress. In a lot of cases, the lifter really can't help it; his body chemistry is so screwed up that it begins to affect his mind. The two do interact, afterall. I could feel it happening to me, just when I seemed to be getting physically stronger than ever before. My lack of sleep and moodiness began to work against quality training sessions. Infections were picked up easier, and then I had to take antibiotics which further dragged me down. Finally, I was so burned out mentally that I couldn't make the lifts that I was physically capable of. A week before the state meet I was cycling for, I hurt my lower back pretty good, and I was simply too tired to even handle opening attempts in the gym. I did make it through the meet, but I didn't total what I expected. In fact, it was a little less than the previous cycle I had completed on steroids eight months earlier. I was being pretty reasonable with them, having stayed off for four months and always taking them two weeks on and two weeks off, and they still got me. Eventually the situation became too complex; too many things were out of control. That was my last cycle.

Since then I have exceeded all the lifts that I made at that last meet officially, without steroids. At forty, I feel better than at just about any time in my life, and am about as injury-free as a lifter can be. What's the key? Well, you have to replace the steroids with things that have minimal side effects. The most potent of these is off-season, high volume training with 80 percent or less of your absolute strength. This was something that was reiterated for me when I took a strength seminar in Moscow. It's what the Russian sports scientists call *"special physical preparation"* and it can take different forms; the most essential elements of which are to increase the total tonnage used over the previous year, and to insure that it is actually an increase in work-capability (and therefore aerobic too). The cycling procedure you use should remain fairly fixed. The benefits of doing this are so numerous it would take another article to explain them. Suffice it to say for now, that high volume work and maximum singles have a symbiotic relationship. One not only gives respite from the other, but makes one stronger for the other as well. In other words, they both have an 'anabolic' effect on the other; and remember, that's what we're looking for, because anabolic means growth. Why do you think they're called anabolic steroids as opposed to adrenacortical steroids? This type of training should, if done properly, put 30 to 50 pounds on any given lift, other factors being equal, within one year's time.

I also believe in natural supplementation, such as some of the products that appear in this magazine. While steroids make a 5 to 10 percent immediate increase in strength; natural supplements probably increase it about 1 to 2 percent. However, this is a pace that is easier for your body to adjust to. Moreover, 2 percent can be significant: that's 20 additional pounds for any 1000 lifted. That can sometimes spell the difference between victory and defeat. If 1 percent is a placebo effect, well, why mess with a good thing? I'm convinced, though, at least 1 percent is for real. I look a tad more muscular, recover a little better from my workouts, and my strength increases are a little faster when I take free-form amino acids and a good vitamin-mineral pack, for example. A good diet is essential too. An athlete should try to consume as many different sources of protein as possible.

There were other specific factors that affected each of the individual lifts, and I'll now address those. In the squat I made a shaky, gut-busting lift of 656 on steroids. Since then I've made an official 665, a 680 which I lost 2 to 1 on judging and a 700 a little bit high in the gym. The only reason I even mention the latter lift, is that the weight felt steadier on my back than the 656 on steroids did. The main reason for this, I'm convinced, are the box squats I do as taught by George Frenn and his pupil, Roger Estep. When I've handled 725 for 6 in this exercise, 25 pounds less on my back for one rep doesn't feel that bad. Another thing; while my other lifts decreased immediately after I stopped using steroids, my box squatting weight continued to progress. This leads me to believe that they are a superior power/bulking exercise.



Jon Smoker *drug free at the 1987 USPF Senior Nationals, and before he swore off steroids, lifting at the 1979 Junior Nationals in L.A.*



To put my discussion of the bench press in the proper context, I must put forth the theory that steroids tend to make the user more lazy. I think in a lot of cases, the athlete takes it easy in the off season, going through some less-than-intense motions and letting their diet and bodies go to pot, when they should be doing some high volume work. They know that once they decide to cycle for a meet, they can crank up the steroids, perhaps in greater amounts than the cycle before, and the strength increases will be there. I think that's why some of the published routines of superstars tend to be simplistic in nature: they didn't need anything sophisticated, because they were pretty much just going into the gym and testing out just how strong the steroids were making them. That's what happened with me on the bench. My second to last cycle I really concentrated on my squat, but my bench went up too. I didn't have any pattern to my bench workouts: whatever weight I chose on any given day, I'd get more reps than the last time I used it. There was nothing to it. My upper body looked bigger every time I looked in the mirror, so, of course, I was getting stronger, I think steroids had a greater effect on my upper body because I have always trained my legs harder and, thus, they have less potential to fulfill. Even though my bench is back where it was, my upper body isn't quite as muscular as it was on steroids; and that's because my improvement on the bench was due to more technological reasons. After it hit an all time low, I decided it was time for drastic change. So I studied the McLaughlin book, *Bench Press More Now*, and made some sound technique changes suggested by the bio-mechanical research presented in it. I made those changes in conjunction with the Russian cycling routine presented by Dr. Hatfield to the readers of this magazine. As a result my bench went up 30 pounds in two months. Since then my bench has continued to progress, since I have also begun to use some volume work with it.

My deadlift stance is so identical to my squatting stance that it automatically goes up when my squat does. Thus, my deadlift is up 10 pounds over what I made on my last steroid cycle.

Statistics are also a steroid replacement to the extent that you can establish watermarks in several areas and types of exercises and keep records of them, so you can constantly be striving to improve on something. From the extent of that improvement, your absolute strength will also increase. The more one monitors bodily functions and improves them (a component of which, becomes a bio-feedback effect), their work capacity improves, which means workouts improve, which again leads to an increase in absolute strength. Examples of such functions are percentage of body fat, pulse rate, blood pressure and cholesterol count.

Restorative techniques are also a very effective and safe alternative for steroids. Here in the USA, money, time, and availability are constraints, but among the things that are possible are massage, electro-stimulation, acupuncture, proper cycling and rest, avoidance of excessive amounts of alcohol, caffeine and nicotine, stretching, whirlpools and saunas. Some of these are obviously more cost effective than others depending on the individual athlete's situation.

Am I tempted to take steroids? Yes, sometimes. With them I think I would be very competitive at the National Masters where there is no testing and be on my way to the World Masters by taking steroids which are detectable only over a short time. When I see a lot of middle-aged lifters getting debilitating injuries at a faster rate than their younger counterparts, I get cold feet. As middle-aged people cannot abuse alcohol the way younger people can, and get away with it, so too they can't with steroids either. Then there's peer pressure. My drug-free stance has received extensive coverage in local newspapers, the lifters around my area know it, and Ron Fernando mentioned it in a couple magazines. Most importantly I have friends and relatives that believe in me. Hey, I've got to be at peace with myself to lift well and get consistently better, just like anyone else. Feeling like a hypocrite isn't going to help that.

I still have some awe for lifters who take the shortcut and whose careers shoot up spectacularly and then flame out; much the same way I'm inspired by seeing someone mountain climb without a safety belt or watching someone get into the ring with Marvin Hagler. Are they courageous or merely foolish, or both? A possible solution, and one that's being approached in bodybuilding; would be for the pros to be allowed to take them, while the amateurs are tested. First, of course, would be the little problem of revenue before there could be a professional association.

My true heroes are people like Jim Lem, Roy Mason and Satchel Paige. If those kinds of people strike a familiar chord with you, too, then steroids should have no place in your lifting preparation. They will take you off the beaten path, through a shortcut so thick with underbrush that you may never quite get out of it and reach your true destination.

Jon Smoker

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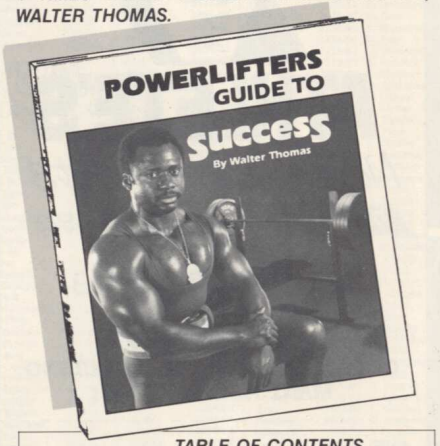


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D. Carbone 832-86
K. Doonkeen 832-87
H. Fera 830-76
K. Reidy 830-80
B. Bosaccy 826-81
S. Thompason 826-83
P. Parker 826-86
J. Maddy 825-86
L. Webb 825-87
E. Smith 825-87
J. Smith 825-87
R. Davis 821-81
W. Welcome 821-83
D. Lott 821-85
J. Park 821-86
D. Crowley 821-86
R. Dempsey 821-87
D. Carter 815-85
L. Kidney 815-87
J. Gentile 815-87
J. Bell 815-84
B. Jacobson 815-84
J. Gagnon 815-86
T. Fletcher 810-70
B. Rogers 810-80
K. Sachs 810-83
E. Surrell 810-87
P. Casey 805-66
T. Smith 805-77
S. Hawks 805-86
M. Burrell 804-81
J. Buchanan 804-83
B. Tuttle 804-83
S. DiSalvo 804-84
H. White 804-85
K. Farber 804-86
C. Desadier 804-87
W. Davis 804-87
B. Weaver 800-67
H. Cassidy 800-71
B. Boyce 800-70
B. Porter 800-80
R. Tuller 800-83
J. Carini 800-84
J. Bassi 800-85
L. Taylor 800-85
J. Dias 800-86
J. Forde 800-87
B. Page 800-87
L. Mulkey 800-87
W. Scott 800-87

ALL-TIME USA BENCH RANKINGS

181 lb.
R. Weil 556-84
198 lb.
C. Confessore 578-87
J. Lee 567-87
L. Danaher 565-86
M. MacDonald 562-80
220 lb.
P. Dicks 612-84
M. MacDonald 580-79
T. Moneymaker 570-85
E. Robinson 570-86
J. Pacifico 567-74
J. Magruder 560-80
D. Duncan 555-84
E. Coan 555-86
G. Drigo 555-87
R. Pittman 551-87
242 lb.
J. Magruder 639-87
D. Mlodozeniec 631-86
P. Dicks 606-85
M. MacDonald 603-77
S. Samaniego 600-83
J. Ladnier 600-86
R. Slaznik 600-87
L. Pacifico 590-73
S. Wilson 585-85
G. Thompson 584-86
S. Nimmons 580-86
R. Hernandez 580-86
J. Gallo 578-81
T. Pharr 575-87
P. Brago 573-87
M. Hennessy 573-88
E. Smith 570-86
D. Young 562-76
C. Patterson 562-79
C. Sanders 562-84
R. Kincade 562-86
M. Weih 556-85
E. Ruble 556-86
M. Salamsky 556-86
G. Hechter 556-87
S. Ponzi 551-80
R. Windsor 551-85
R. Vickers 551-87
D. McCoy 550-83
B. Piech 550-86
275 lb.
T. Arcidi 650-83
S. Samaniego 639-85
T. Hardman 614-82
D. Young 611-78
K. Farber 611-87
L. Morgan 600-83
K. Doonkeen 600-86
D. Furnas 600-87
J. Fiefia 600-85
K. Kiley 600-86
G. Hansen 600-87
T. Bentley 584-87
W. Estep 584-87
F. Nogales 580-86
L. Mulkey 580-87
D. Galvin 575-81
K. Ryder 575-86
C. Patterson 573-78
J. Gamble 573-83
M. Weih 573-86
G. Nichols 573-87
J. Wood 573-87
J. Donat 573-87
S. Wilson 573-87
E. Upchurch 570-81
D. Passanella 570-85
L. Jacobs 570-87
S. Ponzi 570-87
D. Derrico 570-87
L. Kidney 570-87
C. Madsen 570-87
E. Riley 570-87
J. Carini 570-87
D. Arnold 570-87
J. Tenpenny 570-87
D. Nichols 570-87
J. Everson 570-87
B. Nichols 570-87
D. Barbee 570-87
O. Strickland 570-87
D. Waddington 570-87
T. Hardridge 570-87
J. Merrell 570-87
D. Arnold 570-87
T. Haynes 570-87
L. Jacobs 570-87
T. Atlas 570-87
S. Strength 570-87
SHW
T. Arcidi 705-85
J. Williams 675-72
B. Kazmaier 661-81
A. Clark 650-87
J. Maddy 640-86
L. Moran 628-83
W. Bouvier 617-80
M. Hall 617-86
K. Fantano 617-86
K. Doonkeen 617-87
P. Casey 616-67
D. Reinhoudt 610-87
T. Hagans 606-75
J. Kuc 600-84
L. Iams 600-72
F. Moore 600-79
T. Zupancic 600-83
W. Crocket 600-87
L. Mulkey 600-87
G. Pitts 600-87
D. Kenady 590-77
J. Ware 590-87
L. Hechter 584-85
J. Cole 580-72
D. Waddington 580-80
P. Parker 578-86
D. Wright 578-87
B. Dunn 575-83
G. Aio 573-82
M. Baty 573-84
J. Gallo 573-85
B. Lee 573-86
H. Fera 570-71
D. Forte 570-76
D. Fely 570-85
D. Young 570-86
J. White 567-82
E. Brock 567-84
G. Garrett 562-81
S. Leonardi 562-86
J. Czawlytko 562-87
T. Hardman 562-87
Aprahamanian 560-79
S. Hathaway 560-83
D. Mosley 560-84
J. Poindexter 560-84
J. Forde 560-87
B. Bosaccy 560-87
H. White 556-63
B. Brandon 556-85
D. McCain 556-86
G. Mowl 556-87
M. Morgan 555-71
R. Irby 555-74
K. Brown 555-85
R. Steinacker 555-86
J. Martin 551-82
V. Lui 551-85
R. Windsor 551-85
K. Farber 551-86
F. Park 551-86
J. Gentle 551-87
B. Moore 551-87
T. Veller 550-69
K. Reidy 550-74
C. Pringle 550-76
J. Gamble 550-82
D. Barbee 550-83
C. Madsen 550-84
J. Roberson 550-85
R. Crayton 550-86
A. Meyer 550-86
D. Wilson 550-86

ALL-TIME USA Deadlift RANKINGS

198 lb.
E. Coan 859-85
V. Anello 821-82
W. Thomas 821-82
220 lb.
E. Coan 865-86
J. Cash 837-84
S. Goggins 821-87
V. Anello 810-76
S. Backus 804-82
242 lb.
J. Kuc 870-80
B. Russell 859-86
C. Driscoll 854-86
J. Cash 845-85
T. McCormick 832-80
S. Wilson 832-86
G. Hechter 826-87
M. Poretta 826-87
W. Bell 826-87
M. Chaillet 825-82
D. Wohleber 821-81
D. Schneider 821-82
C. Snitkin 821-82
B. Davis 821-83
P. Rosenstern 804-81
C. Tokarski 800-80
800-87
275 lb.
D. Wohleber 904-82
J. Cole 860-72
S. Warman 859-86
J. Kuc 856-85
J. Lampkin 850-82
T. McCormick 848-82
D. Shaw 848-84
M. Chaillet 848-86
T. Henderson 835-85
D. Parks 835-86
J. Gamble 826-82
J. Piekut 826-82
R. Dempsey 821-84
S. Warman 821-85
D. Furnas 821-86
J. Clifford 821-86
G. Frenn 812-71
B. Barwick 812-82
C. Smith 810-85
S. Wilson 805-81
E. Stuber 805-84
B. Kazmaier 804-78
E. Hackett 804-81
B. Kretsch 804-85
J. Morelli 804-86
T. Paulucci 800-82
800-82
SHW
D. Kenady 903-86
B. Kazmaier 886-81
D. Reinhoudt 885-75
J. Cole 882-72
T. Long 865-83
G. Rethwisch 865-86
P. Wrenn 855-76
D. Wohleber 848-84
C. Young 848-86
J. Kuc 845-72
G. Reynolds 840-82
M. Chaillet 840-86
D. Cundy 832-71
J. Piekut 832-81
R. Rainey 826-86
G. Hechter 821-85
J. Ware 820-87
B. Barwick 820-87
D. Wright 815-87
B. Barwick 812-82
O. Wilson 810-87
T. Fletcher 807-70
M. Morgan 73
C. Sanders 804-79
M. Salansky 804-83
S. Ponzi 804-84
A. Stewart 804-86
J. Florio 800-82
S. Samaniego 800-82
S. Hemphill 800-82
T. Paulucci 800-82
R. Dempsey 800-82
J. Rienstra 800-85

ALL-TIME USA TOTAL RANKINGS

181 lb.
M. Bridges 2105-82
E. Coan 2027-84
R. Gaugler 2017-85
198 lb.
E. Coan 2204-85
G. Bell 2132-87
M. Bridges 2066-80
W. Thomas 2050-80
R. Pittman 2022-87
B. Duke 2011-87
J. Black 2006-87
D. Wright 2000-87
220 lb.
E. Coan 2370-87
S. Goggins 2204-87
J. Ladnier 2110-83
J. Cash 2110-85
G. Drigo 2105-87
F. Hatfield 2099-83
L. Pacifico 2061-80
B. Wilson 2061-85
J. Black 2061-87
B. Tullis 2050-84
S. Mangilardi 2050-86
T. Pharr 2044!85
R. Pittman 2044-87
C. McCain 2039-80
M. Dimiduk 2039-81
L. Mistic 2039-86
J. Sideris 2017-81
G. Howell 2010-85
P. Immekus 2005-87
E. Frantz 2000-85
B. Nestor 2000-87
C. Leslie 2000-87
D. Borden 2000-85
242 lb.
G. Hechter 2248-87
S. Wilson 2210-85
B. Nichols 2210-87
J. Kuc 2204-80
W. Bell 2204-87
T. Kritsky 2177-86
C. Snitkin 2166-84
D. Jacoby 2166-84
J. Ladnier 2160-84
F. Hatfield 2149-85
W. Davis 2144-81
J. Cole 2140-71
D. Furnas 2140-83
C. Patterson 2132-79
M. Porretta 2132-87
T. Pharr 2132-87
R. Sandlin 2127-85
G. Frenn 2113-70
B. Russell 2110-86
G. Thompson 2105-86
J. Magruder 2105-87
M. Chaillet 2100-82
D. Wohleber 2100!85
M. Chrosniak 2100!87
D. Cole 2100-87
L. Mistric 2100-87
P. Brago 2100-87
T. McCormick 2099-80
J. Cash 2095-85
S. Warman 2094-87
D. Schneider 2088-81
D. Borden 2088-87
L. Pacifico 2080-73
C. Tokarski 2080-87
D. Wohleber 2072-81
C. Driscoll 2072-86
R. Windsor 2072-87
M. Weih 2070-84
J. Wood 2070-84
D. Reed 2070-86
P. Immekus 2066-87
T. Hardridge 2061-86
D. Martinez 2061-87
S. Santos 2061-87
J. Bell 2055-86
D. Mlodozeniec 2053-86
T. Hopper 2050-87
J. Clay 2050-86
B. Clayton 2044-79
M. Dimiduk 2040-86
B. Seno 2039-81
M. Schellen 2039-81
S. Miller 2039-82
J. Sharp 2039!85
J. Morelli 2033-83
D. Atterholt 2033-84
L. Simmons 2033-87
M. Lutu 2030-86
D. Dicke 2022-85
P. Gentry 2022-86
T. Wilson 2020-82
D. Young 2017-77
M. Capachione 2017-80
C. Sanders 2017-84
M. Salansky 2017-86
S. Ponzi 2015-83
A. Stewart 2011-87
J. Florio 2010-85
S. Samaniego 2006-83
G. Howell 2005-86
M. Phillips 2000-80
T. Hamner 2000-84
B. Dobrowski 2000-86
J. Kanter 2000-73
G. Stevans 2000-80
P. Whitney 2000-83
D. Pasanella 2000-84
S. Brodie 2000-85
G. Lowe 2000-87
275 lb.
D. Furnas 2403-87
B. Nichols 2276-87
D. Wohleber 2274-82
J. Gamble 2270-82
J. Cole 2250-72
D. Passanella 2240-87
T. Henderson 2230-85
M. Chaillet 2226-86
E. Hackett 2215-81
J. Kuc 2210-83
S. Warman 2204-86
R. Pearce 2204-87
S. Wilson 2200-81
B. Jeffrey 2199-87
R. Dempsey 2193-83
F. Hatfield 2188-84
T. Bentley 2188-87
C. Smith 2181-86
D. Waddington 2180-81
T. McCormick 2177-83
J. Mersberg 2171-81
T. Smith 2166-85
A. Larson 2166!86
R. Rainey 2160-82
P. Parker 2160-84
R. Patterson 2160-87
J. Buchanon 2160-87
D. Wright 2154-82
G. Frank 2143-86
B. Kretsch 2132-86
M. Morgan 2127-86
J. Piekut 2127-87
L. Iams 2125-86
J. Rienstra 2121-78
M. Gollehan 2121-82
E. Smith 2110-86
R. Dempsey 2105-82
J. Smith 2105-87
A. Pregnar 2105-87
S. Sanderson 2100-80
T. Fletcher 2100-81
D. Carbone 2100-84
J. Gagnon 2100-86
S. Dear 2094-80
J. Drapal 2094-84
G. Heisey 2094-86
D. Young 2094-86
O. Wilson 2080-82
G. Reynolds 2077-83
S. Hawks 2072-83
D. Keaggy 2066-83
J. Ford 2066-84
R. Brandon 2065-84
B. Weaver 2065-84
F. Sacco 2061-78
P. Casey 2061-86
B. Bradford 2061-86
J. Maddy 2060-87
L. Mulkey 2055-87
B. Bocchino 2055-86
B. Rogers 2050-87
D. Lott 2044-86
L. Kidney 2044-86
B. Boyce 2040-84
Taylor 2033-81
R. Davis 2033-83
G. Aio 2033-86
V. Kennedy 2033-87
D. Arnold 2030-71
R. Chapman 2025-86
J. Mucciola 2022-80
F. Luna 2022-83
C. Desadier 2022-84
A. Shata 2022-87
K. Reidy 2020-82
L. Webb 2020-87

Any corrections to these lists should be forwarded to Herb Glossbrenner, Box 65692, Los Angeles, CA 90065. Also, *PL USA* Achievement Awards (certificates and plaques) can be ordered for lifts on this list. See page 46.

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Psychological Testing and Powerlifting

by Robert W. McGowan, Ph.D. Sports Psychology and Counseling, and Bill Jack Talton Ph.D., Chairman, USPF Collegiate Committee, Louisiana Tech University, Department of Health & Physical Education

Although new to most U.S. lifters, the use of psychological tests to assess competitive "readiness" has been practiced in communist countries for several decades. The relative recent works of Morgan and his colleagues utilizing the Profile of Mood States (POMS) has seemingly sparked interest in the mental aspects of lifting events.

Morgan and his associates (Morgan & Pollock, 1977; Morgan & Johnson, 1978; Nagle, Morgan, Hellickson, Serfass, Alexander 1975) have demonstrated that successful athletes, specifically wrestlers, marathon runners, oarsmen, exhibit what has been labeled as an iceberg profile. That is, successful athletes tend to score lower than normal popula;tions in tension, depression, anger, fatigue, and confusion while scoring significantly higher in vigor. In their May 26, 1976 presentation at the Medicine and Science in Sports Conference, Morgan and Johnson (1977) concluded "..positive mental health...plays an important role in governing the candidate's likelihood of success." The assumption being that lowered levels of tension, depression, anger, fatigue, confusion, and elevated vigor, facilitate higher levels of athletic functioning.

Recent research has indicated that, indeed, successful powerlifters exhibit the same iceberg profile displayed by wrestlers, marathon runners, and oarsmen (Biassiotto, Ritter, and Ferrando, 1987 a,b,c). The results of this latest piece of research indicated that "the higher the lifter's classification, the better his score on the POMS." It is somewhat unclear as to the significance of the authors' statement, but it appears that highly skilled powerlifters tend to score lower on tension, depression, anger, fatigue, and confusion while scoring higher on vigor.

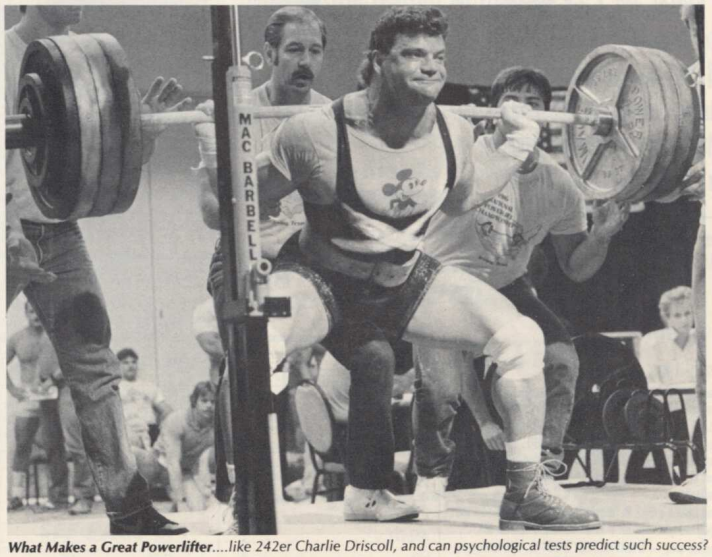
From an applied perspective, there are several questions yet to be answered regarding the use of psychological tests to predict performance. First, when should athletes be tested? That is, how close to actual competition should athletes be examined. Morgan's works and the recent work of Baisiotto, Ritter, and Ferrando fail to mention when athletes were tested. It is assumed that all athletes were tested several days, weeks, or months prior to or following ocmpetition.

In a study involving collegiate powerlifters participating in the 1986-87 United States Powerlifting National Collegiate championships, lifters were administered the POMS test immediately prior to weighing in, approximately 24 hours prior to competition. In this study, McGowan and Talton (1987) found that not only were these exceptional powerlifters different than normal populations, including students participating in weight lifting classes at Louisiana Tech University, but found that lifters placing first or second were significantly different than less successful lifters ($F(2,77) = 4.05$, $p = .02$). The difference, however, was not as hypothesized. Lifters placing first or second were significantly more fatigued than less successful lifters. In examing this apparent paradox, it appears that two factors may account for this finding. First, the timing of psychological testing. Second, weightlifters often practice a starvation type diet immediately prior to competition to make weight. This practice appears to result in a feeling of fatigue. The combination of these two factors, proximal testing and the effects of starvation type diets, appear to skew the typical iceberg profile found in outstanding athletes. For in an earlier exploratory study conducted by McGowan and Talton it was demonstrated that the psychological profiles of immediate past powerlifting champions taken several months after competition, resembled the findings of Morgan and others.

A second isue in using psychological testing to predicting athletic performance is the assumption that successful athletes can be differentiated from the not-so-successful athletes within specific athletic events. More specifically many novice and ill-informed sport counselors or psychologist have inappropriately attempted to predict athletic performance based on an athlete's POMS profile. The literature indicates that such practices are without foundation (Morgan & Pollock, 1977; Nagle, Morgan, Hellickson, Serfass, Alexander, 1975). Several notable researchers in sport psychology have indicated that at best psychological testing can account for about 20 percent of the variance associated with athletic performance (Kane, 1970; Morgan, 1980).

Is there a place then for psychological testing in powerlifting? Yes! The issues mentioned above (testing-competition proximity and inappropriate weighing of test results) are issues that must be considered when predicting athletic performance. Further, there appears to be numerous psychological variables associated with superior performance in powerlifting that are not measured by the POMS. For example, in the exploratory study by McGowan and Talton mentioned above, successful lifters were significantly different than less successful lifters in their susceptibility to internal overload ($F(6.20) = 3.87$, $p = .01$) as measured by Nideffer's Test of Attentional and Interpersonal Style (TAIS) (Nideffer 1976, 1981). Other psychological constructs that may effect performance that are not measured by the POMS include success-failure orientation, attentional styles, self-concept, self criticism, self competency and not last nor least, measures of anxiety.

In conclusion, as practicing sport psychologists (applied) concerned with performance enhancement, we recommend that if psychological testing is to be a part of any performance enhancement training, that a battery of psychological tests be utilized to assess the critical elements of performance. Further, we caution that an understanding of test and measurements, statistics, and interpretive skills are requisite to make valid prognoses, predictions, and recommendations for interventions.

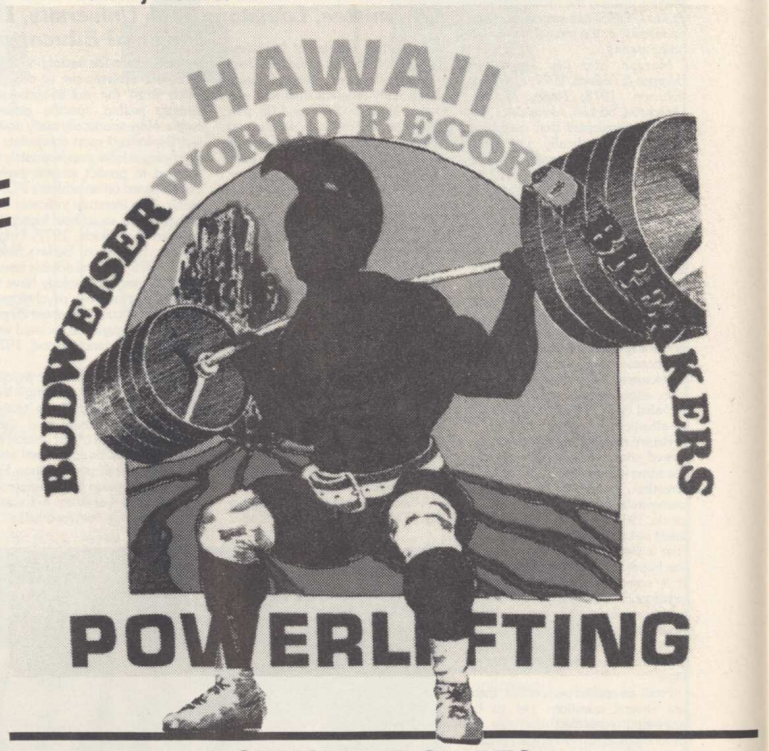


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1982 - squats only — DWAYNE FELY'S 981 lb. World Record, KAZMAIER'S 909 and miss at 981 lbs. . . .

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Message from the USPF President

Section 404.4(b) of the Constitution of the International Powerlifting Federation states, 'A person may be nominated for the IPF office by any member federation. In the case of a candidate nominated other than by his own federation, his nomination must be confirmed in writing by his own federation, stating that they consider him a bona fide candidate for office.'

In July, 1987, the National Committee of the United States Powerlifting Federation considered two nominees for the position of Chairman of the IPF Technical Committee, Bob Packer and John Pettitt. Using the secret ballot, John Pettitt was selected as the USPF's nominee for this position.

Bob Packer, who did not attend the 1987 National Committee meeting, was subsequently able to secure Canada's nomination. The USPF did not confirm in writing Mr. Packer's nomination, nor did it attest to his being a 'bona fide candidate'. At the 1987 IPF World Congress Mr. Packer won 17 to 1 over Mr. Pettitt, the United States casting its vote for the latter gentleman.

Someone should have caught this. No one did. In many organizations some person is charged with the responsibility of seeing that the group conducts its business in accordance with the organization's Constitution or By-laws. In other organizations the leadership prefers to fly by the seat of its pants. Scrupulous attention to the law would enhance the IPF's credibility.

• • •

Jim Griffith, assisted by John Pettitt, put on a superb Women's Nationals, attracting over 90 lifters. Ladies from both the APF and the ADFPA competed. The lifters from the other federations were impressed with Dr. Herrick's high standards and each lifter who totalled got to observe the doping control firsthand.

The lifters must also have been impressed with the depth and quality of Dr. Herrick's medical staff. Again, the lifter could not help but have noted the attention to detail by Messrs. Griffith and Pettitt which made the meed run smoothly. Finally, there was the major matter of the announcer. Sarge Pendley's voice has not dimmed, though he is well into his eighth decade. Sarge's love for the sport and the lifter does not flag as the meet goes on. Each person, thus, was lifted up and inspired to excel.

• • •

The administrative members of the Hall of Fame are: Dick Burke, 1976; Bill Clark, 1986; Bob Crist, 1980; Nate Foster, 1983; Don Haley, 1987; Bob Hoffman, 1978; Joe Paul, 1978; John Pettitt, 1985; Mabel Rader, 1981; Peary Rader, 1977; Lyle Schwartz, 1984; and Ed Zercher, 1978.

The athletic members of the Hall of Fame are: Jon Cole, 1976; Don Cundy, 1984; Bill Kazmaier, 1987; Wilbur Miller, 1977; Larry Pacifico, 1976; Ronnie Ray, 1978; Cindy Reinhoudt, 1985; Don Reinhoudt, 1984; Walter Thomas, 1978; Terry Todd, 1977; Peanuts West, 1987; and Jim Witt, 1980.

The pioneer members of the Hall of Fame are: Paul Anderson, 1984; and Bob Peoples, 1985.

State Chairman Reimbursements
(Feb 1 - Jun 30, 1987)

St	A	B	C	D	E
AL	3	45.00	86	86.00	131.00
AK	1	15.00	13	13.00	28.00
AZ			10	10.00	10.00
AR	1	15.00	76	76.00	91.00
CA	13	195.00	315	315.00	510.00
CO	2	30.00	134	134.00	164.00
CT	1	15.00	59	59.]]	74.00
DE			16	16.00	16.00
FL	3	45.00	155	155.00	200.00
GA	6	90.00	174	174.00	264.00
HI	1	15.00	6	6.00	21.00
ID	1	15.00	91	91.00	106.00
IL	2	30.00	63	63.00	93.00
IN			18	18.00	18.00
IA	2	30.00	66	66.00	96.00
KS	1	15.00	29	29.00	44.00
KY	1	15.00	108	108.00	123.00
LA	5	75.00	60	60.00	135.00
ME	2	30.00	94	94.00	124.00
MD	5	75.00	200	200.00	275.00
MA	2	30.00	85	85.00	115.00
MI	3	45.00	193	193.00	238.00
MN			16	16.00	16.00
MS			2	2.00	2.00
MO	2	30.00	58	58.00	88.00
MT			17	17.00	17.00
NE	3	45.00	54	54.00	99.00
NV	2	30.00	39	39.00	69.00
NH	1	15.00	61	61.00	76.00
NJ	3	45.00	108	108.00	153.00
NM	3	45.00	53	53.00	98.00
NY	1	15.00	127	127.00	142.00
NC	5	75.00	143	143.00	218.00
ND			31	31.00	31.00
OH	7	105.00	385	385.00	490.00
OK	1	15.00	110	110.00	125.00
OR	1	15.00	16	16.00	31.00
PA	8	120.00	210	210.00	330.00
RI			19	19.00	19.00
SC	2	30.00	113	113.00	143.00
SD	2	30.00	56	56.00	86.00
TN	1	15.00	39	39.00	54.00
TX	11	165.00	462	462.00	627.00
UT	1	15.00	51	51.00	66.00
VT	1	15.00	54	54.00	69.00
VA	2	30.00	93	93.00	123.00
WA	1	15.00	101	101.00	116.00
WV	6	90.00	50	50.00	140.00
WI			59	59.00	59.00
WY			44	44.00	44.00

A-sanctions issues 2/1/87-6/30/87. B-Amount Due 6/30/87 at $15/sanction. C-USPF registrations 2/1/87 to 6/30/87. D-Amount due at $1/registrant. Total amount due State Chairmen as of 6/30/87

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★Super Pack 30 Day Supply $15.
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.....44 Day Supply $28.
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★Super Spectrim Amino Ammo.
.....150 Tabs $18.
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★Amino Acids 1600 mg.
.....325 Tabs.....$14.
...1900 mg ....325 Tabs..... $18.
...2000 mg ....325 Tabs..... $20.
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.....100 Tabs.....$12.
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..... 110 caps.... $16.
★Inosine 500 mg.
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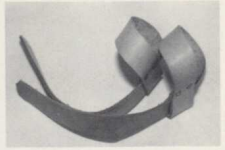
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NUTRITION CORNER

The Vitamin/Mineral Balance

Advanced Concepts in Nutrition by George Zangas

In last month's article we discussed the new science of engineered nutrition, that is, the conception, research, and production of nutrients designed to fulfill a specific task; in our case, nutritional programming in order to allow you to become a better powerlifter.

Engineering or planning your nutritional program of vitamins and minerals to fit your needs as a powerlifter is just as important as the more advanced and avante-garde formulations of today. As a matter of fact, it should be the basis or the cornerstone of anybody interested in proper nutritional supplementation.

As we related in past articles, even if there were such a thing as a 'balanced diet', with a sufficiently high caloric value to provide you with all the nutrients required, it would not be sufficient to meet the nutritional needs of such a taxing sport as powerlifting.

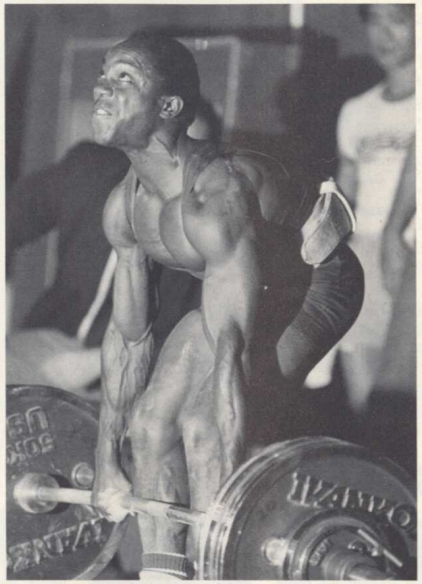
The first consideration in planning such a vitamin/mineral program is that it be geared for stress. There are a couple of types of stress that come to mind: the unwanted stress caused by everyday problems, worries, and situations and, whether you like it or not, athletics, particularly such sports as powerlifting, is another form of stress.

Although self-induced, powerlifting is still stress, and should be treated as such nutritionally. Vitamins and minerals won't prevent stress (such self-induced stress as powerlifting or any other), but they can fight the results of stress. They can nourish and rebuild the body with the nutrients which have been depleted through our athletic activities, and also provide additional nutrients to ensure that our immune systems do not get run down as a result of consistent and heavy training.

There are several categories of vitamins and minerals on which we will focus. This first is the B-Complex group. There are 11 commonly known B-Vitamins that comprise the B-Complex. Whether you're taking a one-a-day or a multi-pack supplement, all 11 B Vitamins should be included in those preparations. They are B-1, B-2, B-6, B-12, Pantothenic Acid, Niacin (or Niacinamide), Choline, Inositol, PABA, Biotin, and Folic Acid. The entire B-Complex family is water soluble, therefore, depending upon your activity level, the B-Complex should be replenished throughout the day or taken in a timed-release form. A good potency for an athlete such as a powerlifter is at least 100-125 mg. per tablet or capsule of each of the B Vitamins with the exception of the following, of which there is an even greater need, due to the particular stresses of powerlifting.

PANTOTHENIC ACID (otherwise known as Vitamin B-5) is essential for the proper stimulation and nourishment of the adrenal glands. And when you're under stress, athletic or otherwise, it's absolutely essential to keep the adrenals nourished properly through diet and extra supplementation. It is also a natural anti-histamine which will support the body's immune system. Our recommendation is a minimum of 2 grams (2000 mg.) of Pantothenic Acid daily in addition to what is in your B-Complex. There are very good results reported with the use of even 6-8 grams per day to combat the stressful effects of training. To date, Pantothenic Acid has been known to have no toxic effects whatsoever.

VITAMIN B-12 is another of the B-Complex Vitamins of which a dosage higher than what is normally included in your B-complex is required. Without adequate amounts of B-12 you cannot properly utilize iron. Iron is especially essential in preventing anemia and also producing the enzyme Myocin, which is essential in the production of muscle tissue.



***Lamar Gant** recently 'engineered' his own barrier busting performance by pulling a 700 deadlift in training. Balik/IRON MAN photo.*

The medical press has reported remarkable results with B-12 in the treatment of osteo-arthritis, a degenerative joint disease, and osteoporosis, a softening of the bones. It has also provided relief for fatigue and the inability to concentrate as well as the symptoms of bursitis. We recommend at least 500 - 1000 mcg. additional per day of B-12. It is very important to have this in a timed-release form or a coated tablet to ensure that it is protected while passing through the stomach and ready for breakdown in the intestinal tract, where it is primarily absorbed.

VITAMIN B-6 (Pyridoxine) Some of the body functions facilitated by Vitamin B-6 are carbohydrate absorption, hemoglobin production, hydrochloric acid production, but one of the chief reasons that powerlifters and other athletes should have an extra intake of B-6 is that it is essential for protein utilization and Amino Acid uptake. This is accomplished by B-6's role as a coenzyme in the many types of transamination (the uptake of Aminos) that occur, in which Amino Acids are transported from the intestines into circulation across the cell walls and into the cells. Simply put, Vitamin B-6 acts as a catalyst or an aid in bridging the nutritional barrier for more efficient use of Amino Acids and other proteins. We recommend an additional intake of approximately 100 mg. of B-6 whenever you're taking Amino Acid supplements. An example would be, if you're utilizing 500-1500 mg. of Tryptophan to help induce sleep, taking a 100 mg. B-6 tablet will greatly enhance the body's utilization of the Tryptophan. In addition, B-6 acts as a natural diuretic. If you're retaining water at all and want to get rid of it naturally, try a 500 mg., timed-release B-6 tablet once per day and you'll have a natural way of keeping yourself from retaining excess water.

To summarize, the B-Complex is most important in maintaining proper energy levels, which is essential to your training. In addition, by adding higher doses of Pantothenic Acid, B-12, and B-6 to your nutritional regimen, it will go a long way in pinpointing specific areas in your nutritional program where you need extra nutritional support.

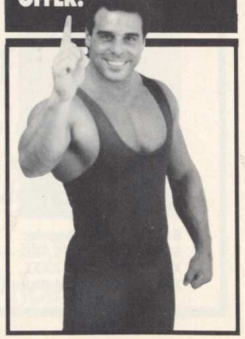
Next month we'll continue with other areas of this basic vitamin-mineral program - a program that is the nutritional foundation of your entire powerlifting regimen.

In the meantime, please don't hesitate to contact us for more detailed information about any of the subjects we explore in 'Advanced Concepts in Nutrition'. Call us Toll Free at 1(800) 321-5064 or, in California, call 1(800) 231-4070, or write George Zangas, 1229 Via Landeta, Palos Verdes Estates, CA 90274.

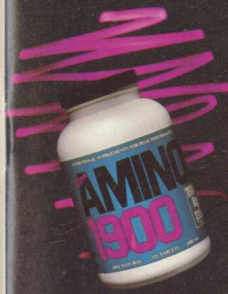
George Zangas is the founder and owner of Marathon Distributing Company, which specialized in high quality nutrition supplements and apparel for the powerlifting community. George was formerly Western Regional Sales Manager for Thompson Vitamins. He also founded and coached the "Thompson Power Team", the most successful powerlifting team in Senior Nationals history (5 straight team titles from 1976-1980). George is also a member of the Executive Committee of the United States Powerlifting Federation.

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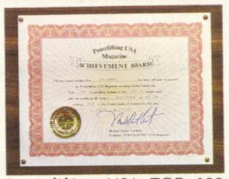
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February 1987 to January 1988

	SQUAT	BENCH	DEADLIFT	TOTAL
1	518 Dunbar, C...7/11/87	319 Higgins, F...8/1/87	534 Milian, E...11/21/87	1267 Milian, E...11/21/87
2	512 Pattaway, D...7/11/87	316 Steinfeld, J...12/19/87	523 Pattaway, D...2/12/87	1229 Pattaway, D...2/12/87
3	490 Ramsey, D...2/7/87	314 Taylor, C...10/10/87	507 Long, M...6/7/87	1212 Long, M...6/7/87
4	468 Long, M...6/7/87	310 Polke, S...11/28/87	496 Butler, C...4/11/87	1212 Dunbar, C...7/11/87
5	462 Milian, E...11/21/87	308 Dunbar, C...7/11/87	490 Castro, M...11/14/87	1212 Ramsey, D...12/5/87
6	451 Winters, T...7/11/87	285 Naylor, R...9/5/87	473 Winter, T...6/7/87	1184 Winters, T...7/11/87
7	450 Kendricks,...2/7/87	281 Augustin, S...6/6/87	470 Wixom, M...11/8/87	1162 Adams, B...11/22/87
8	450 Whitley, B...3/28/87	281 Hoff, R...8/1/87	468 Ramsey, D...12/5/87	1160 Whitley, B...3/28/87
9	450 Henton,...8/29/87	281 Weber, P...11/18/87	465 Whitley, B...3/28/87	1151 Taylor, C...10/10/87
10	440 Mason, M...8/1/87	275 Winters, T...6/7/87	465 Gianino, A...4/25/87	1140 Hoff, R...8/1/87
11	425 Gambrell, M...11/14/87	275 Krueger, T...11/18/87	462 Adams, B...11/22/87	1134 Higgins, F...8/1/87
12	424 Morgan, J...2/21/87	275 Holmes, J...1/9/88	460 Elizondo, A...4/87	1130 Henton,...8/29/87
13	424 Padova, J...3/28/87	270 Garvey, F...6/27/87	460 Hoff, R...10/10/87	1129 Butler, C...4/11/87
14	418 Fogt, P...2/15/87	270 Smith, R...6/27/87	457 Someda, D...10/24/87	1113 Morgan, J...2/21/87
15	418 Augustin, S...6/6/87	270 Clark, M...8/23/87	451 Roosevelt, T...8/15/87	1107 Mason, M...8/1/87
16	415 Uhle, M...1/88	270 Milian, E...11/21/87	451 Gambrell, M...10/3/87	1102 Augustin, S...6/6/87
17	413 Hoff, R...8/1/87	264 Morgan, J...2/21/87	451 Boldin, L...11/14/87	1091 Moya, B...10/31/87
18	413 Taylor, C...10/10/87	264 Williams, R...3/28/87	450 Cross, M...12/5/87	1090 Gambrell, M...11/14/87
19	407 Archuleta, L...2/14/87	264 True, D...4/18/87	446 Blake, H...2/12/87	1085 Padova, J...3/28/87
20	407 Adams, B...3/87	264 Adams, B...11/22/87	445 Hudson,...5/12/87	1080 Ryan, S...1/16/88
21	407 Higgins, F...8/1/87	259 Dean, J...10/3/87	440 Shark,...5/9/87	1074 Archuleta, L...2/14/87
22	407 Moya, B...10/31/87	259 Arenberg, J...10/31/87	440 Kendricks,...8/29/87	1074 Castro, M...11/14/87
23	407 Jeffrey, M...10/31/87	259 Ramsey, D...12/5/87	440 Rose, M...11/14/87	1070 Gianino, A...4/25/87
24	407 Ringi, J...11/20/87	259 Padova, J...12/6/87	439 Ryan, S...1/16/88	1069 Fogt, P...2/15/87
25	407 Ryan, S...1/16/88	255 Nolan, B...6/6/87	435 Snyder, S...8/1/87	1069 Weber, P...11/18/87
26	405 Sanderson, A...4/87	253 Butler, C...4/11/87	435 Frantz, D...10/17/87	1069 Ringi, J...11/20/87
27	402 Pitchford, W...6/13/87	253 Hunnicutt, G...4/18/87	435 Moya, B...10/31/87	1069 Jeffrey, M...1/30/88
28	402 Styles, F...11/14/87	253 Mason, M...8/1/87	435 Henton,...12/5/87	1065 Kendricks,...2/7/87
29	402 Ponze, G...12/5/87	253 Jeffrey, M...10/31/87	429 Frahm, E...3/28/87	1058 Blake, H...2/12/87
30	400 Hudson,...12/1/87	253 Long, M...11/7/87	429 Stagg, M...6/20/87	1055 Snyder, S...10/31/87
31	400 Jefferson,...12/1/87	253 Caston, B...1/16/88	429 Archuleta, L...10/87	1052 Krueger, T...11/18/87
32	391 Almy, F...11/21/87	250 Galec, R...2/21/87	424 Morgan, J...2/21/87	1045 Hudson,...5/12/87
33	390 Frantz, D...10/17/87	250 Williams, V...2/21/87	424 Schmidt, J...7/11/87	1030 Elizondo, A...4/87
34	390 Snyder, S...10/31/87	250 Johnson, A...4/4/87	424 Madigan, M...8/1/87	1030 Sanderson, A...4/87
35	390 Deane, A...12/5/87	250 Gianino, A...3/28/87	424 Taylor, C...10/10/87	1030 Moore, D...11/7/87
36	385 Chang, B...4/25/87	250 Henton,...8/29/87	424 Jones, M...10/87	1025 Frantz, D...10/17/87
37	385 Weber, P...11/18/87	248 Fogt, P...2/15/87	418 Moore, D...7/11/87	1025 Someda, D...10/24/87
38	385 Crisp, P...11/21/87	248 Moya, B...10/31/87	418 Ringi, J...11/20/87	1025 Deane, A...12/5/87
39	380 Blake, H...2/12/87	248 Moore, D...11/7/87	413 Williams, R...3/28/87	1014 Chediak, J...10/31/87
40	380 Butler, C...4/11/87	245 Gardner, P...2/21/87	413 Coody, D...4/11/87	1010 Rose, M...11/14/87
41	380 Moore, D...11/7/87	245 Whitley, B...3/28/87	413 Mason, M...8/1/87	1003 Collins, V...2/12/87
42	380 Green, G...11/22/87	245 Ho, N...4/25/87	413 Padova, J...12/6/87	1003 Williams, R...3/28/87
43	374 Humphrey, B...4/12/87	245 Ruiz, J...6/14/87	410 Sanderson, A...4/87	1003 Stagg, M...6/20/87
44	374 Mettert, J...8/1/87	242 Archuleta, L...2/14/87	410 Deane, A...12/5/87	1000 Shark,...5/9/87
45	374 Krueger, T...11/18/87	242 Farling, D...5/2/87	410 Lofing, M...12/19/87	998 Hunnicutt, G...4/18/87
46	370 Buckner, A...2/7/87	242 Ringi, J...11/20/87	407 Augustin, S...6/6/87	997 Dean, J...10/3/87
47	370 Washington,...5/12/87	240 Kinser, R...2/21/87	407 Higgins, F...8/1/87	997 Boldin, L...11/14/87
48	370 Remaldy, D...5/30/87	240 Willis, T...4/4/87	407 Trujillo, R...11/14/87	997 Styles, F...11/14/87
49	369 Collins, V...2/12/87	240 Wilson, B...10/3/87	407 Jeffrey, M...1/30/88	992 Roosevelt, T...8/15/87
50	369 Jones, M...3/22/87	240 Weiss, D...11/8/87	405 Mutter, M...3/21/87	992 Jones, M...10/87
51	369 Chediak, J...10/31/87	237 Ryan, S...1/16/88	405 Easton, C...5/17/87	987 Schmidt, J...7/11/87
52	365 Maez, D...2/21/87	236 Gambrell, M...10/3/87	402 Collins, V...2/12/87	986 Frahm, E...3/28/87
53	365 Elizondo, A...4/87	236 Someda, D...10/24/87	402 Fogt, P...2/15/87	986 Pitchford, W...6/13/87
54	363 Hunnicutt, G...4/18/87	236 Ruppel, R...12/6/87	402 Bledsoe, J...3/7/87	986 Madigan, M...8/1/87
55	363 Fagot, B...6/6/87	235 Wilson, K...3/14/87	402 Chediak, J...10/31/87	980 Cross, M...12/5/87
56	363 Campbell, J...8/1/87	235 Mori, W...4/25/87	402 Weber, P...11/18/87	975 Mori, W...4/25/87
57	363 Edwards, C...8/1/87	235 Sedory, J...5/2/87	402 Krueger, T...11/18/87	975 Washington,...5/12/87
58	363 Crist, J...12/5/87	235 Hudson,...5/12/87	400 Maez, D...2/21/87	975 Crist, J...12/5/87
59	360 Rose, M...11/14/87	235 Karo, M...10/10/87	400 Williams, Q...3/14/87	975 Evans,...12/5/87
60	358 Coody, D...4/11/87	235 Moreno, E...1/30/88	400 Johnson, M...4/4/87	970 Maez, D...2/21/87
61	358 Stagg, M...6/20/87	231 Flores, J...2/7/87	400 Cornett, G...4/87	970 Humphrey, B...4/12/87
62	358 Schmidt, J...7/11/87	231 Blake, H...2/10/87	400 Buckner, A...4/87	970 Arenberg, J...10/31/87
63	358 Frahm, E...8/1/87	231 Collins, V...2/12/87	400 Washington,...5/12/87	970 Crisp, P...11/21/87
64	358 Clemens, K...12/6/87	231 Salser, R...7/19/87	400 Gillen, R...7/4/87	970 Jefferson,...12/1/87
65	355 Baker, K...2/15/87	231 Horton, I...8/1/87	400 Meskew, K...12/3/87	970 Lofing, M...12/19/87
66	355 Gianino, A...4/25/87	231 Castro, M...11/14/87	400 Evans,...12/5/87	965 Johnson, M...4/4/87
67	355 Horton, I...6/6/87	230 Hirst, S...3/14/87	396 Crist, J...3/28/87	964 Clemens, K...12/6/87
68	355 Karo, M...10/10/87	230 Johnson, M...4/4/87	396 Pitchford, W...6/13/87	960 Buckner, A...4/87
69	355 Kramek, R...12/5/87	230 Glatt, M...4/4/87	396 Dean, J...10/3/87	959 Fagot, B...6/6/87
70	352 Madigan, M...8/1/87	230 Fuller, E...8/23/87	395 Glatt, M...4/4/87	953 Coody, D...4/11/87
71	352 Castro, M...11/14/87	230 Leo, G...8/23/87	395 Vezina, G...4/4/87	953 Horton, I...8/1/87
72	352 Frattasio, N...11/28/87	230 Snyder, S...10/31/87	395 Tougvanh, K...4/25/87	947 Almy, F...11/21/87
73	350 Dellinger, L...2/15/87	230 Mullins, L...11/1/87	395 Benevides, C...4/87	942 King, F...5/23/87
74	350 Williams, Q...4/4/87	230 Solomon, T...11/15/87	395 Mendez, J...4/87	942 Ruppel, R...12/6/87
75	350 Mori, W...4/25/87	226 Pattaway, D...2/12/87	393 McKinney, T...8/8/87	940 Tougvanh, K...4/25/87
76	350 Shark,...5/9/87	226 Humphrey, B...4/12/87	391 Arenberg, J...10/31/87	940 Karo, M...10/10/87
77	350 Evans,...12/5/87	225 Sambrano, C...2/28/87	391 Crisp, P...11/21/87	940 Uhle, M...1/88
78	347 Chua, A...2/14/87	225 Cook, B...2/28/87	391 Ruppel, R...12/6/87	937 Sturdivan, K...2/21/87
79	347 Smith, H...4/11/87	225 Perez, I...3/21/87	390 Mori, W...4/25/87	936 Gill, E...8/1/87
80	347 Lamb, M...8/1/87	225 Krall, K...4/4/87	390 Williams,...5/16/87	936 Holmes, J...1/9/88
81	345 Jones, E...12/5/87	225 Vickers, T...4/18/87	390 Davis, F...1/88	931 Campbell, J...8/1/87
82	345 Lofing, M...12/19/87	225 McClure, E...4/18/87	385 Dellinger, L...2/15/87	930 Mutter, M...3/21/87
83	341 Sturdivan, K...2/21/87	225 Jefferson, G...4/25/87	385 Sturdivan, K...2/21/87	930 Chang, B...4/25/87
84	341 King, F...5/23/87	225 Wilson, E...9/12/87	385 Terrazas, D...3/21/87	925 Williams,...5/16/87
85	341 Gerard,...5/31/87	225 Chapin, L...9/87	385 King, F...5/23/87	925 Remaldy, D...5/30/87
86	341 Gill, E...8/1/87	225 Ebnit, J...11/7/87	385 Dunbar, C...7/11/87	925 Greenk, G...11/22/87
87	341 Dean, J...10/3/87	225 Eicher, T...11/21/87	385 Renaud, B...7/12/87	920 Glatt, M...4/4/87
88	341 Holmes, J...1/9/88	225 Deane, A...12/5/87	380 Chua, A...2/14/87	920 Williams, Q...4/4/87
89	340 Roybal, M...2/21/87	225 Evans,...5/8/87	380 Patrone, N...4/4/87	920 True, D...4/18/87
90	340 Petrone, N...4/4/87	225 Clemens, K...12/6/87	380 Horne, V...4/4/87	920 Easton, C...5/17/87
91	340 Hoang, N...4/87	225 Wood, G...12/19/87	380 Hunnicutt, G...4/18/87	920 Michael, T...6/6/87
92	340 Williams,...5/16/87	223 McKinney, T...10/10/87	380 Denley, J...4/87	920 Wixom, M...11/8/87
93	336 Ward,...5/31/87	220 Boldin, L...4/11/87	380 Fagot, B...6/6/87	920 Phillabaum, B...11/28/87
94	336 Johnson,...5/31/87	220 Agriesti, M...4/12/87	380 Gill, E...6/6/87	920 Ponze, G...12/5/87
95	336 Brate, S...5/87	220 Michael, T...6/6/87	380 Michael, T...6/6/87	919 Estanique, C...4/18/87
96	335 Johnson, M...4/4/87	220 Cochran, J...8/1/87	380 Campbell, J...8/1/87	915 Ho, N...4/25/87
97	335 Qualls, T...4/87	220 Roosevelt, T...8/15/87	380 Vickers, T...8/1/87	914 Caston, B...1/15/88
98	335 Widegren, T...5/17/87	220 Hawkins, P...10/17/87	380 McMillan, D...10/10/87	910 Dellinger, L...2/15/87
99	335 Cross, M...12/5/87	220 Holmes, J...10/24/87	380 Almy, F...11/21/87	910 Renaud, B...7/12/87
100	333 Estanique, C...4/18/87	220 Chediak, J...10/31/87	380 Phillabaum, B...11/28/87	910 Krasnek, R...12/5/87

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6th California Bench Championships
30 Jan 88 - Bakersfield, CA

114 lb.			
V. Yost	225		
S. Mayes	225		
123 lb.		220 lb.	
E. Moreno	235	T. Whiteley	475
132 lb.		242 lb.	
P. Gonzales	285	L. Bank	525
148 lb.		275 lb.	
R. Couch	380	G. Hansen	590
165 lb.		Super Heavy	
T. Corry	350	S. Samaniego	600
181 lb.		Masters	
P. Benedict	375	R. Sakaguchi	445
198 lb.		Women	
J. Grahan	520	S. Garcia	130

Team: Danae's - Fresno. 70 lifters in all. (Thanks to 'World of Wheels' for results)

Vienna Correctional Center Meet
1 Dec 87 - Vienna, IL

	SQ	BP	DL	Total
123				
Hudson	400	235	400	1035
Jefferson	400	220	350	950
132				
Williams	380	205	445	1030
Mitchell	425	175	410	1010
White	300	260	355	915
148				
Lee	500	385	520	1405
Cady	500	315	580	1395
165				
Nunn	575	330	530	1435
Butts	475	235	460	1170
Battles	400	265	400	1065
181				
Scheickert	550	370	600	1520
Wright	400	300	500	1200
198				
Ray	625	375	600	1600
Chaney	625	320	600	1545
Boozre	525	390	585	1500
Doe	550	350	600	1500
Patterson	500	250	460	1210
220				
Hatchett	625	385	575	1585
Tate	550	400	550	1500
Grice	550	335	600	1485
242				
Tillman	625	405	670	1700
Miller	550	315	625	1490
Grice	525	325	620	1470
275				
Spivey	600	470	630	1700
Davis	575	385	585	1545
Beard	550	385	565	1500
Cherry	575	330	495	1400

Best lifter for 165 and under was Cady 1090.89 coef. and for 181 and over Scheickert 1016.88 coef. In team points, Shawnee C.C. had 19, Vienna C.C. had 9 and Centralia C.C. had 8. (Thanks to Geronimo Cherry for results)

Top of the World Meet
21 Nov 87 - Fairbanks, Alaska

Bench Press			
Women			
T. Sullivan	145		
J. Withrow	140	A. Spence	400
M. Martin	100	L. Osimowicz	400
V. Demming	125	L. Duarte	230
Men		P. Younker	275
R. Catalano	425	M. Wiliams	265
Bench/Deadlift			
Men			
132 lb.			
K. Bolor	246	335	580
165 lb.			
T. Mills	280	490	770
181 lb.			
D. Sherwood	370	500	870
J. Chace	300	500	800
R. Weinharct	255	495	630
198 lb.			
J. Miller	375	565	940
E. Stempeck	320	605	925
220 lb.			
J. Matesi	285	500	785
Women			
105 lb.			
S. Calvillo	105	260	365
L. Lutich	140	260	400
P. Parker	110	280	385
165 lb.			
B. Leonard	110	200	310
181 lb.			
L. Butts	162.5	340	502.5

(USPF Sanction 1875-87) Thanks to Russ Smith, Announcer; Referees - Ron Murray, Joni Withrow, Mike Curtain, Cindy Zielinski, Platform manager - Jim Schuster, Loader/Spotters - Steve Kuppy, Mark Olsen, Scorekeeper Cheryl Bates, and Joe Mates. Joe Matesi was Meet director.

Louisiana State Meet
16 Jan 88 - Alexandria, LA

	SQ	BP	DL	Total
Women				
105 lb.				
D. Guyote	187	99	253	540
114 lb.				
J. Vaca	253	143	314	711
S. Kwark	237	132	259	628
T. kahrs	170	88	237	496
123 lb.				
W. Reeves	198	93	270	582
T. Woodruff	170	82	242	498
132 lb.				
L. Cooper	220	132	286	639
D. Aucoin	242	126	259	628
N. Robbins	231	104	270	606
148 lb.				
I. Davis	325	165	363	854
D. Leblanc	143	77	226	446
D. Holmes	154		203	
165 lb.				
K. McElroy	259	165	275	700
M. Coffee	143	93	220	457
SHW				
K. Jewell	374	148		
Masters				
198 lb.				
J. Purkey	424	330	501	1256
D. Flores	292	352	341	986
242 lb.				
L. Green	341	324	418	1085
E. Guillard	231	264	275	771
K. Merrit	451		496	
275 lb.				
L. Shows	705	405	677	1868
Teenage				
148 lb.				
A. Ambeau	446	242	448	1135
R. Lofton	3521	220	401	975
A. Scott	325	203	380	909
165 lb.				
J. Matarona	258	214	485	1058
D. Marron	242	148	330	722
181 lb.				
A. O'Kelley	418	214	440	1074
198 lb.				
C. Petty	485	330	424	1240
L. Bonvillain	402	214	440	1058
242 lb.				
G. Single	507	341	501	1350
Open				
114 lb.				
M. Harris	203	154	242	600
G. O'Kelley	175	66	187	429
P. Reeves	137	66	287	391
123 lb.				
S. Ryan	407	237	438	1080
B. Caston	319	253	341	914
T. Barrow	275	170	358	804
J. Mercado	187	132	214	633
132 lb.				
R. Gorumba	424	253	463	1140
S. Chanove	380	248	446	1074
T. Spencer	314	237	3912	942
L. Fields	303	264	341	909
E. Sereseroz	237	226	391	854
148 lb.				
B. Broussard	507	286	479	1273
R. Rayford	424	270	424	1118
165 lb.				
Q. Quzman	525	308	507	1344
V. Petre	374	264	435	1074
M. McDaniel	374	264	435	1074
W. Gridewr	380	308	352	1041
181 lb.				
J. Wilson	578	363	600	1543
M. Reed	551	270	578	1399
C. Sandau	474	286	424	1185
S. Olinde	358	237	474	1069
198 lb.				
D. Statzenberger	600	451	518	1570
P. Price	600	341	540	1482
R. Crockett	457	363	501	1362
J. Canatella	485	286	507	1278
M. Brandin	474	297	474	1245
V. Hodnett	369	275	429	1074
C. Welch	275	259	482	937
220 lb.				
M. Ryan	639	391	644	1675
S. Hampton	573	457	551	1581
S. Kelly	429	275	451	1157
M. Detheridge	435		451	
242 lb.				
F. Christman	705	418	622	1747
C. Stamm	639	369	639	1647
B. Dixon	534	314	573	1422
J. Sanders	270	319	358	948
275 lb.				
G. Welch	876	518	760	2158
L. Shows	705	485	677	1868
W. Lewis	402	330	501	1234
R. Lewis	374	391	407	1173
277 lb.				
G. Watson	672	468	639	1780
K. McElroy	501	374	600	1477

(Thanks to John Pettitt for results)

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Jul/1983... Juniors, Women's Natural Nationals, Overtraining, Making Weight, Chip McCain Squat Routine, 550 Bench Club, TOP 100 114s.

Oct/86...ADFPA Nationals, Richard Peters Interview, Pec Tear Rehabilitation, Transverse Friction, Hypnosis, Good Nutrition, Positive Aspects of Bombing, USPF Women's Teen Nationals, TOP 100 181s, ADFPA TOP 20 114s

Dec/86... John Kuc Interview, Use of the Polygraph, Eric Arnold Workout of the Month, Jr. World Championships, Mark Ten Strongman Contest, 550 Bench Press Club, Russing Training, TOP 100 220s, ADFPA TOP 20 132s

Jan/87...IPF Worlds, APF Worlds, Bodybuilding and PL by Cory Everson, the Mind-Body Link by Fred Hatfield, Specialization, World Masters Championships, Joe Morelli Profile, TOP 100 242s, ADFPA TOP 20 148s

Feb/87... Ted Arcidi Interview & Profile, YMCA Natioanls, Russian Peak Revisited, Fix Up Your Grip, Brian Grant Profile, Larry Danaher: 565 Bench at 198, Jimmy Pegues Profile, Layoffs, TOP 100 275s, ADFPA TOP 20 165s

Mar/87...USPF Women's Nationals, Women's TOP 20 Rankings, Chuck Braxton Workout of the Month, Judd Biasiotto Profile, Arthur Jones by Fred Hatfield, Rebound Hypoglycemia, TOP 100 SHWs, ADFPA TOP 20 181s

Apr/87... Armed Forces Championships, Walter Thomas Workout of the Month, Plyometrics by Hatfield, Helen Zechmeister Profile, Dumbell Training, Rebuilding the Pythons, TOP 100 114s, ADFPA TOP 20 198s.

Aug/1987...ADFPA Women's Nationals, Women's World Championships, APF Juniors, USPF Juniors, Pan Am Championships, Sleep & Athletes, Dick Burke Profile, Pro Wrestling and PL, TOP 100 165s, ADFPA TOP 20 SHW.

Oct/1987...ADFPA Men's Nationals (Gerald Welch's 870 squat!), Gene Bell Squat Workout, D.D. Nichols Profile, Bench Press Training Tidbits, The Magic of Music, The Dark Side of Light, The Gates to Olympus, Osteoarthritis and PL, Ten Years After, TOP 100 Midheavies, ADFPA TOP 20 123s

Nov/1987... Walter Thomas Interview, Chris Confessore Bench Workout of the Month, Trap Bar Training Program, Athletic Greatness, What Is A Winner, Against All Odds, Open Nationals, TOP 100 220s, ADFPA TOP 20 132s

Dec/87... Bull Stewart Profile, IPF World Juniors/Masters, Rick Gaugler Deadlift Workout, Linda Jo Belsito & Robert Craft Profiles, Professionalism and PL, Do We Need A New Set of Records, Endurance Training, Coaching and the High School Coach, ADFPA TOP 20 Lightweights, TOP 100 242s

Mar/88... Jon Pall Sigmarsson, Kaz Wins, Restoration, Sean Cain Deadlift Workout, Dress Rehearsal, Bill Nichols Profile, John Ware Profile, Women's TOP 20 rankings, Engineered Nutrition, TOP 100 114s, ADFPA TOP 20 198s

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★ Proper Phone **Number** for U.S.P.F. Kansas State Chairman Brian Boyer, 1816 Oakley Ave., Topeka, Kansas 66604 is 913-357-1727. ★ a clearinghouse for **needed lifting equipment** is being established by Doug Daniels. Anyone with used or wrong size equipment, lifting suits, wraps, belts, etc. who is willing to donate such to prison lifters who have no equipment, should contact Doug at Box 148, Hammond, IN 46235. Please include any size information, and prison lifters with needs should specify sizes as well. Do not send the materials to Doug, only the information. ★ 12 pages of information on the 1988 U.S.P.F. **Drug Control Program** with explanations of what is done in testing, why it is done, and how it is accomplished, can be obtained by sending $.56 worth of postage and a legal size envelope to Bulletin Board, Box 467, Camarillo, CA 93011.

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John Black would like anyone with footage (video or otherwise) of his accident while squatting at the 1982 Junior Nationals in Portland, Oregon to contact him at 216-252-1695.

Tyler Open
24 Oct 87 - Tyler, TX (kg)

	SQ	BP	DL	Total
Womens				
148 lb.				
K. Tift	127.5	82.5	145	355
Open				
148 lb.				
B. DelaRosa	215	120	190	525
181 lb.				
D. Carroll	275	190	275	740
T. Vettraino	255	162.5	230	647.5
M. House	230	155	207.5	592.5
198 lb.				
M. Papini	320	160	260	740
T. Cassard	275	175	262.5	712.5
B. Bales	280	175	255	710
L. Johnson	300	167.5	240	707.5
R. Roy	230	160	230	620
220 lb.				
L. Shoals	272.5	152.5	265	690
S. Williams	200	160	115	475
275 lb.				
J. Young	315	220	295	830
Sub Masters				
181 lb.				
T. Vettraino	255	162.5	230	647.5
220 lb.				
J. Martinez	192.5	125	227.5	545
Masters				
181 lb.				
J. Caldwell	205	112.5	220	537.5

(Thanks to Marsha Peters for results)

Open Bench Press Classic
12 Dec 87 - Greenbelt, MD

Malone Total			
Women's Division		198 lb.	
J. White	131.07	L. Heller	350
M. Lewis	125.6	K. Kaiss	335
D. Chandler	123.3	J. Perhach	325
J. Gould	109	R. Harbaugh	300
Men's Open		220 lb.	
132 lb.		B. Weaver	450
K. Harper	185	M. Anderson	475
B. Cole	180	S. Shiley	330
148 lb.		P. Catazara	290
J. Hawk	315	242 lb.	
M. Levy	285	T. Huyber	485
A. Brayton	255	M. Dimiduk	440
K. Markoute	255	V. Price	420
165 lb.		B. Washington	385
M. Shea	315	C. Stroud	345
J. Marcellino	315	275-SHW	
T. SHiley	295	F. Wrightson	475
V. Florenza	290	J. Hickey	345
G. Varda	270	L. Phillips	300
181 lb.		Novice-light	
J. Edwards	410	C. Bradham	241.8
C. Bradham	375	M. Shea	213.8
E. Jankoski	350	M. Levy	211.8
R. Thomas	340	E. Jankowski	209.8
G. Martin	330	Novice-heavy	
D. Marcellino	320	F. Wrightston	236
S. Welch	320	V. Price	232
C. Gast	285	J. Perharch	196.2
N. Strickland	240	S. Shiley	187.6

Best Lifter - lightweight was Jeff Edwards with 257.8 (Schwartz adjusted) and the Best Lifter - heavyweight was Toby Huyber with 258. This meet was co-sponsored by Hercules Enterprises, Reebok and Budweiser. (Results provided by meet director, Matt Mills.)

Arkansas Championships
9 Jan 88 - Camden, AR (kilos)

Open	SQ	BP	DL	Total
123 lb.				
J. Holmes	155	125	145	425
132 lb.				
P. Meinert	167.5	120	170	457.5
148 lb.				
W. Johnson	222.5	95	250	567.5
T. Horlacher	197.5	137.5	182.5	517
165 lb.				
J. Rhodes	210	120	235	565
181 lb.				
G. Nettles	245	145	240	630
M. Vinson	212.5	162.5	230	605
B. Lumley	212.5	160	227.5	600
M. Fowler	235	130	230	595
K. Balcirak	212.5	145	190	547.5
198 lb.				
E. Erwin	227.5	167.5	240	635
M. Barrett	245	155	230	630
B. Taylor	150	130	182.5	462.5
220 lb.				
S. Reaves	245	167.5	227.5	640
B. Bogurd	170	142.5	215	527.5
242 lb.				
E. Morgan	230	155	290	675
SHW				
A. Larson	340	235	295	870
Teen				
123 lb.				
J. Holmes	155	125	145	425
132 lb.				
P. Meinert	167.5	120	170	457.5
148 lb.				
K. Malcolm	122.5	75	152	350
165 lb.				
C. Nix	182.5	135	205	522.5
T. Davis	117.5	80	157.5	355
181 lb.				
M. Vinson	212.5	162.5	230	605
J. Evans	180	115	202.5	497.5
A. Jackson	190	97.5	207.5	495
D. Pratt	187.5	112.5	187.5	487.5
E. Fletcher	112.5	97.5	182.5	392.5
198 lb.				
C. Albert	150	100	227.5	477.5
T. Davis	147.5	100	160	407.5
Masters				
198 lb.				
B. Taylor (41)	150	130	182.5	462.5

Willie Johnson was the outstanding lifter for lightweight and Art Larson the outstanding lifter for heavyweight. The team trophy went to Sweat Shop Gym. The Arkansas State Powerlifting meet was held on the worst day of winter 1987-88. Central Arkansas received up to 16 inches of snow and had precious little snow removal equipment available. The bad weather reduced the number of participants but not the enthusiasm. Twenty-nine lifters braved the storm, many participating in their first meet. Several perennial lifters couldn't negotiate the roads, including the Mt. Ida Monster.

A.D.F.P.A. TOP 20 100 kg. 220

This Top 20 list by Jim Gallagher covers lifts made in sanctioned American Drug Free Powerlifting Association meets from January 1, 1987 to February 1, 1988.

Please send a copy of all ADFPA meet results to Jim Gallagher, 301 Pine St., Glenolden, PA 19036. This will keep these lists as up to date as possible. Thank you.

Those who appear on the A.D.F.P.A. TOP 20 list are eligible to receive PL USA Achievement Awards. For details and ordering information see this issue's Top 100 listing.

	SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1.	705 J. Ambrosino 12/12/87	512 L. Arthurs 11/22/87	720 D. Corrico 6/7/87	1813 S. Cain 8/2/87
2.	688 S. Cain 8/2/87	490 R. Laiuvara 11/8/87	711 K. Fisher 12/5/87	1769 G. Wilkins 8/2/87
3.	680 W. Hammes 10/24/87	465 E. Flori 11/8/87	705 S. Cain 8/2/87	1710 D. Corrico 6/7/87
4.	672 P. Jefferson 5/17/87	452 S. Kelley, Jr. 3/14/87	699 G. Wilkins 8/2/87	1703 G. Durdan 5/17/87
5.	670 J. Danahy 4/26/87	452 G. Wilkins 8/2/87	672 S. Antczak 4/11/87	1703 K. Fisher 12/5/87
6.	656 R. Keller 10/87	450 T. Gilman 6/27/87	670 Snipes 8/29/87	1700 J. Danahy 4/26/87
7.	650 T. Danahy 10/31/87	440 M. Hernandes 5/2/87	661 K. Francis 11/22/87	1692 F. Jackson 5/17/87
8.	644 S. Antczak 8/2/87	440 D. Robinson 11/8/87	661 T. Gilman 4/12/87	1686 S. Antczak 8/2/87
9.	640 M. Perkins 6/7/87	435 M. Kachmarski 6/7/87	661 S. Graham 5/17/87	1686 P. Jefferson 5/17/87
10.	635 G. Hingleton 6/13/87	435 M. Lewis 6/27/87	660 S. Johnson 3/28/87	1680 M. Perkins 6/7/87
11.	634 P. Tyring 4/5/87	430 R. Haynes 9/6/87	656 P. Tyring 4/5/87	1680 T. Danahy 10/31/87
12.	634 G. Durden 5/17/87	430 J. Sale 3/1/87	656 F. Jackson 5/17/87	1675 J. Ambrosino 12/12/87
13.	634 F. Jackson 5/17/87	425 C. Bobb 7/12/87	650 P. Dick 5/3/87	1670 T. Gilman 4/12/87
14.	630 T. Muscianisi 4/5/87	424 M. Bussell 7/25/87	650 H. Glass 5/3/87	1655 Snipes 8/28/87
15.	630 M. Halbrook 5/3/87	420 K. Gabriel 5/2/87	650 G. Durdon 5/17/87	1653 K. Francis 11/22/87
16.	628 J. Graham 5/17/87	420 D. Young 6/27/87	650 M. Perkins 6/7/87	1650 J. Kane 4/5/87
17.	625 J. Kane 4/5/87	420 D. DelReal 7/12/87	650 J. Flora 11/12/87	1650 M. Kachmarski 6/7/87
18.	625 G. Wilkins 5/3/87	420 T. Torras 9/6/87	645 P. Jefferson 5/17/87	1642 J. Graham 5/17/87
19.	625 B. Ercan 9/27/87	420 J. Danahy 10/31/87	640 J. Donahy 10/31/87	1635 W. Hammes 10/24/87
20	622 K. Keene 4/11/87	418 M. Willis 4/12/87	633 B. Washington 8/2/87	1625 M. Halbrook 5/3/87

More than one-third of the lifters present weighed in for the 181 pound class and some nice competition ensued within the group. Everyone enjoyed seeing Mighty Joe Holmes bench 251 in the 123 class. Willie Johnson went up a class from last year and turned a big 490 squat and a 551 deadlift at a body weight of 147. Pat Meinert set 4 State Teen records in winning the 132's. Although unchallenged, Jim Rhodes turned in a very respectable 565 to win the 165's. Greg Nettles, a consistent performer, copped the trophy for his efforts in the 181 class. Everett Erwin and Shane Reaves produced similar lifts to win the 198 and 220 classes. Eddie Morgan increased his lifts, especially the deadlift. Eddie is extremely strong and his improved form has helped his total.

Big Art Larson was back this year with some nice lifts. His 1915 total wasn't what he expected but he thrilled the group present with an easy 748 opener, but he could not find the depth for his 800 plus second and third tries.

Many thanks to Mike Barrett and the Sweat Shop Gym for hosting a good meet. The spotters and loader are to be commended and the Holiday Inn did everything possible to help host the meet. (Thanks to Dr. Daryl Johnson for results)

Tufco Championship
10 Jan 88 - Glens Falls, NY

	SQ	BP	DL	Total
Fresh/Soph				
114 lb.				
E. Facteau	325	150	365	830
L. Kip	190	120	260	570
R. Fisher	260	155	290	305
132 lb.				
J. Duhaine	340	160	425	925
J. Sacco	250	155	290	750
M. Ferry	250	105	310	725
E. Skelling	245	155	255	655
148 lb.				
S. Ravine	385	290	470	1145*
J. Etu	225	165	315	705
M. Needham	225	155	270	650
165 lb.				
T. Herrick	185	190	400	875
181 lb.				
J. Currey	410	295	420	1125
D. Carpenter	300	155	340	795
T. Hamlen	215	150	325	690
198 lb.				
N. Pesha	320	225	410	995
M. Girrad	185	135	315	635
220 lb.				
M. Stimpson	450	285	450	1185
R. Peler	365	210	365	1035
275 lb.				
B. Fitchener	275	195	365	835
Juniors and Seniors				
132 lb.				
S. Facteau	405	205	430	1035
M. Hunter	425	230	365	1020
D. Boyer	295	215	430	940
181 lb.				
B. Rawleigh	320	210	475	1005
T. Loading	315	175	425	915
198 lb.				
M. Garrvilli	320	170	335	835
C. Havens	250	225	365	830
275 lb.				
M. Smith	460	235	550	1245
20-23				
148 lb.				
D. Naughton	380	315	420	1115
S. Nautel	365	260	440	1065
181 lb.				
S. Preston	555	385	475	1415*
24-34				
181 lb.				
D. Zaft	450	380	470	1300
M. Pratt	350	240	425	1015
35-39				
198 lb.				
T. Hawprich	420	280	440	1140
220 lb.				
R. Marsh	600	380	560	1540*
Master				
148 lb.				
G. Fosmire	465	245	500	1210*
198 lb.				
B. Layer	345	220	480	1045
220 lb.				
M. Needham	450	385	440	1235
Women				
123 lb.				
S. Berger	185	90	235	510*
132 lb.				
S. Mignot	125	65	215	405
170+				
R. Chartraen	205	135	250	590

* Best Lifters for the day were: Scott Rabine, High School Sarah Berger, Women; Robert Marsh, submaster; Steve Preston, Juniors George Fosmire, master. Team award went to Tupper Lake, and with Ft. Edward finished a close second.

On Sunday, Janauary 10, the Tufco Health Center sponsored its first powerlifting chammpionship. The one day contest brought many new faces into the sport of powerlifting. Two fine coaches Rick Roberts, from Tupper Lake, and Jim Stoy from Ft. Edward battled for team trophy with a tight finish of 60 for Ft. Edward, and 62 for Tupper Lake. Other outstanding performances came from Max Smith, a 275, 6ft. 6, sixteen year old who has set all state records for both 242 and 275 lb. wt. classes. Other fine jobs came from first time lifters Taylor Herrick, Mike Girrard, Tim Hammel and Mike Needham. (Thanks to Al Roberts for results)

Upcoming National Meet Qualifying Totals

Men's Contests	*114*	*123*	*132*	*148*	*165*	*181*	*198*	*220*	*242*	*275*	*SHW*
USPF Teen Nationals 14-15	600	700	750	850	875	925	950	975	1000	1050	1100
USPF Teen Nationals 16-17	650	750	850	950	975	1025	1050	1075	1100	1150	1200
USPF Teen Nationals 18-19	700	800	950	1050	1075	1125	1150	1175	1200	1250	1300
ADFPA Teen Nationals 14-16	620	720	785	875	925	975	1000	1045	1070	1095	1120
ADFPA Teen Nationals 17-19	695	790	900	1045	1095	1165	1240	1290	1315	1330	1350
ADFPA Men's Nationals	845	955	1070	1275	1400	1500	1575	1625	1665	1700	1760
APF Jr. Nationals	970	1053	1150	1267	1380	1480	1560	1643	1698	1745	1819
ADFPA Lifetime Drug Free	760	860	965	1110	1235	1330	1400	1450	1480	1510	1585
APF Sr. Nationals	1085	1210	1300	1450	1580	1692	1780	1875	1940	2000	2085
USPF Sr. Nationals	788	953	1085	1289	1399	1488	1570	1653	1700	1725	1758
USPF Jr. Nationals	777	947	1064	1278	1388	1477	1559	1640	1692	1708	1736
USPF Open Nationals	799	959	1100	1300	1410	1521	1609	1693	1752	1786	1802
APF Women's Contests	*97*	*105*	*114*	*123*	*132*	*148*	*165*	*181*	*198*	*232*	*SHW*
APF Nationals	680	732	790	857	895	953	1027	1092	1149	1209	1260
ADFPA Women's Contests	*97*	*104*	*111*	*116*	*122*	*129*	*139*	*154*	*176*	*176+*	
Women's Nationals	518	557	584	639	661	694	739	766	843	942	
Women's Teenage 14-16	402	430	457	468	491	513	546	595	656	733	
Women's Teenage 17-19	463	496	518	540	562	584	623	678	750	838	

Niagara Frontier Bench & Deadlift
9 Jan 88 - Lake Plains Y, Medina NY

Bench Press		Deadlift	
150 lbs. & Under		150 lb. & Under	
R. Camarre	330	P. DeFrancisco	430
J. Swanson	300	L. Corlo	405
K. McCarthy	290	T. Becht	390
170 lb.		170 lb.	
J. Swaitek	415	T. Meyers	560
B. McKenzie	330	T. Meacham	405
T. Mesi	300	J. Swaitek	470
190 lb.		190 lb.	
J. Speaher	400	J. Speaher	580
C. Cramer	360	M. Becht	425
M. Burke	350	205 lb.	
205 lb.		M. Vona	585
M. Vona	360	D. Palumbo	520
B. Weaver	355	D. Caster	490
J. Van Der Karr	335	225 lb.	
225 lb.		S. Downs	650
C. Seeker	410	C. Seeker	620
D. Niethe	355	L. DiCenso	600
S. Downs	350	Over 225 (Schwartz)	
Over 225 (Schwartz)		M. Esposito	615
Van Der Karr	485	D. Brim	600
D. Esposito	375	P. Hoffman	500
B. Lashall	275		

Teenage Division (combined lifts by Schwartz Formula); J. Baglio (275 465), J. Scheif (205 390), M. Hearn (235 320), M. Eaton (250 420), Masters Division (combined lifts by Schwartz Formula); A. Washak (300 450), D. Palmer (215 375), J. Snyder (200 300). Best lifter for lightweights: Joe Speaher. Best lifter for heavyweights: Mike Vona. The biggest bench was by Mark Van Der Karr at 485 lbs. The biggest deadlift was by Steve Downs at 650 lbs. The 2nd Annual Niagara Frontier Bench Press & Deadlift Championships was held Saturday at the Lake Plains YMCA in Medina, NY, with 60 lifters taking part. Some 150 fans attended the contest, which was co-hosted by the YMCA and the Titan Athletic Club of Lockport.

The teenage and masters (over 40) divisions were the first to lift, beginning with the bench press. There were nine teens and four masters entered in the championships, who were scored on their bench press and deadlift totals by the Schwartz formula (by bodyweight). After completing the benching contest Williamsville's (NY) John Baglio led the teens with a 275 lb. effort, while Bob Abraham (Hammondsport, NY) led the Masters with a 320 lift.

In the open competition, Lockport, NY, native Ralph Camarre broke the local record for the 150 & under category with a bench press of 330. Jay Swaitek (Lockport) kept things going for the Titan A.C. team by smashing the 170 lb. class record with a 415 press. Bradford, PA. lifter Joe Speaher scored a first in the 190 class with a record-setting attempt at 400.

Mike Vona (Lockport) grabbed a first in the 205 class with a 360 bench press, which was also a new record. Another Bradford native, Carl Seeker, took first place and set a new mark in the 225 class with a 410 effort. In the Over 225 lb. class, Mark Van Der Karr (Brockport, NY) returned to defend his benching title by hitting a 485 press.

The deadlifting competition followed immediately, with Buffalo's Phil DeFrancisco setting a new 150 lb. & under mark with a 430 pull. Teammate Tim Meyers (Buffalo) set a record in the 170 lb. class by pulling 560 to win. Joe Speaher (Bradford, PA) placed first in the 190 class with a 580 effort.

Among the heavyweights, Mike Vona set a new mark in the 205 class by deadlifting 585. Lifting for the Lake Plains YMCA, Steve Downs (Lockport) took first and set a record in the 225 lb. class with a 650 pull. Lockport's Mike Esposito won in the Over 225 weight class by pullling 615 to finish the deadlift competition.

Following the deadlift, calculations were made for the teen and masters competitions. Titan lifter John Baglio won first place among teenagers (275 bench, 465 deadlift), while Lake Plains 'Y' lifter kArchie Washak (Medina) won the masterrs division in his first contest (300 bench, 450 deadlift).

Trophies were also awarded for best lifter, with Joe Speaher winning the honor for lightweights, and Mike Vona taking honors among heavyweights. Mark Van Der Karr was awarded the Biggest Bench Press trophy for his 485 lb. press, while Steve Downs won the Biggest Deadlift trophy for his 650 lb. pull.

Titan A.C. finished first in tean scoring with 25 points, followed by the Lake Plains YMCA (Medina) with 16. There were seven teams in all entered into the contest.

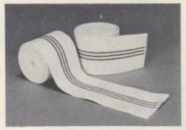
Guest judges included Mike Cochran (N. Tonawanda), a national qualifier and record holder in the 242 lb. class for the United States Powerlifting Federation, and Lockport lifters Chris Van de Mark and Andy Vona. The 2nd Annual Niagara Frontier Championships was sponsored by Enderby & Sons Electric of Medina and Lorenzo's Restaurant of Wrights Corner, NY. Meet Director: Steve Downs; Assistance: Russell Bruning, Andrea Bruning, Mark Bruning; Head Scorer: Chris Creasey; Scoring Assistants: Dave Niethe, Scott Phillips; Loaders: Todd Barry, John Derry; Set Up: Jack Snyder, Tom Meecham, Bob Bloom, Mike Eaton, Roger Niethe, Bill Higgins. (Thanks to Steve Downs for results)

East Coast Bench Press
1 Nov 86 - Manassas, VA

Women's			
C. DeHaven	170	D. Jacoby	330
D. Durocher	145	R. Roberts	280
J. Soper	120	198 lb.	
Master's		J. Nish	360
L. Arthurs	510	W. Pritt	340
D. Willson	505	B. Yakulis	300
J. Gnall	400	D. Miller	270
W. Morris	370	M. Heflin	225
R. Hess	325	220 lb.	
R. Ferro	340	L. Arthurs	510
123 lb.		J. Davis	435
J. Mullins	230	J. Cottrell	415
J. Theimer	190	J. Gnall	400
132 lb.		H. Campbell	350
B. Baber	235	T. Perkins	330
B. Rakuskin	215	R. Griffith	330
148 lb.		R. Hess	325
F. Lupis	315	M. Bennett	315
B. Ebersole	295	242 lb.	
J. Shifflett	290	S. Scully	500
A. Kato	285	J. Perkins	430
S. Beach	225	M. Lowe	365
165 lb.		M. Grant	300
J. Edwards	385	275 lb.	
N. Dougan	370	B. Harginrator	500
M. Moore	325	W. Morris	370
181 lb.		T. Hall	285
A. Earnest	455	G. Manyer	280
W. Santana	400	Supers	
B. Rush	360	R. Hankey	520
G. Martin	340	D. Willson	505

Highlights of the meet include Adam Earnest's explosive 455 at 181, 5 people benching over 500 lbs., and 219 lb. Master lifter Larry Arthurs hitting 510. Other standouts were 6 ft. 4 in. Sean Scully nailing down a 500 bench in the 242's and Harginrator, Hankey, and Willson all going over 500. (Thanks to Ken Ryder for results)

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SEE PAGE 76

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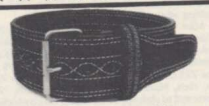
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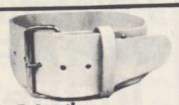
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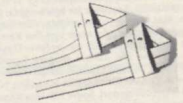
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DCCCD Men's Meet
3 Dec 87 - Dallas, TX

	SQ	BP	DL	Total
123 lb.				
G. Hanley D(R)	175	240	230	645
S. Ferguson (BH)	165	210	170	545
132 lb.				
T. Zukzinger (BH)	205	260	350	815
R. Long (R)	225	270	300	795
148 lb.				
J. Hunt (BH)	235	380	405	1020
J. Meador (R)	215	310	350	875
D. Hunt (R)	215	225	300	740
D. Gonzalez (R)	205	235	265	705
165 lb.				
D. Hernandez (R)	285	380	400	1065
H. Lam (BH)	265	345	410	1020
D. Fruhling (R)	260	320	430	1010
D. Gaspard (R)	265	335	405	1005
C. Bithus (BH)	225	375	400	1000
C. Greene (R)	260	310	400	970
R. Bennett (BH)	245	305	325	875
P. Willbing (BH)	205	340	325	870
D. Espinoza (BH)	215	325	310	850
P. Schmidt (R)	240	250		490
J. Atwal (R)	250			250
D. Raden (NL)				
181 lb.				
L. Jones (BH)	365	450	475	1290
R. Dickson (BH)	245	470	420	1135
A. Cole (BH)	220	460	430	1110
A. Luna (R)	240	380	350	970
S. Straite (BH)	260	280	430	970
M. Black (R)	260	300	390	950
S. Everett (R)	235	300	405	940
D. Claterbaugh (BH)	380	310	330	920
L. Gagnon (BH)	280	250	375	905
P. Delashaw (BH)	250	260	350	860
R. Morris (BH)	240	270	340	850
C. Lewis (EC)		340	450	790
J. Blair (MV)	210	250	320	780
N. Chrisikos (BH)	160	230	370	760
R. Osbourne (R)			350	350
198 lb.				
J. Blackburn (CV)	300	360	420	1080
D. Strimpel (R)	270	355	435	1060
L. Wilins (R)	255	340	360	955
S. Cook (R)	195	320	350	865
J. Ordierez (R)	250	260	350	860
S. Bradshaw (R)	235	235	350	820
J. McLean (BH)	240	250	320	810
D. Robinson (NL)	295		360	655
S. Cox (BH)	255		355	610
220 lb.				
D. Gordon (R)	315	500	470	1285
D. Dawson (BH)	275	460	470	1205
D. Graff (BH)	275	375	425	1075
E. McGough (BH)	280	350	430	1060
M. Haskins (NL)	240	350	425	1015
R. Mitchell (R)	275	225	400	900
235 lb.				
M. Clark (R)	275	360	360	995
B. Garfias (MV)	245		370	615
275 lb.				
T. Malooly (BH)	270	540	490	1300
M. Laborde (R)	290	420	500	1210
SHW				
L. Howard (R)	275	330	405	1010
F. Huff (BH)	260	330	405	995
T. Dubois (BH)	245	330	400	975
Women				
97 lb.				
L. Flint (BH)	130	70	170	370
105 lb.				
S. Martin (RC)	50		145	195
123 lb.				
C. Robbins (BH)	200	100	275	575
J. Hamlin (NL)	140	110	220	470
P. Lamb (BH)	140	90	160	390
T. Johnson (RC)	105	75	195	375
132 lb.				
A. McGuffey (BH)	145	90	170	405
D. Fruhling (RC)	130	60	160	350
148 lb.				
W. Mazurek (RC)	245	135	250	630
K. Jones (RC)	95	70	160	325
SHW				
K. Fouts (RC)	220	135	225	580
M. Carter (RC)	120	110	190	420

Team points were for 1st: 10 pts.; 2nd- 7 pts.; 3rd- 4 pts. The standings were: Richland 90 in Men and 141 in total; Brookhaven 87 and 121; Cedar Valley 10 and 10; Northlake 7 in the total; Mountain View 7 and 7; El Centro and Eastfield did not have any. Richland had 51 pts. to hold first place. Brookhaven had 34 for second and Northlake had 7 for third. The overall winners by coefficient were 1st for Carol Robbins (BH) 534.75; and 2nd for Wendy Mazurek (RC) 516.60. (Thanks to Richland College for results)

South Regional Louisiana High School Meet
Jan 88 - New Orleans, LA

	SQ	BP	DL	Total
114 lb.				
B. Fagot	360	180	380*	920
M. Castanedo	300	180	220	700
123 lb.				
M. Uhle	415*	160	365	940*
F. Davis	270	215	390*	870
J. Riviere	225	160	220	605
R. Russo	235	110	210	555
M. Cormier	150	80	210	440
132 lb.				
A. Lacombe	370	215	390	975
P. Johnson	300	185	365	850
A. Acosta	295	205	350	850
K. LeBlanc	250	240	265	755
R. Kagan	240	190	265	695
S. Marino				
D. Liuzza				
148 lb.				
F. Caminita	485	300	420	1205
S. Mouille	370	230	410	1010
R. Mitchell	175	175	345	695
C. Thomason	200	190	300	690
L. Alfonso	230	175	270	675
J. Reppel	175	170	275	620
L. Jackson				
R. Guillot				
165 lb.				
M. Danna	365	230	435	1030
G. Brown	410	205	390	1005
T. Thompson	360	250	385	995
A. Wilford	315	200	365	880
E. Wimby	365	185	315	865
S. Wilkinson	250	165	310	725
B. McKan	200	200	270	670
T. Fonseca				
181 lb.				
R. Impastato	610*	350*	570*	1530*
K. Cryer	430	315	410	1155
F. Drummonds	400	300	420	1120
J. Guy	380	265	435	1080
T. Carver	325	250	375	950
D. Necaise	315	255	375	945
R. Johnsonn	275	260	400	935
C. Ancar	220	165	340	725
R. Kuntz				
198 lb.				
S. Brocato	505*	240	480	1225
B. Rollins	405	260	425	1090
C. Durgin	315	265	395	975
S. Dusang				
R. Main				
220 lb.				
J. Ohler	350	300	470	1120*
J. Rouse	490	225	405	1120
A. Bodden	330	280	380	990
J. Dardis				
R. Green				
242 lb..				
G. Iadanza	505*	270	495	1270
E. Meyers	415	280	420	1115
T. Pizzitolo	320	240	380	940
J. Rios	335	200	400	935
B. Casio				
HWT				
M. Jackson	505*	370	475	1350
T. Davis	300	195	300	795
C. Jenkinsen				

Team Standings: 1. Brother Martin 59; 2. Chalmette 17 and O.P. Walker 17; 4. Riverdale 14; 5. Shaw 13; 6. J.S. Clark 12; 7. Rummel 11; 8. John Curtis 5; 9. Buras and St. Bernard 4. Outstanding Lifters: 114 to 165 lb. class- Brian Fagot of Brother Martin High School and Frank Caminita of Archbishop Shaw High School. 181 to HWT lb. class- Ricco Impastato of Brother Martin High School. * - Place is determined by body weight, with the lighter lifter finishing first. * - New Regional Record. (Thanks to Randy Johnson for results)

East Texas Championships
16 Jan 88 - Longview, TX

	SQ	BP	DL	Total
Teenage women				
123 lb.				
J. Vasquez	255	100	260	615
Womens Division				
123 lb.				
L. Legg	255	135	300	690
J. Vasquez	255	100	260	615
148 lb.				
K. Reagh	275	135	290	720
Teenage Men (Schwartz)				
M. Garcia	380	225	380	985
C. Doria	360	235	410	1005
J. Hamilton	285	185	315	785
M. Stith	250	215	315	780
Mens Class II				
123 lb.				
F. Ochoa	275	135	300	710
M. Wright	180	125	315	620
148 lb.				
R. Morris	400	200	415	1015
165 lb.				
D. Williams	440	285	490	1215
G. Green	415	260	480	1155
J. Hollingsworth	365	260	425	1050
181 lb.				
N. Manziel	535	375	435	1345
T. Mata	515	315	440	1270
L. Waskom	455	305	460	1220
A. Camacho	465	300	420	1185
J. Tupponee	465	265	445	1175
198 lb.				
M. Edwards	505	405	500	1410
C. Antal	455	240	425	1120
220 lb.				
J. Merchant	525	315	550	1415
L. Hightower	545	305	560	1410
242 lb.				
S. Williams	525	405	550	1505
M. Hanlon	260	155	330	745
275 lb.				
D. McCaskill	600	345	500	1445
R. Finch	505	275	525	1305
L. Barry	430	280	600	1260
M. Stith	250	215	315	780
Mens Open				
165 lb.				
G. Green	415	260	480	1155
J. Hollingsworth	365	260	425	1050
181 lb.				
B. Davila	525	350	500	1375
N. Manziel	535	375	435	1345
T. Mata	515	315	440	1270
198 lb.				
J. Duszik	625	405	605	1635
220 lb.				
B. McDaniel	555	355	605	1515
242 lb.				
K. Yoxall	580	400	600	1580
S. Williams	525	405	550	1505
Mens Collegiate				
N. Manziel	535	375	435	1345
P. Guy	425	315	475	1215
T. Butcher	385	305	430	1120

The meet director was Scott Johnson. We had a very good meet with 42 lifters from 3 states lifting. The workers did an excellent job. Without their help the meet would not have turned lout as well as it did. I would like to thank Anthony Clark for driving all the way from Houston to perform a bench press exhibition. Anthony did four reps easily with 500 pounds after only three hours sleep. I would also like to thank Glen Venator for adding that special touch to the meet. Thanks to John Inzer for all his support, and thanks to all the lifters. I hope y'all enjoyed the meet as much as I did. Next year's meet will be even better!!! (Jeannie Vasquez had a fine day with a 615 pound total in the teenage division. Karen Reagh came close to winning the Miss East Texas title, with a 720 pound total in the 148 pound class. After missing her last two squat attempts, Leigh Ann Legg benched 135 and deadlifted 300 pounds giving her a 690 total in the 123's and making her Miss Powerlifting East Texas for 1988. Congratulations Leigh Ann!! Mark Stith set four state records in the 14-15 year old division. Mark is only 15 years old and weighs a whopping 245 pounds. What will he look like when he grows up! Joe Duszik blew everybody else away. Joe set two new meet records and captured the coveted 1988 Mr. Powerlifting East Texas title. P.S. Anthony Clark informedd me he will be attempting to break the world record in the Squat at the Hawaii World Record Breakers! (Look out Dr. Squat) (Thanks to Scott Johnson for results)

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ADFPA Kick-Off Classic Bench Press and Deadlift Championships
24 Jan 88 Wilkes Barre, PA

	SQ	BP	DL	Total
Teen Light				
A. Leonard		170	350	520
D. Lang		240	400	640
C. Witts		280	435	715
J. Moore		315	400	715
S. Pentasuglia		200	350	550
J. Robb		205	390	595
L. Henkel		160	280	440
Teen Heavy				
R. Donlan		365	475	840
S. Sarsfield		330	350	680
D. Bidwell		250	435	685
C. Lupinski		175	310	485
Master Light				
B. Rosenfield		285	440	725
J. Addy		155	375	530
G. Fazio		275	400	675
Master Heavy				
J. Pyra		315	590	905
A. Siegel		320	575	895
W. Colwell		300	475	775
J. Farrell		375	340	715
M. Richardson		335	435	770
F. Peters		200	375	575
C. Doll		260	400	660
114 lb.				
A. Leonard		170	350	520
123 lb.				
J. Hauptley		110	190	300
132 lb.				
B. Evans		280	345	625
B. Paterson		235	340	575
S. Pentasuglia		200	350	550
J. Addy		155	375	530
148 lb.				
S. Abraham		260	405	665
D. Lang		240	400	640
B. Malos		240	375	615
L. Henkel		160	280	440
165 lb.				
J. Masher		340	500	840
C. Guensch		270	480	750
J. Miller		300	450	750
D. Wilcox		235	415	680
181 lb.				
B. Ludwig		340	510	850
J. Howard		355	475	830
D. Banik		260	525	785
C. Ashman		280	500	780
T. Weiss		270	500	770
N. Hall		320	450	770
J. Kaufmann		285	475	760
B. Rosenfield		285	440	725
C. Witts		280	435	715
J. Moore		315	400	715
G. Fazio		275	400	675
J. Robb		205	390	595
198 lb.				
J. Plummer		415	540	955
J. Pyra		315	590	905
C. Boyd		360	540	900
T. Heck		335	520	855
J. Moone		270	555	825
S. Whitenight		290	535	825
W. Colwell		300	475	775
S. Sarsfield		330	350	650
C. Welcome		395	200	595
F. Peters		200	375	575
C. Lupinski		175	310	485
220 lb.				
W. Moore		335	590	925
D. Dunbar		330	585	915
C. Ish		360	530	890
R. Ohl		360	530	890
T. Mottern		300	575	875
B. Tomasetti		285	470	755
J. Farrell		375	340	715
D. Fuller		285	420	705
242 lb.				
R. Smith		400	600	1000
D. Pavlis		370	585	955
J. Naperkowski		475	475	950
D. Bidwell		250	435	685
275 lb.				
A. Siegel		320	575	895
B. Kugel		360	530	890
R. Donlan		365	475	840
M. Richardson		335	435	770
SHW				
K. Albern		450	650	1100
C. Doll		260	400	660

Officials: Joe Kane, Bill Clayton, Tom Powell and Ralph Laiuvera. Spotter/Loaders: Ralph Laiuvera, Ralph Laiuvera, Jr., D. Gaynor and Jim Cope. Scorekeepers: Kathy Stevens and Geri Gaynor. MC: Brenda Siegel. (Thanks to Geri Gaynor for results)

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FCI Ray Brook Championships
16 Jan 88 - Ray Brook, NY

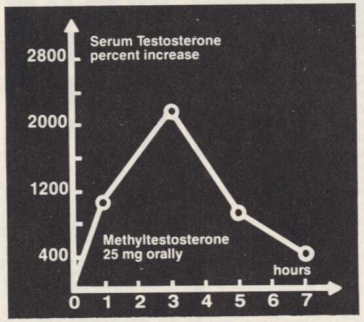
	SQ	BP	DL	Total
123 lb.				
M. Chambers	145	155	305*	605*
E. Londono	165*	160*	275	600
132 lb.				
V. Parker	200	170	330*	700
148 lb.				
F. Parrado	270	235	380	885
H. Edlin	225	225	395	845
J. Hutchinson	320*		415*	735
165 lb.				
J. Robinson	355	225	450	1030
A. Ortiz	270	250	450	970
181 lb.				
R. Brown (42)	415*	270	530*	1215*
198 lb.				
J. Collins (45)	450*	340	550*	1340*
R. Ortiz	390	295	505	1190
A. Gunyea	350	275	480	1105
C. Blair	325		450	775
220 lb.				
M. Garey	480*	335	570*	1385*
W. Davis	400	375*	500	1275
M. Klass	300	225	430	955
242 lb.				
R. Brown	400*	405*	450*	1255*
275 lb.				
R. Calamare	400	335	470	1205
S. Aladicks		345*	380	725

40 and Over: J. Collins 849.56; R. Brown 789.56. The Best Lifter was J. Collins 849.56. * - Indicates FCI Ray Brook Record. The meet was used tdo select FCI Ray Brook's team for the 1988 Northeast Region Postal Powerlifting Championships (Federal Prison System) which is also hosted by Ray Brook. The meet was judged by: Dave Klossner, Chris Klossner, Brent Bowman and Scott Farnsworth (all from Klossner's Gym in Tupper Lake, NY). (Thanks to Ken DeLong, Rec. Spec. for results)

Corrections: Renee Knoop should have had her 137 bench press listed on the TOP 20 105 lb. list, and Brenda Owens 405 deadlift & 920 total was achieved at 148 lbs., not 165.

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Northern California Bench Press
17 Oct 87 - Napa, CA (kilos)

Handicapped				
Doug Weir				
Don Miller				
Jeff Winchel				
Paul Pagendorm				
Teenage				
Light				
C. Moreno	107½			
J. Sangalli	112½			
J. Rodgers	105			
Medium				
E. Wilson	142½			
K. Burks	140			
Heavy				
F. Narcisco	142½			
D. Meza	125			
R. Sire	100			
Womens				
Light				
D. Ross	57½			
Medium				
J. Alcouloumre	42½			
Heavy				
L. Richardson	70			
B. Kalin	62½			
J. Hennesey				
Novice				
60 kg				
D. Lewis	110			
R. Fong	90			
67.5 kg				
G. Cammisa	142½			
A. Garcia	140			
R. Welch	112½			
J. Rodgers	105			
L. Fong	90			
75 kg				
B. Ching	170			
E. Wilson	145			
K. Burks	145			
P. Frost	122½			
V. Persico	110			
M. Ormando	107½			
82.5 kg				
Z. Clark	145			
J. Hunter	142½			
H. McFadden	137½			
D. Ramirez	132½			
W. George				
90 kg				
J. Parodi	172½			
K. Ching	170			
D. Rocha	152½			
E. Garcia	142½			
K. Atkins	130			
S. Bass	127½			
S. Voogd	97½			
100 kg				
R. Spikes	165			
D. Rivera	165			
A. Marchan	137½			
110 kg				
G. Tremblay, Sr.	182½			
125 kg				
R. Goodman	185			
A. Coreia	175			
M. McCaffee				
SHW				
L. Thaxton	192			
S. Millard	182½			
Masters				
Women				
J. Alcoulomre	42½			
J. Hennesey				
Men (light)				
J. Hunter	142½			
F. Siebert	165			
R. Chiesa	165			
M. Sporlins	145			
Medium				
R. Spike	165			
M. Davis	120			
D. Opalka	140			
S. Voogd	97½			
Heavy				
R. Hudec	205			
G. Tremblay, Sr.	182½			
C. Burns	182½			
B. McCune	185			
M. McCafee				
Open				
60 kg				
B. Harris	122½			
67.5 kg				
G. Cammisa	145			
A. Garcia, Jr.	135			
J. Sangali				
75 kg				
B. Ching	170			
M. Sperling	142½			
M. Yonan				
82.5 kg				
F. Siebert	162½			
R. Chieesa	160			
D. Sperry	147½			
Z. Clark				
W. George				
90 kg				
A. Diaz	200			
J. Miller	200			
R. Coppla	165			
100 kg				
M. Ostrander	195			
S. Frost	195			
W. Presley	177½			
E. Santiago	170			
110 kg				
J. McLean	212½			
T. Burns	210			
D. Troppy	205			
D. Young	200			
A. Bryant	197½			
125 kg				
T. Garner	230			
P. Villagomez	215			
B. McCune	177½			
SHW				
A. Ramsey	217½			
R. Hudec	205			
H. Medeiros, Jr.	192½			

The Northern California Bench Press contest was held at Napa Valley College. This year's meet also held a handicap division. 3 cheers for participants. A special thank you to Kristy Kling for putting on the meet and a special thanks to James Hunter for the use of his equipment.

A thank you to all loaders, scorekeepers, announcers, and judges. Thank you Jim Lem. We are all looking forward to the 1988 Northern California Bench Press Contest. (Thanks to Gerald Tremblay, Sr., for results)

6th Annual Steel Valley Open
6,7 Feb 88 - Weirton, W.V. (kilos)

	SQ	BP	DL	Total
Women by Malone				
D. Black	107.5	60	120	287.5
L. Wysocki	112.5	57.5	147.5	317.5
J. Farabee	110	55	125	290
A. Wilson	97.5	62.5	137.5	297.5
D. Lassiter	92.5	52.5	102.5	247.5
R. Minor	80	50	95	225
T. Miller	72.5	35	80	187.5
Teenage Light				
D. Weiss	120	110	155	585
B. Miller	160	95	155	410
Teenage Hvy				
A. Collias	272.5	160	245	677.5
R. DeBias	175	137.5	190	502.5
Masters Light				
H. Rome	177.5	105	195	477.5
G. Christman	147.5	100	185	432.5
Masters Hvy				
P. Davids	227.5	152.5	227.5	607.5
R. Taggart	215	137.5	227.5	580
S. Hawthorne	187.5	137.5	187.5	512.5
C. Evans	175	125	197.5	497.5
Class II & Below				
114 lb.				
B. Boggs	125	65	122.5	312.5
148 lb.				
G. McElroy	165	117.5	172.5	455
165 lb.				
J. Rich	222.5	120	205	547.5
T. Cassidy	162.5	82.5	210	462.5
181 lb.				
G. Kovach	190	102.5	230	522.5
M. White	150	85	170	405
198 lb.				
A. Collias	272.5	160	245	677.5
T. Zatta	222.5	157.5	245	625
220 lb.				
J. Zelent	250	167.5	247.5	665
242 lb.				
R. Larkey	207.5	182.5	215	605
S. Hawthorne	187.5	137.5	182.5	512.5
275 lb.				
G. Moodie	252.5	155	245	652.5
M. Archeletti	170	102.5	205	477.5
Open				
114 lb.				
G. Boggs	125	65	122.5	312.5
123 lb.				
D. Weiss	120	110	155	385
148 lb.				
H. Rome	177.5	105	195	477.5
165 lb.				
M. Colbert	250	152.5*	232.5	635
J. Rich	222.5	120	205	547.5
181 lb.				
D. Cooke	272.5*	155	247.5	675
198 lb.				
G. Fisher	277.5	190	272.5	740
R. Hamm	280	190	260	730
220 lb.				
J. Kusar	317.5	187.5	290	795
J. Haithcox	275	197.5	282.5	755
K. McNeish	307.5	160	282.5	750
B. Van Swaringen	282.5	170	277.5	730
D. Rotolo	257.5	162.5	300*	720
J. Haywood	265	182.5	260	707.5
242 lb.				
L. Simmons!!	372.5*	227.5*	292.5	892.5
L. Wysocki	297.5	210	265	772.5
B. Rush	282.5	200	260	742.5
275 lb.				
P. Beane	275	182.5	270	727.5

* - Denotes Best Lift. !! - Denotes Best Overall



King's Gym Lifters *front (l-r) Dennis Cooke, Bernie Boggs, Jeannie Frabee, Dawn Lassiter, Joby Rich; back (l-r) Tim King - Coach, Philip Beane, Joe Haithcox, Bryan Rush, Rob Hamm, Sandy King - stats and Manager. The defending North Carolina team champs took an out of state trip to the Steel Valley Open, and it was successful with 8 out of 9 lifters placing. Tim King thanks Meet Director, Art Williamson, for making the meet an enjoyable experience for all, and King's Gym would like to compete in a different state in February of 1989. Any team that would like to compete against them, or meet director who would like them to attend his meet, should contact King's Gym, P.O. Box 752, Ramseur, NC 27316, 919-824-4675.*

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PAGE 76

Lifter. We'd like to thank all the lifters for attending and most of all the people who ran the meet. Clint Kouach, George Kouach, Marc DeSantis, Carol Stefanites, Dave Higgins, Jason Labanna, Tom Valuska, Bob Gault, Ernie Nagy, Dave DiBello, Nikki Whipkey, Jamie Cline,, Frank DiBello, Angie Williamson, Mooch Archeletti, Brian Wells, Kerry DiDominico, Don Whipkey, Terry Cowser, Denny Cain. (Thanks to Meet Director Art Williamson for results)

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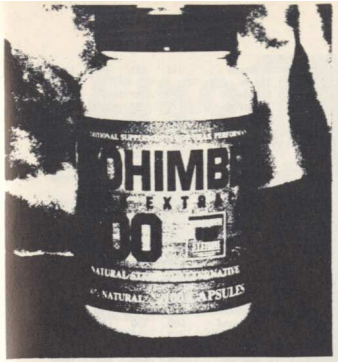
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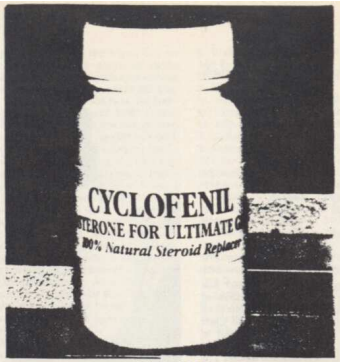
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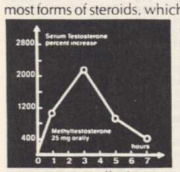


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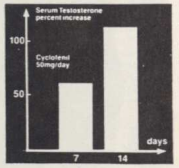
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Bob Baff's Westchester Open Bench
19 Dec 87 - Yorktown Hts., NY

Womens			
Open			
S. Barnes	175		
Mens			
123 lb.			
J. Steinfield	316½		
132 lb.			
K. Lynch	240		
R. Patterson	220		
R. Patterson	165		
181 lb.			
R. Daniels	280		
198 lb.			
C. Confessore	577¼		
J. Wilson	305		
		220 lb.	
		J. Chanin	500
		J. Copland	305
		242 lb.	
		R. Salierno	450
		J. Massaro	440
		Super Heavy	
		R. Gatto	525
		B. Dvorak	470
		C. Jolly	385

Three world records marked the 1987 Bob Baff's Westchester Open Bench Press, showing us powerlifting at its best. Congratulations to all our lifters. Especially Joe Steinfield and Chris Confessore. Joe's 315 lb. lift weighed out to 316½ for an A.P.F. world record. Joe weighed in at a solid 123 lbs. Chris benched an easy 570 (actual weight 569 ¾) on his 3rd attempt, and an equally impressive 577 ¼ on a 4th attempt, both for world records. Chris weighed in at 192 lbs. and took Best Overall Lifter for the day. All this only a week after sustaining a concussion at the Y Nationals. Rounding out the show were 500 lb. benchers Jay Chanin and our very own Ron Gatto with 525 lbs. Special thanks to officials Jeff Copland (A.P.F. State Chairman), Frank Mansueto, George Bicbit and Mike Sunek, as well as our announcer Tony Cannizzaro and spotters Jean Smith and Jon Terman. Keep an eye out for our next contest in the spring. (Thanks to Joi Napurski, Meet Director, for results)

4th New London Open Bench Press
24 Jan 88 - New London, CT

Women		**148 lb.**	
Light		M. Kayal (BL)	325
A. Copoian	110	J. Porter	265
K. Georgia	100	D. Pare	230
K. Hobin	85	M. Roy	220
A. Benjamin	85	C. Hebert	205
Heavy		**165 lb.**	
D. Whitham(BL)	165	G. Raccio	360
R. Chabot	140	B. Ruzzo	345
R. Rhault	135	M. Smithey	320
S. Hardisty	115	N. Ross	280
Teenage		J. Vita	260
Up to 145		P. Booker	225
J. Bryant	210	J. Beck	190
C. Hebert	205	**181 lb.**	
R. Bernat	185	D. Molineaux	320
G. Hunter	175	J. Steele	250
C. Scarpa		J. Hendrick	220
146-165		L. Heath	220
M. Smithey (BL)	320	**198 lb.**	
J. Badurek	255	D. Hudson	405
E. Azzaro	240	Beatle	350
R. Clark	230	D. Schmitt	330
R. Laitres	230	P. yauhas	315
E. McMenamin	160	A. Trodeau	315
166-185		R. Laitres	300
R. Lewis	295	A. Alexander	285
J. Sachatello	255	**220 lb.**	
J. Barnes	230	E. Palko (BL)	480
M. Longley	215	E. Flori	470
R. Bokowski	205	R. Cote	405
186 and Up		R. Rossi	315
T. Dimaio	380	**242 lb.**	
D. Harkins	350	E. Lanoue	385
L. Hatcher	310	T. Ruzzo	365
C. Kensel	225	**275 lb.**	
B. Ferrie	190	M. Green	505
Men		D. Monty	415
132 lb.		**Super**	
T. Barfield	150	J. Mugovero	420
D. Reid	150	B. Buster	230
J. Adorn	135	R. Robinson	230

The 4th New London Open Bench Press contest was a big success, a far cry from the very first one in 1983. Only two lifters that were at the first contest were at this one, Joe Steele and Joe Mugovero. Newer, inexperienced lifters were advised not to be disappointed with their placings because competition was really stiff, especially for this area. Team standings were as follows: 1st Wilbur Cross of New Haven, CT, 108 pts; Ed's Lifting Club West Warwick, RI second with 55 pts. In third was Gold's Gym of New Haven, CT with 54 pts. 4th place with 53 pts. was Ironworks Gym of Danielson, CT. You can probably now understand why I said the competition was stiff. Best Lifter awards were earned by Dawn Whitham, women, Teenage Mark Smithey, Men's Light-weight Mark Kayal, Men's Heavyweight Ed Palko, sub master Joe Mugovero, and Master Gerry Cote. At the contest 100 dollars was raised by the lifters and the spectators for a donation to the 'Megan Woods Fund!'. Megan, a 4 year old girl who had her leg severed in a rear end collision with a school bus. The girl's family had let the health insurance lapse. I would be proud to offer donations from my fellow lifters and readers of *PL USA* for this little girl. My mailing address is - Joe Mugovero, P.O. Box 546, Waterford, CT 06a385. Every contest this size needs plenty of help and I got it. A big thanks to Speakeasy Cafe for the use of their premises. Never, if possible, overlook the spotters, loaders, and judges. The following did an excellent job, James Johnson, Randy Morell, Connie McCloskey, and Joe Steele. Special thanks to the three people with who's help I had not would have prevented me from competition. Great efforts appreciated by Troy Evrett, Donnda Dube the scorer, and Pam Koster my girlfriend. MCs Andy Bram and Joe Mugovero meet Director. Thanks to *PL USA* and Mike Lambert for excellent meet coverage. (Thanks to Joe Mugovero for results)



***Bench Masters**...one week after talking over his 2 close misses at 562 with APF record holder Rick Weil (556 at 181), Chris Confessore (at right) hit an All World Best of 577 weighing 192 at Bob Baff's Westchester Open meet in New York. Rick is considering a comeback now, and Chris is primed for even greater lifting at the Hawaii World Records Breakers meet in April.*

Pacific Coast Championship
16 Oct 87 - Victoria, BC, Canada

	SQ	BP	DL	Total
Women				
123 lb.				
L. Toner	215	120	260	595
165 lb.				
M. Struck	360	225	445	1030
D. Brautigan	250	105	285	640
198 lb.				
M. Sidhu	275	160	315	750
Jr. Men				
132 lb.				
J. Almgren	330	200	340	870
181 lb.				
M. Allard	565	280	570	1410
198 lb.				
E. Ooms	450	275	500	1225
220 lb.				
R. Eldred	545	335	540	1420
242 lb.				
P. Lepik	650	350	650	1650
Men				
148 lb.				
J. Craven	390	260	355	1005
N. Thom	450	265	550	1265
R. Huetzelmann	300	200	375	975
165 lb.				
H. Randhawa	420	250	460	1130
P. Anson	415	235	410	1060
165 lb.				
L. Fiducca	510	385	480	1375
T. Piazza	470	330	500	1300
R. Maxwell	455	255	500	1210
R. Sailor	370	250	415	1035
181 lb.				
J. Siegler	470	330	475	1275
B. Ray	425	230	500	1155
M. Douchette	375	265	450	1090
198 lb.				
R. Winton	615	325	610	1550
M. Guglielmo	475	365	475	1315
N. Cemprola	505	250	540	1295
M. Ranieri	375	340	475	1190
220 lb.				
M. Massone	660	310	540	1510
M. Tedesco	560	280	590	1430
242 lb.				
L. Licandro	650	340	600	1590
M. Jackson	560	335	590	1485
J. Copeland	600	330	550	1480
E. Hafener	470	335	530	1335
275 lb.				
C. Machin	780	420	650	1850
D. Tolve	570	425	645	1640
T. Gizzo	525	300	540	1365
SHW				
P. Gisondi	705	430	605	1740

The best squat was by M. Massone, the best bench by L. Fiducia and the best deadlift by P. Woo. Overall the best lifter was L. Fiducia. (Thanks to P. Ketsch for results)

2nd Annual TJ's Bench Press Open
16 Jan 88 - Antigo, WI

150 lb.			
R. Anderson	210		
M. Roth	205		
D. Schuh	210		
J. Cole	200		
175 lb.		**220 lb.**	
T. Baraniak	275	C. Hale	315
D. Taggart	255	S. Cain	315
B. Dickman	210	M. Diercks	305
L. Domitz	225	T. Hoppcock	295
195 lb.		**245 lb.**	
R. Wiedmann	275	M. Bovet	370
J. Slattery	250	**Over 245 lb.**	
J. Van Alstine	225	T. Hale	370
C. Cline	190	D. Clive	350

I would like to thank all the contestants, spectators, judges and a special thanks to Ron Moseman - Thanks Ron. (Thanks to Ken Nelson, meet director, for results)

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ADFPA Green Mountain Classic
6 Feb 88 - Burlington, VT

	SQ	BP	DL	Total
Women				
116 lb.				
J. Johnson	250*	130*	260*	640*
139 lb.				
B. Owens	350*	150	380	880
Men				
165 lb.				
A. Carr (T)	280*	190*	300*	770*
198 lb.				
B. Genovese (M)	400	320*	485	1205
M. Aldrich	425	225	450	1100
242 lb.				
J. Lebefvre	450	280	500	1230
181 lb.				
J. Olson	540	365	510	1415
198 lb.				
P. Gagen	550	345	545	1440
D. Hans	535	345	510	1390
220 lb.				
J. Cooper	490	405	555	1465
V. Vasquez	580	400	625	1605
242 lb.				
J. Colasurdo	575	365	135	1075

(Thanks to Rolf Schetterer for results)

Formula: Women - 1. Owens 730.576; 2. Johnson 616.88. Men - 1. Genovese 712.87; 2. Lefebvre 670.227; 3. Aldrich 650.76; 4. Carr 548.548. The first place team was Total Fitness, Lyndonville, Vt. T - Teenage, M - Master, * - Vt. State Record. (Thanks to Brenda Owens for results)

ADFPA New York City Meet
5 Dec 87 - NY, NY

	SQ	BP	DL	Total
114 lb.				
B. Grater (F)	210	110	230	550
132 lb.				
T. Pallas	405	225	450	1080
P. Woo	335	260	475	1070
148 lb.				
J. Audia	455	330	475	1260



***Photo Session** for Gold Medalists at the Women's Europeans, bottom row (left to right) Jackie Pepper, Jenny Hunter, Caroline Bonner, Judith Oakes, and Ingrid Nelis; top row (l-r) Irma Ruler, Liz Odendaal, Dagmar Wang, Vuokko Viitasaari, and Marion Hammang. Photo courtesy Jackie Pepper.*

Women's European Championships
5 Dec 87 - Jonkoping, Sweden (kilos)

	SQ	BP	DL	Total
44 kgs.				
A. L. Prinkkala	125	60	147.5	332.5
H. Molsey	110	57.5	132.5	300
A. M. Honka	110	52.5	132.5	295
M. Thill	100	50	135	285
E. Scherp	100	52.5	105	257.5
C. Sudin	95	45	110	250*
48 kgs.				
I. Ruler	132.5*	65	147.5	345
V. Viitasaari	132.5	67.5	145	345
Vandenboqaerde	117.5	62.5	137.5	317.5
P. Jahn	115	55	130	300
52 kgs.				
D. Wang	137.5	70	155	362.5
A. Hansen	125	60	155	340
L. Manester	122.5	72.5	145	340*
M. Baron	112.5	55	160	327.5
56 kgs.				
J. Hunter	152.5	85	177.5	415
M. Van Wissen	150	80	172.5	402.5
A. Restrupp	135	87.5	165	387.5
J. Blasberry	145	67.5	172.5	385
A. Heikkala	135	72.5	155	362.5
V. Clementelli	115	67.5*	157.5*	340*
M. Vivijes	135*	57.5	145	337.5
A. Carlsen	105	65	145	315
60 kgs.				
M. Hammang	167.5	90	185	442.5
S. Bollmann	150*	85*	180	415*
M. Rehn	165	72.5	170	407.5
I. Blikra	150	75	170*	395
K. Ackervall	147.5*	80	165*	392.5*
R. Bass	152.5	77.5	160	390
L. Nygren	127.5	80	150*	357.5*
R. Bang	135*	70	140	345
U. Pedderson	95	47.5	107.5	250
67.5 kgs.				
L. Odendahl	182.5*	105	180	467.5
M. Nelis	157.5	97.5	180	435
A. Smith	160	80	190*	430*
D. Lorang	165	80	182.5*	427.5
K. Bohlin	162.5	97.5*	165	425
E. Wallauch	150*	67.5	175*	392.5*
K. Vinje	152.5	67.5	140	360
Y. Nilsson	120	67.5	145	332.5
M. Pedersen	120	65	115	300
75 kgs.				
I. Nelis	185	100	185	470
M. Beldo	152.5*	87.5	192.5	432.5*
H. Koponen	172.5*	87.5	172.5	432.5
H. Hoiland	152.5	90	167.5	410*
H. Williams	155	87.5	165	407.5
A. Keichert	152.5	70	160	382.5
A. Wallin	140	77.5	145	362.5*
82.5 kgs.				
J. Oakes	202.5	112.5*	210	525*
E. Bonnaire	162.5*	72.5	195	430
F. Wellens	155	80	192.5*	427.5
A. Nervae	140	82.5	145	367.5
A. Kasmussen	125	57.5	150*	332.5
90 kgs.				
J. Pepper	170	90	187.5	447.5
S. T-Formgren	180	87.5	177.5	445*
H. Muench	140	70	162.5	372.5
V. Menner	145	60	150	355
90 plus kgs.				
C. Bonner	157.5	77.5	175	410

* indicates new personal best. *-denotes new Continental record. Club/Federation Points: 1. Great Britain, 91 pts., 10 lifters, 2. Sweden, 55 pts., 10 lifters, 3. Belgium, 50 pts., 6 lifters, 4. Fed. Rep. Germany, 44 pts., 6 lifters, 5. Finland, 43 pts., 6 lifters, 6. Norway, 38 pts., 7 lifters, 7. Netherlands, 33 pts., 4 lifters, 8. Luxembourg, 26 pts., 3 lifters, 9. Austria, 24 pts., 4 lifters, 10. France, 12 pts., 2 lifters, 11. Denmark, 10 pts., 3 lifters. Women's Ranking using Malone Formula: 1. Jenny Hunter, 2. Marion Hammang, 3. Anna Lisa Prinkkala, 4. Marion Van Wissen, 5. Liz Odendahl, 6. Silvana Bollmann, 7. Irma Ruler, 8. Vuokko Viitasaari, 9. Judith Oakes, 10. Anna Restrupp. (Thanks to Jackie Pepper for results)

44 kg was won for the fourth time in five years by Anna-Liisa Prinkkala of Finland. As she is also the reigning World Champ it is not surprising that she took a comanding lead from the first squat and never looked like being challenged. Helen Wolsey, who was sixth last year, improved by 10 percent and was rewarded with a silver medal.

48 kg: The Worlds had seen a great duel: Vuokka Viitasaari of Finland beating Irma Ruler of the Netherlands by just 2.5 kg. This time the tables were turned and Ruler scraped home on lighter bodyweight. Viitasaari was ahead at the sub-total but unaccountably went 140-142-145 on the deadlift, letting Ruler in. Viitasaari had previously made 150 on more than one occasion and knew Ruler was capable of 147.5. Why she did not try a little more will remain a mystery.

52 kg: Sisi Dolman's bomb-out caused a sensation. She lost her balance on her first two squats with 155, the third was made easily but ruled high. Dagmar Wang, who has been plugging away since the first championships, took the opportunity to win her first major title with seven good lifts. It was also the first gold medal for Austria at the Women's Europeans. Audhild Hansen of Norway came from behind to take second place from Lesley Manester on bodyweight. Manester is a lifter who first came into the British team as an alternate, finishing ninth. She has worked hard over the years and at last has been rewarded with a medal.

56 kg: Jenny Hunter has competed at all the European championships and has won the last three. She made eight good lifts and took the best lifter title. Marion van Wissen also put up eight great lifts and was fourth best lifter overall. She had the bad luck to be in Hunter's class. Third was closely fought between Jackie Blasberry and Anna Restrup. Restrup coming out on top after Blasberry failed her third deadlift of 175.

60 kg: Marion Hammang had made a lot of big lifts this year and was favourite. She caused a stir by missing her first squat but came back and took more successfully. After that she made no mistakes and only a 94 kg European benchpress record attempt eluded her. A fine performance, that was second overall on formula, gave Hammang her second European title. Silvana Bollmann, a new lifter from Germany, put up her best lifts all round to take a surprise, but well deserved, second place. Minna Ren put in her now cutomary 400 plus total to take third.

Rita Bass was one of the first British women powerlifters. I remember seeing her put up a 370 total back in 1978. Since then she has won many titles and international medals. The crowning of her career was her world title win in 1986. Since then she has been plagued with injury. 60 kg has always been a very competitive class. Here she was only able to make one successful deadlift which left her in a very disappointing sixth place.

67.5 kg: World's silver medallist Liz Odendaal retained her European title in style. She set the first European record of the championships with a fine 182.5 kg squat. Marleen Nelis, a former European champion in this class, came second just ahead of the vastly improved Amanda Smith of Britain. Smith's deadlift of 190 was especially noteworthy. Danielle Lorang failed twice at 175 on the squat which cost her a medal. Christina Bohlin took 172.5 twice on the deadlift in a vain try for a medal. With six lifters at 425 or beter this class really had some class!

75 kg: Ingrid Nelis won her third European title with an improved total. Not satisfied with just winning she attempted three European records: 195.5 squat and 203 and 204 on the deadlift, sadly without success. Teammate Marie Geldhof made a dramatic breakthrough to international women's powerlifting. First she edged into second place on bodyweight ahead of Helen Koponen of Finland. Then she made a sensational 4th attempt European deadlift record of 203.5 kg.

82.5 kg: Only one woman has won five European titles. Her name is of course Judith Oakes. As is her wont she made all nine lifts and set three new European records; bench, deadlift and total. That is not bad going for a powerlifter but ... Judith spent the summer putting the shot between 18 and 19 metres. Her performance is probably a world record for her height of 5 foot 4 inches. As autumn came round Judith turned her hand to weightlifting and went to the World Championships in the USA. She came fourth with a 95 snatch and a 120 jerk. After that she was going to take a break but the British officials asked her to start in the Europeans so she put in a few weeks training on the powerlifts. The only other female powerlifter to have shown such multi-sport success is the great Beverly Francis. Eva Bonnaire made up for her World's bomb-out with a clinch deadlift of 195 kg to take second place from Francine Wellens.

90 kg: World and European champion Jackie Pepper was a little below her best form and an improved Susann Tjernell-Formgren nearly took the title. Formgren took 187.5 for her third deadlift, if it had been successful it would have left Pepper needing 195. She failed and then with the pressure off, Pepper failed with 190. An interesting battle of tactics!

90 plus kg: There were a lot of good lifters missing from the Championships but none more so than the supers. All five lifters who started in 1986 were absent. This left Caroline Bonner with a walkover. She made seven good lifts and a personal best total.

Team Title: In 1986 there was a tense battle between the Netherlands 77 pts, FR Germany 77 and Great Britain with 73. This year Britain put in their ten best lifters, virtually all of whom did as well or better than expected. As a result they walked away with the title.

Germany started without: Kargi 472.5 at 60, Maldener 490 at 90+, Giannoulidis 435 at 75, Dietrich 427.5 at 67.5 adn Kolodzij 325 at 48. With these five girsl scoring up to form Germany would have taken the team title! The six girls who did start did their best and came in fourth. The Netherlands, who were the reigning champions, started without: Rovers 297 at 44, Knoop 370 at 56, van der Meulen 407 at 75, Witte and Antonissen big point scorers at 90, and, of course, Duyn-Woodley. The Dutch team of 4 came 7th.

Sweden, the host nation, started a full team and came second without taking a title. Denmark took part for the first time, but Italy for the first time did not show. A pity because in 1986 they had won two medals with very promising lifters.

Britain has dominated European powerlifting not only by turning out full teams but also by getting nearly all their best lifters started and most of them in good form to boot. The team title at international championships is something that seems to interest the officials but is all too often not even published in the power magazines.

Best Lifter award: Jenny Hunter and Marion Hammang were clearly the best lifters on formula. Both deserved to win this award as I do not believe a formula difference of 1.5 pts. is significant. However, the formula is a feature of such championships. Sometimes this award is the only trophy going for an individual lifter (shame)! Despite that it sometimes gets overlooked. For instance the IPF newsletter does not publish the best lifter lists. The formula is always a bone of contention. Under the Malone formula the heavier women seem to come off worst and I have always felt that Judith Oakes' formula rating has particularly suffered in this respect.

Overview: the number of lifters, at 61, was sharply down on the 77 present last year. Despite the absence of so many top line lifters, I feel there was an overall improvement in standards, but that is something for Heiner Koberich to work out on his computer. The number of competing nations as in 1986 was 11, a disappointing lack of progress over the 9 present at the inaugural championships of 1983. The organizers produced a comprehensive eight sided results brochure, four sides of Heiner Koberich's computerized results and summaries and four of the official scoresheets. (Thanks to Andy Kerr for report).

ADFPA Class II & Below
13 Dec 87 - Allentown, PA

	SQ	BP	DL	Total
Women				
S. Gehmen	190	125	235	550
D. Hendricks	240	130	275	645
H. Carpenter	145	75	200	420
M. Geise	220	110	270	600
L. Terrill	120	75	185	380
M. Rizzo	160	70	200	430
Men				
114 lb.				
L. Stires, Jr.	170	100	195	465
F. Beil	335	205	335	865
132 lb.				
M. Zerphy	330	200	380	910
B. Walt (teen)	310	160	350	845
148 lb.				
D. Dreisigmeyos	375	280	400	680
165 lb.				
M. Nelson	375	380	375	1130
M. Rinoldi	390	270	450	1110
M. DiBatlist	360	320	435	1115
T. Gallagher	425	240	450	1085
B. Rosenfeild	350	290	460	1100
181 lb.				
W. Marchett	465	325	500	1290
M. Toms	450	290	500	1230
G. Bishop	470	260	495	1225
J. Kauffman	400	270	490	1160
B. Anders	420	310	425	1155
D. DeRosa	390	275	450	1125
D. Glass	405	255	460	1120
B. Gonagan	415	260	430	1120
G. Rizzo	430	215	465	1110
198 lb.				
A. Parker	465	350	600	1415
J. Macrone	445	330	550	1325
D. Heath	450	320	440	1310
J. Wilson	445	325	540	1310
V. Rivera	375	215	450	1040
B. Obrecht	315	270	415	1000
220 lb.				
S. Whitenight	465	280	520	1265
J. McGinnis	425	315	500	1240
B. Jones	405	260	455	1120
Extra				
B. Brown	575	340	530	1445
242 lb.				
J. Dicker	500	380	555	1435
M. Wheatley	435	265	500	1300
Guest				
S. Edmiston	665	455	660	1780
275 lb.				
K. Strickland	440	240	465	1145
M. Richardson	385	240	400	1125
SHW				
T. McFadden	505	330	515	1350
Cancro	540	305	480	1325
Breeden, Jr.	390	290	400	1080
Guest				
B. Antonio	640	430	555	1625

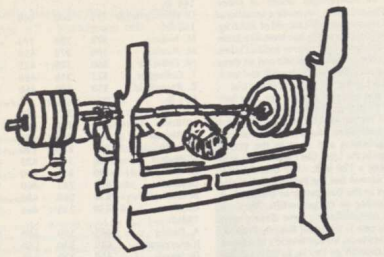
Teenage: 1st- E. Bed; 2nd- D. Dreigigmeyer; 3rdp D. DeRosa; 4th- M. Ballist; 5thp B. Walt; 6th- T. Gallagher; 7th G. Kelly, (Thanks to Fred's Gym for results)

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SEE PAGE 76

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Message from the A.D.F.P.A. President

Over the past few months, I have heard rumors coming from all parts of the country contemning the ADFPA and its drug testing policies. These rumors have ranged from that the ADFPA does no testing, to that you only have to take an oath, to that if you fail the test all you have to do is threaten to sue and they will back down. None of this is true, and I would like to set the story straight on this subject.

First, the ADFPA requires that drug testing be done at every meet it sanctions. This was done at 127 meets in 1987. A minimum of 10 percent of all lifters at every meet must be tested, and many ADFPA meet directors will test many more than 10 percent. As an example, here in Illinois we tested over 50 lifters in 1987.

Although most meet directors use polygraph testing, more and more are using urinalysis in conjunction. At both the Men's and Women's Nationals in 1987, over one third of all the lifters were tested at the meet by one of these two testing methods. At the Men's Nationals, over 75 percent of the lifters had been tested at least once in the year prior to the meet with many of the top lifters being tested two or three times in that year period by urinalysis, polygraph of both.

Second, the rumor about only having to swear an oath probably goes back to the affidavit that each lifter signs for every ADFPA meet. This must be done to legally protect the ADFPA, but in no way would be the sole method of drug testing at any ADFPA meet.

Third, the ADFPA has had failures on its drug tests and lifters who failed to take the appeal or retest path have been suspended. At the present time 11 lifters are under 18 month suspension with two more about to be suspended pending retests or testing of second samples. While the ADFPA has been threatened with lawsuits, we have not backed down on any of these cases and no suits have ever gone to court.

The ADFPA will never do anything to bring its integrity about its drug testing into question. In the coming year, the ADFPA will continue to try and improve its drug testing policies. Our drug testing committee is working on solving some of the problems we've had and I'm sure will come up with some changes to make it better and fairer for both meet directors and lifters. In the future we hope to increase the number of lifters being tested at our National competitions to an even greater extent, as well as having both types of testing available at all of our top meets. The ADFPA firmly believes in the drug free state of our lifters and that they have no fear of any type of testing they are confronted with. The fact that the ADFPA has tried to do legitimate testing at all of its meets has always been our greatest strength and we will never do anything to endanger this. *Dennis Brady, President, ADFPA*

NTC Open
28 Jan 88 - Fort Irwin, CA

	SQ	BP	DL	Total
123 lb.				
M. Bonsness	260	180	360	800
R. Gibson	190	175	295	660
P. Martel	140	70	155	365
132 lb.				
R. Felty	325	200	325	850
M. Caldwell	320	190	320	830
R. Hays	270	145	350	765
D. Sells	200	160	300	660
J. Greeniddge	170	90	200	460
148 lb.				
M. Keenan	360	280	405	1045
S. Ries	330	250	405	985
K. King	210	105	250	565
C. George	150	125	255	530
165 lb.				
P. Benedict	375	385	560	1320
C. Shirley	380	260	460	1100
D. Hughes	165	125	310	600
J. Johnson	130	65	220	415
181 lb.				
R. Newton	450	300	470	1220
M. McCall	430	250	520	1200
198 lb.				
R. Ward	530	370	600	1500
O. Niles	420	290	530	1240
J. Vasquez	350	330	400	1080
S. Ralston	290	200	400	890
220 lb.				
J. McCarty	540	335	550	1425
S. Schmaus	315	280	440	1035
S. Miller	165	95	300	560
J. Jaeamillo				
242 lb.				
D. Franklin	540	400	710	1650
275 lb.				
D. Caldwell	650	425	760	1835
A. Corral	480	285	515	1280
SHWT				
S. Andrzejrwski	505	455	505	1465
C. Dematteo	300	205	450	955

Referees: Fran Haley, Jack Hughes, Don Haley. Scorekeeper: Nonia Scott. Announcer: Wayne Wright. Loaders and spotters: Lee Dall, Raymond Self, Andrew Ross, Keith Lee, Van RAster, Alfred Phelps. Meet Promoter: Scott Copus. Team Placing: Pride of Power (POP) 1st, Desert Iron Hawks (DIH) 2nd, Ft. Irwin 3rd. Best Female Lifter - Monkee Caldwell, Best Heavy Lifter - Dusty Caldwell, Best Lifter (light) Male - Phil Benedict (Report submitted by Don J. Haley)

Twin State Open Bench Press
10 Jan 88 - Lebanon, NH

Teen Division

14-15 by formula

M. Henning	120
S. Hickey	145
R. Cormier	175

16-17 by formula

J. Dean	320
B. Johnson	195
T. Richardson	215

18-19 by formula

B. Street	175
M. Maynard	115
N. Deuer	120
L. Bartlett	105
V. Pazda	85

Grand-Masters

A. Cournoyer	260

Masters Div

B. Boorom	380
S. Billings	300
R. Paul	325
R. Accorsi	265

Sub-Masters

J. Benson	235
G. Vezina	180
F. Guilmette	190

Open Division

123 lb.

G. Vezina	180
E. Gould	135

132 lb.

K. Silvia	255
B. Durant	240
T. Luther	210
F. Guilmette	190

148 lb.

E. Beland	325
L. Scott	285
B. Amlaw	280
S. Walker	235
R. Sheehan	175

165 division

D. Chin	365
J. Lombardo	315
T. Donahue	275

181 lb.

D. Harvie	375
C. Street	350
J. Kathios	335

181 lb.

N. Maniery	320
M. Strain	315

198 lb.

B. Boorom, Sr.	380
L. Tracey	375
B. Boorom, Jr.	300

242 lb.

F. DeMorzo	410
D. Maynard	400
J. Spaulding	400
J. Dean	320

275 lb.

T. Lamy	505

Supers

M. Provo	440
L. Lapointe	225

The best teenage lifter was James Dean who won at 320 pounds. The best lifter went to Tim Lamy (505). Team Awards went to Brattleboro Nautilus with 51 pts., Bens Gym received second with 49 points. The Spa earned third with 13 pts. Special thanks to James and Linda Piper, Anthony Zaber, my wife Jayne and all others who helped judge, spot, announce at this meet. A total of 67 lifters competed in this meet making this the biggest bench meet ever held in New Hampshire! The highlights of this meet were when Beth Street benched 175 in the womans division and Tim Lamy benched 505 with ease in the same men's open. These are two lifters to keep an on in future competition in this area. (Thanks to Scott Taylor, meet director, for results)

Eastern American Bench Press
7 Nov - Jonesboro, GA

Open

123 lb.

B. Coleman	205

132 lb.

R. Allen	320
A. Jones	290
R. Jackson	240

148 lb.

T. Conyers	400
I. Zwick	305
L. Dowdy	170

165 lb.

R. Baxter	390
J. Skelton	375
J. McClain	335

181 lb.

D. Wilkinson	455
J. Priest	385
R. Knight	375

198 lb.

O. Chavez	520
R. Erb	520
D. Paddgett	485

220 lb.

D. Duncan	530
A. Hirschenson	465
J. Trammell	460

242 lb.

L. Arthurs	515
R. Cassriel	510
B. Wax, Jr.	455

275 lb.

D. Younginer	505
J. Waters	460
K. Hulsey	435

SHW

R. Crayton	575
L. Thomas	425

Best Lifter light: Orestes Chavez, 198 lb. class, 520 lb. lift. Best Lifter heavy: Dennis Duncan, 220 lb. class, 530 lb. lift. (Thanks to Sandy Ellis for results)

USA All-Natural Championships
21,22 Nov 87 - Lindenhurst, NY

	SQ	BP	DL	Total
Women's Division				
Lightweight				
K. Schwarz	235	145	270	650
Middleweight				
E. McSweeny	325	155	300	780
R. Monthalbano	170	120	250	540
Heavyweight				
B. Eller	335	125	345	805
M. Pappas	325	160	335	820
Teenage Division				
114 lbs.				
M. Hancock	220	120	260	600
J. Segreto	200	115	225	540
S. Hogan	190	100	230	520
123 lbs.				
C. White	320	170	315	805
C. Amato	170	170	240	580
132 lbs.				
S. Fast	245	200	275	720
B. Tiringer	220	145	315	680
148 lbs.				
B. Howard	335	150	435	920
R. Newell	260	175	260	695
K. Carenza	235	170	270	675
165 lbs.				
J. Hutchinson	460	290	490	1240
D. Fritscher	305	205	405	915
R. Marks	325	245	350	920
181 lbs.				
L. Capozzi	555	430	600	1585
C. Hesse	625	330	600	1555
198 lbs.				
M. Talbot	510	300	560	1370
M. Grasso Jr.	440	290	500	1230
G. Oakley	425	275	490	1190
220 lbs.				
R. Kromar	500	275	500	1275
B. Heinz	415	200	435	1050
242 lbs.				
T. Molloy	510	290	460	1260
Master's Division				
Lightweight				
S. DeFlorio	425	270	430	1125
Middleweight				
L. Lawson	525	320	575	1360
M. Grasso	450	255	505	1210
R. Rosenthal	375	260	405	1040
Heavyweight				
B. Hogan	500	280	450	1230
R. Morris	255	370	315	930
Open Division				
114 lbs.				
J. Green	275	180	300	755
132 lbs.				
R. Zehr	350	225	400	975
148 lbs.				
M. La Neve	420	300	475	1195
C. Prigg	380	200	460	1040
R. Herbst	350	285	400	1035
T. Farney	335	225	450	1010
165 lbs.				
T. Piazza	525	325	530	1380
L. Gibson	475	335	540	1350
J. Hansford	490	320	490	1300
R. Maxwell	455	240	490	1185
R. Brier	450	265	420	1135
181 lbs.				
T. Gibson	540	400	515	1455
T. Baez	520	315	575	1410
H. Rothstein	480	330	540	1350
P. Forgione	405	335	450	1190
M. Doucette	365	250	435	1050
198 lbs.				
S. Scialpi	690	405	695	1790
M. Ryan	600	390	500	1490
C. Newins	450	330	550	1330
C. Safran	480	250	525	1255
K. Ford	435	255	525	1215
220 lbs.				
L. Licandro	670	335	585	1590
T. Tedesco	550	275	600	1425
242 lbs.				
H. Skiba	610	380	570	1560
A. Jastemski	550	340	580	1470
S. Canzoneri	535	315	500	1350
275 lbs.				
J. Duggan	610	500	670	1780

WOMEN: Karen Schwarz from Albany (NY) set new marks in the womens 114 lb. class. Erin McSweeny from Absecot (NJ) broke all her previous marks in the 148 lb. class for women teens and open. Brenda Eller from Mew Sharon (Maine) set records in the squat and deadlift at the 181 lb. class. Marcia Pappas from Latham (NY) set records in the squat and deadlift in the 198 lb. class. Karen Scharz at 112 lb. bwt. barely beat out Erin McSweeny at 148 lb. bwt. for overall best womens lifter, with a formula total 641 to 631 (malone). TEENAGE: Mike Hancock from Lindenhurst (NY) bettered his previous deadlift mark at 114 lb. class. Chris White from Farmington (Maine) set new marks in the squat and deadlift in the 123 lb. teenage class. Chris Amato from Lindenhurst (NY) holds the new bench press mark in this class. Sean Fast, 16 years old from Kessonset (NY) took the 132 lb. class. Brent Howard, 17 years old from Farmington (Maine) took the 148 lb. class with a strong squat and deadlift. James Hutchinson, another 17 year old from Farmington (Maine) took the 165 lb. class with excellent lifts on all attempts. Lou Caroggin from Bridgeport (Conn.) and Chris Hesse from Massapequa Park (NY) made the 181 lb. class the most exciting. Lou did a record 430 lb. bench press for both teenagers and men at his bodyweight. Chris did a record 625 lb. squat for both teenagers and men at his bodyweight. Both lifters did a record 600 lb. deadlift. Chris just missed a 635 lb. final attempt and finished with a 1555 lb. total. Lou took first place and overall with a record 1585 lb. total. Mark Talbot, 17 years old from Oxford (Penn.) took the 198 lb. class and set two new records in the squat and deadlift. Rick Kromar from Middle Village (NY) took the 220 lb. teenage class, and set a new mark in the squat. Lou Malloy from Patchogue (NY) took the 242 lb. class while bettering all his previous marks in this class. It should be additionally noted, that records were broken in practically all teenage weight and age classes. Joey Segreto, 13 years old from Lindenhurst (NY) missed by percentage points being the overall best 14 year old, Mike Hancock 14 year old from Lindenhurst (NY) was the best overall lifter in this group. James Hutchinson, 17 years old from Maine missed by percentage points in the 16-17 year old age group. Mark Talbot from Pennsylvania won this group with a formula total 841 (Schwartz). Lou Capozzi won the 18-19 year old groups, beating out Chris Hesse, our 18 year old New York State Champion. Lou Capozzi's formula total was an incredible 1001 (Schwartz). The next teenage contest is the All Natural New York State Championships on March 26, 1988. MASTERS: Steve DeFlorio set new masters record squat in his weight class. Len Lawson set new masters records in all lifts in his weight class. Mike Grasso broke his own record in the deadlift in masters 198 lb. class. Bill Hogan broke his own marks in the squat in masters 272 lb. class. Richie Morris set new marks in the bench press in masters 220 lb. class. Len Lawson was overall best masters lifter with a record 1360 lb. total and an 848 formula (schwartz). OPEN: Johnathan Green from Oceanside (NY) won the 114 lb. class for the second year running. Randall Zehr from Alenfield (NY) won the mens 132 lb. class. Mike La Neve from Syracuse (NY) won the Men's 148 lb. class. Tom Piazza from Renssaeler (NY) won the mens 165 lb. class setting a new record in the squat. Troy Gibson from Central Islip (NY) took the 181 lb. class setting a new record in the bench press. Steve Scialpi from Whitestone (NY) broke all his previous marks in the 198 lb. class. He holds the all-natural national marks in all lifts at his bodyweight. He is the only person we know who has been regularly tested and confirmed lifetime natural to accomplish a 700 lb. squat at 192 lbs. bodyweight. Steve was the overall best contest lifter with a total of 1790 and formula 1049 (schwartz). Larry Licandro from Levittown (NY) won the 220 lb. class setting a new mark in the squat. Henri Skiba from Carteret (NJ) won the 242 lb. class settting a new mark in the squat. Jim Duggan from Seaford (NY) won the mens 275 lb. class while setting new marks in all lifts for this class. We would like to thank all those who helped make this contest so successful. Dr. Richie Morris, chief referee in charge of rules and officials, Angelo Viccate, Ron Rosenthal, Bill Hogan and Steve DeFloria; all masters lifters who also contributed their time and expertise as judges. Frank Caramico, Marcia Pappas and Barney Hodges lifters who also helped as scorekepers and coaches and advisors. All the excellent lifters who travelled such long distances. (Thanks to Angelo for results.)

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	SQ	BP	DL	Total
114 lb.				
L. Vuglia	115	105	240	460
132 lb.				
M. Lange				
165 lb.				
J. Yaver	380	295	460	1135
M. Sperling	390	330	335	1055
M. Armando	305	245	345	895
181 lb.				
P. Wilson	450	315	490	1255
S. Von	480	285	460	1225
198 lb.				
R. Ward	525	370	600	1495
W. Galvez	530	365	525	1420
220 lb.				
A. Horne	620	420	685	1725
D. Owen	550	385	480	1415
242 lb.				
B. Packer	440	290	450	1180
275 lb.				
D. Nickel	660	470	680	1810
B. Meek	640	470	670	1780

The best lifters were Pete Wilson and Al Horne. The team trophy went to Universal Danae Fitness Plus. Sponsored by Fitness Plus Health Club. Bob Packer was the meet director. The announcer was Pete Gutierrez. Wayne Robinson, Dave Packer, Matt Brumble, and John Mazmanian were the referees. (Thanks to Bob Packer for results)

1st Annual Miller North Americans
6 Dec 86 - Westhaven, Ct (kilos)

	SQ	BP	DL	Total
Teenage Division				
E. Johnson	260	160	235	655
K. Kidder	260	187.5	262.5	710
E. Azzaro	192.5	107.5	207.5	507.5
L. Marinos	260	160	260	680
M. Golden	215	117.5	237.5	570
E. Sibbitt	170	107.5	242.5	520
J. Ziada	170	117.5	182.5	470
R. Clark	160	100	195	455
M. Brown	102.5	130	150	382.5
Women under 120 lbs.				
S. Elwyn	125	75	132.5	332.5
Z. Genling	137.5	65	140	342.5
M. Calder	100	70	110	280
A. Stine	90	47.5	117.5	255
Women over 120 lbs.				
K. Toppi	145	75	155	375
M. Zapaitka	105	70	132.5	307.5
S. Hardisity	107.5	55	117.5	280
S. Eaton	67.5	35	97.5	200
Men				
123 lbs.				
D. Brown	105	60	127.5	292.5
132 lbs.				
B. Elias	172.5	110	200	482.5
148 lbs.				
D. Lewis*	272.5	160	235	667.5
S. Brown	182.5	110	227.5	515
E. Azzaro	192.5	107.5	207.5	507.5
L. Joanis	132.5	75	125	335
165 lbs.				
D. Gusmini	190	132.5	227.5	550
B. Kelly	182.5	107.5	240	530
M. Giulietti	207.5	135	175	517.5
M. Cordero	170	125	205	500
J. Ziada	170	117.5	182.5	470
D. Spino	175	107.5	180	462.5
R. Clark	160	100	195	455
181 lbs.				
B. Powers	302.5	157.5	307.5	767.5
M. Sandler	257.5	157.5	250	665
E. Johnson	260	160	235	655
D. Moses	242.5	155	252.5	650
R. Edwards	232.5	137.5	267.5	637.5
M. Golden	215	117.5	237.5	570
E. Sibbett	170	107.5	242.5	520
C. Rocker	172.5	90	170	432.5
198 lbs.				
L. Fusco	317.5	175	290	782.5
J. Rizza	282.5	127.5	267.5	677.5
P. Salano	215	147.5	250	612.5
G. Groff	227.5	137.5	227.5	592.5
C. Gabrizio	207.5	147.5	230	585
R. Greenberg	180	152.5	205	537.5
220 lbs.				
J. Bott	305	205	290	800
R. Smith	272.5	177.5	292.5	742.5
K. Kidder	260	187.5	262.5	710
L. Kessler	250	150	250	650
J. McDougell	217.5	170	235	622.5
T. Crawford	190	125	230	545
242 lbs.				
H. Holbourne	290	207.5	305	802.5
M. Gordon	292.5	205	275	772.5
B. Santarpia	295	190	240	725
M. Baker	282.5	182.5	250	715
R. Rizzolo	285	162.5	260	707.5
B. Fitzsimmons	232.5	157.5	272.5	692.5
M. McDonell	285	160	240	685
C. Romano	245	165	255	665
A. Mastri	220	135	245	600
J. DeMatteo	180	132.5	207.5	520
275 lbs.				
D. Derrico*	410	250	272.5	932.5
T. Vanty	365	215	312	892
N. Servino	345	215	290	850
B. Pratt	332.5	192.5	292.5	817.5
V. Hanzich	327.5	182.5	287.5	797.5
V. Sansone	322.5	197.5	227.5	747.5
P. Dibiaso	317.5	182.5	242.5	742.5
SHW				
R. Dempsey	372.5	217.5	342.5	932.5
J. Donat	410	260	227.5	897.5
R. HotchKiss	287.5	175	252.5	715
S. Tarner	245	155	227.5	627.5

* Denotes Best Lifter. The First Annual North American Championship was sponsored by Miller Beer and Star Distributors. The event was held at the Manifest Restaurant in W Haven, CT. The meet was very well run and wouldn't have been so without the great effort put oiut by Ken Fantano, Kim Vanty, Mike and Tommy Zarbe and all the members of the Muscle Factory Gym. I hope that includes everyone.

Seventy-seven lifters from five different states attended the meet. Light classes started at 9:40 and the trophies were handed out by 3:15. Heavy classes started at 3:30 and trophies were handed out at 8:00. The teenage division was determined by the Schwartz formula and there was some very good lifting. Eric Johnson emerged the winner followed by Kieron Kidder and Ed Azzaro.

The first women's division which was determined by the Malone formula was women under 120 lbs. Susan Elwyn won a close battle over Zina Genling. The second womens division was women over 120 lbs. The winner was Karen Toppi, who lifted tremendously. All her lifts were done with ease. Especially impressive was her 3rd attempt deadlift of 341 which looked like a warm up. She could be a factor on the national level in 1988. Missy Zapaitka, Suzanne Hardisity and Sandi Eaton followed Karen.

There were no entrants at 114. There was only one entrant at 123. Derek Brown lifted well and should continue to improve. An interesting note is that Derek's father Steve Brown entered at 148. Has there ever been father and son entered in the same meet?

There was only one entrant at 132. Bruce Elias lifted well even without the motivation of competition within his class.

The 148 lb. class winner was Dave Lewis who squatted a nice 600 and Benched 352 lbs. Dave nearly totaled 10 times body weight and was the best lifter of the light session. Steve Brown has returned to the platform, this time at 148 and did a nice job.

David Gusmini with his balanced lifting was the winner of the 165 lb. class. Bill Kelly and Mario Giulietti followed Dave. The winner of the 181 lb. class was Bob Powers. Bob won fairly easily but he didn't have a very good meet. Bob's troubles started with a blown out suit on his first squat and it seemed to throw him off for the day. Bobs training had gone well and I'm sure he will be right up there when the Seniors roll around. The next three places were very close with Matt Sandler edged Eric Johnson followed closely by David Moses. This ended the first session. the 198 lb. class was won by Louis Fusco who lifted very well and barely missed his Elite total. I'm sure next meet Louis will total well over Elite. Second place was Joe Rizza who is coming back after serious knee injuries suffered several years ago. Joe was closing in on a 800 lb. squat at 198 about 5 years ago before suffering a near crippling injury. It was great to see Joe lifting again and I wish him the best.

John Bott's balanced lifting the way in the 220 lb. class. John benched a nice 451 and totaled 1736. John was followed by Rusell Smith and teenage Kieron Kidder who lifted very good and shows promise for the future.

The 242 lb. class was the largest of the contest with 10 lifters competing. A taller lean Hill Holbourne totalled 1768 to take 1st place. 2nd place went to Mike Gordon while 3rd went to Bill Santorpia who was lifting with a bad back but had the highest squat of the class.

The 275 lb. class had some real beef. Only 7 lifters in this class but not all good lifters. Dan Derrico squated a great 903 on his second attempted and benched a solic 551. I believe Dan will spent 1000 in the 275 lb. cast and it could happen in 1988. Tom Vanty in his first contest totalled 1966 and he only weighed 265 lbs. Tom is only 22 years old and should be a candidate for the Jr. World Team. Nat Servino followed Don and Tom and did some fine lifting himself.

The final class was the Superheavies. It seems like everytime I see Bob Dempsey, he lifts great. All his attempts were done with ease as Bob totalled 2055. Bob should be a major factor at the USPF Seniors and ADFPA. 2nd place went to a huge Jean Donat. Jean stands 5 ft. 6 inches and 390 lbs. and toyed with most of his attempts. Jean squatted 903 on his second attmpt like most people squat 135 lbs. Jean jumped way up to 953 on his third end flew out of the only to lose it at the top. This man will definitely squat 1000 lbs. in 1988.

Well, that's it for this year. I hope to see everyone next year which promises to be another great meet. Again thanks to all that helped at the meet because without you it wouldn't be possible. (Thanks to Nick Carola for results)

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Pickaway Correctional Camp Meet
19 Dec 87 - Orient, OH

	SQ	BP	DL	Total
148 lb.				
L. Hampton	456*	241	461*	1158*
M. Lambert	226	261*	366	853
165 lb.				
B. Rowe	396*	311*	441*	1148*
T. Yon	356	241	426	1023
181 lb.				
R. Bryant	381*	306*	501*	1188*
D. Dennis	371	261	441	1073
M. Murphy	226[4]	186[4]	406[4]	818
198 lb.				
J. Acklin	426*	286*	471*	1183*
G. Blackmon	251	251	406	908
220 lb.				
A. Hampton	321*	326*	456	1103*
B. Brinkley	276	216	501*	993

* Indicates record. [4] Indicates Masters. Early on this Saturday morning, 11 of Pickaway Correctional's Honor inmates came together to meet in head-to-head Competition to see who could move the most. For the lightweights, 138 lb. Novice and Bench specialist Mike Lambert put his abilities to the test against the veteran of the Lima Correctional 'Flyers' powerlifting team, 'General Lee' Hampton. Mike put forth his best effort, twice pushing 276 to three-quarters length before failure, setting, however, a strong 261 Bench Record and fine novice total, as General Lee won the class with his own P.R. Total, which included a high 456 squat, while twice missing a 481, on his way to a USPF Class I total.

The 165's showed first time lifter Tim Yon putting together a very strong total after less than four months of training, pulling a P.R. 426 Deadlift, while meet co-organizer Billy Rowe, lifting with an undiagnosed lower body injury, put together a fine string of class records, including a P.R. 311 bench.

The largest class of the day had Robert Lee Bryant entering the winners in just his 2nd. competition, going a fantastic 9 for 9 to put together the highest lifts in his class to make up the meet's highest total, with Dan Dennis making a good, strong novice total after less than a month of Powertraining, Dan being, by preferance, a body builder, while Mason J. Murphy made not only a good Novice Total, but also a nice line of Masters Records, Mason having turned 40 just the week before the meet.

The 198's had Novice Greg Blackmon fighting hard against the stronger Jeff Acklin, but experience won out in the end, and he could not hold back Jeff's record setting drive, taking 2nd. to Jeff's superb total, the second highest in the meet, which included a P.R. 426 squat.

In the heavy weights, A. 'Ditty' Hampton pushed up the best bench of the meet on his way to a good total for this, his second meet, while Burt 'Slim' Brinkley followed with a total that included a tie for the meet's Heaviest Deadlift, showing great potential should he continue to train.

We offer our thanks to the administration of P.C.I. and Deb Timmerman, E-Unit Manager, for allowing us to hold this meet; to Recreation Director J.R. Ruggles and lifter Billy Rowe for organizing it; to injured lifter Jerry Saunders, Social Worker R. Tabler, and J.R. Ruggles for judging, Joe Pea for announcing and record keeping, Laterr Hodges and Tony DeFrank for spotting, and special thanks to all the spectators for their encouragement, especially Ted Gullick, who heckled every lifter towards their best.

While powerlifting at P.C.C. is just beginning, this meet showed that there is great potential here just waiting to be challenged, and we all hope to rise to the challenge of The Ohio Inmate Olympics coming up this summer at Chillicothe. (Thanks to Lee Hampton for results)

North American Open
17 Oct 87 - Victoria, BC, Canada

	SQ	BP	DL	Total
Women				
123 lb.				
D. Frantz	390	200	435	1025
148 lb.				
M. Caldwell	320	190	390	900
198 lb.				
M. Sternberg	475	240	430	1145
Men				
148 lb.				
M. Haykowsky	550	230	440	1220
165 lb.				
T. Cuzzetto	550	350	500	1400
R. Dunn	500	365	485	1350
M. Larson	475	245	505	1225
181 lb.				
S. Hamel	580	375	590	1545
D. Dyer	525	350	525	1375
198 lb.				
N. Sipos	680	375	610	1665
M. Danso	530	365	565	1445
220 lb.				
E. Frantz	725	425	690	1840
D. Fitzgerald	730	460	625	1805
T. Christensen	665	435	680	1780
T. Whitley	605	425	650	1705
242 lb.				
D. Caldwell	775	430	735	1940
N. Burgess	700	390	700	1790
J. Vassald	650	370	585	1605
G. Hewlett	600	365	605	1570
J. Dumont				
275 lb.				
D. Shaw	760	460	780	1950
L. Federink	740	405	655	1805
L. Lofroth	670	445	610	1725
SHW				
R. Schetterer	800	490	650	1940
B. Waldron	700	440	730	1870

(Thanks to Roy Schetterer for results)

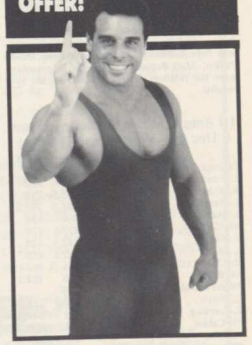
Griffin Bench Championships
28 Nov 87 - Griffin, GA

132 lb.			
P. Pope	240		
T. Hester	225	198 lb.	
G. Biadley	215	C. Edalgo	415
148 lb.		B. Martin	405
P. Gatto	290	J. Reed	375
R. Davis	285	220 lb.	
T. Buttis	275	R. Ford	450
T. Beatty	265	T. Biadley	425
165 lb.		B. Ridley	415
C. Reynolds	345	242 lb.	
J. McClain	335	R. Cassiel	505
G. Leverett	315	J. Glenn	485
T. Cyprian	300	G. Sellers	430
G. Glean	300	L. Hortings	400
181 lb.		SHW	
W. Brown (BL)	435	Younginer(BL)	540
G. Jones	420	J. Waters	470
T. Bibbs	380	B. Skinner	455
S. Glenn	380	C. Knight	260
S. Elmore	315	D. Voivia	220

Tuck's Gym held its annual Bench Press Championship in Griffin Saturday Nov. 28, 1987. With 48 lifters competing in 8 weight classes from all over GA. This was the Best and Most competitive meed held in Middle GA. in 87. Tuck Smith would like to thank the Judges: Sandy Ellis, Atlas Jesse King, Joe Blackberry and alternate Jack Pinnell. Tuck's Gym always has Bench Meets the last weekend in November and February along with the Mr. South Atlantic Bodybuilding Championship held in September. Anyone interested should call 229-2162 for info, area code 404. Tuck would also like to thank *Powerlifting USA* for having the best articles for gaining strength and size. (Thanks to Tuck's Gym for results)

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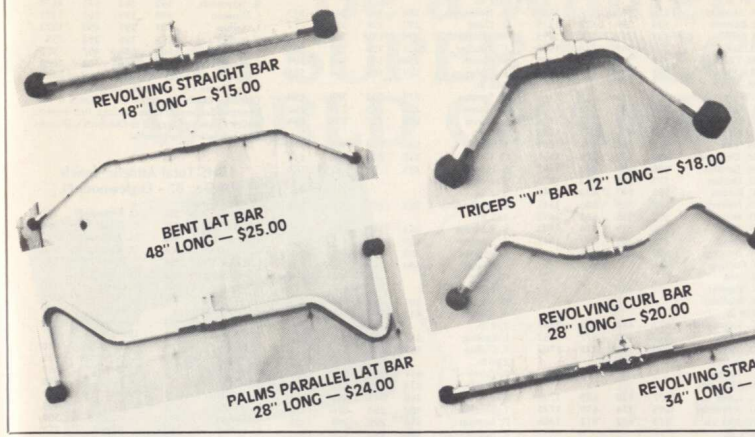
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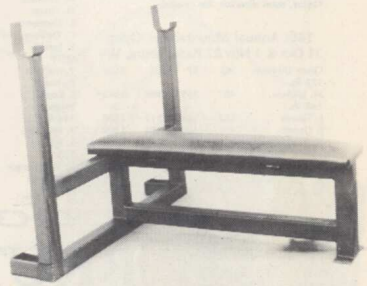
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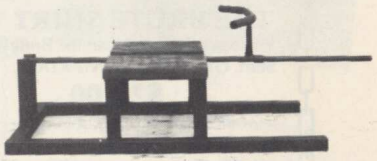




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Green Mountain State Bench Press
28 Nov 87 - Bellows Falls, VT

Womens 110-130		165 lbs.	
Patty Landers	130	Mark Egan	300
Womens 130-150		Tom Donahue	290
Heidi Wehner	165	R. Pinsonault	275
Lisa Benoit	110	181 lbs.	
Womens Over	150	Dan Harvie	380
Iris Polley	140	Nick Maniery	325
Lisa Bartlett	120	Craig Nystrom	300
Alice Welch	110	198 lbs.	
Masters		A. Boghosian	330
George Carlucci	400	Joe Frappiea	300
Bob Genovese	310	220 lbs.	
Steve Billings	320	Stephen Knox	390
Grand Masters		Russell Brown	380
Thomas Maletta	160	Edgar Billings	325
Mens Open		242 lbs.	
123 lbs.		Scott Taylor	400
Gary Vezina	190	Jon Spaulding	375
Brian Johnson	150	275 lbs.	
148 lbs.		Paul Garrow	350
Art Schram	205	SHW	
Roger Sheehan	160	George Carlucci	400

Best Lifters: male - Dan Harvie, female - Heidi Wehner. This was the first state level Bench Press Championships held in Vermont to be conducted under this format. The contest was held at Jodia's Gym in Bellows Fall, Vermont, and the lifters had an enthusiastic crowd to cheer them on. Heidi Wehner pased all other female lifters benching 165 lbs. and taking the woman's best lifter award. Heidi is an upcoming female lifter to keep an eye on. The awards were provided by Taylor Trophy Company of Springfield, Vermont. Special thanks to Jon Spaulding and Jayne Taylor whose help running the meet was invaluable. (Thanks to Scott Taylor, meet director, for results).

14th Annual Mountaineer Open
31 Oct & 1 Nov 87 Parkersburg, WV

Open Division	SQ	BP	DL	Total
123 lb.				
M. Jeffrey	407	253*	390	1052*
148 lb.				
J. Thurm	567	308	512	1388
J. Deem	407	265	429	1102
R. Yates	402	253	435	1091
165 lb.				
N. Latorre	507	347	551	1405
M. Zorbaugh	529	314	518	1361
M. Sarver	468	275	462	1196
181 lb.				
T. Munson	628	363	573	1565
J. Burnett	584	336	578	1515
J. Leslie	600	347	551	1499
B. Seitz	589	303	518	1410
M. Cardello	562	363	479	1405
B. Oliver	551	325	501	1377
M. Matos				
198 lb.				
L. King	639	429	672	1741
T. DiPietro	683	420	622	1736
C. Maxwell	672	330	683	1686
W. Fair	672	358	650	1681
M. DelSignore	650	402	578	1631
M. Jamkiev	600	407	600	1607
D. Durbin	573	363	633	1570
K. Bardos	562	347	633	1543
D. Neimeister	578	363	606	1515
D. Easterly	562	325	606	1493
D. Smith	556	319	556	1432
K. Lulley	429	281	501	1212
G. Benford	650	407		
J. Darring				
R. Dell				
T. Vagnier				
R. Wolford				
220 lb.				
C. Vogelpohl	672	440	672	1763
J. Matos	672	402	677	1752
D. Moratori	699	374	628	1703
R. Dotson				
G. Tayman				
242 lb.				
G. Cardi	677	418	699	1796
D. Schneider	699	374	659	1725
W. Kirk	573	402	512	1466
275 lb.				
R. Seagraves	738	462	694	1895
M. Olenick	744	485	666	1895
H. Nixon	705	440	650	1796
S. Thomson	699	418	628	1747
C. DeVore	650	341	650	1642
S. Jarvis				
SHW				
T. McNett	628	473	633	1736
B. Nolan	501	440		
J. Cook				
Women's				
114 lb.				
T. Holstein	220	104	259	584
S. Jeffrey	220	93	220	534
123 lb.				
A. Weisberger	275	159	303	738
M. Rogers	253	154	297	716
D. Lass	253	148	264	666
132 lb.				
A. Hoffman	308	165	341	815
K. Gang	292	126	352	771
M. Helminski	236	115	275	628
C. Kutcher	225	126	253	606
W. Smith	220	104	264	589
K. Corrigan	181	104	214	501
148 lb.				
C. Seebon	374	203	380	959
E. Boston	297	143	319	760
B. Aaron	248	121	325	694
165 lb.				
J. Roge	385	220	363	970
C. Grassi	352	209	352	914
S. Hayer	231	99	242	573
Novice Division				
132 lb.				
C. Duckworth	253	192	358	804
165 lb.				
K. Barbour	462	319	589	1372
T. Sanders	429	297	429	1157
T. Watson	303	192	352	848
R. Cessar	440			
C. Hahn				
181 lb.				
D. Snodgrass	501	275	551	1328
M. Downing	413	270	451	1135
198 lb.				
J. Keeling	540	396	578	1515
S. Collias	567	303	501	1372
220 lb.				
K. Zurek	617	396	617	1592
T. Lavelle	534	303	501	1339
A. Ortero	468	347	490	1306
T. Sheahan	402	264	600	1289
P. Kumpar	418	286	540	1256
R. Baumberger	380	264	402	1069
R. Melton				
C. Kildow				
242 lb.				
D. Sedney	534	336	545	1416
C. Herald	253	341	253	848
275 lb.				
P. Delligatti	639	413	617	1669
J. Maynard	540	325	534	1399
C. Bloss	462	308	529	1300
P. Geyer	512	363	507	1383
B. Lewis	440	270	485	1196
SHW				
J. Mahan	523	418	633	1576
Masters Division				
J. Bayliss	468	325	567	1333
J.Silvey	600	424	562	1603
D. Dryden	501	264	512	1278
K. Roberts	562	319	540	1437
R. Stayments	562	363	545	1471
J. Dawson	490	319	501	1311
L. Arthur	501	297	490	1273
B. Yoder	275	126	292	755
J. Helminski	385	176	407	970
E. Hawthorn	31	286	402	1080

* Denotes A.P.F. World Record. The Best Lifters were: Open: Light Classes - Larry King; Heavy Classes - Ralph Seagraves. In women's it was Christine Seebon. In team placings, first went to Miller's Gym and second to Giachetti's. (Thanks to Dave Jeffrey for results)

LBHS Total Athletic Bench
19 Dec 87 - Englewood, FL

Teenage Division			
D. Aiello	350	G. Ferrantelli	285
J. J. McLain	305	C. Frank	280
T. Jenkins	340	M. Anderson	270
B. Young	300	M. Bonakoske	260
J. Alimo	300	P. Zaner	235
M. Manning	255	181 lbs.	
S. Shepard	285	T. Lang	385
D. Howard	210	J. Pitz	370
Women's Division		J. Smith	325
S. Gayne	185	D, Mikesell	285
L. Kaufman	195	198 lbs.	
P. House	185	M. Ferrantelli	450
C. Morrison	145	K. Harriman	435
Open Division		K. Joy	355
135 lbs.		D. Fanti	280
M. Williams	305	220 lbs.	
S. LaChance	195	B. Earles	405
C. Badger	195	R. Masquelier	300
C. Venier	180	M. Brown	275
J. Ferrantelli, Jr.	160	J. Krause	265
148 lbs.		242 lbs.	
J. Niski	320	J. Ferrantelli	465
F. Franklin	305	S. Wilkinson	380
D. Torreyrossa	275	B. Phillips	380
D. Lake	215	275 lbs.	
G. Squatrito	190	K. Joy	430
165 lbs.		SHW	
K. Marinkowski	385	J. Sicuro	435
J. Hamilton	300	Master's Division	
M. Davis	295	J. Ferrantelli	465
R. Chisholm	285	C. R. Hodges	300

Special thanks to: Hank, Frank, Bob and the girls of the Total Athlete; John Taylor, Todd Spoor, Scott Ducharme, Dave Halstead, Kevin Nicol, Coco Hibbits, Lori Harrison, Tim Lange, Shawn LaChance, ken & Dorothy Farber. (Thanks to Meet Director Kevin Farber for results.)

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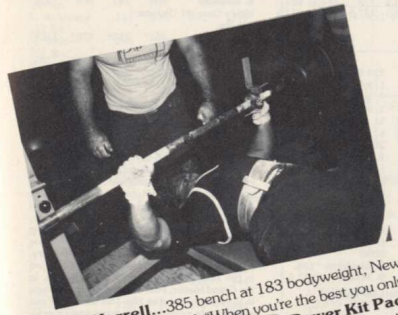
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Central States Open
19 Dec 87 - Omaha, NE

	SQ	BP	DL	Total
Women				
T. Shirk-150	365*	225*	330	920*
Teenage				
C. Carrol, 190	590	330	520	1440
J. Sempek, 224	605	330	560	1495
J. Pick, 165	245	200	285	730
Masters				
B. Maltby, 222	520	360	490	1370
Open				
114 lb.				
M. Nelson (BL)	475	290*	375	1140*
123 lb.				
M. Lofing	345	215	410	970
132 lb.				
D. Nguyen	430	275	450	1155
J. Hilker	330	200	430	960
148 lb.				
J. Tedrow	500	305	505	1310
C. Brown	450	325	470	1245
165 lb.				
T. Washington	450	250	585	1285
M. Kros	400	300	500	1200
J. Doonan	415	275	450	1140
J. Walters	415	235	400	1050
J. Pick	245	200	285	730
181 lb.				
M. Hildreth (BL)	6320	390	660	1680
D. Swistak	630	365	540	1535
G. Anderson	550	335	550	1435
S. Pankas	540	325	550	1415
D. Bannister	540	345	510	1395
L. Tewell	520	325	500	1345
S. Shoemaker	485	365	475	1325
198 lb.				
R. Hussey	665	400	650	1715
W. McCoy	600	350	640	1590
B. Bales	620	365	570	1555
S. Wenninghoff	540	385	555	1480
C. Carroll	590	330	520	1440
J. Ulvang	525	340	525	1390
J. Lee	490	390	500	1380
J. Harris	435	280	460	1175
220 lb.				
M. Bullard	650	475	595	1720
T. Keefer	615	365	620	1600
M. Duvall	655	355	560	1570
B. Johnson	560	370	560	1490
D. Medina	540	335	550	1425
242 lb.				
D. Peurson	700	445	715	1855
K. Vandervort	650	355	600	1605
M. Bremer	555	390	620	1565
J. Sempek	605	330	560	1495
J. Pick	475	400	500	1375
B. Maltby	520	360	490	1370
275 lb.				
M. Lardy	710	440	670	1820
K. Emry	625	405	570	1600
F. Kooser	560	345	560	1465
SHW				
D. McCain	865	540	700	2105
L. Webb	800	475	650	1925

* Denotes Nebraska state record. Best lifters were : Mike Nelson, Mitchell Hildreth. Teams were : Florence Community Center 25 pts. and Nebraska Strength Supplies 21 pts. The meet director was Brian Beverland. (Thanks to Nebraska Strength Supplies for results)

Lubbock Open
12 Dec 87 - Lubbock, TX (kilos)

	SQ	BP	DL	Total
Open				
132 lb.				
T. Hamilton	200	120	172.5	492.5
P. Olivas	137.5	70	157.5	365
J. Hernandez	105	82.5	137.5	325
148 lb.				
J. Lutes	157.5	112.5	172.5	442.5
165 lb.				
S. Ortega	215	165	242	622.5
D. Velasquez	167.5	102.5	205	475
T. Witcher	182.5	85	200	467.5
R. Major	162.5	100	205	467.5
R. Miller	125	90	182.5	397.5
181 lb.				
J. Johnson	230	142.5	227.5	600
S. Rael	220	137.5	220	577.5
K. Ramey	207.5	117.5	237.5	562.5
G. Davis	220	137.5	197.5	555
E. Chambliss	200	142.5	182.5	525
R. Laurent	180	137.5	182.5	500
R. Ross	162.5	102.5	177.5	442.5
198 lb.				
D. Moss	242.5	155	250	647.5
A. Piccolo	227.5	142.5	227.5	597.5
J. Adams	200	125	250	575
T. Brown	185	132.5	240	557.6
M. Trader	197.5	120	232.5	550
B. Castillo	217.5	122.5	185	525
S. Sava	165	100	205	470
D. Wilson	227.5			
220 lb.				
L. Johnson	340	212.5	335	887.5
M. Bewley	270	155	272.5	697.5
K. Riley	235	145	257.5	637.5
M. Williams	225	142.5	232.5	600
P. Elkins	192.5	117.5	200	510
242 lb.				
B. Holmes	290	182.5	245	717.5
J. Samarron	252.5	175	240	667.5
R. Small	190	155	202.5	547.5
275 lb.				
C. Owens	252.5	190	237.5	680
J. Samarron	227.5	182.5	242.5	652.5
D. Shaw	237.5	152.5	232.5	622.5
SHW				
R. Samarron	272.5	170	242.5	685
B. White	182.5	137.5	197.5	517.5
Bench Press				
132 lb.				
T. Hamilton	120			
J. Hernandez	82.5			
148 lb.				
J. Lutes	112.5			
M. Rangel	65			
165 lb.				
R. Zambino	117.5			
K. Simmons	110			
181 lb.				
R. Laurent	137.5			
S. Rael	137.5			
R. Ross	102.5			
T. Zamora	100			
198 lb.				
R. Mitchell	182.5			
M. Miller	175			
L. Bernett	165			
D. Mosssd	160			
E. Johnson, Jr.	152.5			
A. Lamb	147.5			

(Thanks to Marsha Peters for results)

220 lb.			
L. Johnson	212.5		
P. Springer	192.5		
T. Britton	170		
M. Bewley	155		
K. Riley	145		
242 lb.			
B. Holmes	182.5		
J. Samarron	175		
D. Villarreal	170		
R. Small	155		
C. Overland			
275 lb.			
C. Owens	190		
J. Samarron	182.5		
SHW			
R. Samarron	170		
B. White	137.5		

Minnesota Law Enforcement
17 Oct 87 - Crystal, MN

	SQ	BP	DL	Total
Women's Division				
139 lbs.				
B. Edwards	200	105	255	560
Men's Under 40 Division				
165 lbs.				
D. Burns	445*	310	505*	1260*
M. Erickson	430	320*	425	1175
181 lbs.				
T. Lind	435	265	490*	1190
V. Rose	435	225	455	1115
K. Olejink	355	240	415	1010
S. Erdman	310	255	420	985
198 lbs.				
M. Sommer	460	330	500	1290
B. Johnson	465	290	495	1250
K. Carroll	275	300	275	850
220 lbs.				
S. Johnson	580	340	660*	1580*
M. Schumer	515	275	505	1295
R. Thunder	380	305	470	1155
242 lbs.				
L. Hewitt	600	390	610*	1600
275 lbs.				
C. Bock	500	380*	575	1455
R. Konieska	500	285	500	1285
Men's Over 40 Division				
165 lbs.				
R. Healy	385*	250*	470*	1105*
242 lbs.				
G. Meyer, Jr.	410	325	470*	1205
C. Bambenek	420	310	450	1190
Men's Over 50 (Grand Master)				
220 lbs.				
P. Markert	380*	245	400	1025

Best Lifter: Light-Burns, Heavy-S. Johnson *-denotes state record *-denotes national record. The meet featured 20 lifters from throughout the state and during the day 14 new state records were established. Dan Burns had moved up a wt. class and shattered the previous records and pulled a DL of 505 at a bwt. of 153. This is a young kid who has the potential of becoming a national type lifter. In the same wt. class a first timer, Erickson set a BP record at 320. Steven Johnson in the 220s DL a record 660. He is probably one of the top 5 DLers (natural) in the US today. Loren Hewitt pulled a 610 DL, another record in the 242s while earning 1st place honors. In the Grand Master, Phill Markert set new records in the squat with a fine 380. This was one of our smaller state meets but with many new faces lifting. Our Association is having on April 9, 1988, the Midwest Police/Fire ADFPA Open at North Hennepin Community College. We are hoping many of the lifters who participated in our National Police/Fire meet earlier this year will again come up to Minnesota and lift. Speaking of the next National meet, the excellent East Coast promoter, Bob Gaynor, has tentatively agreed to host the meet sometime in October 1988. Watch for further information on that. (Thanks to Bruce Johnson for results)

Error..Tony Candela's 870 squat, 683 deadlift, and 1962 total should have been on the TOP 100 SHW list.

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Southwestern ADFPA Championship
14 Nov 87 - Phoenix, AZ

	SQ	BP	DL	Total
Women's Division				
L. Haugland	268w	113w	288w	669w
P. Bilovesky	268	143	308	724
K. Ericson	278	168	308	754
J. Chavez	198	98	243	539
Open Division				
114 lbs.				
C. Webster	318st	173	313t	804st
L. Haugland	268w	113w	288w	669w
123 lbs.				
T. McKinney	283	223	393	899
132 lbs.				
M. Stein	293	228	343	864
148 lbs.				
M. Yates	403	263	438	1104
I. Machiz	348	273	418	1039
M. Kennedy	353	208	423	984
M. Knudsen	258	258	393	909
165 lbs.				
A. McCallon	563	268	538	1369
R. Navis	458	268	483	1209
B. Robertson	433	243	508	1184
G. Arellano	443	228	448	1119
C. Schamu	368	208	408	1014
T. Jensen	358	218	403	979
G. McNichols	283m	238m	378m	899m
M. Stainbrook Sr.	258	238	338	834
181 lbs.				
N. Hampton	628s	338	578	1544
E. Childs	478t	318	533t	1329t
J. Shultz	473	253	463	1189
P. Briggs	383	243	463	1089
M. Shanks	318	223	403	944
198 lbs.				
H. Green	528	358	578	1464
K. Horewitch	533	343	533	1409
P. Amick	518	313	528	1359
R. Chavez	553	298	503	1354
P. Camp	453	343	503	1299
M. Johnson	403	243	463	1109
220 lbs.				
S. Pratt	618	388	613s	1619
H. Schroyer	603	363	573	1539
T. Pesch	478	323	528	1329
R. Reyes	433	313	543	1289
L. Minet	478	308	478	1264
R. Wilson	458	278	468	1204
M. Karnaghon	353m	188m	403m	944m
242 lbs.				
G. Ash	513	373	508	1394
R. Alley	438	323	608	1369
M. Meadows	453	338	483	1274
T. Petersen	428	313	453	1194
R. Mecham	373m	248m	413m	1034m
275 lbs.				
C. Thomas	578	373	568	1519
B. Winters	503	288	473	1264
D. McKenzie	473	318	468	1259
M. Simmons	508m	278	458	1244
A. Cisneros	328	228	378	934
SHW				
S. Evans	503	298	478	1279
E. Parker	453	303	518	1274

s-denotes men's state record, t-denotes teenage state record, w-denotes women's state record, m-denotes master's state record The Teenage Division consisted of: Ed Childs, Cody Webster, George Ash, Gabriel Arellano, Mike Kennedy, Mike Shanks, and Antonio Cisneros. The Master's Division was composed of: Gerald McNichols, Mike Stainbrook, Mike Johnson, Mike Simmons, Russ Mecham, and Mike Karnaghon. BEST LIFTER: Norman Hampton TEAM PLACING: 1. J.P.'s ADFPA Powerlifting Team, 2. Thorbecke's Weightlifting Team. I would first like to thank all the people who made the 3rd Annual ADFPA Southwestern Powerlifting Championships possible. SPONSORS: Matt Beauvais of Beauvais' Fitness & Aerobic Center, Tom Tabback of Sportstar Nutritional Supplements, Dr. Scott Miritello (Chiropractor), and Kathy Busnell of Fitness Profiles, Inc. JUDGES: Dale Jensen, Bill Wong, Erik Potter, Mike Wonyetye, Scott Saville, Chris Boillot and Linda Haugland. ANNOUNCERS: Jim "Hurricane" Hays and Dean Adraktas. SPOTTERS: Ryan (Linda's boyfriend), Richard, Matt Schwulst, Rich Hoyt, Mike Miller, and Mike Ternus. SCOREKEEPERS: Mark Ofori-kyei, Jim Clary, Tricia Bursell, Millie Carter and yvette Sampedro. Once again special thanks go to all these people, because without them the meet would not have taken place. There were 54 lifters in the meet. I stated during the rules clinic that in the past we were averaging a 15% bomb out rate. We only had five bombs (9%) which is a marked improvement, but not yet close to 0%. We started promptly at 8:30 am and ran straight through and finished at 3:30 pm. This gave the lifters and the meet's personnel adequate time to do some partying that night. I know I had plenty of time to party, because I was sure feelin it the next day. In the women's division, Linda Haugland easily won the division. Linda has now dropped to the 104's and was feeling the effects of the weight loss and studying for her law school entrance exam. Patty Bilovesky came in second with a fine 724 lb. total looking a lot stronger than her last contest. Kim Ericson and Jamie Chavez, from New Mexico, finished out the lifting with some solid lifting. Cody "The Stud" Webster once again proved to be Arizona's top 114 lb'er even though he is only 17 years old. Cody set a state squat record and a state total record. He also set teenage state records in the squat, deadlift and total. Cody will now be gearing up for the Teenage Nationals this spring. Linda Haugland, lifting for J.P.'s placed second in the 114 lb. class. her team points were very important in J.P.'s narrow victory over Thorbecke's. Tim McKinney had a solid day at the 123 lb. class with a 899 lb. total. Tim has one of the most ripped physiques in the ADFPA. Michael Stein, an accountant from Phoenix, in his first meet totaled 864 lbs. to win the 132 lb. class. The 148 lb. class saw Mark Yates put together a solid day of lifting to outdistance his competitors for first place. Ives Machiz, after a two year layoff, came in second place, Mike Kennedy, a student from Tucson, was battling a calf tendon injury but still managed to garner third place. Mike Knudsen, in his second meet, showed improvement finishing in fourth place. The 165 lb. class was totally dominated by Adrian McCallon from New Mexico. After bombing in last year's meet and bouncing back from a back injury, Adrian lifted very well making all his attempts look easy. Adrian is a very good lifter with a lot more total in him. Randy Navis put together a fine day of lifting to outlast Bill Robertson. Randy had a 508 lb. deadlift nearly to lockout even though it should only have been loaded to 483 lbs. After that near miss, Randy took a 483 lb. deadlift to ensure second place. Bill did not have his big deadlift and could not catch Randy on this day. Gabriel "Mr. Psyche" Arellano lifted very well and outdistanced Charlie Schamu for fourth place. Charlie, in his first meet, was very popular with the crowd during the meet. He had everyone chanting "Schamu" before his attempts. Rounding out the class was a much improved Ton "Not Tony" Jensen and two masters' lifters Gerald McNichols and Mike Stainbrook. Norman Hampton outclassed the 181 lb. class and the entire field of contestants with some very fine lifting. Norman had some trouble with his squat depth but he easily squatted a state record 628 lbs. on this third attempt. Norm is probably good for a 670 lb. squat. He finished a fine 1544 lb. total and could be a force to reckon with at the Nationals. Ed "The Super Teen" Childs posted a 1329 lb. total and nearly had a 568 lb. deadlift. Ed set three teenage state records. John Shultz of Thorbecke's finished in third place followed by the much improved Phil Briggs and a teenage lifter from J.P.'s, Mike Shanks to round out the 181 lb. class. Harvey Green, from Kingman, lifted very well in winning the 198 lb. class. Harvey put over 100 lbs. on his total since last year's contest. Ken Horewitch, from Thorbecke's, had a little trouble with his squats but still finished in second place. Pat Amick, from J.P.'s, edged out the New Mexico ADFPA State Chairman Rick Chavez for third place. Pat had a little trouble with his squats but came back strong for the third place award. Rick is a strong supporter of the ADFPA and a valuable asset for the ADFPA in New Mexico. Rick will be running an ADFPA meet in New Mexico which will welcome all Arizona lifters(watch for it in Coming Events). Phil "Dr. Air" Camp finished in fifth place but could have easily been in third place with a near miss at 503 lbs. in the squat. While Phil was deadlifting his coach and I were ready to catch him in case he decided to pass out again (Ha! Ha!). Mike Johnson, a master's lifter, finished out the class. Shannon "Overweight" Pratt defeated Harold Shroyer in the 220 lb. class. Shannon weighed in at 199 lbs., but he did manage a state record deadlift. Harold finally got a 600 lb. squat and finished with a fine 1539 lb. total. Tony Pesch, from Thorbecke's, had a solid day and came in third place. Ruben Reyes narrowly passed Larry Minet and Richard Wilson for fourth place. Mike Karnaghon a masters' lifter rounded out the class. George "The Bench Press Specialist" Ash, from Thorbecke's, lifted very well in his first full meet. George, who holds the teenage ADFPA American bench press record in the 242 lb. class, struggled in the bench press but finished strong to win his first title. Roger Ally nearly passed George with a huge deadlift but could not finish the lift. Mike Meadows, from Luke Air Force Base, finished in third place while newcomer Tim Petersen and masters' lifter Russ Mecham rounded out the 242 lb. class. Curt "The 6'6" Giant" Thomas dominated the 275 lb. class. Curt can be very difficult to spot in the squats especially when you are only 5'5" like myself, but we managed. Brad Winters, from New Mexico, snuck by Dan McKenzie with a 473 lb. deadlift. Mike Simmons, an America West pilot lifting for Thorbecke's, was very close to Brad and Dan. Antonio Cisneros, a teenage lifter from J.P.'s, rounded out the class. Steve Evans held onto a victory over Ed Parker in the SHW class.-Steve, a law student from ASU and lifting for J.P.'s, won the meet despite limited training due to his rigorous school schedule. Ed came out of a 10 year retirement to begin his second powerlifting career. Ed Childs narrowly beat Cody Webster for the teenage title. Cody was followed by George Ash, Gabriel Arellano and Mike Kennedy. In the master's division, Gerald "55 years old" McNichols guaranteed me he wuold go 9 for 9 and total 900 lbs. Gerald only managed a 9 for 9 day and a 899 lb. total. Gerald is a great competitor and a pretty good prognosticator. Now Gerald will shoot for a 300 lb. squat, a 250 lb. bench press and a 400 lb. deadlift. Mike Stainbrook was a little off his usual form but still managed a good day and second place. Mike was followed by Mike Johnson, Mike Simmons, Russ Mecham, and Mike Karnaghon. I would once again like to thank the lifters, spectators, meet personnel and sponsors for supporting the meet. I would also like to thank the New Mexico lifters for coming out and supporting this regional meet for the past two years. This was probably the last full ADFPA meet I will be running in Arizona. I am graduating in December and will probably take a job outside of Arizona. I will continue to support the ADFPA and Arizona Drug Free lifting in any way possible. I hope everyone will give Erik Potter and Bill Wong the same support that I was given. I would like to thank everyone who has been involved in any of the meets I have run and in making Arizona one of the strongest supporters of the ADFPA. I will miss everyone in Arizona but good luck to everyone and continued success with your lifting. Look for the following competitions in Arizona in 1988. The 2nd Annual Valentine's Day Bench Press Classic - Feb. 13, 1988, 1988 Arizona Senior Olympic Championships - Feb. 20, 1988, 1988 ADFPA Arizona State Championships in April, 1988, 1988 ADFPA Arizona Teenage State Championships in May, 1988, 1988 ADFPA Novice Classic in August, 1988 and the 4th Annual ADFPA Southwestern Championships in November. The dates will be officially set by Erik Potter before 1988. (Thanks to Louis Sampedro for results and the tremendous work he has done in Arizona for powerlifting)

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World Fitness Meet
5 Dec 87 - Chester, NY

Top five only Total		Bench (by Schwartz)	
N. Cali (274¼)	1801	G. Scarazzini	400
Scarazzini(203¼)	1650	R. Voelker	400
R. Voelker	1550	C. Fitzgeraldd	335
C. Fitzgerald	1410	G. Shuback	315
J. Nickless	1300	D. Johnson	285
Squat (by Schwartz)		Deadlift (by Schwartz	
N. Cali	751	G. Scarazzini	650
G. Scarazzini	600	R. Voelker	600
C. Fitzgerald	525	C. Fitzgerald	550
T. Incledon	465	T. Incledon	515
J. Straub	375	N. Cali	650

The World Fitness, Inc. Powerlifting Meet accomplished several goals. First, it provided a rare occasion for lifters of the Mid-Hudson Valley area to compete locally. Second, it provided the opportunity to test the viability of World Fitness as a meet site. Third, it provided funds for local charities as more than two hundred spectators attended and paid a small fee. The meet attracted a variety of lifters - both veterans and novices. Highlights included Nick Cali's 751 squat and Gil Scarazzini's outstanding balanced lifting. With continued improvement in the squat Gil could soon be a national contender for the 198 lb. division title in the ADFPA. Cliff Fitzgerald shows steady improvement and took home 3rd place trophies in each lift. Meet director Charles Zantstein wishes to thank the lifters, officials, spectators, and members of World Fitness, Inc. of Chester, NY for their support. Hopefully, next year, he will add a ladies' division to the meet. (Thanks to Su B. for results and report)

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26 MAR, Georgia USPF Closed Class II & Above, Open Masters & Women, Cagle's Gym, 24 Alexander Street, Marietta, GA 30060, 404-424-8668.

26 MAR, 9th Annual USPF Powers Class (Under Class II Men and Teenage, Open Masters and Women), Matt Mills, PG Plaza Community Ctr, 6600 Adelphi Rd., Hyattsville, MD 20782, 301-864-1611.

26 MAR, University of Wisconsin/River Falls Open Collegiate Meet, Dr. Carl D. Finstad, Biology Department, University of Wisconsin River Falls, River Falls, WI 54022, 715-524-3362.

26 MAR, Massachusetts/Rhode Island State Meets (men, women, sub-masters, masters), Greg Kostas, Box 483, Whitman, MA 02382, 617-447-6714.

26 MAR, Just Let Me Bench (teen, open, no women), Gym Missions, 122 Main St., Abbotsford, WI 54405, 715-223-3637.

26 MAR, 1st Annual Ashtabula YMCA Open Bench Press (men, women), Lonnie Anderson, 1761 Blue Jay Circle, Ashtabula, OH 44004, 216-964-3013

26 MAR, South Carolina Championships (open, women, teen, master) Tedd Capp, Gold's Gym of Myrtle Beach, 4819 North Kings Highway, Myrtle Beach, SC 29577, 803-449-9266.

26 MAR, Reverchon Meet, Ron Wiley, 3505 Maple, Dallas, TX 75219, 214-607-7720.

26 MAR, California Drug Tested Men's & Women's Open, Dr. Alan Kirshner, Box 3292, Fremont, CA 94539, 415-657-1586/490-0680

26 MAR, Michigan State High School Championships, Dan Skatzka, South Lyon High School, South Lyon, MI 48178.

26 MAR, Tyler(TX) Open, Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)

26,27 MAR, Tri-State Open (NY, NJ, CT) (men, women, teen, masters) (ANPPC sanction) polygraph testing, 5-10 years and lifetime natural ACL Sport Center, P.O. Box 101, Lindenhurst, NY 11757, 516-957-7373

26,27 MAR, USPF Pennsylvania Championships (open, novice, masters, team), CFI, 7025 Frankford Ave, Philadelphia, PA 19135, 215-333-6360

27 MAR, New Hampshire Natural Championships, Rick Cuddihy, RicNicks Fitness Ctr., P.O. Box 534, Peterborough, NH 03458, 603-924-9010.

27 MAR, APF/USPF Pennsylvania State Meet (Monroeville Marriott, 2 Man Deadlift - Benefit for MD), George Panzak, 307 Barclay Ave., Pittsburgh, PA 15221, 412-351-1124.

2 APR, (new date) Central Iowa XV Open Bench Press (open, novice, masters, women, teenage, deadlift, team), Jeff Baird, 3408 Fairlane Dr., Des Moines, IA 50315, 515-280-8275.

2 APR, Iron Lion Bench Press/Deadlift (men, women), Dan Shanaway, Penn State Barbell Club, 4 Intramural Building, University Park, PA 16802, 814-865-9202 or 862-1220

2 APR, Grand Rapids Open Bench, George Zender, 3552 Eastern N.E., Grand Rapids, MI 49505, 616-363-8955.

2 APR, Lubbock Open (TX), Rich Peters, Box 1753, Norman, OK 73070.

2,3 APR, New York Championships (APF), Metrofit A.C., 6 Pelham Parkway, Pelham Manor, NY 10803, Peter Marshall 914-738-0497

2,3 APR, Region IV Championships - LeBossier Ramada Inn, Shreveport, LA (open, class II & below, masters, women, teenage), Glen Venator, 318 NW 17th, Grand Prairie, TX 75050, 214-263-4828 or Mike Reed, Rt 1 Box 229 AW, Monroe, LA 71202, 318-388-0412.

3 APR, Big Thunder Open Bench Press, Raimo Paananen, 615 Andrew St., Thunder Bay, Ontario, P7B 2C8 Canada

8 APR Budweiser World Recordbreakers Meet.

9 APR, (new date) ADFPA Colorado Championships, Robert Keller, 325H Lionstone Dr., Colorado Springs, CO 80916, 303-596-1898 or Rich Peters, Box 1753, Norman, OK 73070

9 APR, California State Jr. (Class 2 & Below), Jay McVeagh, 7541 Lippizan Dr., Riverside, CA 92509, 714-685-2443 before 8AM or after 8PM

9 APR, Midwest Police/Fire ADFPA Open, Bruce Johnson, 6526 45th Ave No, Crystal, MN 55428, 612-533-4548

9 APR, 2nd Annual Pittsburgh Bench Press Championships (open, women, masters), Jeff Wright, Gold's Gym, 270 Curry Hollow Rd., Pleasant Hills, PA 15239, 412-653-8633

9 APR, American Airlines and SNMCF present the New Mexico State Championships, Salvatore Lentini, Southern New Mexico Correctional Facilities, P.O. Box 639, Las Cruces, NM 88004, 505-523-3200 ext. 3289.

9 APR, 1st annual USPF Texas State Natural and Pure Championships (open, below class I, Masters, teenage, women - drug test will be given), Jim Griffith, 303 Cedar, Bastrop, TX 78602, 512-321-5193 after 5PM, CST.

9 APR, 5th annual Dubuque Midwest Open Bench Press (men and women, open and high school), Dick Weitz, Wahlert High School, 2005 Kane St., Dubuque, IA 52001, 319-583-9771.

9 APR, Alabama State Championship (ADFPA 18 months off, Lifetime Drug Free divisions), Lanny Shepard, 102 Kinnon Dr., Enterprise, AL 36330, 205-393-4867 (w), 205-347-3195 (h)

9,10 APR, New York State Teenage, Junior, Submasters, Masters Championships, Power Pros, Box 1246, S. Glens Falls, NY 12803 or Al Roberts, 518-668-4749.

9,10 APR, ADFPA North American Championships (open, women, masters - early weighins) Bob Gaynor, Natural Productions, 19 Sunrise Dr., Mountaintop, PA 18707, 717-474-6111.

9,10 APR, 1st annual Giachetti Spectacular (class II & below, masters, women's, open - in Cleveland, OH) Steve Wilson, 13981 Oakbrook Dr., North Royalton, OH 44133, 216-582-4348.

9,10 APR, Pacific Coast and Washington Open (USPF) (men, women, masters), Pacific West Sport and Racquet Club, 19820 Scriber Lake Rd., Lynnwood, WA 98036, 206-774-5338.

9,10 APR, Virginia State Men's, Women's, Masters, Teenage, Jerry Ringl, Box 470, Newport News, VA 23607, 804-247-1338.

16 APR, N.J. - U.S.P.F. Drug Tested State Championships (plus teen & masters), The Gym Sports Institute, 55 Demarest Ave., Englewood, NJ 07631, 201-568-8538.

16 APR, Dorchester YMCA Bench Press Meet (men, women, teenage), Tammi Walz, 201 Talbot Ave., Cambridge, MD 21613, 301-221-0505.

16 APR, Vermont Championships (closed - men, women, masters), Fred Guilmette, 60 Elliott St., Brattleboro, VT 05301, 802-257-7530.

16 APR, 11th ESSH Meet, Lou Neishloss, ESSH Activities Dept., 3740 Lincoln Highway, Trevose, PA 19047, 671-3397.

16 APR, USPF Marlow Heights Open Bench Press, Vernell C. Morris, 4218 24th Ave., Temple Hills, MD 20748, 301-899-2262.

16 APR, ADFPA 7th Annual Drake Relays Festival Bench Press Classic (open, pure, womens, masters, collegiate, novice), Lifetime Fitness, 4041 11th Place, Des Moines, IA 50313, 515-280-2840 (w), 244-7913 (h)

16 APR, ADFPA Iowa High School Bench Press (14-15, 16-17, 18-19), Lifetime Fitness, 4041 11th Pl., Des Moines, IA 50313, 515-280-2840 (w), 244-7913 (h)

16 APR, West Virginia State (closed) Bench Press Championships (women, teenage, open, masters), Larry Robinson, 808 B Street, St. Albans, WV 25177, 304-722-6341 (days)

16 APR, Kansas City Open & USPF Missouri State, Rich Peters, Bx 1753, Norman, OK 73070

16 APR, California ADFPA Deadlift (women, masters, teen) Steve Millard, 9750 Broadmoor, San Ramon, CA 94583, 415-828-7212.

16 APR, 2nd Annual High School Bench Championships (open to high school boys, girls, teams), Mike Giardina, 990 Hudson Acres Dr., Pine City, NY 14871, 607-733-0145 after 5 PM.

16,17 APR, (new date) North Carolina Jr. & Sr. State Championships, Women, Masters, Joe McDougal, 102 2nd Ave., Hendersonville, NC 28739, 704-697-7160.

16,17 APR, ADFPA Tri-State (MD,PA,DE) (open and high school - all wt. classes, women, masters), Paul Griffith, West Nottingham Academy, Colora, MD 21917, 301-658-3797.

16,17 APR (new date), ADFPA Missouri State/Ozark Open (open, teen, women, masters, novice, team), Rick Bingaman or Bob Kendall, c/o Main Street Gym, No. 10, S. Coffman, Flat River, MO 63601, 314-431-4410.

17 APR, APF Rhode Island Open Bench Press (men & women high school 14-18, Men's 19-34, Sub-Masters 35-39, Masters 40-50, Women - light & heavyweight), John Parente, West Warwick Civic Center, 26 Webster Knight Drive, West Warwick, RI 02893, 401-821-2567.

17 APR, 3rd Lone Star Bench Press Classic (men, women, teen, masters), Lone Star Gym, 30 Broadway Square, Mesquite, TX 75150, 214-681-1715.

17 APR, Leaning Tower Open & Novice Championships, John Krok or Joan Colovos, Leaning Tower YMCA, 6300 W. Touhy, Niles, IL 60648, 312-647-8222

17 APR, New Hampshire Championships, Scott Taylor, Box 732, Springfield, VT 05156

17 APR, 5th annual Mid Ohio Valley Open Bench & Deadlift, Mike Leikari, P.O. Box 41, Belpre, OH 45714, 614-423-5709

23 APR, 1st Annual Harrisburg Bench Press Championships, Muscle World Gym, 216 N. Front St., Steelton, PA 17113, Pete Vranicar 717-939-4747 or Charlie Evans 717-737-6672.

23 APR, Polk County Open Bench Press (open, teen, women, masters), All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, 687-6268.

23 APR, Greater Haverhill YMCA Bench Press (men, women, teens), Doug Heyer, Greater Haverhill YMCA, 81 Winter St., Haverhill, MA 01830, 617-374-0506.

23 APR, 5th Annual Southern States Bench, Atlanta Holiday Inn South (open, over 40, women, novice, teenage), Mr. Sandy Ellis, 150 Sagebrush Rd., Stockbridge, GA 30281, 404-474-2633.

23 APR, Las Vegas Open, James Wright, Box 70988, Las Vegas, Nevada 89102.

23 APR, San Joaquin Valley Bench Press (open, men, women, masters), Jim De Shon, 135 Carl Dr., Visalia, CA 93291, 209-732-0456.

23 APR, 17th annual Bob Moon Memorial Natural (drug tested) Championships, Russ McHenry & Tom Davis, 1301 Fostoria Rd., Findlay, OH 45840, 419-223-6045 or 424-7149.

23 APR, Spring Nationals (Houston), Richard Peters, Box 1753, Norman, OK 73070

23 APR, Indiana State ADFPA, Dick Conner, the Pit, 400 Edgar St., Evansville, IN 47710, 812-422-0617.

23,24 APR, (new date) Pennsylvania High School Championship, Jeff Hill, Glen Mills Schools, Glen Mills Rd., Concordville, PA 19331, 215-459-8100.

23,24 APR, New York State ADFPA Championships, David Mitchell, Box 538, Ballston Spa, NY 12020, 518-885-5459.

23,24 APR, WNPF Legitimate Natural Atlantic States Championships (clean 5 years, mandatory polygraph for everyone, very strict testing) John Jameson, Box 425, Lodi, NJ 07644

23,24 APR, WNPF Lifetime Natural Atlantic International Championships (open only to the elite lifters, the most comprehensive polygraph testing ever. Blood doping, prescription caffeine and pep pills are illegal), John Jameson, Box 425, Lodi, NJ 07644

23,24 APR, Region I Championships, Larry Bagnoli, 6 East Blvd., Gloversville, NY 12078, 518-725-0140 (home) or 518-869-0436 (work).

23,24 APR, APF Junior Nationals (Chicago, IL), Ernie Frantz, 31 N. Broadway, Aurora, IL 60505.

23,24 APR, ADFPA Women's Nationals, Dennis or Sandi Brady, B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 312-561-9692.

24 APR, ADFPA Connecticut Open Bench Press, Joseph Mugovero, P.O. Box 546, Waterford, CT 06385, 203-442-7261 (after 5 PM)

24 APR, Quincy YMCA Bench Press and/or Deadlift Meet (open), Ann Gragg, YMCA, 3101 Maine, Quincy, IL 62301, 217-222-1400.

USPF Pennsylvania Bench Press Championships (open, women, novice, masters, team divisions), CFI, 7025 Frankford Ave., Philadelphia, PA 19135, 215-333-6360.

30 APR, USPF Spring Open Bench Press Classic (open, novice, women, teen, masters), Hercules Enterprises c/o Matt Mills, 4920 Edgewood Rd., College Park, MD 20740, 301-474-1625.

30 APR, Arizona State ADFPA Championships, Bill Wong, 1835 E. 6th St., Suite 1, Tempe, AZ 85281, 602-992-2061.

30 APR, Oregon Open Bench Press (high school boys & girls, open men and women), Mike Schend, Hood River School District, P.O. Box 920, Hood River, OR 97031, 503-386-2055.

30 APR, Southern Illinois University SpringFest Bench Press (open, men and women), Rich Arundale, Rt. 4, Box 236, Carbondale, IL 62901, 618-549-4326.

30 APR, ADFPA Wisconsin State Championships, Muscles & Fitness, 1601 N. Sherman Ave., Madison, WI 53704, 608-249-4227.

30 APR, 4th Annual Cross Country Pull Deadlift Contest, Dr. Darrell Latch, 1817 S. 9th St., Apt. A-16, Mattoon, IL 61938, 217-235-4994

30 APR, ADFPA California Drug Tested Open Bench Press Championships (also women's, masters, and teenage awards), Dr. Alan M. Kirshner, P.O. Box 3292, Fremont, CA 94539, 415-657-1586 or 415-490-0680.

30 APR, 1st annual ADFPA Rochester Open, Jeff Brown, 1906 2nd St. S.W., Rochester, MN 55902, 507-281-3465 or 507-288-0504.

30 APR, Clearfield Power Day BP- DL (separate contests), Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214 (24 hours).

30 APR, Ohio State Teenage Championships, David McKewen and Frank Cervelli, 11934 Lorain, Cleveland, OH 44111, 216-252-1695

30 APR, Michigan Senior Championships, Claude Handsor, 20219 Fenmore, Detroit, MI 48235, 313-532-0705.

30 APR/1 MAY, Ft. Hood Natural Championship (6 months clean), SSG Johnny Lyons, DPCA Competitive Sports, Ft. Hood, TX 76544, 817-288-2880.

30 APR/1 MAY, Region I Naturals USPF sanction polygraph tested, Walter J. Nadeau, 345 Madison Ave., Berlin, NH 03570, 603-752-7928.

30 APR/1 MAY, ADFPA Closed Region III (GA, FL, SC, NC) 45 entries per day, open, teen, masters, women, substantial late fee, Denis Ference, P.O. Box 603, Hinesville, GA 31313.

1 MAY, Illinois Collegiate Championships (men, women), Kevin Wold, Football Office, Eastern Illinois University, Charleston, IL 61920, 217-581-5031.

1 MAY, (new date) USPF Queen City Open (Buffalo), Tim Danahy, 5707 Main, Williamsville, NY 14221, 716-633-6200.

1 MAY, Western Maryland Bench Press Classic (open, masters, women) Rick Pietrolungo, The Fitness Center, 916 National Highway, LaVale, MD 21502, 301-729-2432.

1 MAY, Western America Open (men, women, masters) plus touch'n go bench contest, Mike Glass, P.O. Box 4587, Anaheim, CA 92803, 714-533-3159.

5-8 MAY, IPF Women's World Championships (Brussels, Belgium), Hugo Degrauwe, Mieregemstraat 84, 1800 Merchtem, BELGIUM.

6,7 MAY, ADFPA Boy's and Girl's High School Championships, Spero Tshontikidis, Bullis School, Potomac, MD 20854, 301-963-8339.

7 MAY, USPF Louisiana State (Alexandria, LA), Rich Peters, Box 1753, Norman, OK 73070.

7 MAY, 1st Fiesta Boardwalk Bench Press USPF Open (Pensacola Beach Boardwalk), Hal Holston, 15 W. Strong, Suite 112A, Pensacola, FL 32501, 904-434-7671.

7 MAY, 3rd annual Central USA Open Bench (ADFPA), Bob Jones, Peoria YMCA, 714 Hamilton, Peoria, IL 61603, 309-671-2700.

7 MAY, S. Georgia High School Powerlifting Classic, Buddy Duke, 201 N. Burwell, Adel, GA 31620, 912-896-3988 (w) or 3989 after 9:00PM or Frankie Cowen 912-549-7190 after 7:00PM.

7 MAY, (new date) Baddest Bench in Texas (USPF) (open, teen, masters, women) Scott Johnson, Courthouse Athletic Club, #1 Courthouse Drive, Longview, TX 75605, 214-297-2322.

7 MAY, ADFPA Minnesota Teenage State Meet, Scott Safe, Cannon Falls High School, 820 East Minnesota St., Cannon Falls, MN 55009, 507-263-2005 (evenings)

7 MAY, Dakota Plains Open/North Dakota State Championships (men and women), Steve Engbrecht, Broadway Gym, 16 N. Broadway, Fargo, ND 58102, 701-235-3747.

7 MAY, Northern California Novice (Class 3 & Below), Tom Vasgird, c/o Gold's Gym, Santa Rosa, CA, 707-795-9168

7 MAY, APF National (closed) Bench Press Championships (sanction S-195), John Shifflett, Box 303, Quinque, VA 22965, 804-924-5860 (6:30-3:30 days), 804-985-3932 (5:00-9:00 evenings)

7 MAY, U.S. Army, Europe, Championships, Falcon's Nest Gy, (Frankfurt, WG) (USPF), Larry Parker, CFSA-Sports, HQ USAREUR, APO NY 09081, 06202-80-6503/7713

7 MAY, APF North American Bench Press (women, open, submaster, master, grand master) Fantastic Trophies, Scott Taylor, Box 732, Springfield, VT 05156, 802-885-8061.

7 MAY, APF Police/Firefighters New England States Bench Press Championships. Beautiful Awards, Scott Taylor, Box 732, Springfield, VT 05156, 802-885-8061.

7 MAY, ADFPA New Jersey Bench Press Meet (open to New Jersey only, out of state, teenage, female, masters, reps), Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-2695 (recorder)

7 MAY, ADFPA Bench Meet (teen, women, open, masters), Fantastic awards, Jim Gallagher, Power Shack, Holly & E. Madison, Clifton Hts., NY 19018, 215-626-0228.

7,8 MAY, ADFPA Pepsi-Wendy's Eastern US Meet to benefit the Spinal Cord Society (open, women, teen, masters), Tom Wojicki, 913 Park Ave., Windber, PA 15963, 814-467-5662.

14 MAY, 2nd annual Nationality Days Bench Press, Tony Pharr c/o 1098 Duss Ave., Ambridge, PA 15003, 412-266-9774 (gym).

7th annual ADFPA Drake Relays Bench Press Classic

Saturday April 16th, 1988

Divisions: Open, Pure, Teenage, (3 age groups, all weight classes), Novice, Women, Masters, Collegiate

OUTSTANDING AWARDS

Lifetime Fitness
4041 11th Place, Des Moines, IA 50313
515-244-7913

26 March 1988
USPF POWERS CLASSIC
Under Class II Men & Teenage
Open Women, Open Masters
Full Power Meet

30 April 1988
USPF SPRING OPEN BENCH PRESS
Open, Women
Novice, Teen

Common Meet Site
PG Plaza Community Center
6600 Adelphi Road, Hyattsville, MD 20782
Center Director: Kathy Knolls
Meet Director: Matt Mills
301-864-1611 or 301-474-1625

BADDEST BENCH in TEXAS

NEW DATE - May 7th, 1988

Dual Sanction - USPF & World Bench Press Congress

Divisions: Open, Novice, Teenage, Women, Masters, Team. Awards: 3 ft. trophies for 1st in each class. Overall men and women division winners will receive sculptured bench press trophies and $100 worth of lifting equipment from Inzer Advance Designs.

contact SCOTT JOHNSON
c/o the Courthouse Athletic Club, #1 Courthouse Drive, Longview, Texas 75605, 214-297-2322

A.P.F. and ERNIE FRANTZ presents

MEN'S & WOMEN'S 1988 NATIONAL POWERLIFTING CHAMPIONSHIPS



DATE: Saturday, April 23rd & Sunday, April 24th, 1988.

LOCATION: Embassy Suites O'Hare Hotel
6501 N. Mannheim Rd., Rosemont, Il. 60018 (312) 699-6300.

WEIGH IN: 6:00 p.m.-9:00 p.m. Friday & Saturday or 7:00 a.m. Saturday & Sunday. Lifting starts at 10:00 a.m. both days.

ENTRY FEE: $35.00 (Includes meet T-shirt). Team entry $30.00.

ENTRY DEADLINE: April 12th, 1988. Late entries $50.00.

RULES: Strict A.P.F. rules will apply.
(A.P.F. memberships available at the meet. $18.00)

QUALIFYING TOTALS:

114	123	132	148	165	181	198	220	242	275
970	1053	1150	1267	1380	1480	1560	1643	1698	1745
SHW 1819									

WOMEN'S QUALIFIER: Any woman that has not won any National or World Championship.

SCHEDULE OF EVENTS:
Friday, April, 22nd: Weigh in 6:00 p.m.-9:00 p.m. for 114-181 lb. classes.

Saturday, April 23rd: Weigh in 7:00 a.m. Lifting starts at 10:00 a.m. for 114-148 lb. classes. Afternoon session starts at 2:30 p.m. for 165-181 lb. classes. Weigh in at 6:00 p.m.-9:00 p.m. for 198 & up.

Sunday, April 24th: Weigh in 7:00 a.m. Lifting starts at 10:00 a.m. for 198-220 lb. classes. Afternoon session starts at 2:00 p.m. for 242-SHW classes.

AWARDS: Men's - 1st through 3rd by classes. Best lifter heavy and light. Women's awards - 8 places by formula, plus Best Lifter award. Special memento award for all lifters.

ADMISSION FEE: $6.00 per day or $10.00 for both days. Students $5.00 per day or $8.00 for both days.

LODGING: Details on back of entry form.

Make checks payable to: Ernie Frantz
31 N. Broadway
Aurora, Il. 60505

For further information contact the Frantz Sports Center, 312-892-1491.

14 MAY, 4th annual Bayou Classic, Henry Pitard, 2905 Lasalle St., Monroe, LA 71201, 318-325-4720.
14 MAY, Region 3 Championships (men & women's open & novice, masters, teen, police & fire), Chip Hultquist, Box 5071, Tallahassee, FL 32314, 813-874-7959.
14 MAY, ADFPA Blue Gray Championships (open, novice, women, masters) sponsored by Calvary Christian Academy and Coca Cola, John R. Davis, Rt 27 Box 150, Montgomery, AL 36116, 205-288-9264.
14 MAY, Indiana State Meet, Rich Peters, Box 1753, Norman, OK 73070.
14 MAY, PCPF British Columbia Championships (Campbell River), Rolf Schetterer, 1011 Johnson St., Victoria, BC, CANADA V8V 3N6 604-381-3813.
13-15 MAY, USPF National Masters, Jan Shendow, 1968 W. 6000 S., Roy, UT 84067, 801-776-1873.
14,15 MAY, USPF High School Nationals (boys & girls), Power Pros, Al Roberts, Box 1246, S. Glens Falls, NY 12803, 518-668-4749.
15 MAY, 8th Annual Bench Press Classic (open, teen, women, masters) Frank N. Lupis, 110 Hawthorne Ave., Martinsburg, WV 25401, 263-9248 or 267-6581.
15 MAY, APF Wisconsin State Open (men, women, teen, masters), Dawn Reshel, 3441 N. 98th St., Milwaukee, WI 53222, 414-466-8294
20,21 MAY, Drug-Tested USPF Maryland State Championships (women, open, masters, teen, high school), Spero Tshontikidis, Bullis School, Potomac, MD 20854, 301-299-8507.
21 MAY, (new date) Southeastern United States YMCA Bench Press Championships, Richard James, 2424 Gornta Rd., Valdosta, GA 31602, 912-244-4646 or 247-8269.
21 MAY, 7th Annual Big Foot Championships (men, women, masters, Class II & Open), Duane Hartman, Athletic Department, Spokane Community College, N1810 Greene St., Spokane, WA 99207, 455-7695.
21 MAY, North Valley Bench Press Contest (open, novice, masters, womens, teen), Dave Hart, 3430 Billyjean Lane, Redding, CA 96002
21 MAY, Alamo Open (San Antonio), Richard Peters, Box 1753, Norman, OK 73070
21,22 MAY, All Natural Long Island (NY) Open (ANPPC sanction), polygraph testing, 5-10 years and lifetime natural, ACL Sport Center, P.O. Box 101, Lindenhurst, NY 11757, 516-957-7373
21,22 MAY, 1st annual Metrofit ADFPA Meet (open, women, teen, masters), Artie Margulies, 3015 Riverdale Ave. Apt. 2G, Bronx, NY 10463, 212-884-5757.
21,22 MAY, 6th Annual Viking Open (ADFPA) (men, women, masters), Dennis & Sandi Brady, 5920 N. Ridge, Chicago, IL 60660, 312-561-9692.
21,22 MAY, PCPF/APF/WPC North American & Pacific Coast Championships (Vancouver), Rolf Schetterer, 1011 Johnson St., Victoria, BC, CANADA V8V 3N6, 604-381-3813.
22 MAY, (new date) B.B.S. Bench & Deadlift, David Burke, 3130 W. Monroe, Alma, MI 48801, 517-463-8620.
22 MAY, Mid-Atlantic ADFPA Class II & Below, Fred's Gym, 915 Greenleaf St., Allentown, PA 18102, 215-770-9333.
27,28 MAY, (new date), ADFPA Men's Lifetime Drug Free National Championships (open only to individuals who have never used strength inducing drugs - strict testing), Lanny Shepard, 102 Kinnon Dr., Enterprise, AL 36330, 205-393-4867 (day), or 347-3195 (night)
28 MAY, West Penn Open, Ewell Holmes, Box 99901, Pittsburgh, PA 15233, 412-761-1955 ext 267, Ernie Wyatt or Leo Nobile.
28 MAY, ADFPA Graterford Open, Steve Batcho, Box 244, Graterford, PA 19426, 215-489-4151 ext 372
28 MAY, Arizona ADFPA Teenage State Meet, Erik Potter, 6422 W. Reade Ave., Glendale, AZ 85301, 602-846-8071.
29 MAY, ADFPA Towson Bench Open (beautiful awards, limited entries), Brian Washington, 3506 Essex Rd., Baltimore, MD 21207, 301-944-4002 after 7 PM.
4 JUN, N.J. - U.S.P.F. Drug Tested High School Championships, The Gym Sports Institute, 55 Demarest Ave., Englewood, NJ 07631, 201-568-8538.
4 JUN, WNPF Legitimate Natural Northern USA Championships (mandatory polygraph for everyone, 5 years clean or more) Mike Andrews, Post Office Box 61, Mount Carmel St., NY, NY 10458
4 JUN, Central Iowa Bench-Deadlift Mania (open, novice, womens, masters, teenage, deadlift, team), Jeff Baird, 3408 Fairlane Dr., Des Moines, IA 50315, 515-280-8275.
4 JUN, Michigan Powerlifting Committee Meeting at University Club of Michigan State University, Mario Torrez, 1970 N. Harrison, E. Lansing, MI 48823, 517-332-5130.
4,5 JUN, Ultimate Fitness ADFPA Open, Joyce or Gary Veneroso, Ultimate Fitness, 306 E. Diamond Ave., Hazelton, PA 18201, 717-455-0611.
4,5 JUN, U.S.P.F. Junior Nationals, MAC Barbell, 1601 NW Dallas, Grand Prairie, TX 75050, 214-263-4828.
5 JUN, Southern California Bench Press (open men & women), Chris C. Kostas, 17632 Chatsworth St., Granada Hills, CA 91344, 818-366-5928.
5 JUN, Connecticut State Championships and National Qualifier, Ken Fantano, 648 Third Ave., West Haven, CT 06516, 203-932-9970.

ADFPA
UNITED STATES BENCH PRESS CHAMPIONSHIPS

June 26, 1988

Hanover Area High School Wilkes Barre, PA

Open, Teenage Masters, Sub-masters

Geri or Bob Gaynor c/o NATURAL PRODUCTIONS 19 Sunrise Dr. Mountaintop, PA 18707 717-474-9399 or 717-474-6111

Western America
Powerlifting Championships



Disneyland Convention Center, May 1st, 1988.

MEN - WOMEN MASTERS - USPF

5 Big Events
* Men's Class I & Above
* Masters Class 2 & Above
* Women's Open
* Touch 'n Go Bench
* Free Seminar/Squatting Exhibition with Dr. Squat

FRED HATFIELD

Seminar free with the purchase of any general admission ticket

* Winners receive 5 ft. tall trophies

For information write
Bob Chetlin
11416 Santa Gertrudes
Apt. 107
Whittier, CA 90604
213-947-2246.

Touch'n Go Bench
Information 714-994-5198

5 JUN, Warner Gardner Memorial, Muscle Mart, 7904B Ronson Rd, San Diego, CA 92111, 619-277-LIFT or Robbie 619-233-2661.
5 JUN, WNPF Clean for Life Mr. Clean Championships - Sanitation Workers' Nationals, John Jameson, Box 425, Lodi, NJ 07644
5 JUN, New England States Bench Meet, Scott Taylor, Box 732, Springfield, VT 05156
11 JUN, Tupper Lake Teenage, Junior, Open, Sub-masters, Masters, Power Pros, Box 1246, S. Glens Falls, NY 12803, 518-668-4749.
11 JUN, New England States Novice (men, women, sub-masters, masters), Greg Kostas, Box 367, Whitman, MA 02382, 617-447-6714.
11 JUN, Venice Beach Squat Contest, Darlene Galindo, Venice Beach Athl. Ctr., 1800 Ocean Front Walk, Venice, CA 90291, 213-399-2775
11 JUN, 500 Club 4th Annual Meet, Salvatore Lentini, SNMCF, P.O. Box 639, Las Cruces, NM 88004, 505-523-3200, ext. 3289.
11 JUN, North Carolina USPF Drug Free State Meet (open, teenage, masters), Bill Clary, 632-A Melanie Ct., Charlotte, NC 28205, 704-377-3915 or Jamie Walsh 704-527-0045.
11 JUN, ADFPA Teenage Girl's National Championships, Lloyd Coon, 5119 Worchester, Swartz Creek, MI 48473, 313-635-4206.
11 JUN, Ohio Women's State, Masters Open Class II and Below, Chuck North, 45 Midway Plaza, Tallmadge, OH 44278, 216-633-2900
11 JUN, PA Police Olympics, Tom Miller, 14 Wood St., Pittsburgh, PA 15222, 412-355-8130
11 JUN, Metro Detroit Open, Fabian Wambsgans, 969 S. Claremont, Dearborn, MI 48124.
11,12 JUN, Muscle Beach Open (Galveston), Richard Peters, Box 1753, Norman, OK 73070
18 JUN, Fresno Open, Novice, Masters, Bob Packer, 3788 E. Ashlan Apt B, Fresno, CA 93726, 209-227-8588
18 JUN, 4th Stockton Open (ADFPA) (masters and teenage awards also), Joe Randazzo, P.O. Box 10386, Stockton, CA 95210, 415-643-6677 (weekdays), 209-951-7624 (weekends).
18 JUN, APF Atlantic Coast Championships (men, women, teenage), Frank Mansueto, Metrofit Athletic Club, 235 Mill St, Lawrence, NY 11559, 516-371-0500.
18,19 JUN, ADFPA Men's Teenage Nationals, Spero Tshontikidis, Bullis School, Potomac, MD 20854, 301-963-8339.
18,19 JUN, Region 7 Championships (CO, UT, NM, AZ, WY, MT), Mike Carter, 12646 W. Atlantic Place, Lakewood, CO 80228, 303-988-7836 or Jim Mestepey 303-420-6819.
24-26 JUN, NSCA Convention, Debra Potter, Box 81410, Lincoln, NE 68501, 402-472-3000
25 JUN, (new date) 4th annual "No Boys Allowed" Power Meet, women of all ages & Men's Masters only, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214 (24 hours)
25 JUN, (new date) Pennsylvania Women's Championships, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214 (24 hours)
25 JUN, ADFPA Open Police & Fire Olympics, Bud Bower, Rt. 2, Box 702, Pullman, WA 99163, 509-332-4927.
25 JUN, Michigan Women's Open, Garry Morrison, 3370 Byron Ctr. SW, Apt. C-104, Wyoming, MI 49509, 616-534-0019, or Lynn Boshoven, 616-538-9092.
25 JUN, Michigan Men & Women Sub-Masters and Masters Open, Gary Morrison, 3370 Byron Ctr. SW, Apt. C-104, Wyoming, MI 49509, 616-534-0019 or Lynn Boshoven, 616-538-9092.
25 JUN, Summer Nationals (Dallas), Richard Peters, Box 1753, Norman, OK 73070
25,26 JUN, All Natural New York State (ANPPC sanction), polygraph testing 5-10 years and lifetime natural, ACL Sport Center, P.O. Box 101, Lindenhurst, NY 11757, 516-957-7373
25,26 JUN, (new date) ADFPA United States Bench Press Championships, open, masters (2 age groups 40-49 and over 50), teenage (2 age groups, 14-16 and 17-19), Geri or Bob Gaynor, 19 Sunrise Dr., Mountaintop, PA 18707, 717-474-6111.
25,26 JUN, 1st Natural World Championships (Redding, England), Dennis Brady, ADFPA President, 1340 W. Irving Park Rd., Chicago, IL 60613, 312-334-1527.
27 JUN - 17 JUL Balkan American Games in Bulgaria, Bernie Gagne, 310 E. 231st St., Carson, CA 90745, 213-835-5970.
2 JUL, U.S. Deadlifting Championships (outdoors - Riverfront Park), Mario Torrez, 1970 N. Harrison, E. Lansing, MI 48823, 517-332-5130.
2 JUL, 4th of July Spectacular (Wichita), Richard Peters, Box 1753, Norman, OK 73070
9 JUL, (new date) Minnesota State Bench Press Championships (men's open, women, masters, teenage), Ross Rogney, Box 616, Excelsior, MN 55331.
9,10 JUL, U.S.P.F. Senior Nationals (Las Vegas, Nevada), Rich Peters, Box 1753, Norman, OK 73070.
10 JUL, ADFPA 3 Rivers Festival Midwest Bench Press Championships, Jann Prince, 2728 Brooklyn Ave., Ft. Wayne, IN 46804, 219-432-5227.
10 JUL, Vermont State Bench Meet (closed), Scott Taylor, Box 731, Springfield, VT 05156
10 JUL, 3rd Belpre Open Bench Press, Mike Leikari, P.O. Box 41, Belpre, OH 45714, 614-423-5709
16,17 JUL, A.P.F. Senior Nationals (Men & Women), Gary Benford, Columbus Central YMCA, 40 W. Long St., Columbus, OH 43215, 614-224-1131.
16,17 JUL, 4th USPF Texas Grand (Austin, TX - open, below class I, masters, teenage, women), Jim Griffith, 303 Cedar, Bastrop, TX 78602, 512-321-5193 after 5PM, CST.
16 JUL, SMN Open, Rog Baker, 4000 Cooper, Jackson, MI 49204, 517-788-7560 ext 496.
16 JUL, Carlsbad (NM) Open, Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)
28-31 JUL, IPF World Masters Championships, Alan Wilkins, 13 Gunmaker Ct., Neath Hill, Milton Keynes, M.K.14 6JL, ENGLAND.
30 JUL, Women's Teenage Nationals, Rickey Dale Crain, P.O. Box 1322, Shawnee, OK 74802.
30 JUL, Toledo Open, Harry Cummins, 5344 Jackman Rd., Toledo, OH 43613, 419-476-1540
30 JUL, Cincinnati Open and Natural Novice, Richard Peters, Box 1753, Norman, OK 73070
6,7 AUG, U.S.P.F. Boy's Teenage Nationals (Houston), Rich Peters, Box 1753, Norman, OK 73070
7 AUG, Granite State Bench (open), Scott Taylor, Box 732, Springfield, VT 05156 (S.A.S.E.)
7 AUG, Flint YMCA Open Bench, Dave Cammon, 411 E. Third, Flint, MI 48503, 313-232-YMCA.
13 AUG, U.S.P.F. Open Nationals (Oklahoma City, OK), Rich Peters, Box 1753, Norman, OK 73070.
13,14 AUG, ADFPA National Championships, John Petroff, 2412 Hartland Ave., St. Louis, MO 63114, 314-426-0205
14 AUG, Swanson's Midwest Open and Masters Bench Press Championships, Jim Swanson, 1003 Wissmach Ln., Machesny Park, IL 61111, 815-877-2875.
20 AUG, USPF Gulf Coast Championships and Bench Press Meet (open, masters, women, teenage - Galveston, TX) John Pettitt, 3105 Bullock, Plano, TX 75023, 214-985-0200.
20 AUG, 3rd Iowa State Fair Bench Press (open, novice, masters, women, teenage, team, deadlift), Jeff Baird, 3408 Fairlane Dr., Des Moines, IA 50315, 515-280-8275.
21 AUG, (new date) B.B.S. Deadlift Meet, David Burke, 3130 W. Monroe, Alma, MI 48801, 517-463-8620.
21 AUG, APF 2nd annual Metrofit Bench Press Championships (men, women, teenage), Frank Mansueto, Metrofit Athletic Club, 235 Mill St, Lawrence, NY 11559, 516-371-0500.
27 AUG, Longhorn Open (Amarillo), Richard Peters, Box 1753, Norman, OK 73070
27,28 AUG, All Natural Eastern USA (ANPPC sanction) polygraph testing, 5-10 years and lifetime natural, ACL Sport Center, P.O. Box 101, Lindenhurst, NY 11757, 516-957-7373.
28 AUG, Eastern Seaboard Bench Classic, Scott Taylor, Box 732, Springfield, VT 05156.
3 SEP, World Bench Press Congress World Record Breakers Invitational, Paul McCoy, Ponder Boot Co., Ponder Bank Building, Ponder, Texas 76259, 817-479-2611.
3 SEP, Iowa Open (Des Moines), Richard Peters, Box 1753, Norman, OK 73070
4 SEP, ADFPA 2nd annual Nautilus/Last Fling Bench Press Classic, (open, masters, women), Nautilus Center, 400 S. Main St., Naperville, IL 60540, Dwight Polivka (312-369-6432) or Randy Maddalone (312-420-7736)
4 SEP, ADFPA Baltimore Open (beautiful awards, limited entries), Brian Washington, 3506 Essex Rd., Baltimore, MD 21207, 301-944-4002 after 7 PM.
4 SEP, Albert Lea Open (MN), Richard Peters, Box 1753, Norman, OK 73070
10 SEP, 2nd Annual Courthouse Classic (open, class II, women, teen, collegiate, masters, team), Scott Johnson, Courthouse Athletic Club, #1 Courthouse Dr., Longview, TX 75605, 214-297-2322.
10 SEP, 12th annual Oklahoma Grand (Oklahoma City), Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)
10 SEP, Tri State Power Meet (ME, NH, VT), Scott Taylor, Box 732, Springfield, VT 05156
11 SEP, ADFPA run jane run Novice (women only) Class II & Below, Jann Prince, 2728 Brooklyn Ave., Ft. Wayne, IN 46804, 219-432-5227.
16 SEP, Master Class II and Below Open Bench Press, Chuck North, 45 Midway Plaza, Tallmadge, OH 44278, 216-633-2900.
17 SEP, 4th annual D'Amico - Stroh's Bench Press and Deadlift Meet (open, women, masters), Dennis Uchal, 119 Adams Ave., Canonsburg, PA 15317, 412-745-9299.
17 SEP, Fall Tyler (TX) Open, Richard Peters, Box 1753, Norman, OK 73070
24,25 SEP, USPF Natural Nationals Qualifier (Houston, TX), Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)
1,2 OCT, Mid East Natural Regional (Cincinnati), Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)
2 OCT, 2nd Annual Western Maryland Deadlift Classic (open, masters, women, 100.00 Best Lifter - Schwartz), Rick Pietrolungo, The Fitness Center, 916 National Highway, LaVale, MD 21502, 301-729-2432.
2 OCT, Biggest Bench in Ohio, Mike Leikari, P.O. Box 41, Belpre, OH 45714, 614-423-5709
8 OCT, APF Metropolitan Open (men, women, teenage, team), Glen Thompson or Charles Williams, Iron Den Gym, 558A Richmond Rd., Staten Island, NY 10302, 718-442-2437.

16 April 1988
Vermont State Championships
(closed to residents only)
114-SHW, Women's By Malone
Men's Masters by Schwartz

Lifting Suits Mandatory
Weigh-in 8-9:30 PM

Contact FRED GUILMETTE
60 Elliott St., Brattleboro, VT 05301
802-257-7530

1988 USPF MASTER'S NATIONAL POWERLIFTING CHAMPIONSHIP

13-15 MAY 1988 SALT LAKE CITY

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UNITED STATES POWERLIFTING FEDERATION

RMAC

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8 OCT, 6th annual USPF Texas Cup (open, below class I, masters, teenage, women), Jim Griffith, 303 Cedar, Bastrop, TX 78602, 512-321-5193 after 5PM, CST.

8,9 OCT, USPF Natural Nationals Qualifier (Richmond, VA), Rich Peters, Box 1753, Norman, OK 73070.

8-10 OCT, IPF Asian Men's & Women's Championships (Takamatsu City), Susumu Yoshida, 3-31-36 Sakae-cho, Fuchu City, Tokyo 183, JAPAN

11,12 OCT, International Law Enforcement Olympics Powerlifting (Sydney, Australia), John Wakefield, G.P.O. 45, Sydney, NSW 2001, Australia.

15 OCT, PCPF Canadian Powerlifting Championships (Victoria), Rolf Schetterer, 1011 Johnson St., Victoria, BC, CANADA V8V 3N6, 604-381-3813.

15,16 OCT, USPF Natural Nationals Qualifier (Atlanta, GA), Rich Peters, Box 1753, Norman, OK 73070

22 OCT (new date), Central Pennsylvania Open ADFPA (open, below class I, teen, masters, women), Siegel Engraving, 304 Daisy St., Cleafield, PA 16830, 814-765-3214 (24 hrs.)

22 OCT, APF World Bench Press Championships (sanction S-196), John Shiffett, P.O. Box 303, Quinque, VA 22965, 804-924-5860 (6:30-3:30 days), 804-985-3932 (5:00-9:00 evenings)

22 OCT, West Natural Regional (Denver), Rich Peters, Box 1753, Norman, OK 73070

25,28 OCT, World Corporate Games, Sports for Life Promotions Ltd., Shaklee Terraces, 444 Market St., San Francisco, CA 94111, 415-781-1988.

29,30 OCT, All Natural USA Championships (ANPPC sanction) polygraph testing, 5-10 years and lifetime natural, ACL Sport Center, P.O. Box 101, Lindenhurst, NY 11757, 516-957-7373.

29,30 OCT, Far West Natural Regional (Sacramento, CA), Rich Peters, Box 1753, Norman, OK 73070.

29,30 OCT, ADFPA National Police & Firefighters Powerlift & Bench Press Championships (open, women, masters, grand masters), Geri or Bob Gaynor, c/o Natural Productions, 19 Sunrise Dr., Mountaintop, PA 18707, 717-474-9399 weekdays, 717-474-6111 weekends.

OCT, IPF World Junior Championships (Luxembourg)

5,6 NOV, ADFPA National Masters, John Petroff, 2412 Hartland Ave., St. Louis, MO 63114, 314-426-0205.

5,6 NOV, USPF Natural Nationals Qualifier (Las Vegas, NV), Rich Peters, Box 1753, Norman, OK 73070.

6 NOV, Eastern States Bench Meet, Scott Taylor, Box 732, Springfield, VT 05156.

10-13 NOV, IPF World Powerlifting Championships (Perth, Australia)

12 NOV, Central Iowa's Bench Press - Deadlift Championships (open, novice, masters, women, teenage, team, deadlift), Jeff Baird, 3408 Fairlane, Des Moines, IA 50315, 515-280-8275.

12,13 NOV, Central Natural Regional (Kansas City), R. Peters, Box 1753, Norman, OK 73070

12,13 NOV, Eastern USA Open (open, class II & below, teenage, women, bench, masters), Bill Clary, 632-A Melanie Ct., Charlotte, NC 28205, 704-377-3915.

12,13 NOV, APF/WPC World Championships (Victoria), Rolf Schetterer, 1011 Johnson St., Victoria, BC, CANADA V8V 3N6, 604-381-3813.

19 NOV, Atlantic States Championships (men, women, sub-masters, masters), Greg Kostas, Box 483, Whitman, MA 02382, 617-447-6714.

19 NOV, APF Eastern Seaboard Classic (men, women, teenage), Frank Mansueto, Metrofit Athletic Club, 235 Mill Street, Lawrence, NY 11559, 516-371-0500.

19,20 NOV, ADFPA Omni Classic (men, women), Omni 41 Sports Complex, 222 South Route 41, Schererville, IN 46375 or Joe Brettnacher 219-696-9700.

19,20 NOV, 2nd annual Millers North American Championships (APF-USPF, open, women, teenage), Ken Fantano, 52 Sawmill Rd., W. Haven, CT 06516, 203-932-9970.

19,20 NOV, USPF Natural Nationals Qualifier (St. Louis, MO), Rich Peters, Box 1753, Norman, OK 73070.

20 NOV, Swanson's Midwest Open & Masters, Jim Swanson, 1003 Wissmach Lane, Machesney Park, IL 61111, 815-877-2875.

20 NOV, 4th annual Ohio State Open Bench Press, Garry Benford, Director, Physical Fitness, Central YMCA, 40 W. Long St., Columbus, OH 43215, 614-224-1131.

26 NOV, ANPPC World Cup of Powerlifting (polygraph tested, 5-10 years & lifetime drug free), ANPPC, P.O. Box 101, Lindenhurst, NY 11757, 516-957-7373.

26,27 NOV, S. Central Natural Regional (Dallas), Rich Peters, Box 1753, Norman, OK 73070

3 DEC, 5th annual Southeastern Cup, Buddy Duke, 201 N. Burwell, Adel, GA 31620, 912-896-3988 (w) or 3989 after 9PM.

3 DEC, Eastern States Novice (men, women, submasters, masters) Greg Kostas, Box 483, Whitman, MA 02382, 617-447-6714.

3 DEC, YMCA National Championships, Garry Benford, Director, Physical Fitness, Central YMCA, 40 W. Long St., Columbus, OH 43215, 614-224-1131.

3 DEC, 19th Annual Mid-West Power open, Tom Beadle, Rec. Dept., Box B, Anamosa, IA 52205, 319-462-3504.

3 DEC, Last Chance Open Qualifier Natural Regional (Madison, WI), Rich Peters, Box 1753, Norman, OK 73070.

4 DEC, Western States Open & Masters, Bob Packer, 3788 E. Ashlan, Apt. B, Fresno, CA 93726, 209-227-8588.

4 DEC, Northeastern United States Bench Press Championship, Scott Taylor, Box 732, Springfield, VT 05156.

10 DEC, Lubbock Open (Tx), Rich Peters, Box 1753, Norman, OK 73070.

11 DEC, (new date), Sooner Open, Rich Peters, Box 1753, Norman, OK 73070.

17 DEC, Colorado Springs Open, Rich Peters, Box 1753, Norman, OK 73070

4 MAR, Central Iowa Open Bench Press - Deadlift, (Bench: open, novice, masters, women, teen, beginners, team. Deadlift: open, masters, women), Jeff Baird, 3408 Fairlane Dr., Des Moines, IA 50315, 515-280-8275.

27 MAY, Central Iowa Bench Press Mania (bench: open, novice, masters, women, teen, beginners, team. Deadlift: open, masters, team), Jeff Baird, 3408 Fairlane Dr., Des Moines, IA 50315, 515-280-8275.

21,22 JUL, World Games Powerlifting (Karlsruhe, West Germany)

29 JUL - 6 AUG, World Police & Fire Games (Vancouver, British Columbia, Canada), World Police & Fire Games, P.O. Box 4850, Vancouver, BC V6B 4A4, CANADA.

19 AUG, 4th annual Iowa State Fair Bench Press - Deadlift (bench: open, novice,, masters, women, teen, beginners, team. deadlift: open, masters, women), Jeff Baird, 3408 Fairlane Dr., Des Moines, IA 50315, 515-280-8275.

25 NOV, Central Iowa Bench Press - Deadlift (bench: open, novice, masters, women, teen, beginners, team. deadlift: open, masters, women), Jeff Baird, 3408 Fairlane Dr., Des Moines, IA 50315, 515-280-8275.

P.S. when writing a meet director for information always include a stamped, self-addressed envelope (except for Canadian and other foreign meets) for him to return an entry blank to your, and if you call, don't call collect.

P.P.S. for information regarding the official bidding procedures for upcoming U.S.P.F. National Championship meets, contact Ralph Pardue, Rt. 1 Box 291, Heath Springs, SC 29058.

SPECIAL TRAVEL OPPORTUNITY..John Pettitt has arrange a toll free number through which you can get discounts on airline flights anywhere, anytime. Call 800-558-0145 (800-442-6417 or 214-258-0391 in Texas) and mention "Powerlifting" or "John Pettitt" and you'll be connected to an agent who can handle your discount travel order.

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May 14th, 1988 ADFPA

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Powerlifting Championships

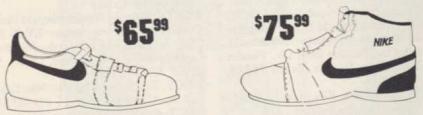
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1988 Men and Women National High School Powerlifting Championships

Freshman and Sophomore Division -- Junior and Senior Division

May 14-15, 1988

Meet Director: Al Roberts (518) 668-4749; Paul Bricoccoli (518) 793-9343

Divisions: Freshman and Sophomore; Junior and Senior high school students. School I.D. card or other proof of grade is required with application.

Eligibility: Open to any high school student

Awards: Trophies will be awarded for 1st-3rd place for all weight classes and Divisions.

★ One best lifter trophy will be awarded in each Division for light and heavyweight ★

Closing Date for Entry: May 7,1988

T-Shirts: $6.00 in advance, $8.00 at the meet.

Checks payable to: Glens Falls Power Pros.

Send entry to: Al Roberts, Box 1246, South Glens Falls, NY 12803

Note: All entries will be sent Hotel, Meet Location and Instructions.

★★★*Schedule of events*★★★

Friday-May 13,1988: ★6:00-9:00 PM. Early weigh-in for Saturday Competitors.

Saturday-May 14,1988: ★7:00 AM. Weigh-in for Competitors; All Men and Women. All Weight Classes, Freshman and Sophomore.
★9:00 AM. Lifting begins; All men and women. All Weight Classes, Freshman and Sophomore.
★6:00-9:00 PM. Early Weigh-in for Sunday Competitors

Sunday-May 15,1988: ★7:00 AM. Weigh-in for Competitors; All Men and Women. All Weight Classes, Junior and Senior.

Meet:$30.00 **Team:$30.00** **Team Name**_____

Age____ **Grade**____ **Male**____ **Female**____ **Weight Class**____ **Name**_____

Address_____ **City**_____ **State**____ **Zip Code**_____

Phone_____ **USPF#**_____ **Team Affiliation**_____

In order to prepare the round system we would like your anticipated opening attempt:

Squat_____ **Bench Press**_____ **Deadlift**_____

Rack Height for Squat _____ **Inches (Measure from floor to shoulder height)**

T-Shirt Size_____ **Coach** _____ **(one coach free admission)**

In consideration of the acceptance of this entry, I hereby for myself, my heirs, executors, and administrators waive and release all claims I may have against the U.S.P.F., meet director, and any of meet personnel or representatives for any injuries suffered by me in training for, traveling to, or competing in the National High School Powerlifting Championships.

A.P.F. New England States
5,6 FEB 88 - Belmont, NH

	SQ	BP	DL	Total
Womens light				
K. Georgia	110	95	170	375
Womens middle				
M. Zapatka	255	175	305	735
B. Exum	210	150	320	680
Womens Unltd.				
N. Devel	255	115	305	650
Teen women				
M. Zapatka	255	175	305	735
Teen 148 lb.				
M. Iglesias	260	185	325	770
Teen 165 lb.				
W. McNeal	550	305	525	1380
J. Badurek	390	265	450	1105
Teen 181 lb.				
L. Yetter	275	200	300	785
Masters 40 - 44				
R. Paul	525	325	500	1350
N. Wellins	350	255	340	945
45 - 49				
C. Wallin	520	330	525	1365
50 - 54				
D. Bashaw	360	190	460	1010
Open 123 lb.				
L. Chapin	440	220	400	1060
132 lb.				
T. Luther	320	220	365	905
148 lb.				
T. McCarty	425	300	485	1175
J. Benson	425	240	485	1150
M. Iglesias	260	185	325	770
165 lb.				
R. Baxter	570	320	600	1490
W. McNeal	550	305	525	1380
M. Strain	495	320	495	1310
H. Martineav	420	150	440	1110
J. Badurek	390	265	470	1105
181 lb.				
R. Beaudette	650	370	600	1620
W. Colby	470	305	455	1210
J. Steele	375	255	470	1100
B. LaHart	350	200	400	950
L. Yetter	275	200	310	785
198 lb.				
M. Derochers	475	290	475	1240
220 lb.				
M. Boone	600	375	510	1485
W. Hensel	510	310	475	1285
242 lb.				
T. Lamy	700	495	610	1805
D. McConnell	590	370	575	1535
275 lb.				
E. Arnold	820	470	705	1975
P. Boucher	710	480	710	1900
M. Israelson	680	370	570	1620
SHW				
M. Provost	760	450	650	1860
R. Paul, Jr.,	400	235	450	1085

Womens Best lifter award went to Missy Zapatka. The best lifter award for light was Loren Chapin and for heavyweight was Eric Arnold. 1st place team award went to Fort Devon's Army Team and the 2nd place team was World Gym East of Hamden, CT. The A.P.F. New England States Powerlifting Championships went very well. This was a 2 day event which attracted some of the finest lifting I have seen in this area. This meet was held at Zackary's in Belmont, New Hampsire. Zackary's had excellent and P.A. system and the staff were very helpful. Everybody in the contest could not believe the quality of the awards. Three best lifter awards which stood 6 ft. 5 in. tall were awarded. Several memers of the media covered this contest. The judging was excellent. I would like to thank all of the lifters who competed for conducting themselves in a manner that reflected true sportsmanship. The only problem we had was from a lifter who was not competing and kept deliberately blocking the view of a female official. This spectator apparently felt that women have no places as officials in our sport. Arrogant conduct such as this sterotypes the rest of us in the public's eye and I was very proud of the way the female official handled this situation. I was extremely impressed by the Fort Devon's Army team. There was not a single flaw to be found in the lifting styles exhibited. They had the best form I have ever seen on all of the lifts. I would like to extend my thanks to Ben's Gym, Fort Devon's Army team, the Ultimate Gym and all others who assisted with spotting and loading. Special thanks to Ed Jubinville and Andrew Brahm who traveled a good distance to help judge this meet as well as all other referees who helped to judge. We had nine licensed referees at this meet. Scott Taylor and Joseph Steele were the meet directors. The announcers were Jayne Taylor and Ed Jubinville. Jayne and Ed were also the time keepers. Scott Taylor and Ed Jubinville were the head judges. Joe Steele, Andrew Bram, Jim Piper, Linda Piper, Chris Montecalvo, Jon Spaulding and Jayne Taylor were the side judges. (Thanks to promoter Scott Taylor for results)

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Texas State Championships
23,24 Jan 88 - Houston Tx (kg)

	SQ	BP	DL	Total
Womens				
105 lb.				
H. Mullick	95	42.5	105	242.5
114 lb.				
N. Marschal	87.5	42.5	92.5	222.5
E. Cox	70	35	97.5	202.5
123 lb.				
N. Cline (OL)	137.5	92.5	165	395
132 lb.				
D. Ruthardt	110	72.5	147.5	330
148 lb.				
R. Mason	92.5	40	105	237.5
Teenage 114 lb.				
D. Campbell	125	82.5	122.5	330
G. Holt	102.5	60	125	287.5
T. Darst	97.5	55	107.5	260
123 lb.				
K. Aoyama	147.5	95	157.5	400
A. Torres	137.5	75	157.5	370
132 lb.				
B. Green (OL)	185	92.5	195	472.5
T. Adkins	175	97.5	187.5	460
148 lb.				
B. Witten	167.5	110	205	482.5
B. Berger	155	85	182.5	422.5
S. Jackson	147.5	95	155	397.5
S. Corbin	135	82.5	152.5	370
165 lb.				
B. Pyron	187.5	132.5	200	520
R. Young	200	107.5	200	507.5
M. Garcia	180	105	187.5	472.5
M. Prado	125	102.5	102.5	330
S. Sabella 181 lb.				
D. Kuehn	207.5	137.5	255	600
J. Mahan	205	137.5	232.5	575
D. Matthews	207.5	117.5	216	540
J. Stevens	212.5	115	205	532.5
M. Foster	185	112.5	205	502.5
T. Schmidt	182.5	107.5	197.5	482.5
J. Howe	182.5	92.5	182.5	457.5
C. Dorita	162.5	102.5		
G. Taylor 220 lb.	242.5	147,5		
D. Mallard	255	172.5	232.5	650
J. Perry	240	135	217.5	592.5
M. Burkett 242 lb.	197.5	155	237.5	590
R. Alcarez	255	165	260	680



Buddy Duke - Olympic Lifter...*in his overhead lift debut, in an effort to see if he has potential to make the 1988 Olympic weightlifting team, Buddy Duke made a 231 snatch and 303 clean and jerk. Fitton photograph.*

275 lb.				
J. Vega	257.5	172.5	252.5	682.5
Masters 148 lb.				
J. Capehart	182.5	112.5	180	475
165 lb.				
L. Christian	182.5	130	227.5	540
181 lb.				
J. Hurst	217.5	162.5	245	625
M. Leyva	242.5	117.5	232.5	592.5
E. Mullick	197.5	142.5	197.5	537.5
M. Winburn	170	115	172.5	457.5
198 lb.				
B. Johnson	262.5	147.5	161.5	672.5
B. Corbin	142.5	137.5	190	470
242 lb.				
B. Jackson	282.5*	192.5	285	760
275 lb.				
H. Hudson	262.5*	170*	280*	712.5*
SHW				
L. Evans	235	142.5	220	597.5
Class I 114 lb.				
E. Cox (F)	70	35	75	180
148 lb.				
K. Jefferson	190	102.5	215	507.5
M. Melnik	190	107.5	205	502.5
165 lb.				
L. Delaine	182.5	140	165	487.5
J. Price	147.5	102.5	210	460
181 lb.				
N. Manziel	260	172.5	235	667.5
R. Hernandez	235	142.5	232.5	610
T. Mata	235	142.5	217.5	595
T. Carter	220	125	237.5	582.5
S. Nauls	205	125	237.5	577.5
J. Mahan	205	137.5	232.5	575
L. Gusemano	200	125	235	560
J. Kunze	212.5	130	200	542.5
198 lb.				
J. Bailey	237.5	160	250	647.5
R. Floyd	255	140	240	635
J. Gruter	210	140	255	605
W. Cooper	200	122.5	240	562.5
J. McDaniel 220 lb.	217.5			
R. Goldman (OL)	302.5	195	245	742.5
G. Charlton	280	145	280	705
K. Hansen	260	165	260	685
R. Stigen	272.5	167.5	235	675
K. Holder 242 lb.	215	130	230	575
S. Murray	300	205	280	785
B. Kniep	287.5	190	285	762.5
T. Ball	260	210	260	730
D. Reece	265	205	250	720
D. Echard	272.5	165	257.5	692.5
M. Paradise	245	162.5	275	692.5
D. Garcia	227.5	140	222.5	590
J. Gandara 275 lb.	200	117.5	200	517.5
J. Kalinowski	265	182.5	285	732.5
D. McCaskill	277.5	160	280	717.5
M. Trevino	252.5	155	252.5	660
W. Luna	250	140	235	625
W. Tolbert SHW	137.5			
D. Lackey	255	182.5	267.5	705
N. Prieto Open 132 lb.	272.5	170	240	682.5
T. Adkins	175	97.5	187.5	460
D. Wilson	167.5	110	177.5	455
148 lb.				
J. Jackson				
D. Arredondo 165 lb.				
J. Tyree (OL)	272.5	157.5	282.5	712.5
G. Kaiser	220	132.5	237.5	590
D. Goodin 181 lb.	212.5	140	222.5	575
D. Gay	317.5	200	325	842.5
T. Springer	295	187.5	235	717.5
R. Reichert	250	170	272.5	692.5
N. Manziel	260	172.5	235	667.5
T. Mata	235	142.5	217.5	595
D. Larson 198 lb.				
M. Northcutt	345	200	282.5	857.5
G. Bryant	320	180	287.5	787.5
G. Henton	315	172.5	280	767.5
P. Linton	317.5	157.5	247.5	722.5
P. Padron	220	147.5	227.5	595
T. Allen 220 lb.				
B. Nester	380	205	315	900
S. Wagner	350	207.5	295	852.5
K. Adcock	337.5	215	300	852.5
M. Barnes	327.5	197.5	285	810
R. Tucker	285	140	290	715
K. Carter	267.5	167.5		
R. Osborn 242 lb.				
S. Goggins (OL)	395	235	377.5	1007.5
R. Windsor	372.5	250	322.5	945
L. Mistric	377.5	220	322.5	920
R. Patterson	352.5	227.5	310	890
S. Murray	300	205	280	785
J. Regaldo	282.5	167.5	267.5	717.5
I. Snow	270	152.5	287.5	710
M. Paradise	245	162.5	275	692.5
J. Ruthardt	265	177.5	245	687.5
J. Gandara 275 lb.	200	117.5	200	517.5
L. Ross	340	220	350	910
G. Fields	367.5	215	312.5	895
J. Young	310	210	317.5	837.5
T. Dixon	295	200	312.5	807.5
T. Harveston	282.5	205	171.5	760
B. Koch	272.5	172.5	292.5	737.5
H. Hudson	262.5	170	280	712.5
M. Lord	250	197.5	260	707.5
M. Walls SHW				
J. Turner	300	230	320	850
K. Smith	307.5	200	310	817.5
D. Lackey	255	182.5	267.5	682.5

OL - Outstanding Lifter. * - New Masters State Record. Special Thanks to all the referee's who helped out at the meet. Particularly Glen Venator for helping to make the meet run smooth. Thanks to all the lifters who came out and supported the sport. Hopefully we'll see a bunch of you in Vegas at the Seniors!! Teams: 1st- SMAC of San Marcos and 2nd- Quinlan Powerlifting Club. (Thanks to Marsha Peters for results)

Correction...the lifts of Christine Clifton on last month's TOP 20 list for the 181 lb. class for women should have been counted in the SHW figures and her total should have been 945, rather than 940.

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Power #1 ..... Time 50 min.
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MASTERING THE SQUAT



At 5'3" and a bodyweight of 181 lbs., Mr. Bridges' current record in the squat is a remarkable 837 lbs. In this outstanding, highly detailed tape, Mike demonstrates every aspect of proper squatting technique and how these pointers, when applied properly, can immediately add numerous pounds to your squat. Respected and known for his flawless form and execution, Mike also discusses the science behind his famous Bridges flair squatting technique. Also includes squat workout routines for competition. All powerlifters and coaches cannot afford to be without this valuable training aid.

Power #2 ..... Time 50 min.
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MASTERING THE DEADLIFT



The most comprehensive instruction on deadlifting ever witnessed. Mr. Bridges thoroughly explains how to properly perform the sumo and traditional style deadlifts. His demonstrations on how to achieve proper leverage in completing this demanding lift are truly outstanding. Tape also includes tips on how to prevent injuries, how deadlifting helps your bench and squat, and shows numerous assistance exercises designed to add greater overall body strength which will enhance your deadlifting performance. The champ also gives you a complete one year routine, and performs his own personal deadlifting workout filmed on the awesome cliffs of California with the beautiful Pacific Ocean as a back drop. This important tape is a must for all serious lifters. (Mr. Bridges' current record in the deadlift is 771 lbs. at a 181 lb. bodyweight.)

Power #3 ..... Time 50 min.
Reg. $49.95 ..... Limited offer Only $39.95

MENTAL MUSCLE



In this tape Mike Bridges shows you how to *smash* all negative mental barriers that hold you back from achieving 100% physical and mental effort in your training and performance at competitions. Powerlifting is much more than physical strength, it is a sport that requires an IRON WILL and mental determination to push the body beyond it's sticking points. Train your mind as you would your body with this great video and watch your lifts improve overnight.

Power #4 ..... Time 40 min.
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MIKE BRIDGES, "UP CLOSE"



Méet Mike Bridges up close as he candidly talks about his life and career as a World Champion Powerlifter. He gives insight into Powerlifting few people ever see. His articulate discussions on such topics as training, drugs, motivation, and the guts it takes to become a World Champion lifter makes this high quality and entertaining tape a valuable learning experience. A true collectors item!

Power #5 ..... Time 60 min.
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BEGINNING WEIGHT TRAINING



This tape is a must for men, women, and teens who want to begin a weight training program. With his over 15 years experience as a World Class athlete, Mr. Bridges demonstrates and carefully explains all the weight training exercises and routines you will ever need to develop your shoulders, arms, back, chest, abdominals, and legs to their full muscular potential. You will be shown how to avoid injuries and see immediate improvements in your strength, endurance, flexibility, cardiovascular system and overall appearance. Weight training has never been easier than with the aid of this tape.

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Video Review...*the Mike Bridges Tapes*

The basic tape of the series "BEGINNING TRAINING" differs from the following ones in that it is directed and packaged for the broad consumer market. 5000 of these were ordered at one shot at a recent sporting goods show, reports Mike. It contains much of the better footage from other tapes in the series, like Mike lifting the back of a car off the ground, outdoor shots, etc. Some of the impressive aspects of the tape are Mike's speaking ability, good announcing, some colorful anatomy charts that show just what muscles are involved in the exercises, as well as front and back views of various exercises, and Mike gives the camera a smile after almost every set. The tape is not exclusively powerlifting oriented, as it goes through basic bodybuilding routines as well. There's nothing exotic here, but it must be great for the novice lifter who doesn't understand the many things that long time lifters take for granted. Mike goes through the tape without even breaking a sweat, and his form is so perfect, no wonder he has set such high standards in all the lifts. Also neat was Mike's demonstration of proper grips, etc. using a broom stick. The script was written by Mike himself, and that is one good reason for his very natural delivery.

"MASTERING THE SQUAT" was the next tape we looked at. This tape is totally powerlifting oriented. Mike goes through a list of the equipment to be used, but doesn't plug his own gear directly, and hits the technique points of the lift, including bar placement. Review sequences are used to reiterate points made in the course of the tape. Ascent and descent in the squat are covered, along with warmup, knee wrapping technique, and Mike goes through an actual workout, hitting 600x2, which is repeated in slow motion. One striking aspect of Mike's workouts are the limited number of reps. Mike also covers assistance exercises, how to prepare for your 1st contest, and details a 16 week training program. Filmed at the San Clemente Gym in California, this tape is not full of 'techno-talk'; it is easy to understand and use.

"MASTERING THE BENCH PRESS" follows a similar course, reviewing powerlifting attire that may be used in the bench press. Mike keeps great, natural eye contact with the camera. There's little amateurish about his role in any of the tapes. Mike goes through the exercises similarly, and again it is striking how perfect his form is, seemingly without even trying to concentrate on it. The weights look like they are nothing when he handles them so smoothly. At the end, tape producer Joe Jennings asks Mike some typical questions about training, which Mike answers in detail, in quite simple terms.

"MASTERING THE DEADLIFT" deals with both conventional and sumo styles. Mike recommends conventional for lifters above 5'6" and sumo for lifters below that height. Equipment is covered, as well as a fine stretching routine. The actual lifting technique of both styles is studied, and Mike seems quite proficient at either. Even breathing technique is discussed. Mike hits a deadlift workout in this one, outdoors on a bluff overlooking the Pacific Ocean and the beach. Music is tastefully added in to these tapes and keeps the pace upbeat. Mike worked up to a 700 deadlift and showed some real enthusiasm. Then the tape continues with info on assistance work and another question and answer session with Mr. Jennings.

"MENTAL MUSCLE" is a very interesting tape, and reveals a side of Mike's lifting preparation that may be new to you. He is a strong advocate of 'positive thinking' preparation for lifting and for life. He gets deeply into a pep talk for lifters, telling them to surround themselves with people who are supportive and dismissing the negatives in their lives. He stresses short and long term goal setting and then goes into a half hour motivational speech on many subjects; his first world record, talking about stories from the Bible, his 'Knowledge is Power' philosophy, How to Win. Mike describes how he burned the candle at both ends in his own career and had to take a rest. He closes with a sincere "I will be shaking your hand at the World Championships someday!"

"MIKE BRIDGES UP CLOSE" is an interview format and some of the material is mentioned in the previous tapes. Mike, dressed in a nice suit, tells how he strolled by Bob Rosa's Central Illinois Weightlifting Club when he was 15 years old and got started in lifting, through his high school competition in the 'Midstate Nine' league, on to the many National and World Championships that followed. His philosophy of training, mental preparation, etc. are reviewed. The 5'3" (shorter is better for leverage, says Mike) champion believes that attitude is more important than ability, because we have so much untapped potential. Mike talks, again on a very elementary level, on a wide range of topics, and doesn't leave out a discussion of drugs. He believes that they must be controlled and chooses to compete drug free and in an organization that offers urinalysis, the USPF. He feels he still has a number of years to compete and a lot of World Records left, so maybe we'll see him on the platform again soon.

These tapes are part of a huge library of video materials produced by Joe Jennings, most of it on martial arts, though he has also branched out into physique training with a series on Dan Padilla's training. Joe knows what he is doing (and has been doing it since 1982), and the overall quality of the tapes is excellent. The image quality, the editing, the logical structure and flow of each tape are of fine quality. Powerlifting tapes in general are not the best in the world because lighting at many events is marginal and production techniques rather primitive. The Bridges Tapes go well beyond those limitations and provide an insightful look at one of the sports great ones. See the ad opposite for ordering information, and contact Panther Productions, 104 E. Avenue Junipero, San Clemente, CA 92672, 714-498-7765 for information on other tapes. *Mike Lambert, POWERLIFTING USA*

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6 FEB 88 - Allentown, PA

14-15	SQ	BP	DL	Total
114 lb.				
T. Mahan	230	140	320*	690
D. Wright	225	125	245	595
123 lb.				
C. Adamson	270	155	310	735
M. Kline	265	165	300	730
S. Whitney	235	140	305	680
132 lb.				
S. Pentasaglio	320	205	345	870
C. Mankameyer	285	165	350	800
J. Brown	270	135	310	715
D. Stauffer	250	155	305	710
148 lb.				
B. Foster	315	235	430	980
M. Weiss	380	160	390	930
L. Williams	350	225	350	925
M. Fortley	315	185	315	815
D. Webb	275	150	375	800
E. Myskowski	285	205	295	785
L. Henkel	200	165	305	670
165 lb.				
V. Daddona	430*	265	440*	1135*
D. Moyer	360	165	380	905
B. Leibensperger	320	210	320	850
C. Miller	310	170	355	835
J. Walsh	305	170	340	815
J. Eckert	265	200	315	780
B. Bower	260	200	270	730
S. Mest	260	155	275	690
181 lb.				
C. Williams	370	230	405	1005
B. Reph	320	165	360	855
C. Nace	310	180	355	845
W. Jenkins	295	165	365	825
198 lb.				
T. Emmel	470*	295	460	1225*
R. Laury	375	225	450	1050
S. Resh	300	255	450	1050
T. Long	315	150	350	915
220 lb.				
C. Smith	340	230	405	975
T. Kline	310	185	380	875
S. Hawk	265	130	300	695
242 lb.				
R. Schlenker	425*	225	340	990
275 lb.				
R. Wade	455*	195	385	935
16 - 17				
114 lb.				
E. Bell	340*	210*	335*	885*
123 lb.				
S. Wargo	335	175	380	890
V. Carter	290	205	345	840
M. Heiny	265	170	320	755
132 lb.				
M. Zerphy	350	230	420	1000*
J. Knerr	325	235	440*	1000*
148 lb.				
M. Cagliola	405	290	455	1150
J. Kech	420	250	440	1110
D. Dreisigmeyer	390	275	420	1085
A. Brown	420	215	450	1085
E. Cathell	290	180	390	860
J. Bendekovits	330	180	340	850
J. Wright	300	185	315	800
N. Cox	270	175	320	765
J. Frank	260	165	290	715
165 lb.				
J. Schaffer	450	275	470	1195
D. Good	460	260	450	1170
J. Morgans	475*	270	420	1165
R. Frick	440	270	430	1140
D. Dixon	415	245	450	1110
A. Carmon	360	270	450	1080
T. Taylor	365	225	450	1040
V. Berrios	370	200	440	1010
S. Addison	415	175	415	1005
D. Ziegler	325	275	380	980
P. Nush	300	215	385	900
M. Erdosy	315	230	340	885
181 lb.				
M. Talbot	530*	325	590	1445*
D. Pouchan	475	335*	560	1370
A. Forgosh	490	240	450	1180
D. Jackson	440	265	435	1140
C. Ivy	500	210	430	1140
K. Sherbine	370	240	490	1100
T. Ryan	390	230	440	1060
H. Gross III	330	190	430	950
A. Pritchard	330	210	400	940
D. Fetterman	325	180	380	885
C. Buck	300	215	330	845
T. Beil	275	205	295	775
198 lb.				
B. Lyter	575*	270	525	1370*
A. Gillard	525	300	515	1340
B. Lezinski	480	280	500	1260
D. Bennett	480	280	500	1260
D. Grumbine	500	315	420	1235
M. Carwell	475	240	520	1235
T. Maxwell	405	270	465	1140
S. Sheppard	470	245	385	1100
P. Gonzales	380	240	425	1045
T. White	375	205	440	1020
220 lb.				
T. Dick	475	310	500	1285
D. Tull	500	260	405	1165
C. Yutzy	400	250	460	1110
R. Weschler Jr.	440	255	415	1110
O. Nelson	320	215	400	935
242 lb.				
M. Tennett	470	280	550	1300
J. Adams	500	210	470	1180
R. Burger	430	270	415	1115
275 lb.				
T. Delazio	565	330*	505	1400*
J. Cohen	535	280	430	1245
A. Villango	325	165	330	820
SHW				
W. Boyd	540	260	530*	1330
R. Kinter	370	275	425	1070
Girls				
123 lb.				
V. Stigliano	125	90	165	380
18 - 19				
114 lb.				
N. Taylor	300	160	370*	830
132 lb.				
D. Smith	470*	210	465*	1145
D. Kohr	335	200	395	930
R. Williams	300	165	325	790
148 lb.				
B. Stoy	370	225	450	1045
K. Ketterer	365	210	435	1010
D. Williams	370	175	450	995
P. Roknich	325	200	400	925
165 lb.				
P. Oakes	470	310	590*	1370
J. Schaffer	575*	270	510	1355
D. Cagliola	430	275	500	1205
S. Gable	405	225	410	1040
T. Flowers	360	215	440	1015
M. Heintzelman	370	230	410	1010
181 lb.				
R. Capozzolo	560	430*	550	1540*
J. Crapor	425	345	450	1220
R. Rubner	400	300	480	1180
C. Roman	425	235	470	1130
S. Tucker	360	235	505	1100
S. Pokowicz	345	215	410	970
198 lb.				
S. Lyter	570	310	600*	1480
220 lb.				
G. Bernini	500	320	500	1320
R. Andreoni Jr.	340	340	475	1155
242 lb.				
J. Slusser	640*	450	630*	1720*
V. Gatti	550	475*	615	1640
B. Makovsky	530	320	550	1400
S. Gogle	580	290	465	1335
S. Alexander	355	255	480	1090
275 lb.				
L. Valoze	450	410	555	1415
M. Painter	570*	315	530	1415
D. Reid	500	280	560	1340
D. Philo	405	250	470	1125

The outstanding lifters were: Victor Daddona 14-15; Mark Talbot 16-17; Robert Capozzolo 18-19. The 1st place team was Glen Mills; 2nd Northampton High School; 3rd Allen Strength Club. The sportstmanship awards were given to: Jay Brown 14-15; Team Upper Perk 16-17; Team Abington Heights 18-19. Sportsmanship awards were given to those two entire teams. * - Denotes new record. ♦ - Denotes first place tie. (Thanks to Jake Boyer for results)

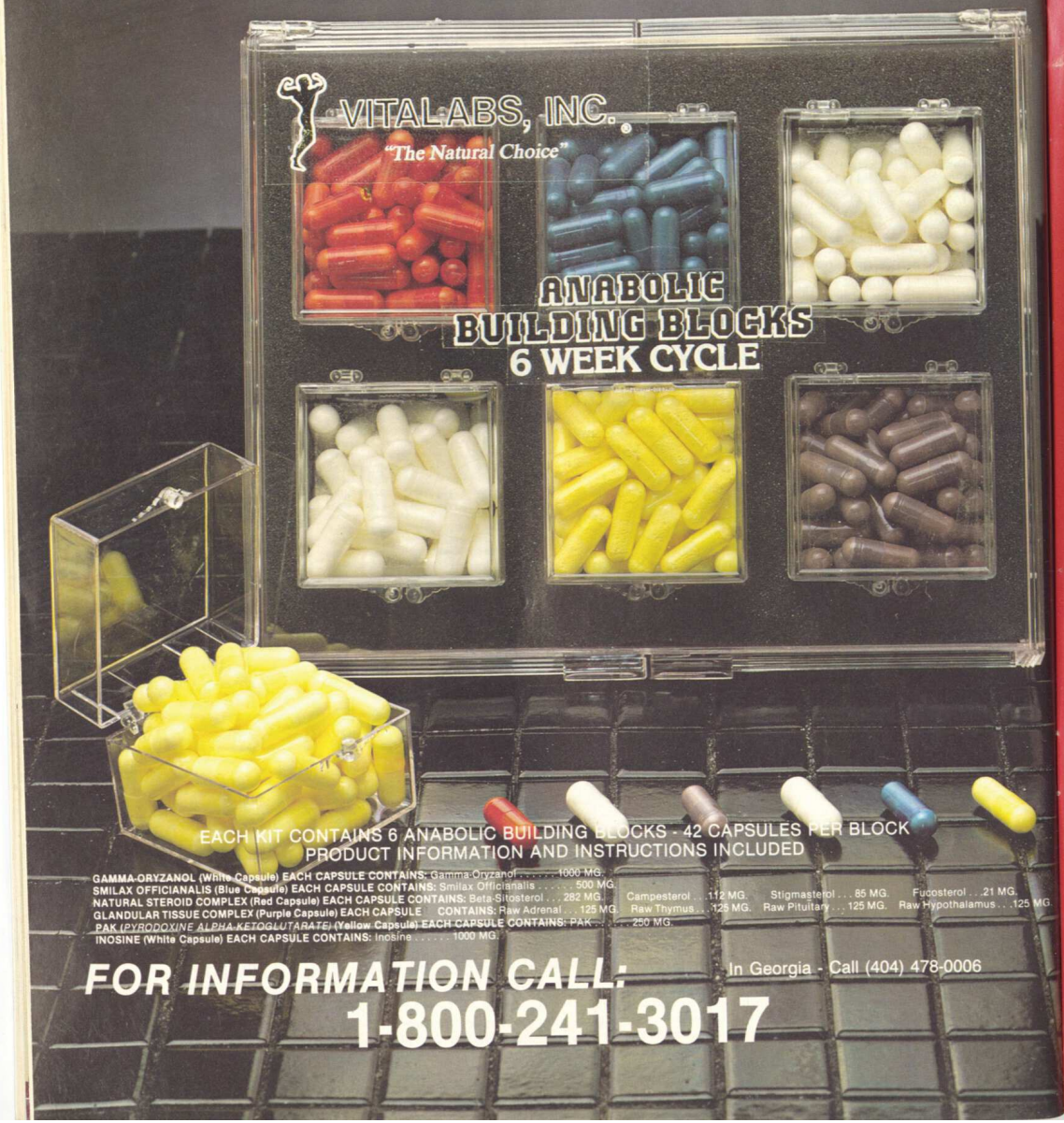
Errors...Scott Wagner should have been listed with a 435 bench on p. 65 JAN/88 *PL USA* and Mikel Anderson should have been credited with a 425 deadlift in the Orlando Deadlift Championships in MAR/88 *PL USA*.

1 KILOGRAM equals 2.2046 POUNDS

For a quick approximation, take the amount in kilos and double it, then add 10 percent of the doubled amount. For example, to convert 115 kilos, double the amount (230) and add 10 percent of the doubled amount (23) for a total of 253, which is the conversion of 115 kilos to 253 pounds.

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NATURAL STEROID COMPLEX (Red Capsule) EACH CAPSULE CONTAINS: Beta-Sitosterol . . . 282 MG. Campesterol . . . 112 MG. Stigmasterol . . . 85 MG. Fucosterol . . . 21 MG.
GLANDULAR TISSUE COMPLEX (Purple Capsule) EACH CAPSULE CONTAINS: Raw Adrenal . . . 125 MG. Raw Thymus . . . 125 MG. Raw Pituitary . . . 125 MG. Raw Hypothalamus . . . 125 MG.
PAK (PYRODOXINE ALPHA-KETOGLUTARATE) (Yellow Capsule) EACH CAPSULE CONTAINS: PAK . . . . . 250 MG.
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In Georgia - Call (404) 478-0006

HIGH-TECH

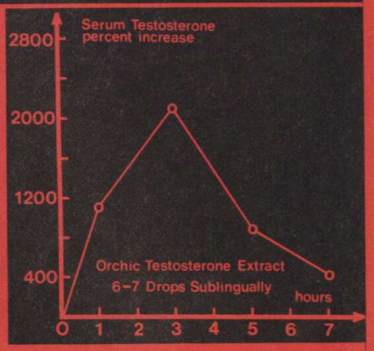
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ORCHIC TESTOSTERONE EXTRACT - This is a natural source of testosterone that has been very highly concentrated during extraction. **The testosterone content is approximately 300-500 times higher than the original orchic powder.** Combine this with our special sublingual formula, and you have a product that is 95% effective for promoting mass and strength gains in men and women.

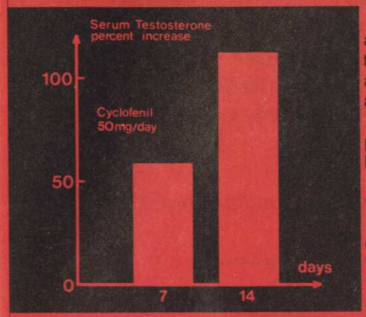
Even if you have tried other glandular extracts, sarsaparilla, or smilax in the past without results, you won't be disappointed by this product. **This sublingual extract is 30-50 times as potent as any other herbal or glandular product on the market — we guarantee it!**

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AT THE SHERATON WAIKIKI HOTEL

•

Budweiser World Record Breakers

•

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•

*The following world class lifters help make the **BUDWEISER WORLD RECORD BREAKERS** the best meet in the world:*

Class		World Record Attempting
Super	JAMES MERSEBERG	1,014 Squat
	ANTHONY CLARK	1,014 Squat
	LARS NOREN	925 Deadlift & 2,500 Total
	MIKE HALL	1,014 Squat
275	DAVE PASSANELLA	1,020 Squat & 2,408 Total
	SAM SAMANIEGO	644 Bench
242	JEFF MAGRUDER	644 Bench
	DAN MLODOZENIEC	644 Bench
	STEVE GOGGINS	954 Squat & 2,350 Total
220	FRANCIS SILVA	617 Bench
198	JULIAN LEE	584 Bench
	LARRY DANAHER	584 Bench
	CHRIS CONFESSORE	584 Bench
181	TOM EISEMAN	810 Deadlift
165	JOHN INZER	744 Deadlift & 733 Squat
	AUSBY ALEXANDER	744 Deadlift & 1,900 Total
148	DAN AUSTIN	694 Deadlift & 1,708 Total
	JESSIE JACKSON	700 Squat
132	LAMAR GANT	672 & 700 Deadlift
	J.D. CARR	1,570 Total
123	DINO RAPOZO	540 & 567 Squats

Dear Powerlift USA Reader,

My daughter Qadeen was diagnosed as having Non-Hodgkins Lymphoma on Jan 1, 1987. She was admitted to St. Jude Children's Research Hospital on Jan. 16, 1987 and stayed there until Feb. 28, 1987. She went back in April and after receiving a check-up she was in total remission. On July 22, Qadeen had a relapse and was admitted to St. Jude again. She received chemotherapy radiation and eventually received a bone marrow transplant at The University of Nebraska, Omaha Medical Center. St. Jude paid for the bone marrow transplant at an estimated cost of $85,000. Qadeen was back and forth between St. Jude and Omaha from July 23 to January 16. During that six months, St. Jude spent $800,000 paying medical bills, motel bills for Qadeen's mother, fed Qadeen and purchased plane tickets for Qadeen and her mother.

From a parent's standpoint, you can't imagine how devastated I was, being told by a local hospital that your 12-year-old daughter has 3 months to live. St. Jude and the power of the Lord changed all of that. I would urge all of you to pledge to St. Jude. The purpose for this money is for a Bone Marrow Bank. I know, talking to parents of cancer victims in Hawaii that if your insurance doesn't cover the $85,000 cost of a bone marrow transplant, the child and the parents are sent home with no hope. We powerlifters are the strongest men & women on earth. Let's help others get strong and healthy. St. Jude and the Lord are for real.

Now obviously, I owe St. Jude. Qadeen is in remission with the help of St. Jude and the healing power of JESUS & THE HOLY SPIRIT. The Lord has healed her and the Lord guided me to St. Jude. This is how I want to show the Lord that I'm thankful to him and I want to praise him.

As the organizer for the 12th annual Budweiser World Record Breakers Powerlifting Meet, I'm asking for pledges from all Powerlifting USA readers for every world record set. All monies raised will go directly to St. Jude Children's Research Hospital. If you pledge an amount (say $1 or $10) and there are 15 world records set, the final pledge would be 15 multiplied by that amount (or for $1...you send $15; for $10...you send $150). We have had as few as 3 world records and as many as 19. Your pledges will directly help save boys and girls from all over the country who need treatment at St. Jude.

Before St. Jude, there was little or no hope for children with cancer. Today 50-65% of the children seen at St. Jude go into remission and many of those remain cancer-free today! You lifters in my meet: let's get some world records! You other powerlifters and fans: let's get those pledges coming. There will be more than just world records and glory at the Sheraton Waikiki in Honolulu on April 8 - there will be children's lives. If we can save the life of just one child through our efforts it will have been well worth it.

Please make your pledge or donation below.

Aloha to the strongest men and women in the world,

Gus Rethwisch
Promoter & Director



Please Help Children Live

Research is our only weapon against childhood cancer.

St. Jude Children's Research Hospital, which is non-sectarian, is the largest childhood cancer research center in the world.

Please join in the fight against childhood cancer.

ST. JUDE CHILDREN'S RESEARCH HOSPITAL

Danny Thomas, Founder

☐ Yes, I'd like to help "Powerlifters helping the children of St. Jude."

I'll pledge $1___ $5___ $10___ $____ for every world record set at the 12th Annual Budweiser World Breakers Powerlifting Meet. Bill me after the Meet.

I would like to make a donation of $_____ to St. Jude Children's Research Hospital.

Anyone returning $25 or more will receive a St. Jude T-Shirt.

T- Shirt size: XL L M (circle one)

Anyone returning $100 or more will receive a St. Jude tote bag.

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clip and send to: Powerlifters helping the Children of St. Jude
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