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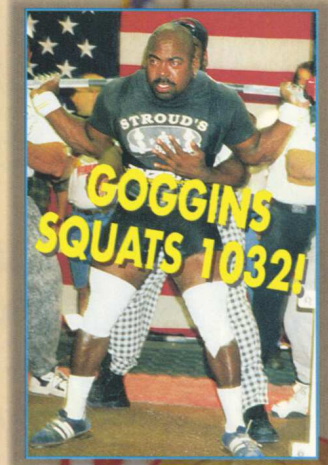
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DOUBLE SENIORS ISSUE

The Most Important Development in Powerlifting Apparel Since the Introduction of the "Squat Suit"

The DEADLIFT™ SUPERSUIT®

By Marathon Power Apparel



. . . . "The first suit, exclusively designed and specifically made for *increasing* the amount of weight you can Deadlift. Without question this is the most significant development in powerlifting apparel in over 20 years!"

It's been said that the ***"meet doesn't start until the weight is on the floor"*** — well, maybe that's not quite true, but as every lifter knows that because the Deadlift is the last lift of the meet, it is the deciding factor in most competitions - So you must give yourself every legal advantage you can in increasing your deadlift.

The key to greater deadlift poundages is increased vertical lift and the Deadlift SUPERSUIT does just that.

This suit was specifically designed and engineered for the purpose of deadlifting. When you start to pull on the bar, get ready to hang on, because the bars gonna move! Countless lifters from champions to novices, male or female, conventional style, or Sumo style deadlifters have all significantly increased their deadlift poundages when using Marathon's Deadlift SUPERSUIT.

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The key to the Deadlift SUPERSUIT is its fabric and the special way we've utilized it specifically for the deadlift to give you the most pulling power.

The Deadlift SUPERSUIT is constructed of the strongest material ever developed for powerlifting — Marathon's exclusive POWER KNIT FABRIC. This fabric literally warps you in power. You'll feel the difference the first time you wear it **and it's only available from Marathon Power Apparel.** This suit is legal for all competitions.

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David Ricks
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Tamara Rainwater-Grimwood
THE WORLD'S STRONGEST WOMAN raves about the Deadlift SUPERSUIT. Make no mistake about it, Tamara was tremendously strong and a champion before lifting in the Deadlift SUPERSUIT, but in her own words . . . ***"The Deadlift SUPERSUIT has added at least 10% to my dead-lift! Without question, I would recommend it to anyone who wants to increase their poundages in the deadlift."***



James Drake
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Creatine Supreme Powder

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Here's How it Works

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- AKG is also nitrogen sparing - which helps you stay in positive nitrogen balance.
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Formula

Purity and Potency guaranteed by laboratory analysis. Each Capsule Contains:

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A-KETOGLUTARIC ACID	250 MG	MAGNESIUM	25 MG
TAURINE	150 MG	RNA	9.5 MG
CALCIUM A-KETOGLUTARATE	63 MG	MANGANESE	400 MCG

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Formula

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ON THE COVER....Tony Conyers (center), Bull Stewart (top left), ProFit (bottom right), Willie Wessels & Debra Earney (Gallagher photo, bottom left), Steve Goggins (Glossbrenner)

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- *Better recuperation and recovery time*
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L-LEUCINE AKG	500 MG.	L-METHIONINE AKG	250 MG.	L-ALANINE AKG	100 MG.
L-GLUTAMIC ACID AKG	500 MG.	L-ISOLEUCINE AKG	150 MG.	L-SERINE AKG	100 MG.
GLYCINE AKG	500 MG.	L-THREONINE AKG	150 MG.	L-ASPARAGINE AKG	100 MG.
L-LYSINE AKG	450 MG.	L-ORNITHINE AKG	150 MG.	L-CYSTEINE AKG	100 MG.
L-ASPARTIC ACID AKG	450 MG.	L-TYROSINE AKG	150 MG.	L-CYSTINE AKG	50 MG.
L-VALINE AKG	350 MG.	L-PROLINE AKG	150 MG.	L-HISTIDINE AKG	30 MG.
TAURINE AKG	300 MG.	L-GLUTAMINE AKG	150 MG.	L-CITRUSILINE AKG	20 MG.
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(30 SERVINGS PER KILO)

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- **1500 mg. Russian Power Plus - Pfaffia Paniculata - in its pure form, which delivers the highest concentration of Beta-Ectysterone.**
- **1000 mg. Standard Panax Ginsenoside - an endocrine adapter.**
- **500 mg. Alpha Ketoisocaproate - to increase nitrogen retention.**
- **500 mg. OKG - today's premier anti-catabolic nutrient for greater muscle growth.**
- **200 mcg. Chromium Picolinate - to increase amino acid uptake, especially branch-chain amino acids.**
- **10 mg. Bonded Vanadium - for muscle growth and hardness.**

Typical Amino Acid Profile per serving (mg/30 grams protein):

L-ISOLEUCINE	2217 MG.	L-THREONINI	856 MG.	L-ASPARTI	1890 MG.	L-PROLINE	772 MG.
L-LEUCINE	9545 MG.	L-TRYPTOPHAN	317 MG.	L-CYSTINE.	300 MG.	L-SERINE	743 MG.
L-LYSINE	1610 MG.	L-VALINE	2738 MG.	L-GLUTAMIC	322 MG.	L-TYROSINE	637 MG..
L-METHIONINE	406 MG.	L-ALANINE	925 MG.	L-GLYCINE	5028 MG.		
L-PHENYLALIN	477 MG.	L-ARGININE	455 MG.	L-HISTIDINE	262 MG.		

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ADFPA Men's Nationals

as seen by PL USA Editor, Mike Lambert



***Steve Snyder** from Pennsylvania*

It was a familiar site for the 1996 ADFPA Men's National Championships in St. Louis. The Renaissance St. Louis Hotel Airport, in the midst of a 6 year transition from its previous ownership under the name of the Stouffer Airport Hotel, is a spectacular example of architecture, beautifully appointed on the inside, well-staffed by friendly and capable people, and very convenient to the airport. Mike Cissell D.D.S., one of the great meet promoters in the ADFPA, has run several national meets at this location. He had a terrific support staff on hand and ran the contest very efficiently, with the assistance of his son Steve Cissell, but he was disappointed in the number of entrants. On the other hand, this circumstance allowed for a one hour break at subtotal time so people could get something to eat, etc. There was no shortage of quality in the winning performances, however, so let's tell the tale.

At 114, Steve Snyder, whose youthful appearance belies his 31 years and numerous national meet experiences, stumbled on his 1st squat attempt and succeeded completely thereafter. Steve was a Teenage National champion in 1981, and looks virtually the same now. Ervin Gainer Sr. was the lightest of the "Indiana Invaders." The 29 year old state champ from Indianapolis hung in there to get a squat circled on his scorecard, and then benched strongly, without a bench shirt.

In the 123s, Dave "Slice" Weiss was favored, with 8 national and 3 world titles under his lifting belt, but he had to endure a brief moment of terror in the bench press in order to fulfill the expectations. Tim Durachta of Evansville, IN, demonstrated the superb quality of his strength in second place, surging ahead of Rochester Hills, Michigan's Randall Burris in the deadlifts. Hennis Washington, out of Tampa, Florida, squatted 440 in a very upright fashion, but he was rewarded with a majority of red lights each time.

1996 USA Olympic Team Chaplain Brad Olson, 33, of Milford, OH, did not get the big lifts he wanted, but the 1987, 1994, and 1995 ADFPA National Champion and 1988, 1994, and 1995 WDFPF World Champion, who holds the WDFPF world record for the squat and total in this class, won the class by a wide margin. Indianans Mike Stagg (from Huntington) and Greg Simmons (from Bloomington) took the 2nd and 3rd place awards. Stagg has won the Deadlift Nationals and Simmons the National Collegiates, and their experience showed in the fine edge of their lifting performances. Team Indiana guys were walking around with t-shirts that said "You're Born,.... You Lift,... You Die,... Life's Simple", and they lifted like that's what they believe.

In the 148s, Tony Conyers was on the ADFPA stage once again, but he had just won the APF Sr. Nationals with an all time 148 lb. best total of 1769 a mere two weeks beforehand. Tony's opener squat of 600 looked hard, almost painful, but the 633, for a new national record, was easier. After that, he zoomed to two new American records in the total, ending with a remarkable 1703 lbs. Tony has a plan to win as many as FIVE different national titles this year, so it's back to the gym for him to train, Train, TRAIN! This man has a physique to match his strength and gave an impromptu posing exhibition during the trophy presentation.

Greg Page, a national police and fire champion, shows the Louie Simmons touch in his squat and he



***Dave Weiss** "sliced" this deadlift.*

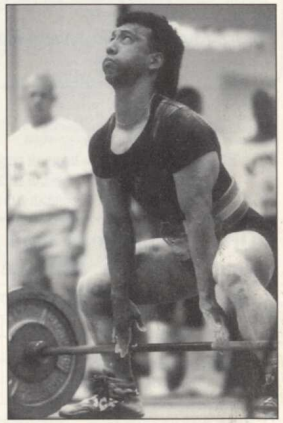


***Reverend** Brad Olson tries 518*

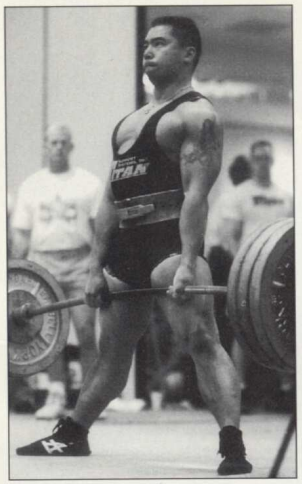
was handled at this contest by another of Louie's guys, Angelo Berardinelli. It was like an APF Middleweight reunion, as Rickey Dale Crain was on hand to tape this meet and sell his powerlifting wares, and the guy who beat both of them two weeks earlier, Jay Rosciglione, stopped by to take in some of the action - St. Louis is hometown. 9 time Colorado State Champion Mark Sigala, with the vocal urging of former Colorado State Chairperson Andrea Sortwell, finally got a 507 squat with some white lights behind it, but could only muster up one bench and one deadlift to go with it. On a tough day, he still came in 3rd, but it was only on bodyweight over Conway, South Carolina's Robert Eaddy, who had also flirted with disaster in the squat. Lloyd Weinstein is not a four time ADFPA National Deadlift Champion for nothing, but the 611 deadlift he went for on his last attempt came up short and he came up 5th. Gary Blevins, 30, took his bench press to the final attempt to stay in the meet, then the Amosville, Virginian deadlifted nicely to a 1328 total. Well-built Anthony Thomas holds the South Carolina state squat, bench press, and total records, but he couldn't get any of his 540 squat attempts approved, and bombed out, along with a bulked up Miguel Castro.

In the 165s, Martin Beavers was coming into the meet strong than ever. His coach from Seattle, Willie Austin, reminded him several times that this was just a "regular workday", and Martin proceeded to handle the weights in each category. The 5 time national champion and American Total Record holder calmly cracked the 1700 barrier, but he was challenged by a young (23) fireballer from San Diego, California named Chris Turner. This U.S. Marine took a shot at a Junior American record in the squat, bench press, deadlift, and total. Thickly built and fiercely intense, wearing his philosophy on his t-shirt, Chris talks to himself, the weights, the audience, and anyone else who'll listen, and he may end up going as far as another great Military Middleweight - Dave Ricks - in the next few years. Another young lifter, Anthony Biasetti, only 26, out of Danbury, CT, showed great promise as well, and could have added more than 100 pounds to his total with successes at his 600 lb. attempts in the squat and deadlift. Larry Miller D.D.S., came in with the American Record Bench Press in his name, and attempted to beat it with his spread stance benching style, but it was not to be. James Benemerito, at a full 165 lb. bodyweight, was a muscular sight to see, but after going 6 white lights for 2 attempts in the squat, he only got one bench on the board, and wild imbalance problems kept him from getting any deadlifts up. Joining in bombout category was Sid Bhojwani, whose family is about to close a deal on a hotel in Santa Cruz, California. Busy as he is, he took the misfortune with his typical, charming, good cheer.

At 181, it was the gleaming star of last year's ADFPA Nationals, Ray Benemerito, filling into this weight class nicely and sporting a new tattoo on his arm, but the magic of last year was not there. He



***Martin Beavers** reaching for the victory.*



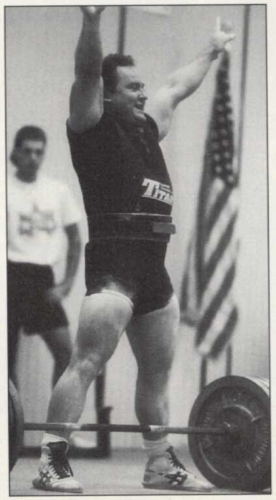
***Ray Benemerito's** fabulous deadlifting style.*

limits, for this day at least. Jeff Jacques, of Kirksville, MO, debuted on the ADFPA National platform with the aid of Big John Ware. Jeff is blessed with an abundance of fast firing nerve fibers, but not enough to enable a 782 deadlift, even if it was for the win. Easy going Shawn Cain, 38, showed what experience is all about as he wedged himself into 3rd place, just ahead of a big and effective Scott Waits from San Jose, California. Scott had his shot when massive James Jacobs, from Clearwater, Florida, only got openers in. Long Beach, California's Ev Foster couldn't get the big squat or deadlift he needed to stay up with the previous trio. Keith Scruggs, from Houston, is a lot stronger than 1697 lbs. of total, but - then again - he only got 3 attempts in. Mark Slivinski was very popular with the crowd, as he's from nearby St. Charles, Missouri. Kevin Smith looked very strong, but after timing out of his opening squat, he lost his bearings and bombed.

Andrew "Bull" Stewart told and showed the world of Powerlifting that he is definitely back. Following some serious pec surgery and a 2 year layoff, the 7 time World and 10 time National drug free champion, dipped, dumped, and got dizzy with his first attempt squat, and lifted like a mortal thereafter. Two time ADFPA Military Champion, Nathan Andrus of Marrero, Louisiana, pulled himself into 2nd place with three fine deadlifts, ending with a 661 worth noting. Joe Goodhew of Winchester, IN, tussled with Bloomington, Indiana's Doug Ballard for the next spot. Rocky Horrighs, somewhat of a local favorite out of Caseyville, IL, got lots of fan support for his 8/9 day.

In the 198s, smiling and confident Joe McAuliffe toyed with a 738 squat, opened cautiously in the bench press with 479 and then took a big jump to 512, but it was too soon after his recent injury to press that issue. Joe pushed his deadlift nicely, however, to bump his total up to 1868. Stocky, 39 year old Bennie Taghivand squatted and benched well, but lean Craig Safran, who judged and handled his Executive Committee duties when he wasn't lifting, let his coach load up whatever poundage he needed to get 2nd place. He pulled 677 so nicely that 700 may well have gone. Grafton, Virginia's Henry Girard ground up 672 three times, but the judges did not say okay.

In the 220s, Delawaran James Morton weighed the class limit and took his squat and deadlift just beyond his



***Joe McAuliffe** is happy with his recent deadlift progress and is going for 700!*

gave a whale of a try with an 837 lb. squat, but it was just off line. He benched nicely, but did not push too hard, respectful of his previous injury. 804 in the deadlift was just there, but 826 was too much. Bull has a new movie deal, going into production right after the meet, where he plays - what else - a weightlifter in a film about the Munich Olympics. Ron Walsh, seemingly more focused than ever, could not will a record breaking 551 bench press to completion, but easily took 2nd spot in the 242s over the August 1986 *PL USA* coverman, Charlie Driscoll, who still has spectacularly good form in the Sumo deadlift. Tall and heavily muscled Lou Lavarro has won state titles in both Alaska and Florida. He was quite disappointed that his 650 squat wasn't passed, but equally elated with his 694 final deadlift. 1990 Teenage National Champion Pat Anderson is a new resident of Missouri, and aided by his brother Mike, his 6/9 day brought him 5th place over ADFPA Sports Medicine's Mike Hartle D.C., who proudly made the qualifying total and was ready to lift at the Nationals, thanks to the able handling of ADFPA President Mike Overdeer. (President Overdeer, by the way, received ADFPA Executive Committee approval and funding to accept the invitation of IPF President Grahame Fong to meet with him during his stay in Philadelphia to observe the USPF Sr. Nationals)

The 275 lb. title went to a deserving Nick Best, who has steadily risen in power and profi-

ADFPA Men's Nationals/15,16 June 96/St. Louis, MO

114	SQ1	SQ2	SQ3	BP1	BP2	BP3	SUB	DL1	DL2	DL3	Total
S. Snyder	~~345~~	341	363	192	209	214	578	407	424	435	1014
E. Gainer Sr.	~~314~~	~~314~~	314	242	~~253~~	~~253~~	556	429	435	~~446~~	992
123											
D. Weiss	~~385~~	385	~~402~~	~~275~~	~~286~~	286	672	485	507	~~518~~	1179
T. Durachta	380	424	~~429~~	214	~~236~~	~~236~~	639	440	473	490	1129
R. Burris	402	~~424~~	~~424~~	226	242	~~253~~	644	424	457	~~468~~	1102
H. Washington	~~440~~	~~440~~	~~440~~								
132											
B. Olson	462	~~518~~	~~518~~	297	314	~~325~~	777	451	496	~~507~~	1273
M. Stagg	407	424	~~435~~	248	~~259~~	259	683	468	485	~~501~~	1168
G. Simmons	385	402	~~418~~	242	259	270	672	446	462	~~468~~	1135
148											
T. Conyers	600	~~633~~	633	380	413	424	1058	600	644	~~666~~	1703
G. Page	545	578	~~589~~	308	~~319~~	319	898	540	~~573~~	578	1477
M. Sigala	~~507~~	~~507~~	507	319	~~336~~	~~336~~	826	584	~~611~~	~~611~~	1410
R. Eaddy	~~512~~	~~512~~	512	330	358	~~374~~	870	518	540	~~573~~	1410
L. Weinstein	485	512	~~540~~	303	314	~~319~~	826	507	556	~~611~~	1383
G. Blevins	490	~~518~~	~~518~~	~~353~~	~~353~~	253	744	~~556~~	556	584	1328
T. Thomas	~~540~~	~~540~~	~~540~~								
M. Castro	~~435~~	~~435~~	~~435~~								
165											
M. Beavers	611	633	~~650~~	396	407	418	1052	628	650	~~666~~	1703
C. Turner	584	622	~~650~~	363	385	402	1025	600	661	~~683~~	1686
A. Biasetti	545	~~584~~	~~600~~	314	330	341	887	551	~~573~~	~~600~~	1438
L.Miller	457	~~501~~	501	~~429~~	429	~~468~~	931	424	~~473~~	473	1405
J. Benemerito	578	611	~~628~~	374	~~385~~	~~385~~	986	~~639~~	~~639~~	~~639~~	
S. Bhojwani	~~518~~	~~518~~	~~529~~								
181											
R. Benemerito	~~672~~	672	~~705~~	413	429	~~440~~	1102	705	~~749~~	---	1807
N. Andrus	~~545~~	545	~~573~~	358	374	385	931	606	644	661	1592
J. Goodhew	529	~~567~~	567	352	385	396	964	551	589	~~617~~	1554
D. Ballard	534	~~551~~	~~551~~	~~336~~	341	~~347~~	876	567	589	606	1482
R. Horrighs	~~523~~	523	534	330	347	363	898	534	567	578	1476
198											
J. McAuliffe	688	738	---	479	~~512~~	~~512~~	1218	573	639	650	1868
C. Safran	~~554~~	551	589	314	341	~~352~~	931	551	644	677	1609
B. Taghivand	606	622	644	352	~~380~~	380	1025	551	~~578~~	578	1603
H. Girard	~~672~~	~~672~~	~~672~~								
220											
J. Morton	716	744	~~766~~	440	462	~~473~~	1207	766	~~804~~	~~804~~	1973
J. Jacques	639	672	699	473	496	~~512~~	1195	661	699	~~702~~	1895
S. Cain	617	650	~~666~~	413	429	440	1091	688	727	733	1824
S. Waits	~~683~~	722	~~749~~	429	451	~~462~~	1173	606	~~639~~	644	1818
J. Jacobs	705	~~733~~	~~733~~	468	~~490~~	~~490~~	1173	644	~~688~~	~~688~~	1818
E. Foster	600	633	~~664~~	391	407	~~418~~	1041	688	~~710~~	~~716~~	1730
K. Scruggs	661	~~710~~	~~710~~	374	~~402~~	~~402~~	1036	~~628~~	661	~~710~~	1697
M. Slivinski	600	628	661	363	380	~~402~~	1041	562	606	~~650~~	1658
K. Smith	~~606~~	~~606~~	~~606~~								
242											
B. Stewart	755	804	~~837~~	451	~~468~~	468	1273	804	~~826~~	---	2077
R. Walsh	661	694	~~705~~	518	~~551~~	~~551~~	1212	617	650	~~661~~	1862
C. Driscoll	633	~~683~~	683	369	391	~~402~~	1074	~~688~~	710	~~749~~	1785
L. Lavarro	611	~~639~~	~~650~~	451	468	~~490~~	1080	633	661	694	1774
P. Anderson	644	~~683~~	683	385	413	~~435~~	1096	606	639	~~655~~	1736
M. Hartle	611	650	666	424	446	~~457~~	1113	589	~~606~~	~~606~~	1703
275											
N. Best	744	771	~~810~~	501	~~523~~	~~523~~	1273	661	~~688~~	694	1967
M. Babb	755	~~777~~	~~777~~	~~462~~	462	490	1245	~~677~~	677	~~694~~	1923
K. Gillingham	628	661	677	451	468	479	1157	699	716	727	1884
H. Sargent	~~688~~	705	~~727~~	~~407~~	~~424~~	424	1129	661	710	~~733~~	1840
S.Cornick	606	622	~~639~~	451	473	~~485~~	1096	490	---	---	1587
P. Rankin	~~673~~	~~732~~	~~744~~								
319											
M. Phillipi	771	~~804~~	804	501	523	540	1344	771	---	821	2166
B. Gillingham	738	782	~~804~~	556	567	~~573~~	1350	760	804	815	2166
M. Grant	705	755	~~777~~	606	633	~~655~~	1388	727	~~749~~	~~774~~	2116
M. Cochran	699	~~760~~	799	418	462	~~485~~	1262	600	~~650~~	~~650~~	1862
S. Runyon	~~688~~	~~688~~	~~688~~	496	~~540~~	~~540~~	1184	556	~~647~~	---	1741
319 plus											
B. Moore	749	~~788~~	788	584	611	~~623~~	1399	705	738	~~749~~	2138
S. Culnan	793	~~821~~	~~824~~	529	~~540~~	551	1344	677	705	733	2077
V. Mafuli	804	~~837~~	~~837~~	407	424	~~435~~	J229	705	738	~~804~~	1967
J. Markoff	815	~~876~~	~~876~~	490	518	~~523~~	1333	617	~~655~~	~~655~~	1951



***Jim Morton** took the 220s and got one of those unique awards*

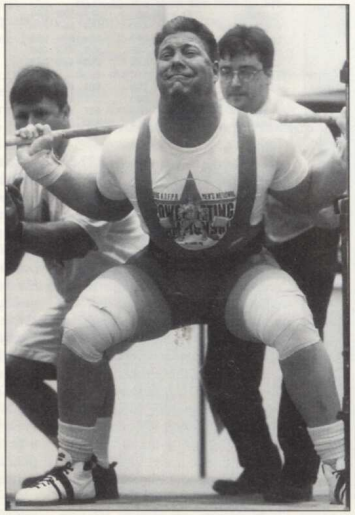
ciency over his years of drug free competition. The 27 year old from Rohnert Park tried a California State Record squat of 810, and continued to build on his lead from that point. Auburn, New York's Marcus Babb had some bad luck, but the judges did give him an extra squat attempt when he was unable to hear the signal to lift. Karl Gillingham from Little Falls, Minnesota had a perfect, 9 for 9, day to earn third place over burly Hank Sargent from New York. Sid Cornick, from Virginia Beach, VA, toughed out squat and bench press attempts, and then cruised through the deadlift process. Another local lifter, Pat Rankin from St. Anne, Missouri, bumped up his squat poundage each time he missed, and was out early.

The best competition of the meet was in the 319 lb. division - these are some truly big men, moving some tremendous weights, and it's drug free, folks. Sunny Runyon - another guy from Indiana - had double trouble - a ripped suit in the squat and a ripped shirt in the bench. His first deadlift gave him 5th place and instant relief from equipment problems. Mike Cochran from North Tonawanda, New York had lots of help on hand, notably including *NATURAL BODYBUILDING & Fitness* Magazine editorial director Steve Downs. He rode a nice, big 799 squat into 4th place without challenge. Mike Grant, from Jeffersonville, Indiana, has the "KAZ Syndrome". Like the famous Bill Kazmaier, Mike is simply too big for the standard apparatus. Getting into the various positions demanded by the rules was awkward for him. In the bench press, he had no problem - with 633 going up nicely, and 655 (just behind Kazmaier's best) is in the ballpark. His fine 2116 lb. total wasn't enough for the win, however. That honor was going to go to one of two fine men: Brad Gillingham, out of Minneota, MN, or Mark Phillipi, the U. of Nevada Strength Coach. Both men are tall, big boned athletes, who have steadily gained weight, strength, and placement in the Nationals. Now they found themselves both rising to the top, at the same spot, and the same time. Who would win?

Gillingham, weighing just over 302 - and looking bigger, motored through squats of 738 and 782. With his NFL all-time great lineman father Gale Gillingham at his side, he called for 804 on his third. He came up with it, but it wasn't passed. Phillipi opened well with 771, then lost his balance with 804, but came back to make it. Mark practically threw up his 501 opener in the bench press and charged onward to a successful 540. Brad had the edge in the bench press, but pressed it only to 567, with 573 stopping him. Still, he was ahead at subtotal; 1350 to Mark's 1344. Brad opened securely in the deadlift at 760. Mark responded, in turn, with 771. Now it was time to go for the Gold. Brad upped the ante to a National meet record poundage of 804. It's a long haul for Brad to start from the floor and keep on pulling until those cannonballs he has for delts are locked back, but he did it. Phillipi answered invisibly - not taking a second attempt. He was waiting for the final round, but how much would he need to pull out the victory? Brad did the only thing he could do on his final deadlift - drive himself to the absolute, final limit of his strength, and force Phillipi well beyond 800. 815 was the poundage, and - lest we forget - there are dozens of the finest heavyweight lifters in the history of this sport who have never been able to break this amount of weight off the deck. Minutes before, Brad had expended tremendous physical effort, and now it was time to do it all again, plus 11 pounds. He clamped his hands onto the steel and started to reel it in. It quivered up and up, steadily, and then slowed inexorably into lockout. Would it pass? YES!!!!! He leaped into the air, arms upraised, bounding across the stage and into the warmup room.



***One Helluva Lift**... Mark Phillipi comes up with 821 to take the 319s*



***Best at 275**, of course, was Nick Best of California*

Now what? Phillipi, who weighed less than Brad at a tad over 290, called for the winning by bodyweight poundage of 821. He calmly bent over, set up in a deep squat position, with his head held high, and did what you're supposed to do. The lift was spotlessly clean, nearly hydraulic in nature, with nary a hitch to be seen. There have been heavier deadlifts made in the history of this sport, but I don't recall seeing any that were performed so perfectly.

Isn't this how things should be in sports - highly-trained athletes - in fair, head to head competition - bringing out the best in themselves? Hard feelings between these two? - forget that! Brad said that if he has to finish second, there's nobody in the world he'd rather have in first place than Mark Phillipi.

Big Beau Moore weighed in a little over 321 pounds, and after missing and then making a 788 squat, he let the crowd know that they shouldn't count him out. With the bench press yet to come, he knew what he was talking about. A 611 meet record went well, but 623 - after a discussion concerning the addition of fractional kilo plates - stalled out. In the deadlifts, Beau

(article continued on page 105)

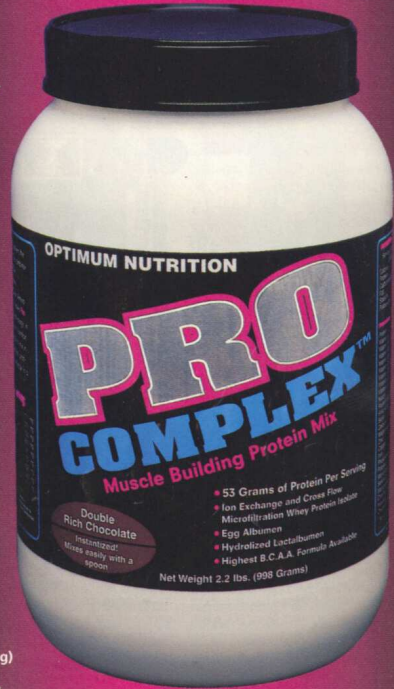
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IN A DEMOCRACY, THE INDIVIDUAL ENJOYS NOT ONLY THE ULTIMATE POWER, BUT CARRIES THE ULTIMATE RESPONSIBILITY - Norman Cousins

APF Senior Nationals

as told to PL USA by Herb Glossbrenner



***Mighty Ladies**... left to right, Stephanie VanDeWeghe, Barbara Powers, Debroah Earney, Nancy Dangerfield, and Krista Ford. (this photograph was provided by John Gallagher, Ms. Earney's coach)*

The 1996 APF Senior Nationals was held in Atlanta, the site of the 26th Olympic Games, on the weekend of May 31 - June 1. The Sheraton Airport Hotel had recently changed hands, and bore it's new name - "Harvey," and was the meet headquarters for the strongest men and women on the planet- THE POWERLIFTERS. The site proved to be most adequate. Gentleman Curtis Leslie, a many time Champion bore the responsibility of Meet Director. He did a most admirable job. The awards were splendorous both in size and quality. The best lifter belts rivaled the ones who decorate the waists of champions in the top pro-wrestling federations. The athletes' supreme efforts escalated their level of performance to all time highs. I witnessed all-time bests which changed the record books and history. Some lifts were executed with impeccable style. Other big lifts were a farce. The competition had a bit of something for everyone: drama, failure, success, controversy, triumph, and satisfaction. For most who stood atop the winner's dais it was joy and euphoria. The sport is for the lifters.

The officials are in charge of the sport. To give "gifts" or "take away" good lifts by indecisiveness, uncertainty, misinterpretation, lack of knowledge or even perhaps not caring - is a travesty and does the athletes a great injustice. The caretakers of the sport shortchange lifters by judging inconsistencies when enforcing rules. The officials must bare the blame rather than the athletes for two days of horrendous judging. I would venture to say that 75% of all squats passed were not good. I saw the worst officiating I've ever witnessed in the 30 years of my sport. With no drug testing and far fetched supportive gear you can expect to see big lifts. I have no problem with this. If all "stops are pulled out," then it is absolutely necessary to enforce the rules strictly. The squat seems to be the most difficult for the officials to judge, but I saw discrepancies in the BP & DL too.

Poundages nowadays are lifted thanks to space age technology that was once a figment of our wildest imagination. Where does it stop? If credibility is lost and the rule book is thrown out the window, our sport will continue to degenerate. Just as I've previously written, powerlifting has become A MOCKERY OF STRENGTH! These problems occur in all organizations. Whether officiating is lax or tight, consistency is essential. In Atlanta, for instance, bad lifts got by, while some that should have passed, didn't. I saw an illustration of the APF SQ depth in their official rulebook. It showed a lifter sitting down at what appeared to be the PARALLEL position, although their written rules spell out BELOW PARALLEL. The visual perception of such conveys a different idea. The windows badly need washing so we can see a true picture. I not only expect to see a complete revamping of officiating in the APF, but believe these changes will be implemented on Nov. 23-24 at the APF/WPC International Competition and WPC World BP Championships in Elmhurst, IL. The Dangerfields, who are promoting the meets, have proven to me they can't be intimidated. They demonstrated to me knowledge of the rules together with expertise in officiating. Terry wears many hats, and with his knowledge I see him assuming command of the situation. He assured me that he will be selecting only the best officials for this extravaganza. I have no qualms regarding the WPC Worlds Nov. 7-10 in Durban, South Africa. Phil Niemandt, a South African National P/L hero, will stage a great spectacle of strength. With such competent officials GBR's great sportsman Dave Carter overseeing the judging, I have no reservations at all. It seems as if our foreign friends set and uphold the highest standards for us to follow!

When I arrived before the competition in Atlanta my mood was upbeat. I'd learned the IPA had changed their squat rule to coincide with all other organizations guidelines, as in - "below parallel." In the past year that I've covered APF events, I praised them for upgrading their officiating. "Bouquets" are always appreciated more than "brickbats." They're the best way to say thank you for a job well done. In light of all the latest developments I saw things taking a step in the right direction. I'd been assured the officiating would be top notch in Atlanta. Since the APF is an organization that I've been bragging up, this assurance took a big load off my mind. Little did I know that I had stuck my neck in a noose, and was about to have the props knocked out from under me. I'm disappointed, to say the least, but I'm not the one who has been betrayed. The ones that suffer are the athletes. Now that I've had my say, it's time to look at the competition:

THE WOMEN

Never have I seen a more tenacious group of ladies. They went flat out and did their best. I saw some remarkable lifting. The turnout was very light. Many top names were missing from the lineup. Only eleven women participated. Nearly everyone bettered their personal bests. Traci Arnold-Tate coasted to a runner-up finish at 123. Her 821 total is a result which gains great respect. Amy Weisberger is always one of the most dependable among the womens' ranks. Her shy, quiet demeanor off stage is channeled into a dynamo of energy on the platform. She attacks each lift as though her life depends on it. Even with her ultra wide squatting stance she goes extra low. Her 402 SQ was her only missed lift all day. She sailed through her BP's like a breeze. Her 248 P/R 3rd was no problem. Amy duplicated her highest SQ on her 2nd DL, and went on to pull her lifetime best of 402 for a wonderful total of 1030.6. It surpassed her former best aggregate from last year's WPC Worlds by 44 lbs. Although discouraged by some of her peers, Amy would like to give O/L a try. With her youthful zeal, flexibility, strength and enthusiasm, I think she could surprise nonbelievers. She has shown a will to succeed at anything she tries; and her appearance leads you to believe she's younger than 31! Best wishes, Amy, in whatever you plan to do.



***Victorious,** after a ferocious Middleweight battle, Jay Rosciglione relaxes with his lady. (H. Glossbrenner)*

Vanessa Schwenker, a persevering, young African American woman, is known as the PRIDE OF WESTSIDE. Her coach, Louie Simmons, recognized her great strength and athletic talent, and has helped her to reach her awesome potential. In one short year, she's tacked nearly 100 lbs. on her total. She miscued on her 380 SQ opener. Undaunted, she jumped to a successful 402. Inspired, she then smashed her P/R big time with 429.9. Watch out, Mary Warman, for Vanessa added personal bests of a 253 BP and a superb 440 DL, for an 1124 total. Wow! It's the 4th best total of all time for this class. She could have ruled the mens' open group just as easily. Lysa Perret first hit 900 only a little over a year ago. She earned 2nd to Schwenker in the 132's and improved all her lifts (especially her BP). Her grand total was 947. Next year watch out for a thousand. At 47, Barbara Powers felt personally challenged. In one short year she lost over a hundred lbs. of bodyweight. This makes her lifts of 341 SQ, 148 BP, and 314 DL especially impressive. I wonder what Jenny Craig thinks of this? Wow! Her husband, a good bench presser who overcame polio, inspires her, and she him. Isn't that a wonderful story?

At roll call time, defending 148 champ Mariah Liggett wasn't there. Last year's bridesmaid Nancy Dangerfield caught the wave and fulfilled her destiny to be champ! Even though she was below her bests, she still totaled 1091 and waltzed to an uncontested win!

Nancy's 446 was most impressive. She attacked 462 in the same manner with her ferocious determination. It and two valiant tries at a 479 DL wouldn't yield. Nothing intimidates Nancy, not even the barbell. Among the gloomy cloud of officiating blunders during the two day meet, Nancy broke through as a bright ray of sunshine. Among ALL the REFEREES that sat in the hotseat, her switch always made the right call. She was the best of all the rest - by far! Great job, Nancy.

The battle in the Womens' 165 division would have been worth the price of a ticket all by itself. Laura Dodd has retired from lifting. Her APF Open Women's record total of Nov. 91 has survived all this time. Laura's SQ and DL records remain intact, but her total record is no longer on the list. Deborah Earney, at 42, makes a first impression of Grandma Moses with muscles. A former bodybuilder, where she was most successful, she soon discovered another talent, a propensity for lifting heavy weights. Virtually unknown on the power scene, she became preoccupied with it. Her supporters encouraged her, and she burst into the scene with a bang at the '95 WPC Worlds. She'd easily have dominated the Open Ladies 165s, but instead entered the Women's Masters division, held concurrently. Her 485 SQ and 440 DL were good, however, her phenomenal BP ability stole the show. Debbie posted the greatest formula women's lift of all time with an utterly incredible 386. Her 1311 total upstaged the Women's Open World Champion in her class, Stephanie VanDeWeghe (who amassed 1289). Curiosity got the best of me, so I asked Ms. Earney what she could BP without a shirt. "Three twenty," she replied without batting an eye! Fast forward to the present, and now we eagerly awaited the matchup of the Amazons. Stephanie VanDeWeghe had prepared for this battle diligently. She and her husband, Jan, incidentally are ranked No. 2 All Time on the Husband - Wife combined total list (3,273.8 lbs.)! Tops in this unique category goes to the Warmans - Scott & Mary (3,472.2 lbs)! Any other challengers?

Stephanie made some gigantic improvement since her 1240 winning total at last year's APF Seniors. Something I'd said about being a one lift specialist planted a seed of thought in Debbie. She had her own surprises in store as a result of this conversation. Earney opened at 424 SQ - 61 under her best. She waited for 518. It broke her P/R by 33 lbs. and effortlessly at that. Meanwhile, Stephanie started at 490 - solid, and then leaped to 534, and conquered it in grand fashion. Earney may have been thinking "respect your elders" with these unspoken words, but she fortified them by dunking and rising with the same 534. Stephanie was heavier (164.68 to 161.15) and saw her chance to take the lead. The bar went to 551 - no, it was too much. Everyone, including myself, thought Debbie would take a huge lead with her "specialty lift" up next. Stephanie fooled everyone with unbelievable improvement in this lift! Failing to bust the 300 barrier at last year's event, Steffie opened with 330, then tamed a monster lift - 347. Even though she next missed at 352, everyone was shell shocked. Debbie hoped to gain an advantage in spite of this amazing display. After an effortless 336, she quantum leaped to 396 (twice a bit too much)! Earney trailed by 11 on subtotal - 870 to 859. The deadlift would be the deciding factor. Steffie's 451 2nd attempt was solid. With it she reached the magic 600 kg. barrier of 1322 lbs., a new APF Open Women's total record. Earney hoisted 457, and had 1295 with one lift left. VanDeWeghe strained every fiber with 473, but.. IT STAYED on the FLOOR. Ms. Earney now took center stage. She is the ultimate in female muscularity and power. EAT YOUR HEART OUT AL THOMAS! She lifted 485 with power to spare. Her 1344 was a new record, and she was the champion. This round is over, but the wonderful competition and friendly rivalry between these two superb women athletes will continue.

Krista Ford is a most impressive athlete. Only the total of Tamara Grimwood on the Womens' rankings surpasses the numbers she amassed here. Not too long ago, Krista resided in my home state of Indiana. Now she lives back East, making a big impression wherever she goes. Krista, along with Barbara Powers, were the only two among the ladies to go nine for nine - a perfect day. Just moving up to this category recently, Ford scored all personal bests with 485 SQ, 303 BP, 479 DL, and a 1267 total - quite a performance.

Monica Overstreet missed two squats, but pulled a lifetime best of 429 DL to score 1025 and the win. She is an intense competitor who seems very angry at the barbell onstage. Offstage, she is as sweet as pie. Sidney Thoms told me she feels as safe and secure as "a bug in a rug" girdled in Ernie's white canvas "diaper." Her 253 BP was especially outstanding. It helped catapult her to a final result that would rate 6th among the best at SHW last year. I hereby bestow upon Sidney the title of "World's strongest powerlifter lady photographer." Can anyone challenge this?

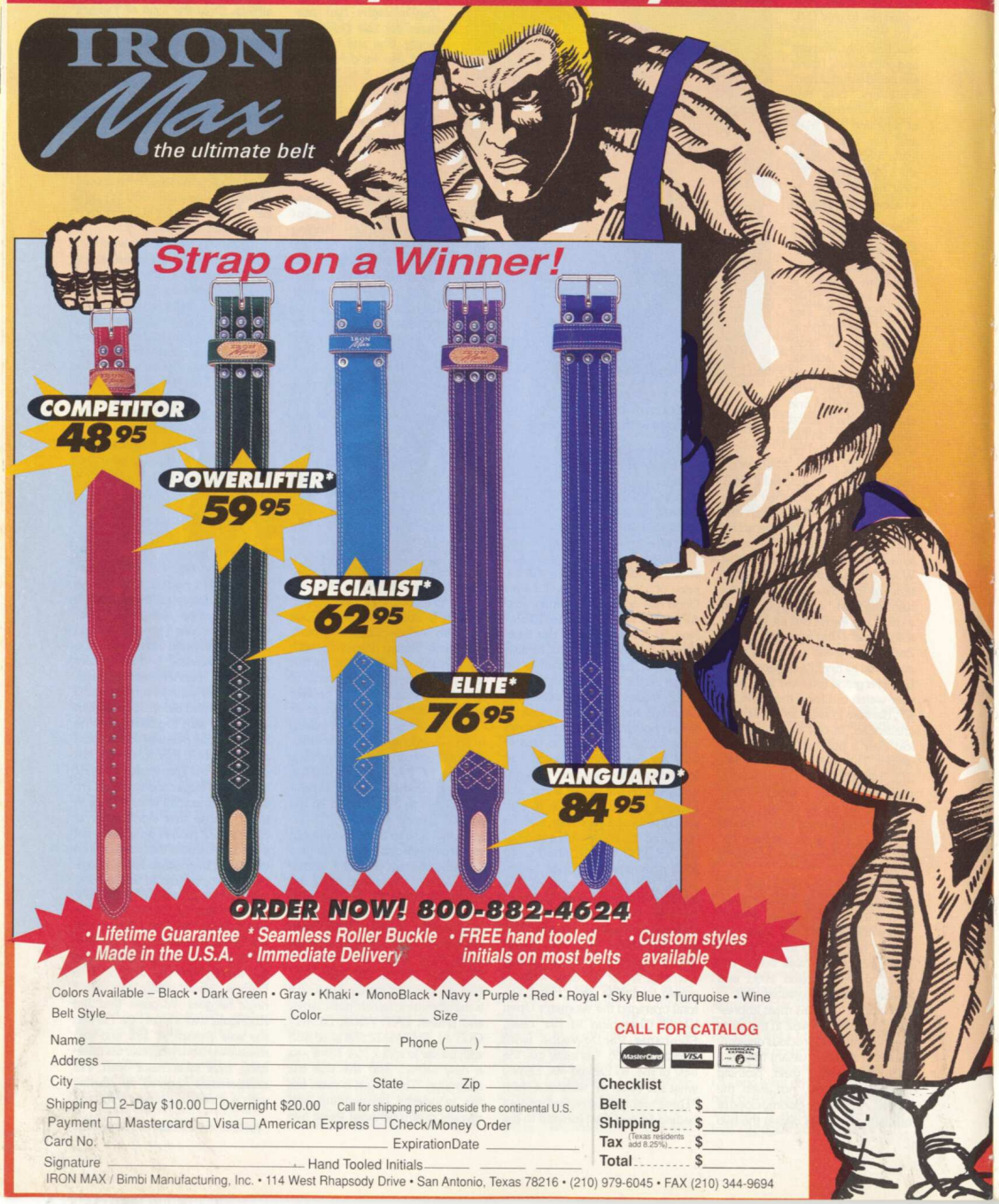
THE MEN

Scott Hopkins keeps making steady progress, He always performs his lifts perfectly, leaving no difficult decisions for the officials. It is a shame he always lifts solo, because I'm sure if he were pushed he would respond with blossoming competitiveness. Scott's former egotistical manner has vanished, and he now exhibits a maturity he hadn't flaunted before. I noted him conferring with top lifters after he lifted, seeking pearls of wisdom and advice. I took this to be his last outing at 114. The whole idea of P/L is getting bigger and stronger. I'm sure this is exactly what he has in mind. Those that didn't enter at 123 or 132 passed up some great awards. No doubt that many will be chastising themselves for not coming. Milian, injured at the Worlds, may be saving himself for the APF Masters Nats. Butterbaugh, the "leverage king," was also absent and missed. Doug Heath, the defending WPC World Champ, may be saving his money for the long trip to Durban, South Africa this fall. I hope he goes. I'd guess that Jim Rodriguez was a local boy. He was the sole entrant at 132 and was miles away from whatever the qualifying total must have been. His inexperience showed by starting with a much too heavy 396, and

(article continued on page 13)

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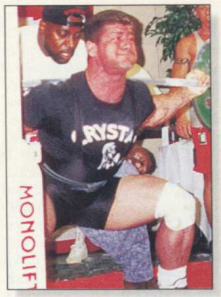
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Tom Rutigliano *(John Wardell)*

failing three times.

At 148, Ed Vaughn, the defending APF Sr. and WPC World Champ, was a no show. There were six contestants who tested themselves on the platform where the big boys play. Robert Charles fit into this group. He was way out of his league, finished 5th with 1047. Norm Shackelford came in with a possible runner-up position total - 1545. His BP - 315 and DL - 530 were so-so, but his 700 SQ was ranked No. 1 on the P/L USA Top 100 list. It came about in a Grand Rapids meet on April 29, 1995. Afterwards, Norm had a sheepish grin on his face for having tried to "pull the wool" over our eyes. His 600 opening SQ lift seemed conservative. He descended halfway, stood, not close! He looked as though he couldn't go down any lower. He decided to go flat out and make an incredible jump to 716! Astounding! This time, he barely bent his knees, descended only a few inches, and recovered - ditto his third - bombout. Without looking at the map, I'm guessing Grand Rapids may be close to Lake Michigan, and it stays at high tide permanently. Actually, I do believe that Norm wore too conservative a suit to go any lower. Even if he'd gotten down, I feel safe to say the spotters would have had a chore helping him back up.

Scott Siegel had no one to challenge him for the runner-up position. He captured honors with 1537 (truly a world class performance). Over the past year, he's shown improvement in all his lifts. Greg Ripley and Bill Killian had their own private contest to decide who'd have 3rd place. Ripley was a 132 on his way up in this class - lightest of the two (143.3 to 148.3). Both men SQ'ed 3 for 3. Killian notched 529, but Ripley forged ahead with 562 - a lift he celebrated jubilantly. Killian was superior in the BP. He topped Greg 341 to 308. They both deadlocked at 870 on subtotal with Ripley in the driver's seat being 5 lbs. lighter. Both men DL'ed modestly. Ripley "ripped up" 468, then 501, and failed at 518. Killian pulled 485 and went for the bronze - 507. Two abortive efforts and he was 4th. RIPLEY had 3rd place, 1372 to 1355 - BELIEVE IT OR NOT!

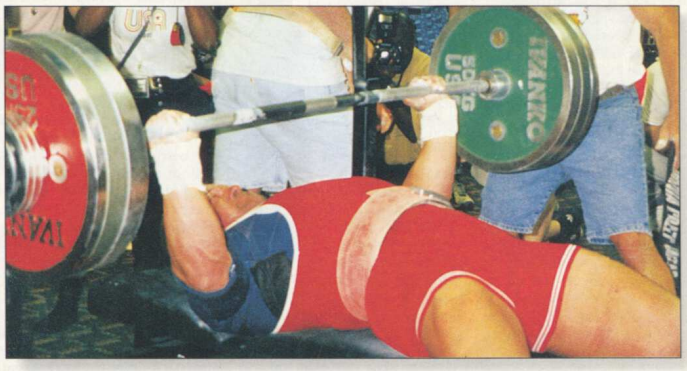
There was little doubt from the beginning that the winner would be Tony Conyers. He was a multi-organizational champ who professes to be drug free. As '96 ADFPA champ, you couldn't dispute this. He was all he claimed to be and more. In my opinion, Tony was the unsung hero of the whole meet. Role model? You betcha! Shack bonded to him like super glue. Everywhere that Tony went upon conclusion of the meet, Shack was sure to follow! Conyers missed only one lift in nine tries.

Tony's 2nd 424 BP was repeated on his third lift, and easily subdued. His SQ's appeared to be hydraulic. They were right on the money - 611 - 650 - 683! Holy mackerel! These fine squats were unquestionably low - a breath of fresh air. Tony's deadlifts were flawless - 611, 633, and finally, 661! His total of 1769 is the greatest at lightweight in the world for ALL TIME! Fantastic lifting! Tony exemplifies a super athlete in all respects. He is polite, friendly, soft spoken, humble, cheerful, not to mention, respectful. He is a real gentleman. I do feel that genuine 17.5" biceps on a 148 pounder should be outlawed. It just doesn't seem right to be flaunting such outrageous proportions. If you ever want to see a living human anatomy chart check out Tony's musculature. I haven't checked his family tree, but surely he must be related to Arnold Coleman and Walter Thomas. Their physique and demeanor are so similar, having both hams for arms and delightful personalities, not to mention super lifts. Some guys have it all!

I've enjoyed the exciting past battles between Rick "the Living Legend" Crain and Angelo "the Italian Stallion" Berardinelli. Angelo had upset Rickey and was defending APF Sr. Champ. Rickey came through to win the WPC Worlds in Columbus last year, and now it was time for the tie breaker. Just to make it more interesting, a third challenger was present. I have known of Jay Rosciglione's abilities for 15 years. My protege, Jim McCarty, had come back from the Jr. Nationals, in 1980, in El Dorado, Arkansas, having won that title over Jay only on a re-weigh. Both men weighed identically, and totaled the same. "Anyone who underestimates Jay is due for a sad awakening," said Jim. A torn pec last year left him watching from the sidelines. This year, it was a 3 man battle. Never in the history of lifting had three men SQ'ed so much in one contest. Crain was the man who had written the book, and was ready to show his stuff. Rickey got his 722 opener but a P/R equaling 755, and a subsequent try at 766 were not quite there. Angelo, most conservative, got on board - 661. He then jumped confidently to a good 727. His third, an APF Sr. record tieing 755 came next - yes, good! Jay, whose physique is just as great as his strength cranked up three monster lifts: 711, 749, and finally 766 (an All Time World best by anyone)! Next came the BP. It's always been Jay's "Achilles heel" lift (especially following his pec injury). He made 352, well below his 396 P/R. With considerable shakiness, Crain matched his best ever - 418. The bench press apparatus used for the competition drew criticism from many. It seemed to hamper Crain the most. The door was open and Angelo saw his opportunity to capitalize on the situation. He did just that. Angelo horsed up a big 446 lift which gave him the 2nd highest subtotal of all time in this class (1196)! Angelo had now played all of his trump cards. He was 77 lbs. ahead of Rosciglione, and 55 in front of Crain. Angelo had done his best ever DL, 611, to win in '95. This day he pulled 584, and twice missed 606. These two crucial misses brought about his undoing. Crain hoisted 622 and 644 and waited. Jay opened at a P/R equaling 644 - like lifting a feather! It was crunch time for Rosciglione. He reached deep down inside to summon every fiber of his being. 677 was loaded. Up it went for an incredible P/R by 33 lbs! Crain went for 661 and the win - nope!

It was a startling upset victory for Rosciglione, indeed. He half-heartedly tried 683. What for? The final tally: Rosciglione - 1796; Crain placed 2nd with 1785; and Berardinelli took 3rd with 1780. Angelo must make drastic changes in his DL style if he hopes to keep on winning. His deadlift hasn't improved, although his other lifts have soared. The SQ and BP are vital, but the DL wins the title!

Arnold Coleman, the defending 181 WPC World Champ is the top man in this class. With a 1940 total, there is no one around to challenge him. Arnie put his own interests aside temporarily to lend his coaching expertise to his top charges. His helping hand bore some spectacular results. Tom Rutigilano (a new name to me) lifted big: 1841 via 722, 468, 650. The only man with a respectable DL in the 181's, Fabian Wambsgans, didn't get to flaunt his pet lift. His SQUATS were NOT so he retired early. Last year's defending champ, Succarotte, came for



Jessie Kellum *rams up the biggest bench of all time in the 198s, 603 lbs. (Herb Glossbrenner photo)*

the event. He couldn't make weight and did not want to be in the 198's. He turned around without staying to observe and drove immediately back to CT. Shame, Tony.

Jesse Kellum's 2099.9 total at last year's championships is the 3rd highest in history. Only the controversial flip of a switch kept him from a 2143 total. This could have moved Jess into 2nd All Time (passing Gene Bell's 2132), and setting him up for the assault on the ultimate ceiling of 2204. This figure remains the stratospheric aggregate by Powerlifting's one and only supermesomorphic cyborg - Ed Coan. The first day of judging inconsistencies escalated to a real farce on this second day. I saw good lifts, a few borderline ones, and some really bad ones passed too. Tony Kamand has been tagged with controversy. He came and threw all his chips in the pot. He snuck a big SQ by and had a big 832 under his belt. He overcame a big BP deficit to Mike Mastrean. Tony courageously finished his 666 DL while his bicep tore loose. His 1901 total gave him 3rd. A real gutsy performance. Heal fast, Tony.

Joe McCoy is WPC defending World Champ. He was hard pressed by Tony, but finally, "took Kamand" of 2nd place: 1918 via 771, 523, 622. Joe might have won had it not been for that DUDE FROM BATON ROUGE. Or is it THE WOLVERINE FROM NEW ORLEANS? Anyway, Jesse Kellum is unbeatable at 198, and here he was at his best. His 810 SQ opener was dog meat. He made a huge jump to 881. It was down and up - no problem! The uncertainty of flip-flop officiating brought reds from the side. A perfect lift - bad call! Yeah, Jesse saw reds, too. He kept his cool and went to 903, then took it down to borderline territory - reds. He settled down to some splendid benching: 573, then 602.9 - a W/R - good! His 607.3 must have lacked a quarter inch on each arm of fully locking the elbows. It was turned down - as close as you could possibly get! Jess hauled up a 655 DL and had 672 in tow. His heart wasn't in the last one. He was dissatisfied with his "mere" 2070 total. Look for something big to happen to Jesse at the WPC Worlds in South Africa. He never puts in less than 60 hrs. a week. With such a workload how does he find time to lift such big weights? He talks the talk, chalks the chalk, and still remains the "cock of the walk."

The 220's had their share of studs as well. Chuck Vogelpohl, the defending Senior and World Champ, was going against Hugh Dunagan (who moved up to this category). Let's first look at the supporting



***Vogelpohl** started with 804 lbs. in the 220s. (Herb Glossbrenner)*

cast before we critique these top two men. Bearded Greg Crowder from El Paso, TX trains with the Warmans. He had a sprained his sacro-iliac joint coming in. He finished the meet with a painful 650 DL, and had 1785. Mike Hales, from Coffee's Gym, was high on his 804 opener. He boldly jumped to 826 and got low enough, but was pinned twice, and thereby scratched. Potts missed only once in nine tries, and was 6th with balanced lifts - 1824. Paul Urchick had suffered a torn collateral knee ligament at this event in '95. He duplicated last year's SQ - 832 - a real gutbuster! He tried but missed a 727 DL after making 705. He would have tied for 3rd, but would have ended 4th, because he was heavier than Wardell. Urchick waived his 3rd DL, knowing his capabilities this day, 1978 - 5th place. Jerome Bailey was quite a surprise. He was built along the lines of a trash compactor. He made an amazing 909 SQ plenty low, but faded badly in the next two exercises. His 1984 kept him in front of Urchick by the slimmest margin and in 4th place. Wardell secured 3rd place just as he had done last year with a 44 lb. increase on his total - 2000! Hugh Dunagan made some great strides in moving up to this class. He lost the WPC Worlds in '95 to Joe McCoy (@ 198) by a scant 11 lb. margin, doing 1912. Hugh cruised through his SQ's making all three - 837 a final. Chuck increased his best to 859 and tried 876. With a 61 lb. lead going into the final lift, Vogelpohl assured himself to be a repeat champion- 744! Dunagan pulled all 3. His final lift of 760 gave him 2061 - terrific lifting! Chuck had 2105 and went for 804 twice (wanting 2166) but that was too much for even his mighty pull (for this time at least).

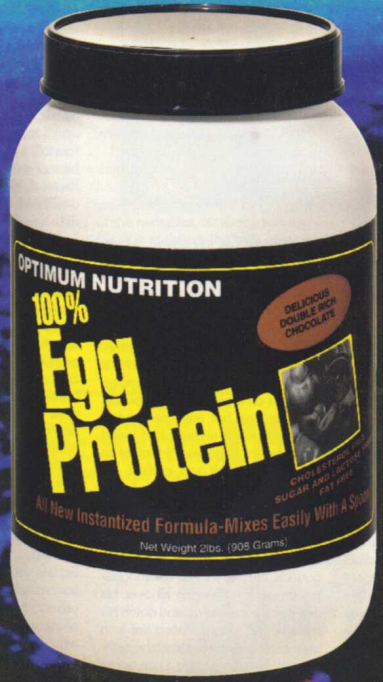
The 242 class was a two man battle of titanic proportions. Never in the history of this division had we seen two such leviathans battling right down to the wire. In '95, the APF Seniors saw Goggins post a 975 SQ (the highest ever @ 242). With one DL, he vanquished the mighty Pete Farmer - 2276 to 2237. A newcomer on the verge of superstardom, Willie Wessels hit 1000 kg. (2204) to narrowly edge this year's Srs. meet director, Curtis Leslie, for 3rd at the WPC Worlds last October. There, Goggins SQ'ed 1003 deep and strong. He sat more upright and went lower. This was uncharacteristic for Steve, who's known as the DEAN OF LEAN. His 2353 TOT was the best ever at 242, topped by his 837 P/R DL. A rising challenger, Wessels (223), tested Goggins. Willie was credited with an upright, but obviously shallow 903. He then stormed the same 1003 Steve had made. He took it down, stopped, high - miss. Wessels, 2nd had a big total of 2248. On Nov 11th (2 wks. later) in a local meet, Willie bumped Goggins' SQ out of TOP SPOT. I had contradictory accounts about it. Skeptical, I got the particulars from Ernie, who said WILLIE GOES REALLY LOW. Other key people present told me it was A MILE HIGH! Goggins felt he'd been cheated and came to this meet in a foul mood, and understandably so! All this hullabaloo set the stage for their battle here. Wessels, much stronger, was 236 - 5 lbs. lighter than Steve. Willie had no problem lifting the weight. He did 903 & 970 both high, and both passed. Goggins 959 was a great lean. It was also down and up (shallow, but approved). Goggins took 1008, an all-time 242 best. He lifted it - 2 inches high and passed. Wessels, unintimidated, rode 1009 down and up - 6 inches high - this time reds. Goggins, breathing fire, wanted the biggest lift in history (at any bwt.) - 1032.9! He rode it to completion, and the officials gave 3 whites. It was 4 inches high, and passed! Steve's lean forward, good morning style camouflages his actual depth. With a 62.9 lb. lead, Goggins was in the driver's seat. A rhubarb ensued regarding the lift's validity. A disagreement occurred between two of the APF's higher echelon. Harsh words were exchanged among long time friends, but, thankfully, they patched things up later. Too late to change things. The lift goes into the history books. In the BP, Steve grooved 534, then missed a P/R 545. Goggins had a superman subtotal - 1567. Willie had a big deficit to overcome. He missed, then made 600. Now, Wessels had the lead - 1571! Just like that! His greatest backer and girlfriend, Dionn, had yelled herself hoarse. Wessels next stroked a monster P/R - 628, perfectly. He now had 1598 - a 31 lb. lead going into the DL. Dionn encouraged him by "barking like a seal" from the sidelines. Goggins had a big DL, and looked able to win easily with his ability. Wessels procured 2nd place with 705, and smashed the twenty three hundred barrier - 2303. Next, Goggins ripped up 821, a huge opener. He regained the lead by 85 lbs in one lift. Steve's 2388 was a P/R by 31, and the World's best all-time total. Wessels jumped big to 793 to prove he was capable of such a lift. Good! He had 2392 to top Steve's record. Now, he was ahead! Dionn went ballistic as you can well imagine. Goggins went to 832 - had it up - not passed! With his last lift, he came out steaming and yanked it up decisively. He held it in the finished position unduly long, and asked the referees contemptuously "Good Enuff for you?" His total of 1088.5 kg. was an incredible sum (2399.7313 lbs.) The 2400 barrier had escaped by the skin of it's teeth. Wessels had one lift left. He went for the win - 804.7! It would give him 2403. The crowd roared their support. He set himself, and the barbell started up, then stopped! Not this time. Goggins was the winner with Willie only 3.5 kg. (7.7 lbs) behind him. Wessels stole some thunder by winning the 2nd day's Best Lifter award on Schwartz formula: 1291.2 to 1288.1.

Overshadowed and overlooked by these two supermen was Brad Wagner, who totaled 1890 & took third. If justice had been served, he would be champion. Neither Wessels nor Goggins were low enough on ANY OF THEIR SQUATS. WITH COMPETENT

(article continued on page 100)

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BAN ALL EQUIPMENT

The time has come to eliminate all gear and return sanity to powerlifting, *by Marty Gallagher, 1996 National Masters Champion, 1992 World Masters Champion*



***Doug Furnas** warming up at the 1986 APF Worlds in Hawaii. Marty Gallagher is at far right, talking to Mark Chaillet. (Ed Douglas photo)*

Fifteen years ago my old coach (and world champion) Hugh Cassidy wrote an article entitled "Ban the Squat". In it, the iconoclastic Cassidy postulated that loose judging and (then) newly invented powerlifting equipment had distorted the squat into something other then the benchmark test of leg strength it had always been. Wraps, belts and suits had made a mockery of the "King of Lifts" and, he gravely warned, once the Pandora's box of equipment aided strength was opened, where would it end? "Chain mail suits? Spring devices placed behind knees?" At the time, we laughed it off, "That Hugh ...." we chuckled, " what a prehistoric attitude; take a chill pill coach. It's the 1980's, fer christ sake, powerlifters discover the supersuit and you act like it's some sort of apocalyptic armageddon - relax! The sky is not falling." In 1996 the sky fell on powerlifting.

In 1996, Cassidy's worst fears were confirmed. The wide-spread use of hi-tech equipment has confused the issue of who really is the strongest and lax judging has made it impossible to compare one federation's lifts to another. We are experiencing the powerlifting equivalent of the biblical Tower of Babel. On a personal level, it all came crashing home to me like a head-on impact on the freeway, when, in quick succession, I witnessed a 700 plus pound bench press and several 1000+ squats. The bench was done in a bench shirt so tight that the athlete literally could not get the weight down to his chest to receive the "press" signal. Can you imagine? The technology of the shirt was so restrictive that the lifter was actually unable to lower over one-third of a ton to his chest. What an incredible advantage this technology offers. To add insult to injury; in this particular instance, though (rightfully) no signal was given by the head judge, the lifter nevertheless pushed the weight to arms length. Incredibly, the lift was passed, as the crowd went crazy with glee.

Another tale: an honorable and sincere man recently told me how low and legitimate a recent 1000 pound squat had been. My friend was inadvertently making a profound commentary on the lifting times. That a big-time lift was legal was news. This is one hell of a long way from the prehistoric days of yore when a bad lift that was passed was big news. Nowadays if a record lift is "good", that is news. I had some personal knowledge of this lift and pondered the insider information like a Wall Street bond trader with a hot tip. Should I tell him? In the end, I didn't have the heart to tell him that in addition to groove briefs, a second half-suit, a double-ply reinforced squat suit, and powerbelt that the lifter wore specially made, extra length, wraps. Totally illegal. The federation this fellow lifted in had equipment rules on the books, but had long ago dispensed with equipment checks prior to lifting or upon completion of a national or world record. Rules without enforcement are an invitation to anarchy.

Recent bench shirt innovations have lifters being corseted into shirts like Victorian women in search of 19" waists. These shirts are being sold for over $200.00. Double ply shirts, quite literally twice as effective as single ply "normal" shirts, are available to average lifters. Triple and quadruple versions are being quietly made for the elite. The manufacturers of power-garb are engaging in a hi-tech powerlifting version of the nuclear arms race. In 1996 the equipment has overtaken the lifter in powerlifting - to the point that finance, garb and connections are as important to powerlifting success as raw human strength. Bizarro world has invaded powerlifting. Like Nostradamus, Hugh Cassidy's grave prognostications are now reality; unleashed upon the sport like the seven biblical plagues of aeons passed. Loose judging is the dirty little secret of the sport. We have mile-high squats being passed with brazen impunity. Benches that don't touch and aren't locked-out garner white lights. Lifts that would have been laughed off the platform ten years ago are now being held up as all-time strength feats. It mocks the strength gods and will surely bring the sport to it's knees.

In 1986, in Maui, Hawaii, I helped Doug Furnas ready for his lifting in the inaugural APF world championships. The meet was being held in a community center and the warm-up area was on a concrete back porch. The sun was hot and the tropical breezes blew as we watched world class surfers negotiate 5-footers in Kaanapali Bay. It was perfect. To make things more perfect, I was about to witness Doug Furnas achieve his greatest powerlifting total. Not that he needed much help. Doug stood 5'10" and weighed 275 pounds. He had a clean cut abdominal six-pack with veins all over his delt-pec tie-ins and up and down his massive 32" thighs. Doug sat in a lawn chair dressed in a stretchy bathing suit. He was getting a sun tan as he warmed-up. He yawned a lot, said basically nothing and sipped a Gatorade. His friend Ric, his brother, and I collectively loaded weights, coached, gophered and warmed-up Doug, Ed Coan and the great Mark Chaillet - as good a group as this man has ever worked with. Every ten minutes or so Furnas would ask us to load his warm-up weight. 255, 455, 655 all were dispatched in rock bottom, ass-on-heels, no-big-deal style. Furnas would squat and tan, squat and tan - seemingly more attracted to the crystal breakers and the gulls cavorting on the pristine beach then winning the world title. More into the surfing than squatting.

He asked me to load the bar to 855. That was easy. Four hundred pound plates on each side of a 45 pound bar with two ten-pound collars equate to 855. I went into his gym bag to get his suit and wraps. As I was digging around, I glanced up to the warm-up platform. Doug was positioning himself under the bar. He wore a bathing suit no wraps, a pair of wrestling shoes with untied laces and no spotters. He did wear a powerbelt, his sole concession to the ponderous poundage. Doug unracked the weight, stepped out, set-up like he was walking through a mine field and then squatted the son-of-a-bitch three-inches below parallel, firing back up to fully erect in a milli-second. He re-racked the weight and looked at me holding his suit and wraps, "I hate wearing that shit!" Later that afternoon, wearing that shit: a suit, wraps and a belt, Doug squatted 986 like it was helium filled; literally smiling on his way up "Let me put in for 1035 on a fourth", I pleaded. Doug would not hear of it. He wanted a total. He got his total when he benched 600 and deadlifted 826 for 2400. Later, he did a standing back-flip on the beach. Lord almighty, what an athlete that man was!

In the not too distant past, I saw a man take over 1000 pounds out of a cradle. This cradle dropped the bar directly on the lifters back, thereby allowing the athlete to avoiding the walk-out portion of the squat, a critical portion of the lift since time immemorial. Great men have had to walk weight out. Some have had a hell of a time with walk-outs. All-time great like Hatfield, McCain and Furnas have had terrible battles setting a weight up. The walk-out portion has been am integral part of the squat since the inception of powerlifting. To eliminate the walkout is sacrilege. It makes the lift easier. Squats should not be made easier. If you make some squats easier than others, it eliminates our ability to compare one to another. The lifter who had taken the 1000 pound weight out of the cradle stood cocked at a 45-degree angle; unable to stand erect with the ponderous weight. In prehistoric times, this lifter would never have been given the squat signal. Apparently, the modern head judge is now reduced to figurehead and cheerleader. The 1000 pound head judge timed a perfunctory signal to coincide with the exact release of the cradle. No pause or insistence that the lifter demonstrate control before being allowed to continue - control, apparently was just another quaint and antiquated notion. Another intrinsic ingredient of the squat discarded into the trash, like yesterday's newspapers.

The lifter dropped and stopped at a point three full inches above parallel. He paused and began to ascend. When he reached the previous start position - bent over, unable to achieve uprightness - the referee quickly called "rack it" and the six spotters grabbed lifter and weight before calamity ensued. Three white lights. What equipment did he wear to accomplish this magnificent feat? The lifter wore a set of custom made groove briefs, then a "half-suit" (suit without straps) was placed over the briefs. Over top came the double ply squat suit. The material was over one-quarter inch thick with double stitched seams and patches at key locations. He wore a huge powerlifting belt and had extra-length wraps. Without equipment, this man would be hard pressed to legally squat 700 pounds. With it, he had just exceeded Doug Furnas' world record.

Powergear and loose judging threaten powerlifting's existence and should be eliminated. No suits, no shirts, no groove briefs, no half suits, no wraps. Maybe a belt. Maybe not. Judges need to be strict. Standards revisited and re-established. A Jihad is a religious holy war. In powerlifting we need a Jihad, a holy war against equipment and slack refereeing, lest it devour us, corrupt us and turn us one against each other as we either impugn or defend the integrity of lifts. This Jihad would require us, as athletes, to face each other fairly, evenly and on a level playing field - as it once was. If we get the equipment out of powerlifting and the strictness back into the judging, we will return the sport to a fundamental purity that it has lost. This commitment is philosophical in nature and will require great ego sacrifice on the part of the lifters. In terms of sheer poundage, we won't be as strong. Make no mistake about it, to go equipment free is to handle far less poundage. Strength is a greedy mistress, as scribe Bill Starr once observed; and part of the greed relates to a mindset that decrees that being able to squat 500 pounds (with equipment) is far better then "only" being able to negotiate 400 (without). Equipment manufacturers pander to and exploit this mass psychosis, this psychological delusion, this faulty logic that allows our egos to proclaim that heavier is necessarily better, even if heavier is artificial. It is not

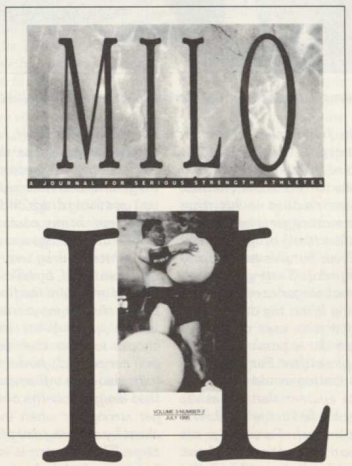
Lifters intuitively know that something is amiss in the sport. It can be corrected, but will require a grassroots ground-swell on the part of the nameless, faceless, rank-and-file that make-up the bulk of every organization. There is a collective outrage bubbling just below the surface, a revulsion at the direction the sport has taken. Sophisticated powergear and incompetent judging emasculates the sport and makes powerlifting a laughing-stock in the greater athletic community. Time for a revolution by the masses. The voting members of a federation ultimately control that federation. The membership of each of the respective organizations can simply vote the equipment out of their federations and legislate tight judging back in. Simple as that. Gather the concerned, coordinate the politics, get a motion on the floor and legislate the equipment out of the sport. Seize control of your federation of choice. Contact your friends and allies. You will be amazed at the consensus. Toss this crap. Crank it back and tighten it up. Restore some integrity and commonalities; or before you know it, an athlete will need $1,000 in equipment to compete and be competitive. Are we truly interested in determining whom amongst us is the strongest? Do we really want economics to partially determine who is the strongest? Is the strongest to be determined by who can afford a $225 shirt or has the connections to get illegal-length wraps?

Beware those who use the "equipment is protection" argument. This old faulty line has been with us since Christ was a carpenter and is as false and retarded now as it was way back when it was first offered up. Equipment is not meant to mask pain or reduce the chance of injury. The use of equipment increases the chance of injury because of the increased poundage it allows the lifter to lift. It is illogical to say that wraps allow you to squat 400 safely. If your body cannot handle a poundage safely, you have no business lifting that poundage. Period. If through the use of equipment you can suddenly handle this heretofore unsafe poundage, then friend, you are in serious jeopardy. If equipment strictly prevented injury and did nothing to increase the gross poundage handled, you would see equipment disappear from the sport overnight.

Let us be honest. We like equipment because it allows us to handle more and more poundage. There is (apparently) far more ego satisfaction to be derived from handling 600 with equipment then 500 without. We need to turn our back on such reasoning. My old coach concluded his extortions in "Ban the Squat" with a simple premise; either eliminate the equipment from the squat or eliminate the squat from the sport. Of course, the bench shirt had not been invented when Hugh penned the piece. Had it been I'm sure he would have included this diabolical invention in his vitriolic opine. In 1996 the choice seems to be all the more imperative. Either ban the equipment from the sport and tighten up the judging or watch as the sport perishes.

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INTERVIEW

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

Robert Wagner, Pt. II

interviewed for PL USA by Stephan Korte

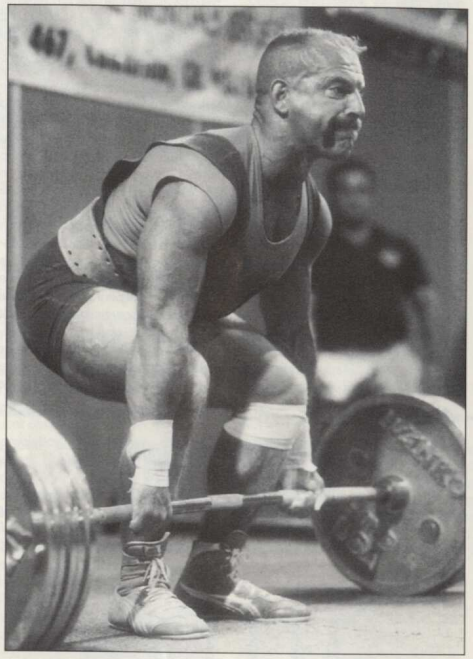
During my recent vacation in the United States, I got the chance to talk to Robert Wagner again. He's recovered from last year's injuries and preparing for the 1996 U.S.P.F. Senior Nationals in his hometown of Philadelphia. Five months ago I had interviewed him for *PL USA* and the first interview was mainly about coaching and training strategies. This time I got a deeper look inside Rob's thoughts about powerlifting in general. Here is what he has to say.

SK: Besides regular equipment - what's your opinion about double ply shirts, suits, etc.?

RW: *There is obviously a market for these items or you wouldn't see the proliferation of use as we now have. I feel the use of this equipment provides a quick fix for a lifter that may have a deficiency in one of the lifts. Personally, I am in favor of the raw approach and feel that the equipment in terms of canvas and denim or double ply situations is taking it a little too far. I don't blame lifters for using the equipment, but I do think the organizations need to draw a line between the gear being supportive/preventative to injury and it being totally advantageous in terms of increasing leverages of the lifter. When lifters are able to extend their lifts by 50 - 100 lbs. or more, and it is totally related to the equipment, we need to ask ourselves - are we promoting physical strength or leverage advantaged fashion design. The lifting organizations also need to address whether the purpose of allowing this type of equipment serves the lifter or serves that organization's record books.*

SK: Please tell us your views on steroid use!

RW: *For me this has always been a complex matter. The drug user in this sport does not have a typical profile. It seems that the population of steroid users is no different than the population of users of recreational drugs or alcohol. The range extends from the occasional/limited users to the abusers. We very rarely hear about any but the abusers especially those that have abused to the point of death. I totally support testing and feel it is required in the sport, but it has been a factor in fragmenting lifting in this country. Testing for steroids has chased the abusers away and has made the occasional/limited user more creative in his drug use. The more aggressive the testing, the less likely drug users will be involved, but this is obviously not foolproof. Testing has created three categories of lifter; the drug using lifter, the drug tested lifter (one who uses and stops usage in order to pass a test), and the drug free lifter. For those who thought testing would stop drug use, it is evident that it hasn't, and I think it has actually taken it to a new level. Personally, on more than one occasion, I have been on the losing side of the drug game. As a lifter, I chose not to participate in the use of steroids. In my early years it was a tough loss when the guy that beat you was using drugs and you were drug free. In my case, the decision to avoid drugs was driven by the ethics of drug use. To me it was cheating. I, by no means, run around and point the finger, since I have chosen my own approach to the sport. What individuals choose to do is their business. I am concerned, however, when individuals are influenced to think that drug use is the only way to get strong, or when individuals cheat by entering drug free situations. This concern is even more heightened when I see this situation hitting the young lifters. In addition to being educated (not provided with scare tactics) about drugs, our younger lifters need to be educated about how to train naturally.*



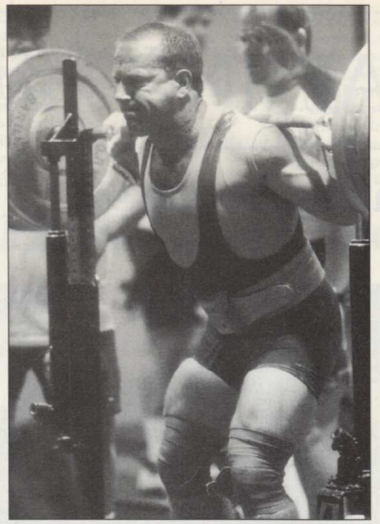
An Accomplished Student of Strength, *Rob is going for his doctorate*

SK: As a lifter in both the USPF and ADFPA under drug tested conditions - are there any differences in drug testing and what do you think about that?

RW: *The types of testing that are carried out by both are similar with the exception of the polygraph and affect two of the three categories of lifter that I mentioned earlier. The USPF testing approach (urinalysis) and the ADFPA (polygraph & urinalysis) are different in their applications. My experiences with the USPF on the national level has been positive. The USPF is very efficient at monitoring the athlete during the sample collection process. Their selection of a testing population is usually the top 3 lifters at the national level. I am not aware of any out of meet testing for the USPF. The ADFPA national level is not quite as efficient when it comes to the urinalysis. They do not segregate the testees at the end of the meet. The sample collection process is not as well monitored (they don't always watch you urinate) in the testing area. They are efficient at selecting a respective testing population. The use of the polygraph, regardless of its deficiencies, does a great job of testing (over a time span) and at least is putting pressure on individuals to prove their drug free status. They also do have an out of meet testing format which I think is great. The use of the polygraph and out of meet testing has placed limits on the number of drug tested lifters that enter their meets. The drug free lifter does have somewhat of a haven in that organization. I feel that both organizations can improve the procedural parts of the testing by paying attention to these areas.*

SK: What do you think about organizations not using the standard powerlifting rules to judge their meets and the astronomical records that are posted at these meets?

RW: *This is a hot topic in the US right now, but I think people need to remember one thing. The greater the differences between rules and regulations the more confused the viewing public will become. Rules differences in this country range from the attire of the lifter to the technical aspects of lift performance. If you plan to gain popularity, you don't do it by confusing everyone, unless you're a politician. The standard Joe who sees two different organizations' meets in the same month may not see the same rules enforced and will view the sport as unorganized. People love to see others lifter heavy objects, just like they like to see people fist fight. The sport has the ability to draw the crowds, but if it's confusing, they will not watch! As far as the records are concerned, I believe this lends even more credit to the confusion factor. It reminds me of the strongman at the carnival telling you he's the strongest in the world because he can rip a phone book in half. I still don't believe him.*



The Man Can Move Some Major Weight *in the squat*

SK: With all the different federations (A.P.F., U.S.P.F., N.A.S.A., I.P.A., A.D.F.P.A., etc.) what do you see in the future of powerlifting?

RW: *The fragmentation of powerlifting in the states is at it's highest levels ever. Currently, there are at least ten organizations (national, not international) operating at this time. It seems that the birth of new organizations start when other organizations change or don't change their policies. My view on this fragmentation is that it is bad for the sport due to the confusion that it creates for the fan or media. But, it is obvious that the multiple organizations do serve a need here in the states, otherwise they wouldn't still be operating. The choices offered to the lifter have probably drawn more athletes into the sport than we would have had if there was only one organization. Basically, these organizations provide lifters with a variety of lifting choices. One example of this is drug testing. If you refer to the three categories of lifters I mentioned earlier, you can see that each one of these lifting types can only fit into certain organizations based solely on that one factor. Now take into account the various aspects of lifting attire, weight classes, age categories, professional/military categories, lifting performances and technical rules and you can see why there are many organizations. With all these factors floating around how would you explain powerlifting to a journalist without getting them confused.*

The future success of the sport depends upon two things; the involvement of the sports media and the development of our young lifters. The view of the sports media in this country and how they treat a non-Olympic, non-varsity intercollegiate amateur sport is of major importance. As long as the sport is not recognized by the USOC or the NCAA it will probably stay in the background as far as sports journalists are concerned. The best bet is to push the sport at the collegiate level (NCAA) and present it as a male and female sport. In this age of gender equity (Title IX), powerlifting would meet the balance the NCAA is looking for. The financial sponsorship would be another question, but it could be introduced as a self-supporting sport. This is what many of the current powerlifting clubs are doing now anyway. This would also address our young lifters by giving them a reason to stay in the sport through college. The future may even see financial assistance to these student-athletes.

SK: Do you think there's a chance for powerlifting to be an Olympic sport?

RW: *I terms of recognition related to the USOC or IOC, folks have to be realistic. To these two organizations there are several negatives when it comes to recognizing powerlifting as an Olympic sport.*

1. It introduces another lifting sport with an additional 66 medals (male & female - 11 wt. classes).

2. Olympic lifting has its own image problem and is not looking for competition.

3. The dirty reputation of lifting events (drug use).

4. Time/Length of the event (3 lifts PL vs. 2 lifts WL)

5. Supportive gear. Even with the recent rule changes in weightlifting, the only equipment rules involve the use of gloves and the use of a longer leg length on singlets. Basically, they wear singlets and a belt. The use of knee wraps is allowed, but most world class lifters do not use them. To an outsider, the supportive gear looks like too much of an aid and it appears that the lifter relies totally on it. Remember that the Olympics was founded upon athleticism - they want to see a level playing field, athlete vs. athlete or athlete vs. the elements, with as little external aids as possible.

Even with these aside, the biggest hurdle will be to get into the Olympics before women's weightlifting gets in. That's right, powerlifting is standing in line behind female Olympic lifting. From conversations I've had with USWF officials they are hoping the women will get in before the end of the century. Keep in mind the USWF has a better lobbying position than any powerlifting organization in this country. I'm sorry to paint such a dark picture, but we need to look at this situation realistically. The Olympic dream may one day be there for a powerlifter, but we have some obstacles to get over.

SK: In 1995, you competed in Germany for the powerlifting Bundesleague. Are there any differences between meets in the States and in Germany?

RW: *The major difference is that the fans were very involved with the lifting on the platform. They knew when to cheer and when to be quiet. It was also great to see a whole town turn out to see an event. There is no TV competition in Germany (this is when the mullets sit at home and watch pro wrestling instead of seeing an amateur sporting event) as we have in this country. With no pro football, baseball, basketball and hockey in Germany, the fan has an appreciation for the amateur athlete. They also seem to be more athletically inclined than folks in the States. To date, the two Germany trips were the best lifting experiences I have had in the sport.*

SK: Any final comments?

RW: *It has always amazed me that the first question someone asks another lifter or athlete is: how much do you bench? What a great way to segue into explaining powerlifting as a sport. The confusion that we have created in the sport has limited the acceptance of our sport as legitimate. I think the unification of rules in the sport and not the organizations is a step in solving this problem. Unfortunately, this won't happen if the organizations can't sit down and come to some common ground. I am saddened by the fact that the situation of fragmentation is still expanding and the media promotion of the sport only occurs in small pockets around the country. A small approach will give you a small product.*

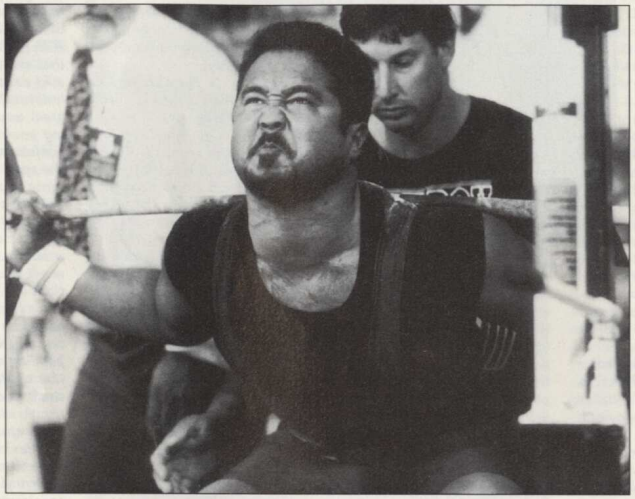
Personally, powerlifting has been a great experience for me. Both my vocation as a strength coach and the pursuit of my doctoral degree in Exercise Physiology are related to my athletic pursuits. Strength and the training to develop it are a big part of my life. This has given me a great opportunity to view lifting from many angles, not just the physical part. It has also made me realize that we have a great sport that people can relate to. I used to think that bodybuilding had cornered the market on the fitness craze, but it is losing ground. Strength plays a huge role in our daily lives and can greatly enhance your life, especially as you advance in age. As more physicians start to direct their middle aged patients into gyms, their prescriptions will be for the development of strength, not 20" biceps. We should be taking advantage of this instead of arguing whether Kevlar bench shirts will be allowed. Tell a friend about the sport and its positive aspect and get involved in the political aspects of your organization. As a lifter, it becomes the first step in making the sport better.

TRAINING

Rest Pause Revisited

as told to Powerlifting USA by Doug Daniels

Most experts will agree that if a lifter can increase the intensity of a workout, more gains should result. There are many methods to achieve higher training intensity; among them is the 'rest pause' system. Simply put, the rest pause system requires a lifter to perform one or more reps of an exercise, take a short rest or pause, then immediately resume the set. This could include taking additional rest pauses and repeating this process until the total set is completed. The sets between pauses can be called 'sub-sets'. The duration of the short pause would be long enough for the lifter to sufficiently recover to get more reps in, yet short enough to trick the body into thinking it's still the same set. The more time for recovery, the more strength the lifter would regain for the next subset, but if the pauses are too long, it would result in separate sets with no substantial increase in intensity.



Now that's Intensity!!... *Grant Higa with an A.A.U. Record 749 squat at the Men's Nationals*

The rest pause system is not new. A few years back, *Mr. Universe* Mike Mentzer, popularized it. Mike claimed spectacular results with extremely short workouts using rest pause. Mike's workouts were so intense that the time involved in his workouts had to be short, because he could not recover from long workouts of high volumes of rest pause sets. Few could argue with the results this short, intensive workout brought him.

Before you think that you can gain by performing 1-3 reps, taking a break, and doing 1-3 more, hold on. These 1-3 reps must be with a weight that you can only do 1-4 reps with good form. The concept behind rest pause is that the majority of muscular growth comes from maximal or near maximal reps. If we were to make all or most of the reps of a set maximal, this would be the most intense set possible. The rest pause between reps would give the lifter just enough energy to perform more work at this intensity level, and so on.

How can the average lifter incorporate rest pause principles within a more normal training regime and still increase training intensity and results?

Let's use the bench press as an example. After warming up, the lifter would normally perform his top set of 300 for 5 reps to failure. Of the 5 reps, only the fifth rep would be a maximal effort and produce the greatest results of all the reps combined. Using a modified version of the rest pause, that same lifter would take 315 and get 3 reps, with the third being a max effort. A rest pause of 20 seconds would be taken and the lifter would resume the set and get another 1-2 reps. That would be at least one extra 'maximal' rep with about the same total reps of the 300 for 5, but with 15 pounds more per rep. Here is an obvious example of an increase in intensity without hard-core use of the rest pause system.

You can adjust the period between sub-sets within that 5-30 second range. Endeavor to keep it below 30. Much more than that and you cross that fine line between a rest pause set and separate sets. Experience will be your final guide in the long run. You can also increase the reps done per rest pause sub-set if you do not want to go that heavy. Another twist would be to lower the weight on each successive sub-set. This would enable the lifter to keep the reps in the sub-set higher and allow better form as the lifter tires. The lifter above could take his second sub-set with 300, instead of 315, and get 2-3 reps. A further weight reduction of 15 pounds or so could be taken and a third sub-set could be attempted.

Let's look at some examples on how a normal set can be modified to become a rest pause set:

A normal 200 x 8 (max) could be done as a rest pause - 210 x max (5-6) rest 10-30 seconds; 200 x max (2-5) rest 10-30 seconds; 180 x max (2-5) rest 10-30 seconds – or – 200 x max (8) rest 10-30 seconds; 200 x max (3-4) rest 10-30 seconds; 200 x max (1-2) rest 10-30 seconds – or – 300 x 1, 300 x 1, 300 x 1, 315 x 1 rest 10-30 seconds; 305 x 1 rest 10-30 seconds; 290 x 1 rest 10-30 seconds

The weight reduction method is preferable, but it may require workout partners to change the weights on the barbell or dumbbell within the short rest pause period. On selectorized weight machines, the lifter can usually change the weight himself quickly and safely. The actual weight reduction you chose depends on how many reps you wish to be able to do on succeeding subsets. The greater the weight reduction, the more reps you will be able to do. Experimentation and common sense are your best guides here.

This system can work with just about any exercise. The lifter must remember to not go overboard using the rest pause system. This will eventually result in overtraining and may lead to an injury. Depending on your age and recuperative abilities, you may want to limit using the rest pause system to once weekly for a 4-6 week period. After this, you can resume your normal training practices, hopefully with an increase in both muscular size and strength. I would also recommend only 1-2 sets per body part using rest pause. Any more than that and you will not recuperate. Besides, if you have the energy or desire to do more, you did not go hard enough on your rest pause sets.

Some final notes. Warm-up as usual, treating your rest pause sets as the top or heavy sets. Put the weight down between sub-sets. Rest between complete rest pause sets is up to you. I would recommend 3-5 minutes. These are mass, strength building sets and you will need more energy to get the most out of your rest pause sets.

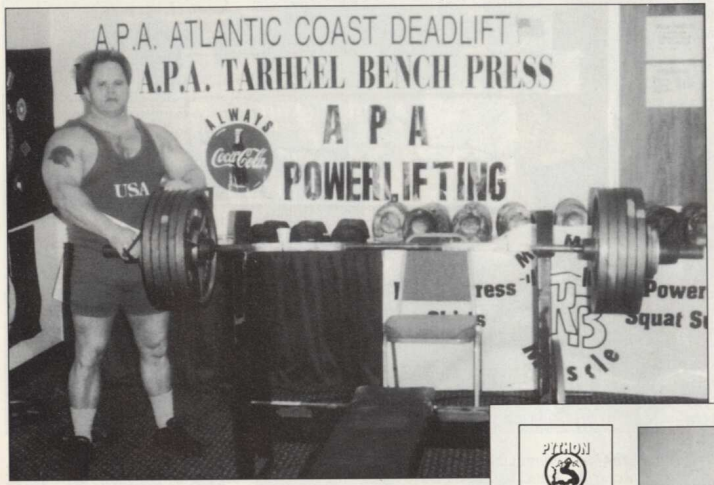
I strongly recommend spotters for your rest pause sets, especially for exercises like bench, squats, overhead presses, etc. You can reach muscular failure on a sub-set at any time and having an alert spotter present can save you from injury. That type of rest pause from training is undesirable.

Rest pause can be used by lifters interested in both size and strength gains. Whenever you feel you may need an increase in intensity, this modified rest pause system can be called upon to provide it. The saying 'the pause that refreshes' can also mean 'the pause that gets results'.

WORKOUT of the Month

A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a top Powerlifting authority. Each month, a different lift is analyzed. For those of different strength levels than the starting poundage specified, simply increase or decrease the training weights in direct proportion. For example, if your lift is 400, and a starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600, multiply the poundages specified by 1.2 (600 divided by 500)

Danny McMillan's Bench Press Routine



Danny McMillan's Personal Record Bench Press *was achieved on February 10, 1996 at the APA Tarheel Bench Press Championships in Charlotte, North Carolina, where he established 3 WPA World Records (220 drug free, 220 drug free 40-44, 220 40-44 non-tested) with a lift of 550 lbs., at age 43, after coming back from a pec tear*

Hello, my name is Danny McMillan, a 43 year old master lifter. I have been competing in the bench press since 1983. Since then, I have been fortunate enough to compete in state, national and world meets, having 29 records in all three levels.

The routine below is the same one that I used to set and break the records with. The routine is very basic, easy to understand, and not fancy. It just takes hard work and determination. This routine works for me. My last APA World record was 550 lbs.

My workout schedule is on Tuesdays and Fridays. I find it too difficult for master lifters to lift much more than two or three days a week. If you are working hard and heavy, then two or three days is plenty. The key to competing and winning is rest. Two weeks out from a contest, I leave off all assistance work and save that strength for the meet.

When weights begin to feel light, I increase the load five to ten pounds, and start the routine over. Remember to keep assistance work as heavy as possible. I have been using this routine since 1992. Remember, it is consistent hard work which gives an individual strength. One can expect a 15 to 25 pound gain per year as a result of this workout.

This routine is for the lifter to increase his or her 400 lb. max. Be sure to warm up before each workout and to cool down after each exercise bout.

On Tuesdays: **Week 1:** 115x8, 185x8, 230x3, 260x3, 310x6x2, 315x2. **Week 2:** 115x8, 185x8, 230x3, 260x3, 315x5x2, 335x2. **Week 3:** 115x8, 185x8, 230x3, 260x3, 325x4x2, 340x2. **Week 4:** 115x8, 185x8, 230x3, 260x3, 335x3x2, 350x2. **Week 5:** 115x8, 185x8, 235x3, 280x2, 340x2x2, 355x2. **Week 6:** 115x8, 185x8, 235x3, 280x2, 350x2x2, 365x2. **Week 7:** 115x8, 185x8, 235x3, 280x2, 335x1, 355x2x2, 370x2. **Week 8:** 115x8, 185x8, 235x3, 280x2, 335x1, 365x2x2, 380x2.

Assistance work on Tuesdays: **Chest** - Flat Dumbbell Presses; 100x6x3. **Back** - Front Put Downs; 130x8, 150x8, 160x8, 170x8. Bent Over Dumbbell roles: 85x6x3. Seated Lat Pulls: 170x6x3.

On Fridays: Triceps Close Grip Bench: 290x6x3. Triceps Push Down: 120x6x3. Seated Tricep Extensions: 45x6x3. Seated Military press: 190x6x3. Front Plate Raises: 85x6x3. Side Laterals: 30x6x3.

Contest: 400, 420, 430.

Please feel free to call if you have any questions. You can call me at (704) 867-6013.

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SUPER TEAM

Last year's ADFPA Nationals brought the Pro-Titan Team 8 Golds and 2 Outstanding Lifters. As we approached the '96 ADFPA Nationals, the team knew it would be a task to repeat, or top, last year's performance, but, as you may know, we came out with 11 Golds and 2 Outstanding Lifter Awards. 2 key reasons for our team's success were (1) our team members, and (2) our sponsors.

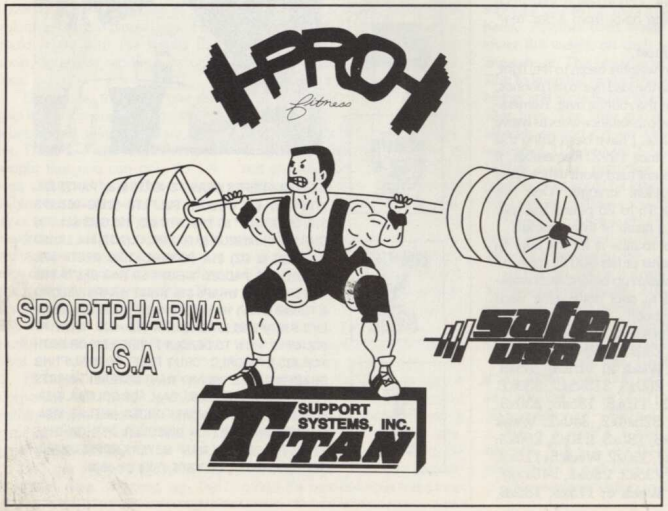
(1) Our team members are not the best that the ADFPA can offer, but some of the best it has to offer. We believe in lifting hard and playing hard. That is why all the team members stay in contact all year round. Friendships are forged with the team. 4 members, including myself, even date back to the 1st WDFPF Worlds in England and were members of the legendary Samson Powerlifting Team of the mid-Eighties. The team has a support crew of several hundred powerlifters, covering the 4 corners of the U.S., and as far as Hawaii. Whether it be training at Pro Fitness in the Northeast, 5 Guys Gym in the Southeast, UNLV in the West, Pacific Powerlifting in the Northwest, or The Gym in Hawaii, there will always be a place to lift and play.

(2) This year's newly formed team, Titan - Safe - Pro - Sport Pharma is the birth of "Team Powerlifting". Our sponsors covered the basics of our sport: facility, equipment, and nutrition.

PRO - provided uniforms and a top notch training facility in the Northeast for our team. Our gym team has 60 registered ADFPA members and is growing in its first year of inception. Our technical advisor, Bill "Red Light" Clayton and coaches Jerry Daly, Kevin Farley, Eric Grosbeck, and Anthony Rivano did a great job of handling the lifters. Thanks go to owner Joe Morreale for his commitment to drug free powerlifting. Joe - don't worry - the team won't wreck the shore house.



***THE TEAM**... posing at the '96 ADFPA Men's Nationals: bottom row, left to right - Ray Benemerito, Joe McAuliffe, Anthony Conyers, Dave Weiss, Brad Olson; top row, left to right - James Benemerito, Bull Stewart, Beau Moore (obscured), unidentified, Bill Clayton, unidentified, James Morton, unidentified, Martin Beavers, obscured, Willie Austin. These guys have taken team sponsorship to a new level, with lifting gear, nutritional supplements, and training facilities paid for by sponsors.*



TITAN/SAFE: When you talk about equipment in powerlifting, there is no better combination. From suits to wraps, shoes to belts, Pete & Scott take care of it all. Believe me, blowing suits and shoes gets to be expensive. To Pete Alaniz, thanks for all the support and to Scott Safe... it's gotta be the shoes. Welcome to the team!

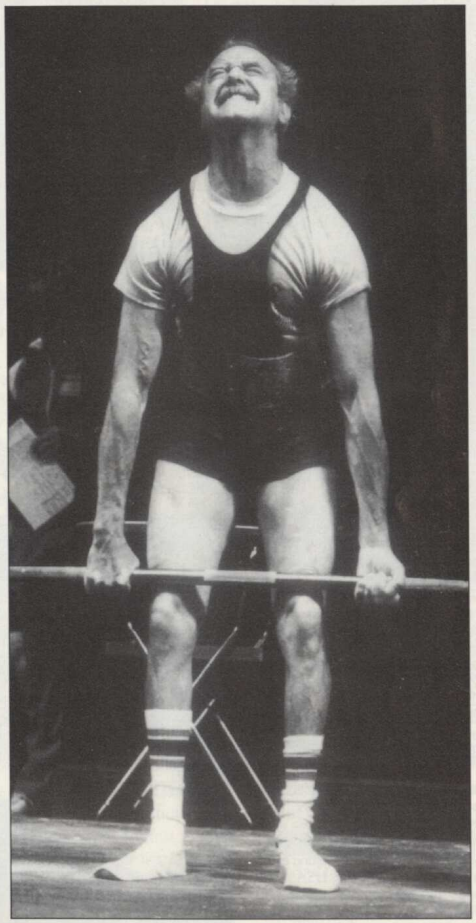
SPORT PHARMA - nutrition and supplementation plays a big part in drug free training. That is where SPORT PHARMA products from OKG, Creatine, Vanadyl Sulfate... made the difference. The guys got so big and strong in the off season, we all had a hard time making weight. Next year, you'll see a lot of us moving up a class. Thanks to Mike Fulton, who started us off - Good Luck. Special thanks to Mike Walls for his belief in drug free Powerlifting.

When you tally up the price tag for a team and a full year's training, it easily exceeds $50,000. Thanks again to all our sponsors. Next year we hope to add more sponsorship packages to the team, and maybe surpass the $100,000 mark. If anyone is interested in the team sponsorship package, you can contact me at Pro Fitness, 201-627-9156. *Ray Benemerito*

INTERVIEW

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

FRED GLASS *interviewed for PL USA by Bob Gaynor*



***Fred Glass** has been an exceptional drug free deadlifter for years.*

BG: Fred, could you give us some background on yourself and how you got started in weight training?

***FG:** I am 5'5" tall and weigh around 133 lbs. I am a great grandfather with six grandchildren. I came out of the Air Force in 1959 at 107 lbs., and stayed at that weight until 1963. At that time, I was influenced by some people who convinced me that weight training could build size and strength. In 1964, I entered my first contest in Easton, PA, and took 2nd place at a weight of 117 lbs.*

BG: Who and what influenced you?

***FG:** A large factor in my early career was a gentleman named Tom Snelgrove, an influential meet director. In 1969, at 121 lbs. I attempted a 485 lb. deadlift. IRON MAN Magazine ran the picture. An even bigger thrill for me was competing in the early '80s for the A.D.F.P.A. on the same platform as my son, David. He was not only a good lifter, known for his deadlift, but also a good official.*

BG: How did you get started with the A.D.F.P.A.?

***FG:** In 1983, at the first A.D.F.P.A. Nationals in Allentown, PA, I met Brother Bennet, the founding father of the A.D.F.P.A. I was very impressed with the competition, and with the organization. I have been involved with the A.D.F.P.A. since that time.*

BG: What are your future goals in powerlifting?

***FG:** I would like to become a "great lifter", and be competitive in the Open, as well as the Masters Division. I have achieved some of my original goals, which included placing in both the Jr. and Sr. Nationals. An individual goal which I still hope to achieve is to deadlift 500 lbs.*

BG: Fred, what are your best lifts?

***FG:** I will state my best competitive lifts: Squat 380, Bench Press without a shirt 195, and a 461 deadlift. My best total is 1003.*

BG: What are your views on nutrition?

***FG:** I try to follow a good balanced diet. I consume lots of fruits and vegetables. I also use protein powders, amino acids and vitamins and minerals. I have recently begun using creatine, which seems to be generating good results. Occasionally, I will eat my share of junk, but between training and working I burn it off.*

BG: What are some of the titles you have won?

***FG:** I have competed in many organizations over the years. I have won fifteen (15) National titles, five (5) World Championships, and I have set thirteen (13) World Records. I have competed in over 175 contests. I have been a National Official since 1965, and have judged 400 and 500 contests.*

BG: What advice can you give new lifters?

***FG:** For newer lifters, the biggest competition is yourself. Do not be afraid of losing. Do your best and enjoy the competition. Despite genetics and a killer schedule, Fred has won Best Lifter at the WPC World Masters in Italy. So his advice to younger lifters is to work hard. Stay with it, because you never know where it could take you. After competing, take a week off from the gym. Listen to your body. If you are hurt, back off or let yourself heal.*

BG: Who are some of the people you admire in powerlifting?

***FG:** The man or woman who walks to the platform for the first time to compete. Meet directors such as Bob and Geri Gaynor and Tom Giordani. Officials such as Brother Bennet, Ned and Mary Cramer, Mr. and Mrs. Haley. Spotters and loaders.*

BG: Fred, give us a breakdown of your training.

***FG:** My in season training is as follows: I use a ten to twelve week cycle. I start with lighter weights and higher reps. I increase the weight and try to maintain the reps. I will continue this pattern until ten to fourteen days before the competition. I then decide the intensity. I feel rest is very important. Your previous training should condition you for the meet. You will not get any stronger in the last week. I do stretching and light weights for the last few days. This program works well for me. In training I have done 400 lbs. for ten reps, and I have done thirty reps with double the weight.*

BG: What are your views on drug testing?

***FG:** Drug usage is a personal choice. I chose not to use them. I think the A.D.F.P.A. does a better job than any organization. The A.D.F.P.A. tests at every contest, and suspension are handed out. By doing out of meet testing, we would do an even better job.*

BG: Fred, is there anything you would like to add?

***FG:** I would like to thank everyone who has helped me along the way. I would like to thank Bob and Geri Gaynor and Mike Lambert for their support.*

POW!ER SCENE

Well, it's the middle of summer, or thereabouts. Does that mean more time in the gym, or less? Or doesn't it matter? Kids home from school, light 'til real late, nice warm weather, barbecues - lots of excuses to keep you dedicated powerlifters away from the iron. Perhaps the best excuse is summer vacation and you're planning a trip. That will probably keep you out of the gym.

One man who's always taking trips, but not for vacation, is globetrotting USPF President, Peter Thorne. Peter gets to every USPF National Championship, including a number of other meets in the U.S., and numerous competitions and meetings overseas. He was in our nation's capitol for meetings with some U.S. Senators, which included Colorado's Senator Ben Nighthorse Campbell. Here Peter was promoting powerlifting as a sport for Native Americans. Peter has also been putting efforts into meeting with the President's Council of Physical Fitness.

Recently, Peter returned from Germany and the giant FIBO show,

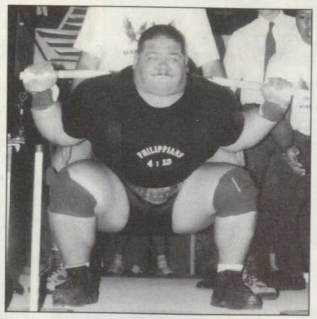


***Axel Schulz**, German heavyweight boxing champion, seen here with U.S.P.F. President PeterT horne.*

with James Henderson and Shane Hamman. Next, he's off to Philadelphia at the end of July for the USPF Senior Nationals.

Rob Keller is Meet Director for this year's contest, and it looks like he's done a great job. The Philadelphia Airport Marriott is not only a choice site for the lifting, but a very nice hotel in which to stay. It's right by the airport, hence it's name - and it's right off the I-95 highway, so it's easy to get to. Lots of major lifters coupled with some very serious squatting should make it a great event to attend.

Last year, Kirk Karwoski blasted



***Shane Hamman** at the '94 Seniors (Wagner)*

a 1003 lb. squat at the 1995 USPF's. Earlier this year, Shane Hamman went where no IPF lifter had gone before; he hit a 1008 lb. squat at the USPF Jr. Nationals. They'll both be in Philadelphia aiming at even bigger numbers. Ed Coan is thinking about that weight class jump to 242, and he might post some unbelievable numbers if he's on.

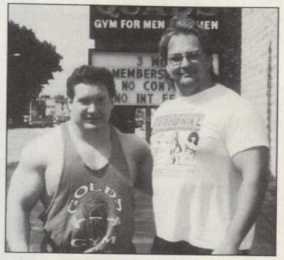
Lots of other great lifters will be doing their thing! If you're in the area between July 25-28, then check it out. If you've got questions, you can contact Rob Keller at (215)542-4941. Good luck and good lifting to all the competitors!

In another part of Pennsylvania, Pittsburgh's Jamie Harris will be gearing up to enter the ranks of meet directing. Big Jamie is looking towards late October, possibly the 26th, for a big IPA bench meet in the town of Charleroi. Jamie is plans to not only lift in it, but will go after Anthony Clark's world record. Stay tuned!

For those of you who crave the latest scoop on meet results, and other powerlifting news and events...I'm speaking to those who need the info fix as soon as possible, even sooner than waiting each month for *Powerlifting USA* to hit your mailbox or your newsstand! Well, there is a solution. *Powerlifting USA* puts out the *POWER HOTLINE* twice a month complete with flash reports and news of our favorite sport.

POWER HOTLINE is mailed first class, and runs at a very reasonable $28 per year, (24 issues) for U.S. Subscribers. Satisfy your unquenchable hunger for up to date PL info. Try it out!

Bert, "The world's strongest and coolest photographer" Wagner, sent us this shot of IFBB professional bodybuilder Rob Mello after he had just completed his first powerlifting meet. Rob pulled a solid 1690 in the 220 lb. class, and could probably soar a lot higher with more training and more competitive experience.



***Ed Coan** and Bert Wagner at Quads Gym*

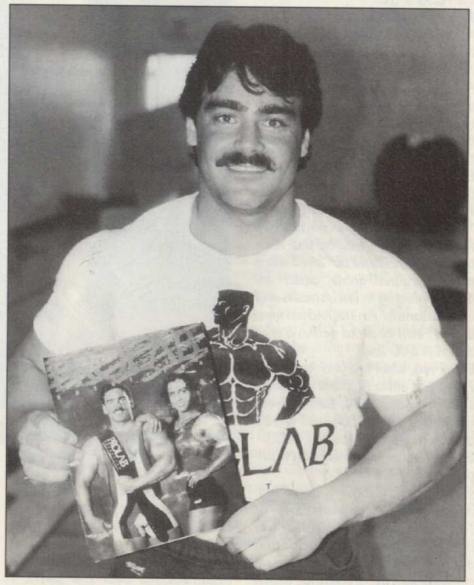
With all the time spent in the gym pumping iron, and the many hours dedicated to planning workouts, including a cardiovascular regimen, it's amazing how some lifters find the time to do it all! With all of the energy and money that's spent on supplements, powerlifters and bodybuilders have a lot in common. Why, then, don't more powerlifters incorporate bodybuilding into their training, and vice versa? Out here in LA., there is some crossover. Mike O'Hearn, for example, has won natural bodybuilding contests on a national level, and is a California state ADFPA champ.

Nationwide, though, it seems only the women do both bodybuilding and powerlifting. Bev Francis, who was the world champ in powerlifting, switched to bodybuilding, and came in 2nd at the Ms. Olympia. Rachel Mathias has won titles in both sports. Paula Suzuki benched 352 at 148, and then won a national level bodybuilding title.

C'mon guys, let's get it together here! There's nothing wrong with a little physique building, too, especially now that it's summertime. So drop that jelly donut and get back in the gym.

That's it until next month. Stay strong, and we'll see you on video.

NED LOW



***Rob Mello** has made his powerlifting debut. (Bert Wagner photo)*

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TRAINING

Specializing in the Deadlift

as told by Louie Simmons, Westside Barbell Club



Vanessa Schwenker *doing dead-stop squats utilizing the Safety Squat bar*

Remember in your youth when you wanted to play football? You soon found out that to excel at football, most of the practice had to be done without the ball. A good coach knows that you can't just give a ball player a football to make him good. Rather, he must do countless drills without the ball to raise his performance.

The deadlift is just another example of this principle. There isn't a ball player in pro sports that can play at a high level without special drills.

Even great deadlifters have to do rack pulls or pulls off boxes. Those better built to deadlift, i.e. long arms, short torso, fairly long legs, don't need to do as much assistance work because of good body mechanics.

I was not blessed with great leverage for deadlifting yet did fairly well: 670 at 181, 710 at 198, and 722 at 220. I was going nowhere fast until I read an article by Bill Starr. He had a program that was designed to increase the deadlift by not doing the lift in the usual manner. This, along with learning the conjugate method of training used by the Russians, was and still is the foundation of my training philosophy.

To increase the deadlift, you must gain strength in the legs, back, abs, and glutes, as well as address all aspects of strength: explosive, accelerating, and, of course, absolute strength.

For building muscular strength, we do a wide variety of good mornings and special squats with different bars. We do one major bar squat or good morning for a 2 or 3 week period. Then we switch to a different exercise, usually going from a squat to a good morning. After switching for 8-10 weeks, we will test ourselves on rack pulls, where the plates are 6, 4, or 2 inches off the floor. By doing this, we can gauge our progress to determine what exercise to use to strengthen our weaknesses.

The following is a list of special squats we implement in our training. All of these exercises will also build the squat.

Kneeling Squat. Put pads under your knees and set your bar on "J" hooks low enough to rack it on the back while kneeling. With your feet tucked behind you, squat down, trying to touch your glutes to the floor. This places all the work on the hips, hip flexors, and glutes. Just like a good squatter's technique, nothing moves but the hips. Do 8-15 reps, working up to a heavy poundage.

Zercher Squats. Hold the bar in the crook of the elbows and squat down until the bar touches the knees. A moderate stance is best. This is a tough one, but it builds great strength in the back, glutes, hamstrings, and abs. Work up to a max triple.

Squatting Off Boxes of Different Heights. I recommend boxes that are 17, 15, 10, 8, and even 6 inches high. One must completely relax the hip muscles, then flex to come up. We also squat off a hassock, or a soft box. We work up to a max single each workout. We have six different heights to try records on. On these boxes we may use a Safety Squat bar, a Manta Ray device, a Buffalo bar, or a regular bar. We may also front squat. If you multiply the number of box heights by the different bars, you have 30 different combinations to choose from. Add the kneeling and Zercher squats and you have 32 records to try.

Safety Squat Bar. This bar places the weight 5 inches forward due to its special cambered design.

Manta Ray. This device places the bar high on the shoulders, elongating the back, thus producing a super-high-bar or pulling squat.

Front Squat. This exercise will place a great amount of stress on the legs and back due to maintaining an upright position.

Buffalo Bar. This bar, manufactured by IronMind, changes the course of the bar slightly from that of a regular bar.

Remember to work up to a max single on squats. After 2 or 3 weeks doing a particular squat, we will rotate to a good morning of some type. The following are a few varieties of good mornings.

Arched Back Good Mornings. These are very effective for the sumo deadlift. Do 3-10 reps per set. For squatting, move the bar 8-12 inches. For deadlifting, go as far as possible without losing your arch.

Bent Over Good Mornings. Bend over until the weight is transferred to the balls of the feet. Do 3-10 reps per set with either straight or bent legs.

Seated Good Mornings. Do these on a box or straddling a bench. On the bench, lean over until your face touches the bench. These are great for the abs as well. Do 3-10 reps per set.

Combo Squat/Good Morning. Carry a bar very low on your back, so low that you have to hunch over to keep the bar on your back. Now bend over until the weight is transferred onto the balls of the feet. Now round the lower back and sink into a full squat. Come up by straightening the upper and lower back and the legs. This is a tremendous power builder. It should feel like it's going to pop your eyeballs out of your head if done correctly. After warming up, work up to a max of 1-5 reps.

Good Mornings on the Floor. For therapy we do good mornings while sitting on the floor. This will stretch the back and hamstrings. High reps of 10-15 work best.

High Pulls. This Olympic lifting special exercise can be done for a week or two to work the upper back. To do a high pull, grab the bar with an overhand grip, and with a flat back, pull the bar to the belt, low chest, or neck level. Warm up, then work up to a few singles. This will build the traps as well. When pulling, the elbows should be out to the sides so the bar stays close to the body.

For additional back work, do a variety of upper back work such as lat pull-downs with different bars and weighted chin-ups. Rows are great: T-bar, dumbbell, chest-supported, and bent over barbell. Reps are 6-15.

The following are effective low back exercises.

Back Raise with Weight. Do 5-8 reps. Hold some at the top for static strength.

Reverse Hypers. We do 4-6 sets of Reverse Hypers with heavy weight twice a week, about 10 reps. We also do two lighter workouts, 15-20 reps. This exercise works as restoration as well as a strength builder.

Pull-Throughs. Face away from a low-pulley machine, grab a single cable-crossover handle in both hands, walk away from the machine a few feet, and squat down, letting the arms go between the legs. Then straighten up, squeezing the glutes. This is great for glutes and hamstring tie-ins for start and lock-out power.

For general leg strength, we do six exercises in a rotating manner.

Walking lunges with dumbbells, 3 sets walking 100 feet.

Static squats against a wall, holding dumbbells, for 5 sets of 30 second holds.

Static squats in a belt squat machine, working up to 40% of your best squat, 3 sets. Try to hold these for 30 seconds at different positions.

Regular belt squats, working up to a max set of 5 reps or 5 sets of 4 reps at 80% of your best set of 5 reps.

One-legged squats with your back foot on a 12-24 inch box. Use dumbbells or a barbell, 8-15 reps.

Calf/ham/glute raises for 5-8 reps per set. These are unreal for hamstrings, but require a calf/ham/glute bench: a device with a toe plate and a curved padded support for your thighs.

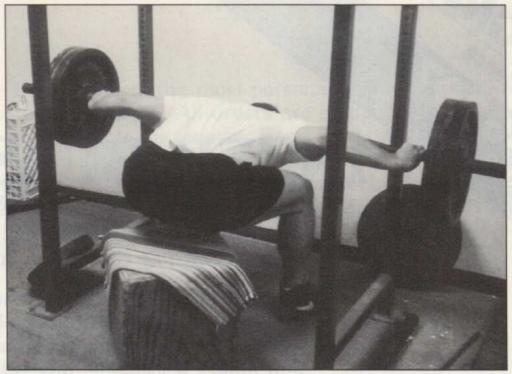
Ab crunches every day, 200-500 reps.

Weighted sit-ups on a flat or inclined board, 5-10 reps, sometimes held statically for 6 seconds, twice a week.

Spread-eagle sit-ups, twice a week. These work the lower abs, but are intended to build the hip flexors.

Leg lifts of various kinds: lying with legs straight or bent; hanging with legs straight or bent. Hanging leg raises, bringing your feet up to the bar you're hanging from, build strong abs and hips and increase flexibility.

We don't practice the deadlift, but we do static deadlifts from different positions. Don't sell isometrics short.



Chuck Vogelpohl *doing seated good mornings with the Buffalo Bar. (Lou)*

Ultrawide Sumo. Place a set or two of collars on an empty bar and then load the plates. This will allow one to use an extremely wide stance, which puts a tremendous amount of stress on the hips, glutes, hamstrings, and lower back. It is important to keep the back as upright as possible. This takes the stress off the back and places it on the hips. George Frenn, an innovative lifter out of the original Westside Barbell, had a trick he used to teach a lifter to keep a flat back. He would place one hand on the lifter's sternum and the other on the lower back. By putting pressure at both points, he helped the lifter maintain proper form and use his legs correctly, thus overcoming sticking points. The Culver City Westside group was, in my opinion, 30 years ahead of their time.

A very important point when doing a good morning or a special squat for deadlifting is to always visualize yourself in a pulling motion. A perfect example of this is a good morning variation I failed to mention earlier. It is one of our favorites, but it is extremely tough. Place a Safety Squat bar on the power rack pins at a height that when you are under the bar, with your arms hanging straight down, your hands are about 9 inches off the floor, the same position as when the bar has just separated from the floor in a deadlift. Now by driving your neck and shoulders into the bar, stand erect. This simulates deadlifting but without using your hands.

Some of you may need to do grip work. Don't let a bad grip stop your progress. IronMind has a wide array of devices to choose from that are very good. I suggest using a simple grip or hands-over grip until failure, then switch to a hands-over hook grip. Then, and only then, use straps. A reverse grip should be reserved for a contest. With a reverse grip the bar will sometimes windmill. The side of the bar where you are using a curl grip will always windmill out front. To remedy this situation, place the curl-grip side foot out an extra inch or so. If you hold your hands knuckles out and turn one hand over, you will see the curl-grip hand has moved out away from the body an inch or two. That's why you must step the curl-grip side foot out to compensate.

The method of training I have reviewed for the deadlift is called the conjugate method. It has been very good to us at Westside, and it can do the same for you.

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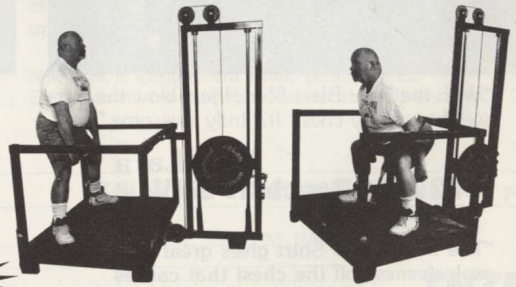
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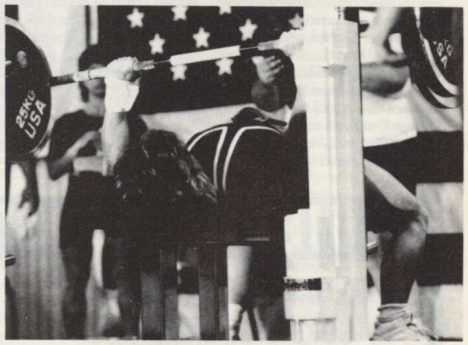
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Z-SUIT and CHAMPION SUIT on next page→

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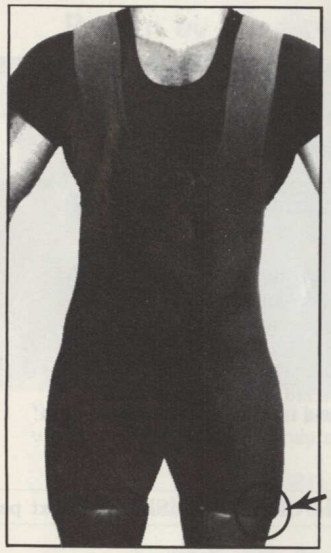
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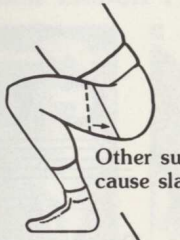
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FIBO

Powerlifting is featured at the World's largest sporting goods show

as told to Powerlifting USA by Stephan Korte

On April 25, 1996 this year's FIBO (Fitness and Bodybuilding Show) opened its doors to thousands of fitness and bodybuilding enthusiasts. The first FIBO was held in 1985 in Cologne/Germany and over the last 10 years it has become the world's biggest fitness and leisure fair.

Companies from 30 different countries represent their products from Thursday to Sunday to wholesalers and consumers. They represent a wide variety of fitness, bodybuilding and other sports related products. There are also many world class bodybuilders like Dorian Yates, Aaron Baker, Flex Wheeler, and Vince Taylor ... just to mention a few, but FIBO is not only an exhibition where goods are represented, there are also a lot of activities going on. There are aerobic conventions, tennis games, free climbing competitions, Mr. and Miss Fitness competitions, the Strongest Man of FIBO and last, but not least, my personal favorite ... powerlifting.



***"HOLLYWOOD" Henderson** made sure the lady had a nice seat while he took the 639 lb. bar out for a little ride.*

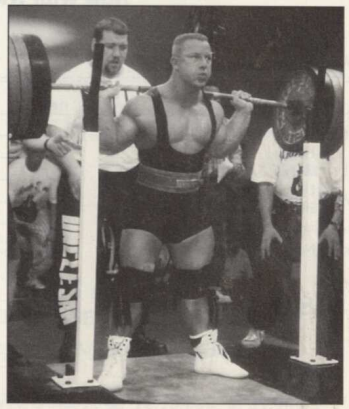
The powerlifting exhibition has become a major part of FIBO since 1989, when Michael Bruegger (first European to total over 2200 lbs. at 260 lbs. bodyweight) started with single guest appearances and interviews. During the last 6 years, powerlifting greats like Anthony Clark, Chris Confessore, Phillip Farmer and junior world class powerlifter Larry Brown showed their strength to the many thousands of spectators. In 1995, the BSA Sportmarketing Agency of Ralf Hoeller and Michael Bruegger created a new type of powerlifting show, a comparison between Germany and the U.S.A. Part of this was also when the German powerlifters Bruegger and Gierz were invited by Arnold Schwarzenegger and Jim Lorimer to demonstrate the 'two-man deadlift' at the Arnold Classic in Columbus, Ohio. From that time on the BSA was fascinated with having a country comparison in powerlifting at the FIBO. Together with the FIBO organization team, they set up an exhibition competition consisting of the three powerlifts: squat, bench press and two man deadlift.

This year the first country comparison between Germany and the U.S.A. was held on March 3rd, in Columbus, Ohio at the Arnold Classic. Somehow (?) the Germans won, and that's why the FIBO powerlifting exhibition was marketed as the 'great revenge'. For some reason the lifters who competed at the Arnold Classic showed no interest in competing at the FIBO. Now it was time for the BSA to organize a U.S. team. With the help of U.S.P.F. President Peter Thorne and myself, four lifters were found immediately. They were expected to be the strongest U.S. team ever. The team consisted of IPF Junior World Champion Phillip Farmer and his training partner Walt Austin for the two man deadlift, Shane Hamman for the squat and the 'shirtless-wonder' James Henderson for the bench press.

The team arrived in Duesseldorf, Germany, on Thursday, April 25th together with Peter Thorne and Phil's girlfriend Maggie. I met the team on Friday night at the Juliana Golf Resort Hotel in Wuppertal for dinner. My friend Frank and I spent the next two days with them as their chauffeurs, spotters and tour guides (bars - do you remember Club 120?). I was really excited to see how big these guys were. The first thing that went through my mind was 'watch out Germany, these guys are going to be tough to beat'. Phil had made major improvements in his physique since I had last seen him in December. He carried a rock hard 265 lbs. on his frame. His friend Walt was also very impressive. If you think that you have big legs, go and see Shane Hamman and find out what big legs really look like. He has the biggest and most definitely the strongest legs I've ever seen. Arriving with a world record squat of 1008 lbs. in his pocket, he seemed to be confident to hit some big weights, but the one person that was attracting more people then all of us together, was James 'Hollywood' Henderson. It is hard to put in words, you just have to see him to believe what he looks like. A 6 foot 4 inch and 380 lb. muscular human being is rare to find on this planet. Where ever we went, he was the main attraction. We had a great dinner, interesting discussions and went to bed early that night.

The Exhibition - FIBO was opened for the general public on Saturday, April 27 and Sunday, April 28. These were the days when the powerlifting exhibitions were held and the most crowded days of the FIBO. We got up early in the morning and left the hotel after a big breakfast. A wonderful ride through the Wuppertal area brought us to the FIBO fair halls in Essen, the metropolis of the Ruhrgebiet. Two shows were set up for Saturday: The bench press and the squat. We arrived in Essen at 10 a.m. and I think that everyone was very impressed with FIBO. There were 16 large fair halls packed with thousands of spectators. Altogether, the FIBO had 95,000 visitors during the four days in Essen. A huge show stage was set up right in the middle of hall six. This stage was used for the strongman competitions, Mr. and Miss Fitness contests, posing shows of the pro bodybuilders, talk shows and lastly the powerlifting exhibition. The first show, the bench press, started at 11 a.m. After some problems in the warm-up area "Hey James, you're just too big!", everyone was ready for the show when the announcer introduced the two teams to the crowd. At this time there were almost 5,000 people around the show stage to see the biggest and greatest powerlifting exhibition ever. The US team was introduced first, and the crowd was really impressed to see these big guys, but when the announcer presented the German team, the audience went totally crazy. This was the right atmosphere for a great show.

The Bench Press - James Henderson and Thomas Roettsches had warmed up and were ready for their openers. I was surprised to see James using 385 for his first warm-up set. After that, he jumped right up to 517 and was ready for his 622 opener. Thomas Roettsches took his time and went through his standard warm-up routine, consisting of many sets with only a few reps. Roettsches used a bench shirt, while the "shirtless sheriff" was wearing a t-shirt. 420 lb. Roettsches opened with 617, which was not as easy as expected - he struggled with his lock-out, but he got it. Now it was time for 380 lb. Henderson to show his incredible power. But what a surprise, while everybody expected him to be very concentrated and focused, he got on state, went right to the audience and invited a girl to dance with him. After his extra "warm-up" routine, he was ready to bench. Now he invited one of the BSA models to sit on his knee, giving him a little bit more support. The 622 was easy. Roettsches took 633 for his second attempt, but failed. Henderson took 639 and this time he placed two girls on his knees, one on the right, the other on his left. 639 was a joke for Henderson and he was confident to hit some bigger weights on his final attempt. Roettsches came back for his last attempt which was 633 again. Supported by the audience, he finally got this attempt and was very happy about his new personal record. Considering that this was his second exhibition/competition, after competing at the Arnold Classic some weeks ago, I must call him a great talent. I predict that he will join the "700 pound bench club" soon. Henderson took 661 which is 300 kilos, and which no German athlete has ever benched before. The crowd got totally wild and without any girls sitting on his knees, no spotters on the side, just Shane Hamman behind him, he easily rammed up the weight. Right after that he went back to the crowd, dancing and singing. At that point, I realized why they call him "Hollywood" Henderson. Markus Schick made a guest lift. After setting a new world record of 462 at 148, we expected a lot. Weighing only 131, Markus benched 418 and failed with 440. The show was over and everybody was happy, the BSA, main sponsor Uncle Sam, the audience, and the lifters. The US team was in the lead by 28 pounds (12.5 kilos) and we were expecting big things in the second exhibition: the squat. We had two hours left until the next show, which was scheduled for 3 p.m., and we spent our time walking through the fair halls, meeting some pro bodybuilders and watching the fitness beauties.



***Schramm the Man**..up against a heavier opponent.*



***Farmer and Austin** pull 1496 (Voit photograph - all other pictures courtesy Korte)*

The Squat - After a short delay, the second exhibition started at 3:30 in the afternoon. This time it was Frank Schramm, IPF World Champion and European Champion, against Shane Hamman, USPF National Champion. After squatting big at the Arnold Classic exhibition in March, everybody expected big weights, but what about Shane Hamman - yes, he is the current world record holder in the squat, and when the announcer talked about his 1008 lb. squat at the Junior Nationals, the audience was even more amazed. Schramm opened with 826 and made a good lift. Shane shocked the crowd with his "dive-bomb squat" and easily got his 837 opener. Schramm took 881 for his second attempt and got it. Hamman went for 893 and made a very easy looking, deep, and perfect squat. Schramm, weighing 208, took 898 for his last attempt - a weight which he has never tried before. Somehow he got up with this incredible amount of iron, but I have to admit that this and also the 881 were far away from IPF competition legal squats. Shane, who had dropped almost 40 pounds since the Juniors, weighing only 355, took 925 for his final attempt. He got out of his groove and lost it. Shane told me that he is training for olympic lifting now and that he hadn't squatted heavy after the Nationals, but 893 was still not bad. Again, the audience of approximately 5000 people had seen world class powerlifting and they really loved it. The US team was still in the lead, with a subtotal of 1554 - 23 lbs. more than the German team. Would Phil Farmer and Walt Austin be able to make the final points and beat the Germans? We had to wait until Sunday afternoon for the final showdown, the two man deadlift. Ralph Hoeller of the BSA invited both teams for dinner at the wonderful Juliana Gulf Resort, and we all had a great time talking about powerlifting, taking pictures with Axel Schulz (yes, that guy who fought against good old George) and listening to Mr. Henderson's soul songs.

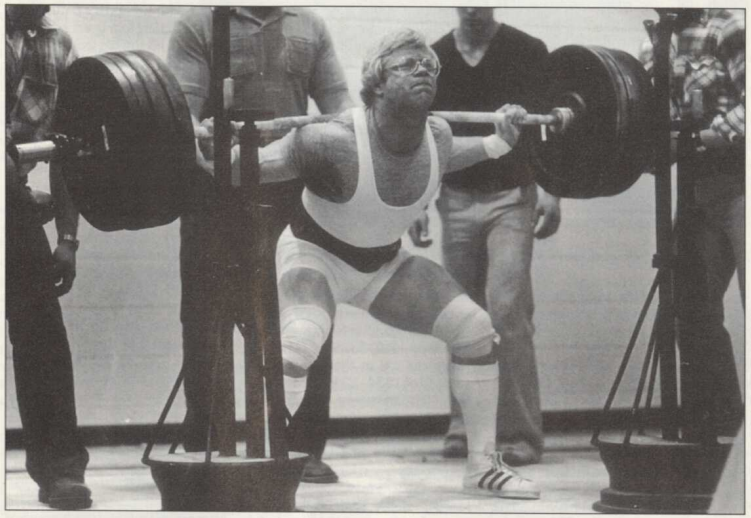
The Two Man Deadlift - Sunday, April 28 was judgement day for the country comparison between Germany and the U.S.A. 6000 people had come to see the final event of the FIBO powerlifting exhibition. Phil Farmer and Walt Austin against Michael Bruegger and Ralf Gierz. Bruegger's deadlift partner at the Arnold Classic, Detlef Glohman, was injured and couldn't lift. But Gierz, a strong deadlifter and also Bruegger's partner over the last four years, was ready to hit the big weights. Like I said before, Phil looked bigger than I've ever seen him, since I first met him in 1992. Walt is perfectly built for the deadlift, but I didn't know anything about his lifts, therefore it was only speculation as to who would be the strongest team. Both teams had not enough time to warm up properly and that's why they decided to open with a light weight. Phil and Walt started with 990. Bruegger and Gierz did the same. 1210 was the next weight on the bar, and no problem for either team. For the third attempt, the bar was loaded with 1430. Again, both teams did it easy. Phil and Walt jumped up to 1485 and pulled it strongly. Bruegger and Gierz saw their chance to beat the Americans and they took 1507. They got it up. Bruegger was no problem, but Gierz really struggled. I knew that they wouldn't be able to lift more weight, and the Americans decided to put 1496 on the bar. With their lead of 23 pounds out of the first two contests, this was enough to beat the German team and to win the FIBO powerlifting exhibition. The crowd responded with great ovations and Phil and Walt hoisted the weight all the way up. The US team had won. We spent the remaining time a the Uncle Sam booth and got some very nice clothes. The IRONMAN booth also supplied us with clothes. Three strenuous but successful days were over and the sport of powerlifting got a lot of positive publicity. We all had a great time and I am convinced that everybody is looking forward to lift at the FIBO again. Thanks to Ralf Hoeller and Michael Bruegger of the BSA for sponsoring and setting up such a great event, UNCLE SAM for their support and to the spotters and lifters who made this show a real success.



***Hangin' Out** ... Phil Farmer, James Henderson, Peter Thorne, Walt Austin, and Frank Steuber.*

More From Ken Leistner

As long time readers of *PL USA* know, Bill Starr and I have known each other a very, very long time. His two books, *The Strongest Shall Survive*, and *Defying Gravity* (Rickey Crain may have some left for sale, and Bill is considering a reprinting) were classics. *The Strongest Shall Survive* was written primarily for the football player interested in becoming muscularly larger and stronger, although the basic information could be applied very well by the competitive lifter. *Defying Gravity* was expressly for the competitive lifter and covered every aspect of meet preparation. One of Bill's key lines, and one that has stuck with me from the time I read it, was - *'Many authorities contend that you cannot gain strength the final week (before a meet). I do not agree. If you cannot get stronger the final week, then it follows that you cannot become stronger two weeks prior to the contest, or three weeks before. Logically then, you cannot become stronger at all. Nonsense.'*



"How Often Should I Train?" *is a question that all top lifters, like Bryan Wadie, have dealt with (Kathy Leistner)*

In one of Hugh Cassidy's great articles in *PL USA* years ago, he made a similar statement. He noted that one of the local young lifters was increasing weekly, and did not understand why he would drastically cut back on his training intensity two weeks before his meet. The young man explained that "I'm not going to get stronger the last two weeks anyway", or words to that effect. Hugh also noted that if this was the case, when could you get stronger? If one is training so that strength gains are being stimulated, then strength will increase. Certainly, one wants to be adequately rested prior to a meet so that they are not too "run down- when attempting to demonstrate their strength via the competitive lifts, but one's body doesn't shut off gains a certain number of days prior to a meet because there is, in fact, a meet to attend. I can recall a time in the late seventies when Mike Wittmer and I were competing almost weekly for a month or two. We would train a bit lighter during the week and go all out on the weekend, at the meets. We continued to improve for this period of time. No signals were given that -it's two weeks before a meet - no more gains - so back down.

This is similar to the statement made in the Iron Island Gym by one of our new lifters. Now, in all fairness, this gentleman is quite skilled and experienced, but he's from Poland!! Joe Pyra will understand the problem here and as a fellow Polack, I too know the difficulties in keeping things straight. Now, this fellow made the statement to my gym manager and powerlifting team member Frank DeMarco that "You can't get stronger if you squat and bench press on the same day." This certainly was news to me. Most of our lifters train two days per week. For short periods of time when there is no contest in sight, they may train three times per week, but the norm for most, and for most of the training year, is two sessions per week. We find that our lifters train so hard that they can maintain steady progress without doing the typical cycling and, in my opinion losing valuable training time, because they get adequate rest this way. Obviously, you will have to put at least two of the lifts together on the same training day if you train two times per week. For part of the training year, we may squat and bench one day, and deadlift on the other with various assistance movements. Other times, the squat and deadlift are done on the same training day as this more adequately prepares one for the rigors of a contest. At times, all three lifts are done on the same day and assistance work only is done on the other day. As I said, there is great variation among the lifters' programs and within the training procedures of any one lifter. But why, I wondered, couldn't one get stronger if they squatted and then bench pressed.

Some lifters like to concentrate on one lift per session and do that lift once or, sometimes, twice per week. This is most commonly seen with the bench press as few lifters in this day and age deadlift more than once per week and not many more squat more than that either. This serves a purpose as it allows total concentration on that lift for the day, with whatever appropriate assistance work is chosen. The disadvantage is highlighted by a phone call I once received from one of the best lifters in the world, summarizing his training prior to the Senior Nationals - "I did a triple with 670 and should pull 705 to 720 based on that." What he forgot was the fact that he deadlifted on his 'deadlift' day, did a few lat pulldowns and leg curls, and called it a day. That's a heck of a lot different than doing a maximum squat, lots of bench presses, and hanging out for a few hours before deadlifting. He made no more than his opener.

Obviously, one can handle more weight in the bench press if the shoulders aren't destroyed from holding very heavy squats prior to the bench work. However, one of the purposes of a training session is just that. It is to train so that one will stimulate the body to become stronger. The purpose of the training session is not to demonstrate strength but to build it. If squatting first puts one at a "disadvantage" due to fatigue or some tightness in the shoulders prior to benching, so be it. It may make the bench pressing tougher, but if it increases the level of intensity, it will make for a more productive workout. If our Polish friend believes that one can only train one lift per day because nervous system stimulation or nutrition can only be delivered to one major muscle group at a time, then they're certainly teaching a different type of physiology over there.

One has to determine what type of training frequency is best through trial and error and this will come with experience and adaptation to work, school, and/or family responsibilities. In either case, as long as one trains hard and attempts to consistently progress, they will improve. *Dr. Ken Leistner*

Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send $15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 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 MAURO: I have been going to rehab for I-T Band stretching; my knee cap was out of alignment during heavy training. It caused a great deal of leg, knee, hip joint and sometimes calf pain. I had massage therapy to relieve the discomfort. After I started rehab stretching I realized I was only relieving the pain and not curing the problem. In the condition my leg was in what percent of leg strength did I lose? My second question: I train 5 to 7 pounds over my weight class. When I lose weight slowly I still seem to lose some strength. What is a safe amount of water to lose? What method is the best: diet or dehydrate? **George K.**

DEAR GEORGE: *I assume you're getting the therapy because of subluxating patellae (knee caps). Drop me another line and let me know the results of any X-rays or consultations, etc. I've included three citations and abstracts that you may find interesting. You can get or order the full text of any or all of these from any university library. If you only train 5 to 7 pounds over your weight class the best way to drop that weight is within 48 hours of the competition. Dehydration (especially in the final 24 hours before weigh in), eating a lower carb diet for two days, and decreasing your salt intake will all help. Once you weigh in you should be able to rehydrate and recarb yourself before you lift and likely be about 5 pounds heavier at the time of your first lift than at the weigh in. You should try this weight loss - gain cycle a few times before you hit a competition so you get to know your pattern of weight loss and just what you have to do to rehydrate yourself.* ***Mauro Di Pasquale M.D.***

Barber-F-A. Sutker-A-N. Iliotibial Band Syndrome. Sports-Med. 1992 Aug. 14(2). P 144-8. The iliotibial band syndrome is most often diagnosed in runners but can be found in athletes who participate in other sports. From our experience most patients are high mileage runners with shoes either worn out or with insufficient cushioning. A total of 19 athletes with this condition have been seen in the past 3 years. Treatment consisted of rest or decreased distance, shoe changes, modification in exercise technique, anti-inflammatory medication, steroid injections and stretching. Surgery was not required. Authorabstract.

Deep transverse frictions in the treatment of iliotibial band friction syndrome in athletes: A clinical trial Schwellnus-MP; Mackintosh-L; Mee-J. PHYSIOTHERAPY. 78/8 (564-568) 1992. Seventeen athletes presenting with unilateral iliotibial band friction syndrome were randomly divided into two treatment groups (A and B) from days 3 to 14 of treatment. Subjects in both treatment groups rested from days 0 to 14 and received daily stretching and twice-daily ice therapy. Ultrasound treatment and stretching were added in both groups from days 3 to 14. Deep transverse frictions were administered only to subjects in group A from days 3 to 14. On days 0, 3, 7 and 14 all the subjects performed a functional treadmill running test (max 30 min) during which they reported pain each minute. Total pain and the percentage of maximal pain experienced during running were calculated. Conventional daily 24-hour recall pain scores were also recorded and mean scores were calculated for the treatment periods days 0 to 2, days 3 to 6 and days 7 to 14. The 24-hour recall pain scores, total pain during running and the percentage maximum pain decreased significantly for both the groups over the treatment period ($p < 0.05$). However, there were no differences observed between the two groups. The addition of deep transverse frictions to an established baseline physiotherapy programme of rest, ice, stretches and ultrasound is not recommended in the management of iliotibial band friction syndrome.

AU Martens-M. Libbrecht-P. Burssens-A. TI Surgical treatment of the iliotibial band friction syndrome. SO Am-J-Sports-Med. 1989 Sep-Oct. 17(5). P 651-4. AB A selected group of 23 patients underwent surgery for iliotibial band friction syndrome. Among the patients presenting with this exertional pain syndrome were runners, football players, and cyclists. Diagnosis was clinical since radiographs were negative and an ultrasound examination was positive in only one case, showing an aberrant picture around the lateral femoral epicondyle. Although conservative treatment is effective in most cases, an alternative is needed for patients with complaints that are resistant to conservative means. Surgery was done with the knee held in 60 degrees of flexion and consisted of a limited resection of a small triangular piece at the posterior part of the iliotibial band covering the lateral femoral epicondyle. The uniform good results, low morbidity, and quick return to sports demonstrate that this type of surgery offers a solution for selected cases of failed prolonged conservative treatment.

Three New Publications for 1995

by Mauro G. Di Pasquale, B.Sc., M.D., MRO, MFS

THE ANABOLIC DIET - The best diet to follow to pack on muscle while keeping bodyfat at a minimum. The Anabolic Diet maximizes the production and utilization of the Big 3 growth producers testosterone, growth hormone and insulin - and does it naturally. To order the book and video call 1-800-582-2083.

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THE ANABOLIC RESEARCH REVIEW - An Insider's View of Supplements, Drugs and Exercise - The Anabolic Research Review will not carry any advertisements so we don't have to be careful about stepping on someone's toes. Nor do we have any axe to grind. The newsletter's only goal will be to bring you cutting edge unbiased information on all aspects of nutrition, supplements, drugs and exercise. This newsletter will help you make intelligent, informed choices without having to wade through miles of hype and self-interest. To subscribe or get more information call 1-800-447-0008.

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Drug Use And Detection In Amateur Sports Plus All Five Updates, plus 9 issues of DRUGS in SPORTS - last issue March 1995 - My book, updates and the newsletter are THE source for information on drug use by athletes (especially anabolic steroids, growth hormone and other ergogenic substances) and the available techniques for drug detection. The cost of the book plus all five updates is $40.00 U.S. Funds or $52.50 Can. plus $3.50 P&H. The Book, Drug Use and Detection in Amateur Sports, is $15.00 U.S. Funds or 20.00 Can. plus $2.00 P&H. Each issue of DRUGS in SPORTS is $10.00 US plus $1.00 P&H.

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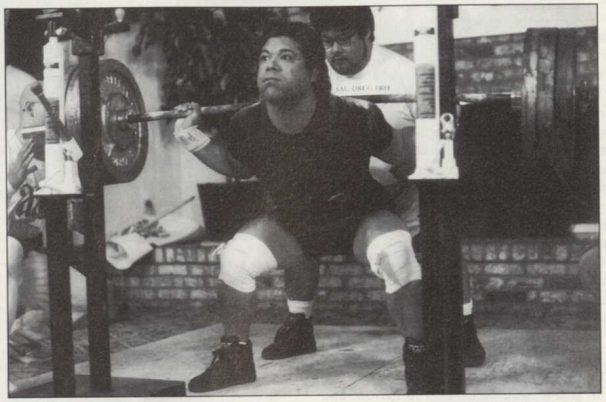
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TRAINING

Peaking Routines Version I
SQUAT PEAKING ROUTINE

as told to PL USA by Greg Reshel of POWER EXCEL

After completing a heavy power/strength routine like the power rack squat routine I highlighted a couple of months back, you need a straightforward peaking routine to translate the newfound strength into power on the competition platform. In this article I will display a peaking routine for the squat that will complement the strength routine previously presented. After a serious strength routine that pushes hard and heavy at your abilities to move weight and to recover, you need a peaking routine with a built in rest period. This peaking routine will not test your new strength, but rather, will give you the opportunity to recover from a hard and heavy strength routine and teach you to put that strength into one or two heavy pushes. Your endurance will suffer in this routine for the sake of a true peak. You will have the big push at the meet where it counts. You will need to stay focused on your goal as you avoid the temptation to test the strength you have gained during the peaking period so that you can have it all at the meet. After all, the competition is the whole reason for the peaking cycle. The squat poundages are in percentages to make it easy to calculate your specific numbers. Understanding that performance peaking cycles are not the determinants of powerlifting limits, but rather the rehearsal of technique, timing, and delivery, you will know that you must now focus on the squat itself and let all your accessory work lighten up. You will train for nine weeks on this routine.



Peaking At the Meet *is what lifters like 2-time AAU Champ Tom Pete are training for.*

I will repeat my peaking message here. Be aware that individual leverages differ dramatically and that you may need to adjust the numbers used for your cycle accordingly. The percentages given are a guideline not numbers carved in stone. There is no Holy Grail for Powerlifters, no secret gimmick that unlocks mystical strength. You must learn your potentials and limitations through trial and error and then keep working on your weaknesses until your numbers go up. Work is the key. You will work with full gear on both of the squat workout training days. You will train fairly light for most of the nine weeks. Concentrate on developing a consistent pattern of setup and delivery so that you are not thinking of technical details at the meet. The peaking cycle is the time to rehearse your performance technique so that you can do it in your sleep. Stress balance and setup. You cannot lift any weight if you are off balance. Take your time. With all the strength work you have just completed, a few more seconds taken to set up your stance and balance properly will not hurt your performance at all. During the peaking cycle, eat and rest well and often so that you will be fresh at the meet and hungry to take on the big weights!! Good Luck!

Training Day #1 - 1. Leg Extensions - 3 sets of 15 reps with rhythmic delivery. 2. Leg Curls - 4 sets of 12 reps with increasing weight. 3. Situps - keep lover legs over a bench with a partner sitting on them if possible, place a dumbbell on your chest to add weight - 4 sets of 8 reps. 4. Squats - wear full contest gear for all 9 weeks and warmup as needed to accomplish the working sets that follow: **Week 1** - 3 sets of 3 reps @ 60%, 1 set of 10 reps @ 40%. **Week 2** - 4 sets of 2 reps @ 65%, 1 set of 8 reps @ 45%. **Week 3** - 2 sets of 2 reps @ 85%, 1 set of 6 reps @ 65%. **Week 4** - 3 sets of 3 reps @ 60%, 1 set of 10 reps@ 40%. **Week 5** - 4 sets of 2 reps @ 82%, 1 set of 8 reps @ 60%. **Week 6** - 2 sets of 2 reps @ 74%, 78%, 82%, 86% and 90%; 1 set of 6 @ 60%. **Week 7** - 3 sets of 3 reps @ 60%, 1 set of 10 reps @ 40%. **Week 8** - 4 sets of 2 reps @ 75%, 1 set of 8 reps @ 50%. **Meet** - Open @ 90 to 94%, 2nd @ 98 to 102%, 3rd @ 106 to 110%. 5. Underhand Grip Overhead Presses - 3 sets of 10 reps with moderate weight and no strain. 6. Behind the Back Shrugs - 3 sets of 12 reps with moderate weight

Training Day #2 - 1. Leg Presses - 4 sets of 20 reps fast and light. 2. Squat - full gear - Rotate each week between the following groups of working sets: a. 3 sets of 5 reps at 60%; b. 6 sets of 3 reps at 60%; c. 5 sets of 2 reps at 60%. 3. Leg Extensions - a. Single Leg - 4 sets of 12 reps each leg alternating legs; b. Double Leg - 3 sets of 8 reps increasing weight each set. 4. Leg Curls - 6 sets of 6 reps increasing weight each set. 5. Decline Situps - 4 sets of 6 reps with slow descent and weight added to chest if possible. 6. Dumbbell Shrugs - 5 sets of 12 reps with moderate weight

Always use spotters for your own safety. If you have questions or observations contact us at POWER EXCEL - 2807 South Superior Street - Milwaukee, WI 53207 - (414) 671-6637. We welcome your questions and observations. Good Luck

At POWER EXCEL we continue to work on the next group of training logs. Each training logbook includes off-season, strength, and peaking routines for all three powerlifts with all the accessory work listed. We have logbooks for novice, intermediate, or advanced powerlifters and for master lifters. Each log book is organized to have a specific selection of routines that will work together to build strength and break plateaus. If you are interested in these log books give us a call and let us know what you would like in the way of training routines. We will provide you with a book that suits your needs. All books are $20. Call us today! Good luck and good training.

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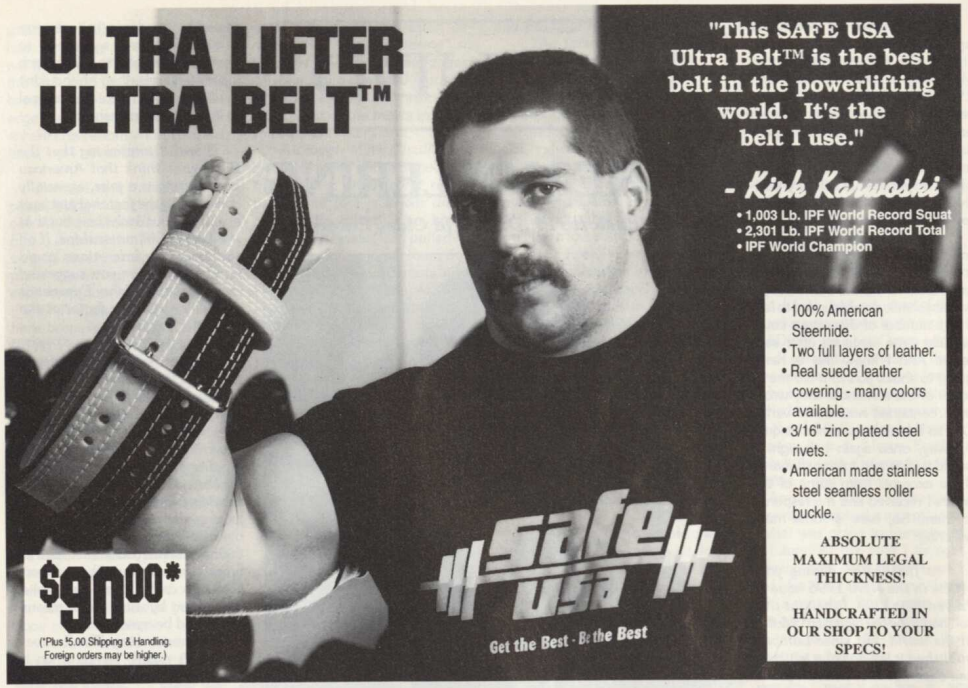
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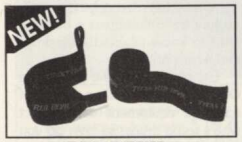
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Dr. JUDD

MORE HOLLERING

by Judd Biasiotto Ph.D., World Class Enterprises



***Dr. Judd** Biasiotto was one of the early record breakers in the ADFPA*

As I mentioned last month, the article *"The More I Watch Powerlifting the Better Professional Wrestling Looks"*, in the April, 1996 issue of *Powerlifting USA*, received more reader response than any other article I have ever published. Amazingly, the phone calls and letters are still coming in. Most of the responses are still very positive, but there are some that are not exactly heart-warming.

As you might have guessed, most of the negative responses came from presidents of the numerous organizations around the country. I was absolutely dumbfounded to find that a number of these guys could actually write sentence after sentence. And I know this is really going to shock you ... it did me ... some of the sentences they wrote even contained nouns and verbs. OK, so I don't know when to quit. Anyway, once again I thought it would be fun and informational to share excerpts from some of the letters I received and my response to them. So, here is some more hollering:

At first, after reading your article in the April 1996 issue of Powerlifting USA, I thought that you had to be the biggest a%&@!+ in the world, but since Lambert published it I'm not sure which of you deserves that title. I'll promise you one thing. I'll never buy another one of your books, and I'll never read anything else you write. I'm also seriously thinking about canceling my prescription to Powerlifting USA.* Kevin H.

Kevin, let me guess. You're one of those guys who buys *Playboy* magazine and looks at the pictures but DOESN'T read the articles. Here's a little suggestion: With the money you save by not buying my books, buy yourself a dictionary. Just for your general information, a prescription is a doctor's written instructions explaining how to prepare and use medicine. A subscription is an agreement to purchase a magazine or newspaper for a period of time. Isn't it great – you learn something everyday by reading *Powerlifting USA*. Consequently, I wouldn't cancel my SUBscription to *Powerlifting USA* if I were you.

With your great wisdom you should know that Master events do not require qualifying totals ... As far as Master standards go, I will never impose qualifiers on Master Lifters ... Whatever the situation, I will never require qualifying totals for 50, 60, and 70+ year-old lifters. Scott T.

My bad! I honestly didn't know that Master Lifters didn't have to qualify for the Nationals. Now my question is, Why don't they? If it's true that there aren't any qualifying totals for Master Lifters, I think there should be. The National Championships is a competition that was designed to have the very best athletes in the nation compete against each other. It should be an honor just to compete at that level of competition. Only the very best athletes in America should be allowed to compete in an event of such importance. And such a standard should be mandatory for the Master division as well as the Open division. If you allow everyone to compete at the Nationals, it devalues the significance of the event. Besides, that was not the spirit upon which the National Championship was conceived.

Not only that, but it's an insult to Master Lifters to not have them qualify for the Nationals. It's like saying, "You guys are old; we don't expect excellence from you. We don't take you seriously." A real athlete doesn't want someone to give him a medal or make things easier for him. A real athlete wants to earn his credentials so that he can take pride in what he's accomplished. If you just give somebody an award for doing nothing but just showing up, that's no accomplishment. I don't believe Master athletes are any different than any other athlete. They want to earn their keep just like everyone else. They don't want anything given to them.

Do you really think Jack Nicklaus, Arnold Palmer or any other great master athlete would want to compete in a competition in which he wasn't qualified? I THINK NOT. If they weren't good enough, they wouldn't compete. And that's the way it should be. Now, I'm not saying the Master standards should be as high as the Open standards. Because of physiological differences due to aging, that just wouldn't be fair. But there should be standards that are comparable from one age group to another. If an athlete can't reach those standards, then he shouldn't be allowed to compete at a National or World Championships.

I find it interesting that the Europeans think that American powerlifting is a joke, especially considering the fact that just bout every year we kick their butts at the World Championships. If all the American federations would band together as you suggested in your article, the Europeans wouldn't even be a factor at the Worlds. Unsigned

I've never said that the Europeans think that Americans are bad athletes. Conversely, most Europeans believe that the best lifters in the world are Americans. It's the way powerlifting in America is organized and run that the Europeans think is a joke. The bogus meets???, the illegal equipment, and the poor judging, that's what the Europeans object to. And you can't really blame them. I'm sure if you worked hard to break a record honestly and then someone came along and broke that record by using illegal means you would be upset, too.

One more thing: The Europeans aren't exactly wimps when it comes to powerlifting. From a per capita standpoint, they probably have as many if not more world class athletes in the sport, and they certainly have their share of world champions and record holders.

It's ironic to me that you criticize athletes for using drugs and illegal equipment; yet you published a bench press book that promotes lifters who are notorious for taking drugs and using illegal equipment. Brian T.

To my knowledge only one of the athletes in the book by Klaus Arndt and myself, *THE BENCH PRESS – Training and Techniques of the World's Greatest Bench Pressers*, has ever failed a drug test. And the athlete who failed the test did so more than a year after the book was first published in German. In all candor, every one of the athletes we interviewed for the book said they were drug free. Some of them may have been lying – obviously, one of them was – but how am I to know who is taking drugs and who's not?

Let's be honest; the guys at the Olympics with a trillion dollars of scientific equipment can't detect who's using drugs, so how do you propose that I determine who's on drugs?

As for the athletes in the book using illegal equipment, I've never heard anything about that before, nor has Klaus. I know that some of the athletes in the book use shirts, but not one of them to ay knowledge has ever used an illegal shirt to enhance his performance. They may have, but I never heard about it.

Perhaps it is time for a new powerlifting magazine? One without the inaccurate articles of Dr. Ego ... It seems the Top 100 list is way off base because of how they make the rating, and they can't even keep accurate statistics.

IPF? They can't even run meets here because of Ernie's lawsuit. WPA? You obviously know nothing about the WPA. I am senior chairman (subject to change any year). The countries involved evenly split fees received. No, Judd, it is not an American based entity.

If you need foreign phone numbers to do research before you make false statements I can provide them to you.

You go on in your article about the bogus benches performed by lifters wearing two, three shirts, etc. I notice that at the bottom of the page you advertise your new book about benchers.

You promote some of the same benchers that have lost records in my organization because they were "cheating" to obtain these huge poundages. Anybody who can read (yourself included) knows what was going on at some of the meets in Pennsylvania and Maryland.

Although Mark Chaillet ran an APA meet and claimed Anthony Clark set a world record bench, the fact is it was disapproved. Everybody also knows about John Schaeffer (I pulled his referees and replaced them during a meet). Bogus squats were being registered. Perhaps there is a reason why he was fired as an APA chairman?

Perhaps there is a reason for the new Cry-Baby Federation which was just formed. Lots of incredible poundages are being registered now in the squat!!!

The fact is Judd, I am an active chairman. When somebody sanctions a big meet with the APA, and there are big lifters billed I have a habit. My habit is to drop in unexpectedly to observe the performance of the lifts.

I have a habit of p@@*#& the big shots off who own equipment companies and try to promote their products or books, etc. by running meets with big lifts registered, or performing b*&&@!*%$ lifts to claim a record and promote their products.*

The fact is, I don't give a s@&# who I p@&& off.* Scott T.

Let me guess – you're upset with me. Do me a favor. Lay off the caffeine for a week or two. Then go back and read the article again. I never compared or contrasted any of the federations. Nor did I say anything derogatory about the IPF, APA, or any other federation. You don't have to justify your organization to me. For all I know it could be the best organization in the world. But I doubt it. Anyway, I would like to know which athletes featured in my book you caught cheating. I'd also like to know how they cheated.

For the past month, every place I go someone is hollering about your article that was published in the April issue of Powerlifting USA. Obviously you're right; a hit dog will holler. It was a great article.

Congratulations. Tammy P.

Actually, it was the philosopher Wanda Cooper who said a hit dog will holler. Still, thanks for the encouraging words.

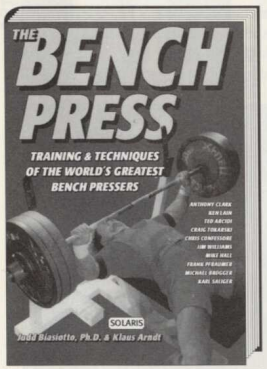
You complain about all of the powerlifting federations, but if my memory services me right, it was Brother Bennett, George Hummell, and you who initially broke away from the U.S.P.F. and formed the A.D.F.P.A. Then you went on to break all of the American and National records in the A.D.F.P.A., something I doubt you could have done if you stayed in the U.S.P.F. In short, you did exactly what you are complaining about. I guess that makes you a hypocrite. Unsigned

Guilty as charged. Actually, it was Brother Bennett and George Hummell who founded the ADFPA. I was just on one of the executive committees. In retrospect, the ADFPA may have been a mistake. It certainly opened the flood gates for the mess we have today. Maybe it would have been better if we tried to change what was wrong with the U.S.P.F. instead of breaking away from it. I know Brother Bennett thought that would be impossible. I don't know.

Anyway, I don't feel like I'm a hypocrite. I just had a myopic view of what was going to transpire in the future. At the time I thought changing over to the ADFPA was a good idea. Like I said, it may have been a mistake. But I make mistakes all the time. You learn from your mistakes. I don't think that makes me a hypocrite.

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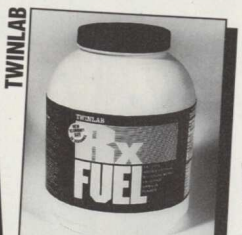
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THE SIXTH SENIORS

by PL USA Historain/Statistician Herb Glossbrenner

New Orleans - Bayou Country, mid-summer sweltering heat and humidity in the mid-90's in a non air-conditioned YMCA gym. This made the 6th P/L Sr. Nat'ls really hot stuff. It was a weekend where those who came aspiring ended up perspiring! There were a record number of participants (44) from 24 states. The majority were from the East (12): PA-6, MD-3, NY-2, NJ-1. SOUTH (9): GA, FL, AL, 2 ea. LA, MS, VA had 1 man. MIDWEST (9) IN-4, OH-2, TN, IA, MI one apiece. SO-WEST (8) TX-4, CO-2 NM & OK-1 lifter. PAC NW (3) WA, OR, MN all 1. WEST (3) AZ-2, CA-1. BEST REPRESENTED: PA(6), IN(4), TX(4).

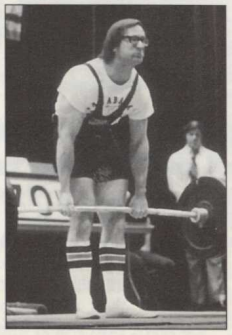
The officiating was lenient. Chest sag got by in BP's. A poorly knurled Eleiko and York bar used in DL'ing caused problems for the lifters and may have been responsible for the bombout of at least 3 top men. There were blunders in loading which caused problems both days. The Jrs. & Srs. were held only 2 weeks apart. This resulted in many who'd done well in Denver not being present at this meet. Those who did participate there saw significantly diminished performances the 2nd time around. MOST INCREDIBLE LIFT: Mike Cross's DL - exceeding the Nat'ls record by 33 lbs. & the American record by 13 in his come from behind win @ 132. MOST PROLIFIC CHAMPION: Don Cundy won the SH an unprecedented 4th time in a row, OUTSTANDING LIFTER: Jon Cole. TEAM CHAMPS: The Central Ind. Weightlifting Club of New Castle, IN. With their latest acquisitions they defeated the reigning titlists - Surfbreakers WLC of Barnegat, NJ 21 to 9.

123 LB. CLASS - *3RD FOR DAVY - PURE GRAVY.* Loaders forgot the 100's used in the SQ were overweight (actually 105 ea.). This resulted in the bombout of Robert Trujillo - LaPorte, CO w/ 305. When the error was discovered Bob was given his SQ sequence over. He made one and stayed in. Trujillo tied in the BP w/ reigning champ Dave Moyer, Reading, PA, and another dwarf - Rickey Ramsey, of Alabama - 240. Gerald Ringi of Hollywood, FL was way out front after the first lift - 280. Byron Benoit, Austin, TX & Rich Verlander, local boy trailed the group - 220. In the SQ, Ringi's best - 300 - became 310 and Verlander, who made 335, was credited with 345! Rich then tried 365 - too heavy. The short strokes punctuated the big advantage. Ramsey was 2" shorter than Moyer (4'4") and lightest - 111-3/4. Both men used special racks and had trouble getting low. Ramsey - 410, 430 good, then missed 450. Moyer, wearing no knee wraps, opened at 440 (441 1/4) NMR then tried 470 - too shallow! Subtotals were: Moyer (680) and Ramsey (670) were far in front, Ringi (590), Verlander (565), Trujillo (545), Benoit (520).



***Jack Welch**... a great all around lifter. (photograph by Jack Hatala)*

Ramsey, who looked as if he'd challenge Moyer, fell apart. He D/L'ed only 280 and dropped back to 5th - 950. Benoit pulled within 10 of Ramsey's total with his 430 2nd, but couldn't finish 450. He was done - 940 - 6th. The others seesawed, battling for the highest position. Ringi pulled 405 to have 995. Moyer's 420 start assured his 3rd Sr's. win - 1100! Davy had his gravy! 440 wouldn't budge and he passed his last - still the champ! Verlander hoisted 435 to move into 2nd and push Ringi to 3rd. Trujillo made his move - 425 then 455. This lift tied Verlander's 1000 total. Trujillo, as lighter man, claimed 2nd place. Verlander was 3rd. Ringi, whose 3rd attempt miss w/425 had been costly, was 995 and 4th.



***Robert McKee**... still a great puller in the Masters ranks. (Jim Pope)*

132 LB. CLASS - *EPITOME OF TUGS - THE TENNESSEE STUD.* Franklin Riley, defending Sr's. champ, didn't show. He'd been inactive. Former champ and top contender Allen Lord, the Takoma Park, MD schoolteacher, came in injured. He still owned the record total (1215, '68 LA) but had not reached that much since. He BP'ed 240 (near his best), opened at 410 SQ - okay. He tried 430 & 440 (both too high). Allen, who'd been having recurring back problems, pulled 500 to just below knee level - tried again - couldn't budge it - and dropped out.

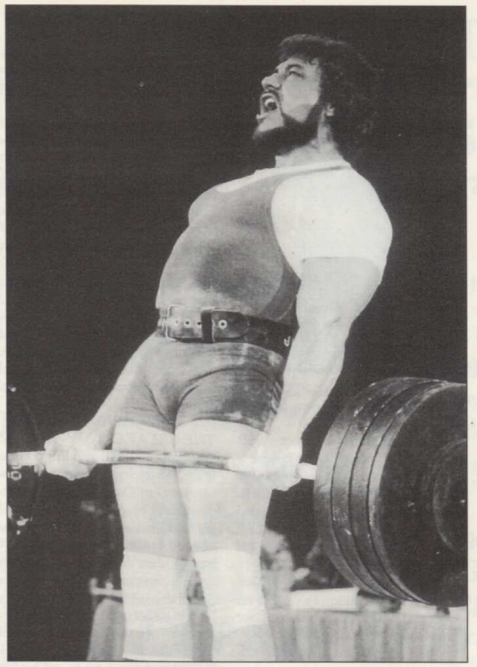
Phil Trujillo, Greeley, CO (a cousin to 123 runner-up Robert Trujillo) tilted on his 280 - 2nd BP, but got it perfectly on a 3rd. He notched 345 and 365 SQ's, but 370 - no! Phil ranked 2nd in subtotal (665). His 440 DL opener looked heavy. He fought his 2nd attempt 470 to near completion, but his left hand popped loose. He was the first of many to have trouble on both days with the slick DL bar. Trujillo's 1095 put him 4th. Recent Jr. Nat'ls champ Vasili Eremeyeff, San Francisco, CA, BP'ed 260 before missing 270. He couldn't get SQ racks positioned. Twice he missed 375 on depth. He made the final to stay alive. Vasili finished strong in the DL - 490 - which earned 3rd place - 1125.

Mike Cross, 23, from Signal Mtn., TN and Milt McKinney, age 32, resumed their rivalry. Both men had moved up from the 123 class the previous year (as did Trujillo who again tasted 4th). In '69 Cross couldn't beat Moyer but he'd pulled a 501 1/2 DL to surpass Milt. Could he do it again? Most thought not. McKinney built a tremendous lead and had Mike 70 lbs. in the hole at subtotal time: McKinney (700) and Cross (630). Mike, despite making PR's in both lifts (245,385), was in last place. McKinney, a respectable DL'er himself worked up to 485 - 1185. The DL hotdog needs a best lift to be top dog. Mike liked a fight. His opener was a meet record (M/R) 530 (530 1/2). It bested the former record (523 by Lord). He'd regressed Eremeyeff to 3rd and had runner-up secured. Now came the lift that made the lad famous - 555! He'd try for the tie and lighter bwt. win. Incredibly, he did it and returned it ever so gently - 556 1/2 on the scales. A monumental lift by a remarkable athlete. It beat Lord's 1967 AR 543. Mike reweighed - okay at 130 1/2. 1185 - top spot.

148 LB. CLASS - *WELCH THE WINNER, SQUELCHED KEAMMERER.* A lot of talent stayed home. KSP inmate Don Blue of Lansing, KS, had registered the biggest total ever (1400) w/330, 470 (468), (600) 599. He was incarcerated and couldn't attend. Tom LaFontaine, Ft. Wayne, IN, had done a 488 A/R SQ and 1310 earlier in the season. I'd seen Ind. reformatory inmate Ralph Powell at the Prison Postal meet in June. He'd did 1310 total and 555 DL in blue jeans, T-shirt and boots (but I didn't see him weigh-in). Bill Spangler, Wichita, KS won the Jrs. with 3 meet records - 479-3/4 SQ, 549 DL, 1330 TOTAL. He'd tied Welch in '69 (1290) and lost as heavier man.

Only 4 men entered. Travis Sims, 32, of Savannah, GA, was in his first Sr's. He DL'ed 475 but couldn't complete 500, and 4th - 1145. Bob Cortes got third position for Michigan. Bob, 39, was proud to be the oldest lifter in the whole meet. He salvaged 3rd place with his usual reliable solid performance - 1200!

Jack Welch of Aliquippa and Jack Keammerer of Newton Square were two PA men who locked up in a match of "Jacks"! Welch forged an enormous lead with a 345 bench. Keammerer reached 235. Both men handled a 440 Squat. Welch found 460 a quandary. Jack K. got stuck recovering w/465 - ditto 470. The subtotal: Welch (785) Keammerer (715). Keammerer failed to gain ground. His hopes at this point looked dismal. With his back pinned to the wall, could Jack K. win it all? Welch came out fightin' - belt tightened, he hauled up 525 then 540 to set back to back M/R totals - 1310 & 1325. Keammerer was faced with Cross-like heroics to pull his catch out of the fire. Immediately, he came out and humped up 550 (550 1/2) to surpass the Sr's. meet best. Then he "jacked-up" 580 - another new mark. He had 1305 and was 1/4 lb. lighter than Welch. Now, he was up to 600 for the tie and win. Bar loaded! He rushed out and began the long haul. It stopped below knee level. Welch had won his 2nd consecutive championship. For Keammerer there would be another day.



***The Great Jon Cole**.... outlifted even the Superheavywts. (Daluisio)*

165 LB. CLASS - *DOC RHODES - TOP LOAD!* Dennis Wright set records at the Jr's., managing 359 1/2 BP and 514 1/4 SQ. He was upstaged by Bay St. Louis, MS's Joseph "Doc" Rhodes whose superior DL (570) won the title - 1410. Mesquite, Texas's J. B. Adams scored 1385 there for 3rd. Floridian Vic "the back" Alday had established a DL mark there in Denver (610) in fourth place. Doc and J.B. came, the others didn't.

Returning champ Ron Hale, the iron pourer from New Castle, IN, had a big total under his belt - 1460 (375, 520, 565) in May at the Midwest Open - Cincinnati. Recent personal problems had cost him training time. Joe had home court advantage. Bill Burtis, 3rd in '69 at York, yanked his way up to 4th with his 575 DL. He claimed that position by reaching 1320 and tieing Georgian Jim Gizzard and being lighter. Rhodes soared to new heights an the BP. Coming in his best had been 325. He opened here at 335, then nailed 350 but got two reds at 355. Adams secured 355, a weight Hale began with. Ron, lifting alone, did 370 - equivalent to his own NR - but 380 stuck. Squatting now, Rhodes posted a PR 505. Hale made 510, but 525 was too heavy. Adams took command - 490 borderline - a jump to 530 - accepted. Next the Texan tried 545 to beat his newly acquired AR 542. It was a laborious effort that failed. Subtotals: Adams led (885), Hale (880), Rhodes (855). Adams faded in the DL - 500, then 530 didn't move - 1385 - 3rd place. Hale opened at 535. Rhodes swooped in at 570 and bad a 10 lb. lead. In desperation, Hale jumped to 570 that wouldn't budge. Rhodes extended his margin - 585, then 600 for 1455 and the win. Hale was 2nd with 1415.

181 LB. CLASS - *BOB McKEE - APOSTROPHE!* Defending champ Gomes non-appearance left the title up for grabs. Overholtzer had done 1600 on July 11, and had entered, but didn't come. Butler, PA's O/Ler Tony Fratto had SQ'ed 560 and totaled 1555 to win the Denver Jrs. He also was missed in the lineup. Runner-up Joe Spack bonded with the CIWC club and was present. He was sniffing the top dog's trail. A formidable field it was: Gerald Smith, the Dallas D/L'er was the runner-up at 165 in '69. He was up a class and much stronger. Others were: Guy Borelli, Wheaton, MD; Carlos Looper, Anderson, IN - the '69, 181 runner-up; Robert McKee, Sylacauga, AL; George Crawford now back home in Toledo, OH.

Bob Hoffman, the "Big Daddy" of O/L, was present, sniffing out talent be hoped he might woo into the overhead sport. Crawford, with his massive thighs, took a huge lead led on subtotal (980). With heavily wrapped knees he took 615 into a deep hole. He couldn't pull a 545 DL 3 times and was out. This left Hoffman bewildered. Spack "Mr. Entertainment" used his 650 to secure the 3rd place award. He then ascended to 'Cloud Nine' to await and see what impossible number he'd try to win it all. Gerald Smith prepared to battle the Clark Kent look-alike for the title. Looper, meantime, struggled to stay in. He missed crucial lifts - opening with 570 he thought he hurt his back. He waived remaining tries. Later, revived, he came back and tried 640 for 2nd. Looper, what a trouper - almost had it. Whoops, another grip slip!

Smith, a weak BP'er, did 335. McKee, best of the group, got 380 close-grip. McKee's 500 was barely deep enough. Smith's 540 was another close call - good. McKee led (880) and Smith had 875 after 2 lifts -a virtual dead heat! Both men were top DL'ers. It could go either way. Smith's 600 gave him 1475. McKee retaliated with the same lift (1480). Next he did 630 and had 1510. Smith responded - 645. It was a tough haul. Gerald had the lead again - 1520. McKee again forged in front with his rounded back style - 1535 - finis! It would win unless Smith could lift 665. Others lifting delayed the try (classes were running concurrently). Smith worked up a head of steam. Whistling like a tea kettle he tugged. It barely moved. The Texan was 2nd. But wait! We'd forgotten Joe Spack who'd just descended from orbit. The A/R was 672 by Robert Jackson. Joe needed 700 to beat Smith - it wouldn't budge. Psyched into a frenzy Joe called for 715 to win. It remained super-glued to the floor. What an incredibly exciting anti-climax!

198 LB. CLASS - *THE PACIFICO LIFTING SHOW* - Vince Anello, Ohio's new DL'ing sensation, won in Denver (the Jr's.) w/1625 (a 100 lb. margin) due to his 724 A/R quantum hump jump. He joined the list of others who hadn't recuperated in two weeks. Jerry Jones, Robbinsdale, MN, came to assist Hennessey. He'd hurt his back DL'ing 700 and couldn't participate. George Lugrin, Hellam, PA - newly recruited assistant editor of *STRENGTH & HEALTH* magazine (Texas monopoly), was a good O/L who liked P/L. Outclassed "Poppy" BP'ed 370, then couldn't SQ 550 high bar style. Three strikes - he was out. Ronnie Ray, who'd lifted in all 5 Srs., stayed out of this one. The big 3 was a dream matchup going for all the gold: Jack Barnes, Phoenix, AZ - Larry Pacifico, living now in Muncie, IN, joined the Cent. Ind. team and was loaded for bear; the defending champ Joe Weinstein, Staten Island, NY, wanted another sample of the Golden Apple. The terrific trio all used heavy elbow bandages which were allowed then. Barnes pressed 425 smoothly. Weinstein locked up 440, and Pacifico lifted 455 quick with a chest sag.

Pacifico, with his ultra wide foot spacing, made 600, borderline. His 635 was easy. He did not stay to be weighed and lost a record. He returned, took 645 down and up - good! Weinstein made a M/R before Larry - 610, then 630 and finally 645, the new Nat'l mark. Barnes, the Sultan of Squat, showed why he was a record holder. He started after the others was done. Mistake - 675 was missed badly - out of groove. Repeat - a piece of cake. A 700 3rd - not there. Subtotals: Pacifico (1115), Barnes (1100), Weinstein (1080). Nitty-gritty time: Pacifico and Weinstein both made 630 starters. Joe had 1710, Larry - 1745. Barnes began at 645. Delayed - twice he missed at knee height. Pacifico made a hard lift with the same (his 2nd) and had a new American record total of 1760. One last try - Barnes bombed! Larry tried 655 for his last lift. It hung up on his thighs - done. Weinstein, 1 lb. lighter than Larry, took 680 to tie and win. It came to his knees - miss. The final barely cleared the floor. Pacifico had his first Seniors title, with many more to come (1760), Weinstein was dethroned - 2nd this time (1710). With Barnes and Lugrin bombing, there was no 3rd given. Pacifico celebrated with a crowd pleasing standing back flip.

242 LB. CLASS - *BEHOLD COLE - 2060* - Yaklich, the Jrs. winner (1735), reneged his opportunity to go for the Big One. Aaron Rawlings the easy going Sheridan,

IN, farmer edged Jacob Stefan for 2nd pl. there by 5 lbs. in DL (650) and TOT (1640). They resumed their rivalry here in New Orleans. Joining then was the BP mega-man from Minneapolis - Mel Hennessey and Scottsdale, AZ's '68 champ in this class - Jon Cole. The '67 winner - George Frenn - was on the European circuit (hammer throw) prime time, so couldn't attend. The '69 defending champ Kanter stayed away.

The temperature cooled down finally that evening - the barbell remained hot! Stefan, an O/L'er from Seattle BP'd 420 (coincidentally matching his best clean and jerk). Rawlings managed to hoist 415. Stefan, erect, bar high an the traps sat with 610 - for 2 out of 3 - affirmative! Rawlings forged ahead with a good 2nd - 630. Six fifty stopped him cold. Rawlings had grip problems with the smooth York bar. His 640 was slipping but a quick down signal gave him a clutch 3rd - 1685. The man from Seattle won their battle. His 660 2nd surpassed Rawlings, then 670 gave him 9 in a row - 1700. His last lift was passed although his knees were bent and shoulders not back - 3rd place! Rawlings - 4th. Hennessey was victim of the same mistake in loading that had occurred the first day (the 100 lb. plates weighed 105



Larry Pacifico was making his move into national prominence.

- remember?)! His enormous 550 opener was missed twice before it was discovered to actually be 570. He wore no elbow wraps and got to do his attempts over. Mel pressed 550 smoothly. His second 570 (same wt. he'd missed earlier on misload) was a new M/R & A/R - "good" - 571! Hennessey continued his 'raw" lifting, as he SQ'ed 640 and 665 @ 228 bwt. without knee wraps and, as he did in the BP, he passed his 3rd. His 650 DL came up but 680 was too heavy - 1885 - second place.

Now the man who stole the show - Cole! His lifts, great by today's standards, were out of sight a quarter of a century ago! His SQ's were fast and well below parallel: 700, then 740. He sat fast and deep and popped up like a jack-in-the box (741 1/2 N/R), then 760 (760 1/2) was not easy to finish. This added to his 520 BP (looked good for more) gave Cole a 1280 subtotal. In the DL he pulled another National meet record - 740. On 780 his right band popped open at completion. He fought out his 3rd (weighed 779) to score 2060 - far exceeding the A/R. He won outstanding lifter by a landslide. As it turned out he outlifted the Superheavies, who were some great names.

SUPERHEAVYWEIGHTS - *THE GREAT CUNDY - FOUR IN A ROW* - Coming into this competition, defending champ and 3 time winner Don Cundy looked like the underdog. Hugh Cassidy had built his body mass up to 278 and had already busted through the 2000 barrier. Jim Williams was a grizzly on the rampage. Biggest of all at 345, he was still teed off from losing by a questionable call in '69. New Yorker Joseph White, from Columbiaville, had won the JRs (1735) and was here to get his feet wet. Talmadge "Russ" Fletcher - hailed as the "new" Dixie Derrick - from Virginia Beach, VA was 310. He owned the biggest total ever made, early in the year at Chattanooga, TN 2070 (2078 3/4), via 480, 790 (794 1/2), and 800 (804 1/4). His DL broke the 801 1/2 record Cundy had held from the '69 SRs.

White finished off with 1730. His 4th place earned experience. In the bench, Fletcher and Cundy dueled. Russ wore leather wrist bands on top of a bandage. He got all 3 - 450, 470, then 490, which was slightly uneven. Cundy, with a rebound after the clap, locked out 500, but missed 510. Classy Cassidy was a raw lifter - no wraps of any kind! He had a slight tilt to the left: 520, 540, and finally 555 - all good! Williams, on February 28th, had beaten Casey's immortal 617 1/4 BP record with 618. He opened at 615 - beat the clap - stopped - started - tilted - no lift. His 2nd attempt was okay for a meet record. His 630 3rd was missed. Squat time: Williams opened at 700, fast and deep. Cassidy sat deep with 730, rounded his back at the sticking point and finished it - good. Williams wanted 740. Head ref Samuels refused to adjust the racks for him. Jim got mad and dropped out. Cundy did all 3: 680, 740, and 755. Fletcher was in the limelight. He took 740 deep, 780 ditto. Finally, he put his 33" thighs below parallel for an 810 meet and American record. (This lift erased Bob Weaver's 807 record from the '69 Seniors). Subtotal time: Fletcher (1315), followed by Williams (1300), Cassidy (1270), and Cundy (1255).

Big Jim was talked into continuing. He got 700 twice to his knees, missing. He declined his remaining attempt and dropped out - bad day. Cassidy elevated 700 smoothly, then got credit for 740, a limit effort. He had 2010 - a sure 3rd. Fletcher lifted 740 easily. He had 2040 with Cundy yet to start. Fletcher waited. Don, with no hook grip, lifted 770 successfully to assure at least 2nd (2025). Fletcher went to 780. It was a bad day to pull. It came almost knee high - miss. His third barely came to mid-calf. Such luck! Cundy had two tries to remain champ. His first try at 785 (to tie and win as light man) popped out of his right hand on the way up. One more left! His 3rd was a success. Four times in a row, Cundy had won. He was a great fighting champion. Never did Cundy avoid competition. For Fletcher, his one time shot to win the Big One did not transpire. History would show he never got another chance. For Cassidy, however, his moment in the sun would come.

The Sixth SENIOR NATIONALS
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123	BP	SQ	DL	Total
MOYER,D	240	440	420	1100
Trujillo,R	240	305	455	1000
Verlander,R	220	345	435	1000
Ringi,G	280	310	405	995
Ramsey,R	240	430	280	950
Benoit,B	220	290	430	940
132				
CROSS,M	245	385	555	1185
McKinney,M	295	405	485	1185
Eremeyeff,V	260	375	490	1125
Trujillo,P	295	360	440	1095
Lord,A	240	400		
148				
WELCH,J	345	440	540	1325
Keammerer,J	285	440	580	1305
Cortes,R	290	400	510	1200
Sims,T;Jr.	290	380	475	1145
165				
RHODES,D	350	505	600	1455
Hale,R	370	510	535	1415
Adams,J.B.	355	530	500	1385
Burlis,W	285	460	575	1320
Grizzard,J	305	475	540	1320
Wood,J	300	490	500	1290
Pereda,R	290	470	525	1285
181				
McKEE, R,	380	500	655	1535
Smith,G	335	540	645	1520
Spack,J	325	500	650	1475
Borelli,F	355	515	555	1425
Looper,C	360	480	570	1410
Ellis,S	365	480	560	1405
Shadron,R	360	475	565	1400
Crawford,G	365	615		
Schoolfield,D				
198				
PACIFICO,L	455	660	645	1760
Weinstein,J	440	640	630	1710
Barnes,J	425	675		
Lugrin,G				
242				
COLE,J	520	760	780	2060
Hennessy,M	570	665	650	1885
Stefan,J	420	610	670	1700
Rawlings,A	415	630	640	1685
SHW				
CUNDY,D	500	755	785	2040
Fletcher,T.R.	490	810	740	2040
Cassidy,H	540	730	740	2010
White,J	425	660	645	1730
Williams,J.	615	700		

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ASIAN POWER

Asian Championships
2,4 May 96 - Almaty, Kazakhstan (kg)

Women	SQ	BP	DL	Total
44 kg				
Yang TAI	145	67.5	125	337.5
Kitamura JAP	122.5	72.5	120	315
Zdorenko KAZ	107.5	57.5	122.5	287.5
Porel IND	120	45	120	285
48 kg				
Bitebaeva KAZ	155	60	160	375
Chang TAI	147.5	85	140	372.5
Suzuki JAP	120	87.5	132.5	340
Bharathi IND	140	52.5	145	337.5
Watanabe JAP	100	92.5	107.5	300
52 kg				
Lin TAI	165	95	172.5	432.5
Garifulina KAZ	147.5	65	150	362.5
Uma IND	120	65	132.5	317.5
56 kg				
Mir KAZ	175	92.5	195	462.5
Chen TAI	172.5	102.5	160	435
Kobayashi JAP	145	100	152.5	397.5
Manjula IND	125	47.5	125	297.5
Kamalova UZB	110	45	120	275
60 kg				
Nazarenko KAZ	170	95	182.5	447.5
Huang TAI	170	92.5	180	442.5
Paderova KAZ	180	82.5	167.5	430
Jyoti IND	150	57.5	155	362.5
Kozian UZB	90	65	100	255
67.5 kg				
Augustina INA	187.5	100	190	477.5
Pecante PHI	185	80	197.5	462.5
Samoilova KAZ	165	102.5	182.5	450
75 kg				
Iskandarova KAZ	200	107.5	192.5	500
Chang TAI	180	100	170	450
Storozhenko UZB	170	102.5	165	437.5
Gladies IND	140	75	150	365
Furtado IND	120	67.5	155	342.5
82.5 kg				
Fiodorova KAZ	185	102.5	202.5	490
Lin TAI	185	112.5	190	487.5
Sarala IND	195	95	185	475
Rukhiana INA	180	95	150	425
Mihailova UZB	130	65	135	330
90 kg				
Ku TAI	205	110	187.5	460
Ruma IND	160	87.5	145	392.5
90 kg plus				
Chao TAI	255	157.5	222.5	635
Lee TAI	245	125	222.5	592.5
Hojamkulova TAJ	160	87.5	195	442.5
Tandra IND	140	60	115	315
Men				
52 kg				
Taguibao PHI	180	80	185	445
56 kg				
Hu TAI	247.5	115	250	612.5
Slal IND	195	95	225	515
Ablushkourov UZB		110	62.5	
Ecija PHI				
60 kg				
Sutrisno INA	260	145	240	645
Lee TAI	230	140	260	630
Dada IND	225	117.5	250	592.5
Boukatka KAZ	215	115	240	570
Krishna IND	220	132.5	190	542.5
Jamahov KIR	170	110	205	485
Achilov UZB	160	107.5	210	477.5
Nabiev UZB	130	115	125	370
67.5 kg				
Koujakhmetov KAZ		262.5	150	275
687.5				
Chiu TAI	255	127.5	265	647.5
Tada JAP	232.5	170	230	632.5
Elangovan IND	242.5	110	245	597.5
Chetin UZB	200	120	260	580
Bat PHI	170	90	160	420
75 kg				
Smolin KAZ	295	155	275	725
Singh IND	257.5	145	267.5	670
Madhav IND	245	132.5	232.5	610
Rulloda PHI	202.5	125	245	572.5
Kon UZB	195	115	200	510
82.5 kg				
Mor KAZ	297.5	200	297.5	795
Trihariant INA	310	195	287.5	792.5
Hsieh TAI	300	160	320	780
Kazakov KAZ	300	180	300	780
Holnazarov TAJ	260	160	290	710
Weng TAI	270	170	270	710
Dharam IND	260	162.5	255	677.5
Satoh JAP	235	190	250	675
Djiioev UZB	210	160	230	600
90 kg				
Tatarnikov KAZ	305	195	307.5	807.5
Rashidov KAZ	300	170	322.5	792.5
Mewa IND	275	160	260	695
Boutenko TRK	257.5	170	215	642.5
Vishal IND	235	137.5	267.5	640
Luzanov UZB	240	145	250	635
100 kg				
Borisov KAZ	315	210	305	830
Debuque PHI	250	192.5	280	732.5
Torres PHI	265	140	310	715
Panahov UZB	285	150	225	580
110 kg				
Nikitine KAZ	342.5	207.5	315	865
Liang TAI	350	205	302.5	857.5
Panahov UZB	250	175	240	665
Trubitsin UZB	230	140	230	600
125 kg				
Jusupov KAZ	340	207.5	300	847.5
Liao TAI	330	175290795		
125 kg plus				
Chao TAI	345	212.5	290	847.5

Best Lifters: Women - Lin Li Min - Chinese Taipei, 52 kg. class. Men - Hu Chun Hsiung - Chinese Taipei, 56 kg. class. Team Award: Men - Kazakhstan, Chinese Taipei, India, Phillipines, Uzbekistan, Indonesia, Japan, Turkmenistan, Tajikistan, Kirgistan. Women - Kazakhstan, Chinese Taipei, India, Japan, Uzbekistan, Indonesia, Phillipines. (Thanks to Susumu Yoshida for providing these results)



Chao Chen Yen of Taiwan, with a 223 kg. DL. (Debuque photo)

From the bottom row of the bleachers I could see him wending his way up, furtive eyes darting now here, now there, and then at me in an unfailing cycle. I had seen him earlier, when he acted as the chief loader on the platform, a kid barely out of his teens, his face a mix of Caucasian and Asian features. He had on a scruffy light blue jacket with "Kazakstan" emblazoned on the back, and he was carrying an obviously full, medium sized traveling bag. If I had been guilty of something I would have packed up and gotten out of there, so obvious was his preoccupation with me. But my conscience was clear, so I held my ground. I had just finished competing the previous day and was there to watch the bigger guys do their stuff. We were in a vast, unheated stadium cum sports complex called the - hold on to your seats - "Dhopey Cuopta" in downtown Almaty, Kazakhstan. That's "sports stadium" for those of your rusty with your Russian. And it's pronounced "dvobitz sporta". The Soviet legacy of a propensity for large, impressive structures was quite evident in the stadium's construction. Also evident, unfortunately was the neglect and creeping decay of what once must have been a proud building. We were competing in the 8th Men's and 7th Women's Asian Powerlifting Championships, from the 2nd to the 4th of May, 1996.

When he finally got up to me, he pointed to the bag, vigorously nodded his head and then adopted a bodybuilder's double bicep pose - the universal symbol for strength. Have you guessed what was in the bag? You're right - steroids. All kinds, shapes, and sizes; a virtual cornucopia of strength, all conveniently bottled and ready to go. To say I was shocked is an understatement. I had heard rumors that steroids were generally available in the former Soviet states, but the nerve of this guy, peddling the stuff while the competition was going on, topped it all.

At first, all I could muster was a blank stare. Slowly, I was able to compose myself. Since he could not speak a world of English, I shook my head and gave him a wry smile. Ever the salesman, he then made a movement mimicking the bench press, then he pointed upwards. Obviously a reference to my bench press the previous day, where I had attempted to keep up with my Kazakh competitor, but was unable to. I guess he meant that if I took the stuff he was selling I would be able to beat the guy. Again, I shook my head, but this time I frowned. I guess that was enough for him, as he returned his merchandise to his bag and went about looking for other potential customers. Watching him go about his business, I could not help but feel sorry for the sad state Asian Powerlifting had sunk down to, when people like this could openly sell their wares at the premier powerlifting event of the region.

The competition had begun two days earlier, May 2nd, with the Men's 52 and 56 kg. classes at 11:00 AM. There were originally four registered for the 52 kg. class, but only one lifter was able to make weight, the Philippine's Maj. Antonio Taguibao. Looking thin and haggard from losing 15 pounds of bodyweight, his lifts were way off his personal best efforts of 210 SQ, 95 BP, and 225 DL at his usual 56 kg. bodyweight. Nevertheless, he was still able to muster a 180 kg. squat, 80 kg. bench, and 185 kg. deadlift for four gold medals.

The 56 kilogram class was a little more crowded. A total of four lifters competed here, but in the end only two remained. First to be eliminated was ersatz Wonder Boy Lucito Ecija of the Philippines, who had already beaten seasoned veterans in less than two years of training. He just could not get his squat low enough to satisfy the referees, which was a shame, as his best lifts would have landed him the silver in all three events. Of course, the top spot was reserved, so to speak, for Asia's Strong Man of 1995, Hu Chun Hsiung of Chinese Taipei. He didn't disappoint this year either, with an Asian record squat of 248 kgs., and an Asian record of 263 kgs. in the deadlift. Second place went to S. Lal of India. A windfall sure third spot was wasted by Ablushkourov, of new Asian Powerlifting Federation (APF) member Uzbekistan, when he bombed out in the deadlift. His 150 kg. opener wouldn't even budge off the platform. With only a 110 kg. squat and a 62.5 kg. bench press, the writing was on the wall. When Ecija bombed out in the squat, methinks the Uzbek should have lowered all his other attempts to secure the sure third. His lifts were far from competitive anyway. Oh, well. I guess he, or his coach, learned something. After all, this is their first major contest.

The men's 60 and 67.5 kg. weight class competition was scheduled for 2:00 PM, but started at 4:00. The main reason was that after the announcer spoke in English, a translator had to repeat what had just been said in Russian. This effectively doubled the time required for announcing. Thus, for the duration of the championship, the competitions were perpetually two or more hours behind schedule.

The 60 kg. class was one crowded platform. Eight competitors from eight countries slugged it out. When the smoke cleared, it was Indonesia's Sutrisno on top of the heap via an Asian record 261 kg. squat, a 145 kg. bench press (without a bench shirt!), and 240 kg. deadlift. Lee Yung Chang of Chinese Taipei was second, and India's Dada Peer was third. Last year's champion Viktor Boukatka of Kazakhstan has having a bad day, getting only his openers, which landed him in fourth place. The competitors from the new member states, Uzbekistan and Kyrghistan, were the tail-enders. Given a couple of years, though, and I'm sure they'll be right there in the thick of things, if Kazakhstan's evolution is any indication.

In the 67.5 kg. class, there were seven competitors. Last year's champion, Serik Koujakhmetov of Kazakhstan, did a repeat this year. So did last year's second placer Chiu Chung Liang of Chinese Taipei. It was a virtual replay, with Chiu dogging Koujakmetov in the squat, but being overwhelmed in the bench and deadlift. Third place went to Toshihiko Tada of Japan by virtue of his superlative bench press of 170 kgs. He made a stab at a World Masters A Record of 178 kgs. on a fourth attempt, but it stayed on his chest.



Strong Man of Asia Hu Chun Hsiung (Yoshida)



1996 Strong Woman of Asia was Lin Li Min of C. Taipei. (Yoshida)

Notable among the 67.5's was Uzbekistan's Chetin Genadi. All of 54 years old, he gave the youngsters a run for their money in the deadlift, heaving 260 kgs, without a belt or suit! He gave Chiu a scare when he attempted, and almost made, 265 for the silver in the deadlift to edge Chiu out on bodyweight. Turns out the guys is a former world champion - in olympic weightlifting. He was quite a sight, making the rounds before and after competing, replete with lifting singlet and lifting shoes. Despite the language barrier, he would talk to anything and anyone about his past exploits. To some people, lifting is their life.

Around 7:00 PM or thereabouts, the women's 44 and 48 kg. weight classes began. In the 44 kg. class Yang Shu Ju of Taiwan was triumphant with an Asian record squat of 145 kgs. She also attempted 140 kgs. for an Asian record deadlift, but failed to make it twice. If successful, this would have also give her the record in the total. Second place was Japan's Junko Kitamura, while third place was pulled down by Olga Zdoorenko of Kazakhstan.

In the 48's, last year's champion Chang Lai Hsiu of Taiwan started out strong with an Asian record 148.5 squat, but Bitebaeva Bakhytgoul of Kazakhstan stole her thunder by lifting 155 kgs. to erase Chang's mark. Chang countered with a strong 85 kg. bench press to Bitebaeva's 60 kg., an Asian record if it had not been for Watanabe of Japan's successful 92.5 kg. effort to wrest the record away. Chang enjoyed a substantial 17.5 kg. lead in the subtotals, but lost it when the screaming Kazakh pulled a 160 kg. Asian record deadlift to win the total by 2.5 kgs. A ways back, another battle was being fought for third place by Etsuko Suzuki of Japan and India's Bharathi. The Japanese Amazon squeaked by with a 340 kg. total against the Indian's 337.5 kgs.

The 52 kg. class followed at about 9:00 PM. As expected, perennial champion Lin Li Min of Taiwan was dominant with Asian records in all the events: squat (166.5 kgs.), bench press (95.5 kgs.), deadlift (172.5 kgs.), and total (435 kgs.). Her competitors weren't even close. Second placer Elena Garifulina of Kazakhstan's total was 70 kgs. behind, while third placer Uma Rajam was 45 kgs. behind Garifulina. If archrival Nadejda Mir of Kazakhstan had competed in this class, then there would have been a semblance of a contest. As it was, Mir had gone up to the 56 kg. class, leaving Lin to make mincemeat of the competition.

The Women's 56 and 60 kg. classes were contested the following morning at 11:00. The 56 kg. class was Taiwanese Chen Ya Ling's territory, having won it the previous year. But Nadejda Mir had since gone up one weight division and had other plans. The two locked horns immediately with Mir edging out Chen in the squat 175 to 172.5. The Taiwanese replied with an Asian record 103 kgs. in the bench press, putting her 7.5 kgs. ahead in the subtotals. The determined Kazakh surged ahead in the deadlift with an Asian record 195 kgs., and Chen Ya Ling's offensive sputtered out when she missed her first attempt at 160 kgs. and had difficulty making it on her second. Apparently conceding the victory, she declined a third attempt. Japan's Kumi Kobayashi was third in the total, but earned an Asian record on an extra attempt in the bench press with 103.5, eclipsing Chen's 103 kg. effort. Even further back was India's Manjula at fourth place, and Uzbekistan's Kamalova at firth. Kamalova is a former sprinter and looks to be about 50 years old or thereabouts.

In the women's 60 kg. class, Kazakhstan's Svetlana Nazarenko won, but not without a determined battle by Huang Ya Ching of Chinese Taipei. It was a tough fight with both ladies evenly matched, even weighing in at exactly the same weight. Ultimately, strategy, or the lack of it, determined the result. Both ladies made 170 kgs. in the squat. In the bench press, Nazarenko squeaked ahead by lifting 95 kgs. versus Huang's 92.5 kgs. In the deadlift, Huang enjoyed an advantage when she made her first attempt of 180, while the Kazakh failed at 175 kgs. However, she brashly jumped to 190.5 kgs. to break the Asian record, instead of making a less abrupt increase in weight to make sure of the gold. After the first attempts, she was holding all the cards, and could have played a waiting game on Nazarenko. As it was, she missed 190.5 kgs. twice, while Nazarenko made 180 on her third try to edge the Taiwanese out. Third place went to Kazakhstan's Tamara Pederova, fourth to India's Jyoti Shinde, and fifth to Uzbekistan's Koziah Zarifa.

The men's 75 and 82.5 kg. weight class competition followed immediately after, at about 3:30, about an hour and a half late, due - as I mentioned - to the long-winded, bi-lingual announcing. In the 75 kg. class, Wunderkind Sivokon was again absent due to a drug suspension. India's Teotia, last year's champion, was also absent. Hsieh I. Ching, one of the few men on this planet to have beaten Sivokon, for a mysterious reason had gone up to the 82.5's although weighing only 76 kgs. Perhaps he had failed to make weight. If he had, he would have been the runaway winner. As it was, newcomer Igor Smolin of Kazakhstan won the class with room to spare. A distant second was India's Jeevan Singh, followed by his teammate Sanjay Madhav. The Philippines' Noel Rulloda came into the competition nursing a back injured in training only two weeks previously. His best lifts would have landed him an easy third, but as it was, he had to settle for fourth. Kon Leonid of Uzbekistan was fifth.

The 82.5 kg. class could be called the battle of the titans. Four world class lifters squared shots at each other with the result that the difference between first and second place was only 2.5 kgs., and third and fourth places were decided on bodyweight. Early favorite was Triharyanto of Indonesia who had won the class last year. He didn't disappoint, making an Asian record 310 kg. squat on his third attempt. Hsieh I Ching of Taiwan, the nemesis of Kazakhstan tied at an even 300 kgs., while the other Kazakh, Sergei Mor wasn't far behind at 297.5. Entering the bench press, Triharyanto consolidated his lead by benching 195 kgs. Only Mor was stronger, benching as Asian record 200 kgs. Kazakov bided his time with a 180 kg. effort. Hsieh, never a good bencher, was scraping bottom with 160 kgs., but he had an ace up his sleeve when the bar hit the floor. His 320 kg. deadlift was worlds ahead of his competitors, but just wasn't enough to overhaul the leaders in total. He tied with Kazakov, however, and won third on lighter bodyweight. Meanwhile, Triharyanto was having problems - his 285 kg. second attempt was a little shaky, and wasn't passed. He elected to raise it to 287.5 kgs. on his third, which passed. However, Sergei Mor wanted more - to the tune of 297.5 kgs. This gave him an Asian record 795 kg. total to edge out the Indonesian by a mere 2.5 kgs.

Finally, the 90 and 100 kg. classes were contested at 6:00 - two hours late. Perennial champion Anatoli Tatarnikov - James Bond nemesis lookalike, he of the gold teeth and bodybuilders physique, was again dominant. His lifts were off slightly form the previous year. Turns out he had had a layoff and had resumed training only two months before the competition. Still, his lifts were enough to outdistance his teammate Sergei Rashidov who copped second. A distant third was India's Mewa Ram. Fourth was Andrew Butenko of Turkmenistan, who had improved on his lifts considerably from the previous year. Fifth and sixth were India's Vishakchatved and Uzbekistan's Luzanov.

I compete in the 100 kg. class, and I had been awaiting the start with some apprehension. I had foolishly brushed my teeth with the tap water during our stopover in India, and I guess I had inadvertently swallowed some of the water. For the past two days I had been suffering from diarrhea. Up until the competition started I was in the bathroom every three hours or so. I had no idea how much strength I had lost, and this was the cause of my anxiety.

Sizing up the starting attempts, I decided that I didn't stand a chance of beating Georgi Borisov, the Kazakh, but was a sure second if I didn't screw things up, and even stood a good chance of getting the gold in the bench press. So, as I did last year, I decided to go for token lifts in the squat and deadlift, and pour it on in the bench press, where I had a chance at the Asian record and the gold. Well, as they say, the best laid plans of mice and men... I didn't start out well at all, missing my supposed to be token first attempt in the squat at a measly 260 kgs.

Now, the stage where the platform was located was an elevated one, about four feet. Wrapping was done at ground level, then the lifter had to ascend a ramp, then wait beside the platform until it was time to lift. Well, when you're all wrapped up, you can't bend your knees very much, so when you ascend the ramp, you use just your calves. By the time I had climbed up to the platform, my calves were burning. I know, I know - I should have done more calf raises during training, but how was I to know I'd need them here? Anyway, the calves sort of control your balance while squatting, and since mine were pre-exhausted, I had a hard time balancing and almost lost the weight rearward at the bottom of the squat. So that was why some of the lifters were either being carried upward by their teammates, or being wrapped on the stage itself. On the next attempt I had myself wrapped on stage and made the weight easily. Eddie Torres, my teammate, was having even worse trouble - he was redlighted twice for what he thought was squat depth. It turned out he was just not straightening his knees before and after the squat. Informed of this, he made the weight on his final attempt. Uzbekistan's Rustam Panahov was having an easier time with his attempts, getting all three lifts, although the poundages he lifted weren't competitive, relegating him to last place. All this time, Kazakhstan's Borisov was making hay, squatting a 315, and just missing 325 kgs.

In the bench press, I started at 192.5 kgs., hoping to jump to 203 kgs. for the Asian record I had just missed on lockout year. But Borisov beat me to the punch by ordering 205 kgs. for his second attempt, forcing me to match his lift. Well, boys and girls, two days of going to the john every couple of hours or so is going to take its toll. In my case, an easy 205 in training translated into a no-go twice in competition. Meanwhile, Borisov got 205, then went on to 210 kgs. for the Asian record. All this time, Eddie and the Uzbek were having at it for third place. Eddie originally was only supposed to make a token bench press to save himself for his strong event, the deadlift. Starting at 100 kgs. without a shirt, then 130 kgs. with one. When Panahov missed his second attempt at 165, Eddie started getting ideas and went for 152.5 kgs., just enough to beat Panahov, and - incidentally - just a little bit over his personal best lift for the event. When Eddie made the supposed 152.5 kgs. easily, he was all smiles - this would have been the first time he had won a medal in the bench press. But his elation was cut short when, after he had taken his shirt off, it was announced that there had been a misload and that his 152.5 was really only 140 kgs. Would he care for another attempt? No thanks, says Eddie. He's preparing for his event, the deadlift.

In the deadlift, I just lifted enough to secure second in the total, then sat back to watch Eddie work. Starting at 265 to Borisov's 290, Eddie's plan was to secure the Kazakh's complacency, the jolt him with a killer. Georgi was no fool, though, and estimated his lifts well. His second attempt at 300 was a little shaky, but good. Eddie matched it, and Eddie was lighter. Then the Kazakh signaled for 305 kgs. which he barely made. In the lift of his life, Eddie Torres of the Philippines transcended himself and made the same weight, getting two out of three white lights for the gold in the deadlift.



Sutrisno of Indonesia - 60 kg winner (Yoshida)

The following morning all the remaining women's weight classes were contested. This was done to accommodate the Indian team. Apparently, the lack of homebound flights compelled the Indian team to leave on the morning of the last day of competition for the once weekly plane home. Thus, all the remaining women's classes were crammed into the morning session, which started at 8:00. This also destroyed any chances for the men in the heavier weight classes to compete.

In the 67.5 kg. class, Indonesia's Agustina, a lumberjack by profession, won, but only because the Philippines' Erlina Pecante had trouble getting her squat passed. Having done 207.5 kgs. for two reps in training, Lily started at a conservative 185 kgs. Unfortunately, she was unable to convince the referees of her squat depth until the third attempt, leaving the door open for Augustina to make 187.5 kgs. to edge the Filipina out. In the bench press, erstwhile last placer Tatiana Samoilova showed her stuff by benching 102.5 kgs. to Agustina's 100 and Lily's 80 kg. best lift. The tables again turned in the deadlift, where the plucky Filipina broke the Asian record with a 197.5 kgs. third attempt, which looked heavy. Having done 207.5 kgs. for two reps three weeks before, this was a real letdown. Furthermore, it was not enough to overhaul Augustina's lead, and Lily had to settle for second overall. Perhaps having to go down five pounds to get into the 67.5 kgs class had something to do with it, perhaps the absence of Kairat Aliev (who was replaced by Borisov) sucked the win from beneath her wings, but Lily just didn't have it that day. She had arrived in Almaty full of eager anticipation, certain of her impending reunion with the love of her life (see *Pt. USA* Feb. 1996). Such was her disappointment when he was not there.

In the 75 kg. weight class, Kazakhstan's Valida Iskandarova, last year's winner in the 67.5 kg. class went up one division to rule the roost. Her lifts of 200 kg. squat, 107.5 kg. bench press, and Asian record 193 kg. deadlift, for a runaway total of 500 kgs. were more than enough to quell any thought of rebellion from her competitors. Fifty kilos behind was second placer Chang Ching Fang of Chinese Taipei. Third was Uzbekistan's Natalia Storozhenko.

In the 82.5 kg. class, the three top placers all broke Asian records in each event. Eventual winner Viola Fiodorova of Kazakhstan, moving up a weight class from last year, made a 200.5 kg. Asian record deadlift. Second placer Indian Sarala Shetty made a 195 kg. Asian record squat. Last year's champion, Lin Chia Chi of Taiwan was relegated to third place despite an Asian record bench press of 113 kgs. Had she not been over eager to break the Asian record, she would have squandered her tremendous advantage in the squat and could conceivably have retained her title. As it was, after missing her first attempt 185 kgs. due to depth, she made the weight on her second attempt, then immediately jumped to 203 kgs. The record had only been 190 kgs., and subsequently 195 kgs. when Shetty raised it, I was wondering why she was allowed to attempt 203 kgs., instead of the proper 202.5 kgs., but I didn't get the chance to ask the officials.

In the 90 kg. class, Ku Shin Hsien of Taiwan easily outdistanced Ruma Pal of India, in the process of making an Asian record 205.5 kg. squat and an Asian record deadlift of 190.5 kgs. She also gave 118 kgs. a ride, just missing lockout, for what would have been another Asian bench press record. An inspired performance.

Speaking of inspired, when the lady leviathans came out to play, the resulting performances were nothing short of breathtaking. If you think I'm hyping this up, consider this: Taiwanese Chao Chen Yen started the day off by breaking the Asian squat record, then calmly and methodically proceeded to break the world record in the bench press on her second attempt. To top it all off, she destroyed the Asian deadlift record. She was obviously smarting from her defeat to her teammate and outstanding lifter in her own right, Lee Chia Sui, who had beaten her by 2.5 kgs. the previous year in India. Not that Lee wasn't making any effort. She attempted to match the Asian record squat of 255.5 kgs. set by Chao, but couldn't manage the weight. She was, however, successful in matching Chao's Asian record deadlift of 223 kgs. But since she lifted it after Chao, the record remained with Chao. When it came to the bench press, however, there was no doubt of who was boss. Chao's 158 kg. bench press obliterated any chance of Lee's being able to catch up, even if she had gotten her squat. Lee's 130 bench press, although quite respectable taken by itself, was no match for the world record heave of the triumphant Chao. Trailing in third place was India's Tandra Roy Choudary, who only took token lifts to secure third place.

At around 1:30, the men's 100, 125, and +125 kg. weight classes were contested. In the 110 kg. class, Liang Haui Chin of Taiwan Arkadi Nikitine of Kazakhstan started trading shots as soon as the competition started. Liang, who went down one weight class from last year, jumped to a successful Asian record of 340.5 kgs. on his second attempt, but Nikitine, last year's champion, blunted his effort with 342.5 kgs. Arkadi then asked for 347.5 kgs., which he made to again break the Asian record. Liang, obviously wanting to get even, countered with a 350 to break Nikitine's and retain the Asian record. In the bench press, both lifters were evenly matched with Nikitine getting 207.5 to Liang's 205. At subtotal, both lifters were even, and the deadlift would be the deciding factor. The Kazakh started strong and never looked back, making an Asian record 315 kgs. for his final attempt. Liang tried to keep up, but was obviously outmatched and forced to give up the gold in the deadlift and total to Arkadi. Third and fourth places were occupied by the seriously outclassed Uzbeks, Kamal Panahov and Sergei Trubitsin, who both finished more than 200 kgs. below the winner.

J.S. Ubee of India was entered in the 110 kg. class and could have won an easy third. He tried going down to the 100 kg. class, was able to lose 5 kilos, but was still more than two kilos overweight at weigh-in time. Since the Indian team had to leave immediately after the women's competition, he was unable to compete.

In the 125 kg. class, newcomer Ramzan Juzupov of Kazakhstan won over Taiwanese Liao Che Yi, who had traded weight classes with Liang Huai Chin from last year in the belief that he could beat the heretofore unknown Kazakh. Tough luck. Turns out the "novice" Kazakh was a formidable lifter, outlifting the Taiwanese in all three events. Japanese Yasuto Fukushima would have gotten a sure gold in the bench press and at least a bronze in the total. Unfortunately, he zeroed out on his 220 kg. opener in the bench. His first try was turned down due to a lack of a pause on the chest. His second, due to uneven extension. On this third try, he was unable to lock out the weight. Well, those are the breaks, so they say.

In the +125 kg. class, Taiwanese Chao Chien Hsiung lifted virtually unopposed. Kazakh Sergie Rubtsov, whose last Asian competition was in 1995 in Jamshedpur, India was entered and had weighed in, but - at the last minute - he backed out. As it was, Kazakhstan already had six golds and a sure lock on first place in the men's team standings. Rubtsov apparently didn't cherish the thought of being seriously outclassed in front of his countrymen - not when he didn't really have to. So, Chao lifted alone, making an Asian record bench press of 213 kgs., and twice almost making 315.5 kgs. for the Asian deadlift record.

Thus ended the 8th Men's and 7th Women's Asian Powerlifting Championships. First place in the men's team standings was Kazakhstan, followed by Chinese Taipei, then India. In the women's category, the champion was again Kazakhstan, followed by second placer Chinese Taipei, and third place Japan. Strong Man of Asia 1996 was again Hu Chun Hsiun of Chinese Taipei, for the third straight year. Strong Woman of Asia 1996 was Lin Li Min, also of Chinese Taipei, likewise for the third straight year. *RAMON DEBUQUE*



Arkadi Nikitine of the Team Champions - Kazakhstan (Yoshida photo)

EUROPOWER

EPF European Championships
15-18 May 96 - Siofok, Hungary (kg)

52 kg

Stanaszek POL	275	172.5	145	592.5*
Brandtzag NOR	225	115	200	540
Chopovsky RUS	210	110	202.5	522.5
Clay GB	190	112.5	200	502.5
Klein GER	175	120	165	460
Kolsovsky SLO	192.5	115	150	457.5
Nemeth HUN	140	95	170	405

56 kg

Pavlov RUS	242.5	157.5	197.5	597.5
Petrov BUL	230	145	200	575
Legard FRA	195	107.5	220	522.5
Nemeth AUS	187.5	110	210	507.5
Valuk UKR	190	127.5		
Homoki HUN	175			

60 kg

Elyn BEL	260	152.5	250	662.5
Sidorov RUS	245	152.5	237.5	635
Simes GB	245	142.5	235	622.5
Tromp NDL	235	147.5	215	597.5
Christiansen NOR	227.5	140	210	577.5
Murushko SLO	220	130	220	570
Toth HUN	190	107.5	222.5	520

67.5 kg

Baranov RUS	277.5	155	285	717.5
Hypolite GB	265	170	280	715
Wilczynski POL	270	155	270	695
Ollila FIN	270	147.5	260	677.5
Icks GER	250	155	247.5	662.5
Trnka SLO	250	145	257.5	652.5
Oksanen FIN	230	170	252.5	652.5
O'Connor IRE	215	137.5	275	627.5
Figaro FRA	210	160	250	620
Richard GB	245	145	205	595
Celis BEL	210	145	220	575
Fidelio GER	200	120	235	555

75 kg

Berglund SWE	305	192.5	285	782.5
Soloviov UKR	297.5	197.5	262.5	757.5
Bazaev UKR	290	172.5	285	747.5
Krasnow RUS	285	175	280	740
Pekka FIN	282.5	165	267.5	715
Veghera POL	280	175	260	715
Verbene SLO	250	155	260	665
Lehocky SLO	250	155	260	665
Singh GB	230	170	240	640
Sahlgren DEN	237.5	155	237.5	630
Poulsen DEN	230	142.5	235	607.5
Faria POR	210	145	210	565
Theys BEL	270	182.5		
Gasbar HUN				
Siabdallah FRA				

82.5 kg

Szymkowiak POL	280	180	340	800
Theuser CZE	312.5	185	285	782.5
Korotchenko RUS	295	180	285	760
Ficzere HUN	292.5	177.5	285	755
Gandner FRA	280	175	285	740
Valentinsen NOR	285	175	280	740
Krokkee NDL	280	190	260	730
Thornton GB	275	170	280	725
Schnurr GER	275	160	287.5	722.5
Krinstensen DEN	247.5	172.5	208	700
Laine FIN	300			
Bruggingk NDL				
Kjos NOR				
Hanswijck BEL				
Vierikko FIN				

90 kg

Toivanen FIN	315	197.5	345	857.5
Dekhanov RUS	340	195	322.5	857.5
Stiklestad NOR	332.5	187.5	307.5	827.5
Foldi HUN	330	207.5	287.5	825
Minov WRS	290	180	322.5	792.5
Almen SWE	322.5	192.5	270	785
Kurakin UKR	290	195	300	785
Dallinger AUS	270	192.5	275	737.5
Macek SLO	260	200	270	730
Buttigieg FRA				

100 kg

Markowski RUS	370	202.5	320	892.5
Ljungberg SWE	335	212.5	330	877.5
Christoffersen NOR		335	225	315
875				
Rambow GER	340	210	305	855
Ranta FIN	340	195	315	850
Mattson SWE	320	225	300	845
Czarkowski POL	325	205	315	845
Kalter NDL	292.5	172.5	335	800
Sumegi HUN	290	185	312.5	787.5
Szuputowski POL	290	190	270	750
Rodrigues POR	275	147.5	315	737.5
Pulli AUS	250	170	280	710
Uhach UKR				

110 kg

Gankow RUS	342.5	220	340	902.5
Ivanenko UKR	350	220	325	895
Platoshechkin RUS		350	210	330
890				
Antipenko UKR	357.5	202.5	325	885
Arwai HUN	347.5	200	335	882.5
Makkonen FIN	330	217.5	310	857.5
Norberg SWE	325	225	290	840
Schmid GER	305	185	340	830
Videira POR	310	170	310	790
Osterbauer AUS	292.5	175	272.5	740
Simonsen DEN	290	190	260	740
Milton DEN	260	170	270	700
Berencsi HUN	305	190		
Mazzuoli ITA				

125 kg

Naleikin UKR	380	210	357.5	947.5
Davidsen NOR	370	230	347.5	947.5
Krendl AUS	380	202.5	325	907.5
Stark FIN	340	200	350	890
Wszola POL	350	210	330	890
Lindstrom SWE	300	232.5	315	847.5
Krah GER	300	205	305	810
Sorig DEN	317.5	185	280	782.5

125 + kg.

Meszaros HUN	390	220	372.5	982.5
Spinov UKR	423	195	362.5	980
Gardiev RUS	380	235	345	960
Jorksveld NDL	372.5	235	330	937.5
Schmider GER	350	235	340	915
Orobets UKR	360	217.5	310	887.5

Team Championships: Russia 66, Ukraine 54, Poland 47, Norway 45, Finland 43, Hungary 41, Sweden 40, Germany 32, Great Britain 30, Netherlands 21, Austria 20, Slovakia 19, Belgium 17, France 16, White Russia 11, Bulgaria and Czech Republic 9 each, Denmark 8, Portugal 4, Ireland 3. Champion of Champions: Stanaszek 575.43, Wim Elyn 541.26, Victor Baranov 526.42. The 19th Men's European Open Championships took place in Siofok, a holiday resort situated on the famous Lake Balaton. 108 lifters from 20 nations showed plenty of strength and power. The spectators (300-400) came only on the last day, when the Hungarian hero Tibor Meszaros was in the competition. Best Lifter was the dwarf Andrzej Stanaszek (52 kg) who set two new world records in the squat and total. 60 kg. class winner Wim Elyn set a new European Record in the Total with 662.5 kg. Jan Wilczynski from Poland set new Masters World Records in the Squat and Total (67.5 kg. class). Swedish lifter Per Berglund won with a personal best of 782.5 kg. in the 75 kg. class. Five lifters took an early shower in the 82.5 kg. class. Roman Szymkowiak from Poland made an incredible 340 kg. deadlift and was again winner over Petr Theuser from Prague. Janne Toivanen (Finland) had a tough battle with Alexander Dekhanov from Russia and won with his final deadlift of 345 kg. on bodyweight. Youngster Vladimir Markowski of Russia set a new European Record in the squat (370) and retained his title. Russia battled Ukraine for victory in the 110 kg. class. Alxei Gankow was the best deadlifter and defeated Masters lifter Vladimir Ivanenko. Oldtimer Victor Naleikin (43) was the winner on bodyweight over the strong Norwegian Sturla Davidsen. A sensation took place in the 125 + kg. class. Tibor Meszaros from Budapest was extremely strong in the deadlift and defeated the current World Champion Yury Spinov from the Ukraine on bodyweight. Powerlifting in Europe is now dominated by the Eastern Europeans. Only two of eleven titles went to Western Europeans. There were lots of complaints by the competitors about the hotel rates set by the organizers and accepted by the European Powerlifting Federation. Whilst the lifters and officials had to pay DM 70 per night in a double room, Peter Thorne and I had to pay DM47 for a double room. German tourists, staying in the same hotel had to pay only DM 31. To understand the situation, one must know that an average worker in the Ukraine or Russia ears about DM 150 - per month! (thanks to Heinz Vierthaler for providing the results and report)



Tibor Meszaros... new SHW star.

EPC European Championships
20,21 Apr 96 - Pescara, Italy (kg)

Women

48 kg

Watson UK	82.5			

52 kg.

Sbrolli ITA	60	45	80	185
4th	70			

56

Jr.				
Saleris ITA	115	55	115	285
Sr.				
Gibson UK	180	100.5	190.5	470
Valouga ITA	132.5	57.5	140	330

60 kg

Weinberger GER	162.5	85	190	437.5
Toumi FRA	135	47.5	135	317.5
Martin UK	105	62.5	125	292.5
75				
Sr.				
James UK	120	65	145	330
Jr.				
Papilloud SWI	195.5	110	210	515
4th		115.5		

82.5

Blair UK	120	95	225	440
Morgan UK	70	72.5	70	212.5
90				
Pongracz AUS	182.5	115	200	497.5
90 plus				
Coulon FRA	160	105	150	415
VanCamp BEL	120	67.5	140	327.5
Men				

52 kg

Mellor UK	135	80	165	380
Morello ITA	145	80	140	365

60 kg

Moret FRA	200	117.51	205	522.5
Cavagna ITA	210	115	195	520
4th	217.5			

67.5

Yeginjan RUS	235	150	250	635
Nabijev RUS	242.5	135	235	612.5
Quadraroli ITA	190	122.5	190	502.5
Oster BEL	150	85	190	425
Janssens BEL	130	72.5	157.5	360
Doom BEL	125	80	155	360
Samoilov RUS	125	90	140	355

75 kg

Sr.				
Mannering UK	275	195	265	735
4th		203		
Segrer ITA	235	152.5	242.5	630
Zomer ITA	210	110	235	555
Jr.				
Caetano FRA	240	117.5	250	607.5
Mercier BEL	170	107.5	210	487.5
Master				
Posokhin RUS	270	157.5	275	702.5
Jawanda UK	220	122.5	225	567.5
DeOliviera FRA	200	110	200	510
Mastrapasqua ITA	160	140	165	465
Claude FRA	160	102.5	185	447.5
Hraifi	227.5			

82.5

Sr.				
Vaccari ITA	320	200	295	815
Meux FRA	242.5	182.5	275	700
Catucci ITA	245	150	260	655
Verblijdt BEL	215	107.5	217.5	540
Jr.				
DiCecco ITA	240	150	230	620
Debnuyne BEL	160	115	212.5	487.5
Master				
Kent UK	200	120	242.5	562.5
Mercier BEL	180	125	190	495
D'Anversa ITA	125	110	170	405

90 kg

Sr.				
Danielou FRA	300	180	310	790
D'Ovideo ITA	290	215	240	745
Elliss UK	270	190	250	710
Van den Berghe BEL		205	140	290
635				
Ruiz FRA	215	170	235	620
Fruet ITA	200	140	215	555
Jr.				
Aliev AZE	225	165	210	600
Maranca ITA	220	190	255	595
Morgan UK	200	165	220	585
Master				
Schneider AUS	210	165	270	645
Teen				
Jones UK	250	155	260	665
Nappe FRA	245	145	235	625
Buhl AUST	280			

100 kg

Sr.				
Depner AUS	310	210	330	850
Martin UK	272.5	185	290	747.5
Ciuffoli ITA	280	180	275	735
Bianchi ITA	250	160	250	660
Jr.				
Kastl	310	192.5	315	817.5
4th	315			
Master 40-44				
Sterkl AUS	275	182.5	295	752.5
Nixon UK	220	142.5	285	647.5
Colella ITA	200	160	210	570
45-49				
Campbell UK	265	180	255	700
110 kg				
Sr.				
Weiler AUS	365	210	285	860
Gouvaers BEL	290	162.5	270	722.5
Jr.				
Valencin FRA	300	200	270	770
Master				
A. White UK	270	162.5	300	732.5
P. White UK	270	160	270	705
Schabel AUS	240	170	260	670
VanHove BEL	225	125	270	620
125 kg				
Sr.				
Smith AUS	335	205	320	860
Hofstetter GER	305	220	290	815
Minelle FRA	290	205	260	755
Jr.				
Ber AUS	320	200	335	855
Bellery FRA	277.5	170	260	707.5
140 kg.				
Sr.				
Holleitner AUS	300	232.5	322.5	855
Master				
Carter UK	340	162.5	352.5	855
140 + kg.				
Trelgoan UK	345	245	350	940
Newrkla AUS	345	250	305	900
Stazi ITA	290	130	290	710

Best Female Lifter - Vanessa Gibson. Best Male Lifter - Enzo Vaccari. Points: UK 208, Italy 189, Austria 137, France 135, Belgium 105, Russia 45, Germany 21, Azerbaidjan 12, Poland 12, Switzerland 12. The EPC (WPC) European Championships were held in Pescara, Italy, a coastal city on the southern Adriatic Sea. The setting was great and all ten member nations were present. Unfortunately, the EPC committee discovered that the promoter had not arranged all that is necessary to run a championship. They had to jump in at the cost of their own lifting and overake the running of the meet. This was a slight setback and disappointment for the EPC, which has grown tremendously in members and strength in the last two years. In spite of the organizational difficulties there was some very good and exciting lifting. Gibson (UK) came back from a broken arm incurred at last year's Worlds and took a european bench record and world record deadlift, as well as best female lifter. 8. Fruzna traveled all the way from California to lift for Poland. 14 european records and one world record were set in the women's divisions. Vaccari set a new european record in the squat with 705 at 181. He easily took best lifter with a 1796 total. Lenhart, an upcoming teen star from Austria, set european records across the board, as well as his junior teammate, Kastl. The heavyweight classes saw some of europe's best personalities, which were down in their totals due to various circumstances. D. Carter pulled an easy world record deadlift of 777 in his age class. He attempted 804, tearing his hamstring while doing so. Tregloan was back in the game after tearing both his quads and having surgery done on them. He totaled 2072, nevertheless, and was a calming influence on the General Secretary, Smith, who was rather "discontent" with the organizational circumstances. Britain took 1st place commandingly. Austria took the highest percentage of 1st places. Next year's europeans will be held in Graz, Austria, on April 19/20. (thanks to Carl Smith for results)



***EPC Champions..** Edith Pongracz (AUS) and Peter Tregloan (GB). Franz Mares photo via C. Smith*

The Bob Peoples I Knew

as told to POWERLIFTING USA by Bob Hise II

Some lifters have bulging biceps, some have massive chests. Bob Peoples had robust rhomboids, a spinal column encased with spinal erectors the size of forearms; a back highly developed from the head bone to the tail bone, with ligaments and tendons that could be equated to steel cables.

He deadlifted 728 lbs. weighing 178 lbs. fifty years ago minus drugs, wraps, and body suits. This was done without using a cross hand grip (palms toward the body). He wore no shoes (only socks) and was the forerunner of today's ballet type deadlift shoes.

In 1937 the Tennesee State Olympic Weightlifting Championships were held at the Frye Institute (a mecca for the weight fraternity) in Chattanooga, Tennesee. Bob Peoples, an unheard of lifter from the eastern part of the state was entered. If memory serves me right he did a press of 190, snatch of 215, and clean and jerk of 265. He used a powerful pull and shallow split in snatching and cleaning which denoted tremendous back strength. When the competition was over he asked to put on a deadlift exibition. With no warm-up he opened with 500 which he did for four reps. Were the lifters and spectators impressed!? Bob went on to do 600 and 650 with much to spare at a bodyweight of 175. The most unusual part of his lifting was the way he gripped the bar, a straight no-cross grip and a steady, no pause lift from floor to a strong stand up finish. We became friends from then and continued until the end when I served as a pall bearer at his funeral.

Many were the times that we visited in each others homes and discussed lifting. His many innovative training routines and philosophies guided him as he became the world's greatest deadlifter. His early training was done with crude objects. Two barrels with a heavy pipe attached, large timbers were placed in the ground and were used for supports of this huge apparatus. The barrels were filled with rocks, each having the weight painted on them. This was one of Bob's first training devices.

Sinking Creek ran in front of the Peoples' home, and a suspension foot bridge skirted the creek. Bob would load up his barrels, take them off the racks, and walk across the swaying bridge, turn around, walk back across and place the weight on the supports. I've seen him use 500 lbs. for this feat. He called it building 'super-strength'.



***Bob Peoples** was the first great deadlifter in the United States, and his pull of 728 lbs. remained the greatest all-time deadlift, regardless of weight class, for many years. Note his inc redible development*

For deadlifting he would place the barrels on the ground and use different height platforms to stand on - which gave him different lifting positions with bar touching insteps to medium and a high finish position.

The only conventional pieces of equipment he owned at that time were a 150 lb. exercise plate-loaded barbell and two solid dumbells (one 60 lbs. and one 75 lbs.). He would do one arm swings, presses, and snatches with dumbells. Of course, Bob later acquired conventional equipment - a Jackson Olympic 400 lb. set. He had the local foundry cast four 100 lb. weights to use in his various exercises.

Peoples was in much demand for deadlifting performances and I accompanied him to Atlanta, GA, Nashville, TN, Detroit and other areas. Many times we would have to take extra weights because the sponsors would not have adequate barbell plates. One of these times was an event at the Nashville YMCA, an Olympic lifting contest, plus an exibition by "Pudgy" Stockton and Bob's deadlifting. I had recently been discharged from World War II days in the Army Air Force and had an Army Jeep. Highway 41 was being worked on and we had to detour over the mountains via Richard City (home of famed western film star Tom Mix). Logging and mining trucks had left the road in horrible condition and driving at a reasonable speed carried you all over the road. With weights in back and a makeshift bed on top where my wife Billie was sleeping and Bob in front with me shivering, we made the lurching journey as fast as possible so Bob could get back to work. I asked Bob to drive and get warmed up - his reply, in his dry wit, "No - I might get the Jeep in jump gear and we would really have a disaster."

Bob along with "Pudgy", stole the show, he lifted 728 lbs. weighing 178 lbs., no wraps, wearing only socks, to quote Bob, "It gave me better leverage." He used his underhand grip here because it is the natural way to lift. Ask any beginer to lift a barbell and they'll start in this manner. He used both styles of gripping but always thought this was the best way to lift heavy weights.

Bob was always cold and when I walked him to the passenger boarding platform his knees were actually bouncing together from extreme shivering. He had to catch the Southern Railway train "The Tennessean" to get back to Johnson City for work that afternoon.

This reminds me of when Bob and his wife Juanita visited us in Los Angeles (which as you may know is not a cold area). Bob asked if I would turn on the forced air furnace. I adjusted the temperature to a good warm setting and opened the vent wide in their bed room. For the first time ever the thermostat malfunctioned and the burners cut off - blowing cold air into their room. Bob never believed that this wasn't intentional.

Some of Bob's training methods were unique. He built a bouncing platform of two oak 2" x 12" boards, 8 ft. long, nailed barbell width apart on 4" x 4" timbers underneath at each end. By using the lift on his tractor (extending a lowering/raising mechanism, which he could operate by placing his head against an actuator) eight hundred pounds would be lifted to an upright extended position, and he would lower this, with a bounce, and attempt to get the bar up to his knees. This would build great starting strength (50 kg. Mav - Rik bumpers can be used for this type of training). Bob also did a lot of eccentric movements by using his tractor lift to raise an excessive weight and then lowering it himself.

I witnessed him doing cleans with two 110 lb. dumbells (one in each hand) for ten reps, one from the floor and nine dead hangs. He used no straps which showed his great gripping and tremendous back strength. His theory: you start most every lift with the hands and they must be strong. I think many power and Olympic lifters neglect grip strength training.

I've never known a man that did so much: worked in a rayon mill - changing shifts every week, a member of the Johnson County Road Commission, farmed and still trained, and I mean hard training - many times at 2 a.m. after he finished his evening shift of work and a bite to eat.

Bob bought another farm with a huge house sitting on a hill. Here he built his basement dungeon gym. Not only did he train here, but he trained Paul Anderson as well. Peoples was really an organized man.

Mr. Peoples was a mild man, but did have a flare up temper at times. His wife Juanita told me of times he would get so angry with him:self because he wasn't progressing that he would actually carry his weights up from the dungeon and throw them down the hill - swearing to never lift again. A few days later he would lug all the weights up and back to the dungeon and train harder than ever.

Yes, Bob Peoples was way ahead of his time. His photo is enshrined in the Tri-City: Johnson City - Kingsport - Bristol Airport, denoting his position in the Tennesee Athletic Hall of Fame. He was a graduate of the University of Tennessee (East Campus) and won honors as a livestock judge.

Yes - Mr. Peoples was a great lifter - a fine gentleman, and a true friend whom I miss very much.

EDITOR'S NOTE: Unfortunately, we must now miss the author of this piece also. Bob Hise II passed away after a battle with cancer on June 10th. One of the most enduring independent spirits in weightlifting, where he made his great mark in life and helped so many others make theirs as well, he also touched the lives of many powerlifting greats. May he rest in peace.

RESURRECTION
The Miracle of MIKE CROSS
PART TWO as told to PL USA by Herb Glossbrenner

It was 15 months after his tragic accident that Michael Cross returned to National competition. A lot had happened since his interim away from competition. Two years can see many changes transpire. A newcomer he'd previously beaten had risen to the top at 123. Allen Clark of Dallas had soared in 1971. In February he beat Mike's DL record (501 1/2) hoisting 510! While Mike struggled to survive, convalesce, and rebuild, the Dallas strongboy improved rapidly. Shortly thereafter Clark bumped his record lift up to 520! Less than three weeks following Mike's tragedy on June 26, 1971, at the Texas State Meet in Port Arthur, Clark beat Moyer's (reclaimed) 1170 total record. He DL'ed 541 and totaled 1195, both 123 records. Clark won the 1971 Sr. title in Dallas in a cakewalk - 1170. Clark disappeared from the scene almost as fast as he'd risen to prominence. He was not at the first Worlds that Fall in Harrisburg. Nor did he show up at the '72 Seniors or any National meet thereafter.

Only three bantams showed for the '72 Sr. Nat'ls in Denver. This persuaded the National Committee to open debate concerning discontinuance of this class. Moyer was also absent there. It was Mike's return. He faced a new man, John Redding, 28, from Beverly, MA. Mike was now 25. It was his first major test on the comeback trail. The judging was very strict. Redding BP'ed a mere 200 to 220 for Cross. John took a great lead with his 445 meet record squat which erased Moyer's 441 1/4 1970 meet record. Mike SQ'ed 330 real low. His 95 lb. deficit made a win beyond possibility. Redding pulled 450 for 1095. Mike Pulled 510, his best ever at 123, for 1060 and a satisfying runner-up placing. Cross now had four 2nds (along with 2 wins) in Sr. Nat'l competition. Mike continued his comeback trail with new enthusiasm. He traveled to the 2nd AAU World Championships in Harrisburg bearing the scars of his ordeal with a fighting spirit. He faced insurmountable odds. Britain's Precious McKenzie was defending World Champ. In '71 he defeated Moyer 1170 to 1115. Moyer, now 38, was lifting on borrowed time. McKenzie, 36, was no spring chicken, but had finished 9th at 123 in W/L at the Munich Olympics. It was a foregone conclusion that Precious was unbeatable. Along with Moyer, Mike had the current US Champ Redding to contend with once again. Precious won the competition easily: 1210 (285 425 500). The Canadian Crawford was far out of contention. Moyer, Redding, and Cross battled to see to see who would be the best of the rest. You couldn't have asked for a tighter battle among these three. Redding managed a 215 BP, his weakest lift. Mike made all 3 benches 215, 230 and finally a PR 235, which he celebrated jubilantly. Moyer notched 240 and led the trio. In the SQ, Mike made 340 in good form. Psyched, he made a daring jump to 370. He sat low and struggled but couldn't drive through his sticking point. Moyer was very light (116 3/4). It sapped his SQ strength. He did 425 but tweaked his hip and aborted a try at 440. Redding was lucky to have the biggest SQ - 430 a borderline lift, passed. Moyer had the edge on subtotal - 665, Redding was close - 645. Mike trailed them both - 575. Moyer pulled 430 but couldn't budge 440. He finished with 1095 and waited to see how he'd place. Cross pulled 455 to get on the scoreboard - still 4th. Redding lifted the same 455 but 470 wouldn't move. He had 1100 and was ahead of Moyer. Meanwhile McKenzie won with 490 and added a British record 500 for a 1210 total, the highest ever at 123. It was redemption time and Cross elected to gamble on 525. It would put him 5 ahead of Moyer and tie Redding to get 2nd as lighter man. It was considerably more than the former record of 501 1/2 he had made three years ago before his accident. The crowd was behind him as he came out like a tiger and hauled up the big weight with power to spare. What a fantastic performance. What a comeback. He'd bumped the great Davy Moyer to 4th, repressed Redding to 3rd, and still had one lift remaining. The classes were being held concurrently. He came back five attempts later to try 550 to reclaim the record he'd lost to Clark (now 548). He'd made 556 1/2 at 132 winning in 1970 the year before his accident, but nobody had tried this much at such a light bodyweight. Michael got it almost to his knees, and the crowd applauded this courageous effort.

The top of the mountain was in sight. It was something that drove Mike relentlessly.

The 1973 Sr. Nationals was at the Greater Scranton YMCA in Dunmore, PA. The strictness in the judging affected everyone. Everybody was expected to squat well below parallel. The pauses in the BP were long. It was the Year of the Purge. Wraps were out. There was no deviation from strict rules enforcement throughout the meet. Because of this, 11 bombed and all totals dropped considerably. For Mike winning was a cakewalk. Redding had moved up to 132. Moyer was injured and out. Vernon Bowser, whose best total was 1015, did a mere 910 for runner-up. Allentown veteran at 37, Fred Glass managed to stay in this class (after all these years) and took 3rd - 795. Mike, sporting a Fu Manchu - minus goatee, took his 3rd Senior title back to Signal Mountain. It was the first year that the SQ came before the BP in the sequence of lifts (it has remained so ever since). Mike squatted 300, 330, and missed 340. He BP'ed 200 after a missed opener, then failed 210. He pulled a toy 430 to cinch the win, then 500 and finally a P/R 530 for a new Sr. National Meet Record and 1060 total. His return to top spot is a success story to give incentive to anyone wishing to succeed. Mike did not go to the 1973 Worlds that Nov. 9, 1973 in Harrisburg. It was there Precious McKenzie won his 3rd consecutive World title - 1180. A new star got 2nd w/1070 pulling a 500 DL for the USA- his name was Lamar Gant.

Nineteen Seventy Four was a banner year for Mike. He was selected and went with a USA team to compete against the British best in Coventry, England on June 29. Texas millionaire health club owner Ron Hall footed the bill for the USA contingent. Mike won the 123 matchup with a 330 SQ, 198 BP, 490 DL - 1019 Total. He tried a 512 DL, but missed. The bar used had no knurling. He recalls that the competition ended in a 5-5 tie. The great Vince Anello might have won the match for the USA, but zeroed in his specialty, the deadlift. Mike affectionately dubbed his friend Vince "Ole Slip Grip". Next stop was the Senior Nationals, August 30, 1974 in Arlington, TX. Many called the sensational new 17 year Lamar Gant of Michigan the favorite to win. Mike was a man on a mission and his DL was going especially good. Two weeks before the meet he pulled 500 for 5 reps in preparation (bare hands - no straps)! He was ready for a BIG ONE:

The Bantams lined up to do battle. Texan David Smith bombed after a low 280 SQ final. Both Gant and PA's Bob Lech took a lead going into the DL. Lech was in front w/600 subtotal (360 SQ, 240 BP). Gant with 340 SQ, 245 BP had 585. Mike wore his curly long haired wig for the reasons I'd mentioned earlier. Lifting in gymnastic shoes with shapely muscular thighs he dunked 330 and 350 strongly. Cross finished his 3rd, a PR w/365. The side referees nixed it saying the bar slid down his back. Mike managed a 210 BP and was low man on the totem pole. Lech pulled a difficult (one red light) 385, but couldn't break 405 from the ground. His 935 assured him of a placing. Now came the battle of the deadlifters - a great moment in powerlifting history. Lamar, unaccountably, fell apart in his specialty. Overtrained? Three times he failed to lift 450 and was out - a big disappointment. Mike came out and cinched his 4th Sr. title with a 500 opener. It looked like a feather and stirred the crowd. He went flat out to 550. It would be a National, American, and - Yes - official WORLD RECORD! Lifting in gymnastic slippers he attacked the bar with ferocity. It seemed as if it took an eternity to complete he lift. He never quit and with nary a hitch kept pulling. Finally the shoulders were back as he stood completely erect. His three whites drew a thunderous ovation. It weighed 549 1/2 on the scales. There was nothing left. His tank was drained, so he passed his 3rd. Mike couldn't find a motel room anywhere. All rooms were booked, so he slept on a wooden bench that night. His back hurt and he barely got 40 winks - but it was worth it. Oh Yes! His comeback trail was now complete.

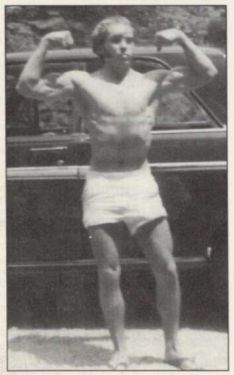
Mike figured the Worlds was out of the question. McKenzie was too much for anyone. So he stayed home. He had no way of knowing that a golden opportunity would slip by. Gant was absent and so was three time champ Precious. In their absence (along with Cross) 48 Year old John Bojazi (oldest World Champ in any strength sport) won the coveted title: 1041 - 1030 over Baltimore's native son - Vernon Bowser. Instead, Mike lifted in Memphis on Nov. 16th, recording 1095 (350, 220, 515) @ 123. The outcome of the Worlds was slow coming to Tennessee. When he got the word of what might have been, he flipped his wig. Talk about a 'McKenzie frenzy'.

Mike admits that despite his success returning to the top he still did not have all his priorities right. Mike was a weekend drunk, and went to bars to get loaded up and pick fights. His favorite punch was the "right cross", of course. During that year the love of his life was stolen. His Mustang was something he cherished. Three days later his life changed. He accepted the Lord in his life and got saved. Nine months later his beloved car was found and returned. It no longer had the same significance it once had. It had been three years since his tragic accident. Now, it was 1975. Mike had been raised as a Catholic, but now he became a Southern Baptist. He did not return again to the National Platform. He felt he'd reached his peak. His best lifting, he figured, was now behind him. Gant won the Seniors for 1975 380, 264, 540 - 1184. The handwriting was on the wall. Mike knew he could never beat Gant. Besides, he had newer and more important priorities in his life. At last things seemed right. No more hooch for Mike. The closest he'd ever come to alcohol would be a bit of brandy to cook his favorite meal - baked Possum. Mike continued to lift in state and local competitions, but his national meet days were over.

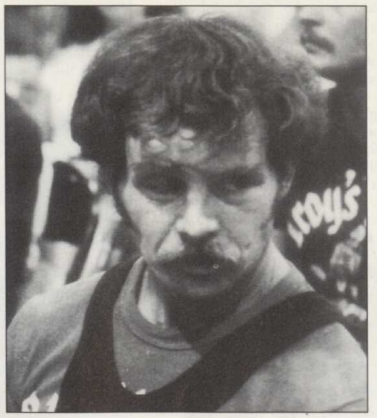
Mike Cross managed for the next ten years to be ranked within the top 10 in the 123 lb. class Nationally. For nearly 5 years, his World Record 123 DL record survived. On May 4, 1979, only one month shy of his 43rd birthday, McKenzie broke Mike's record lifting 551.1 on a 4th attempt at the Hawaii International Record Breakers competition. At the Worlds that year, McKenzie again hoisted 551



Documenting the Damage... *8 months after, Mike took a self-portrait*

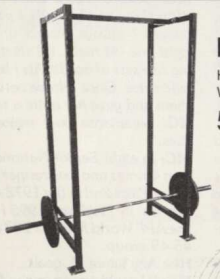


2 months after... bodywt .116.



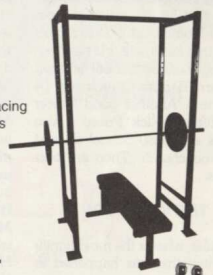
Mike came back... *to the top, after incredible injury*

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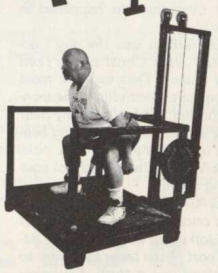
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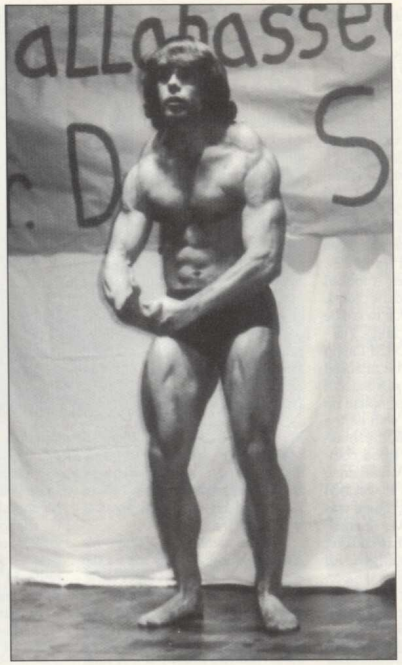
in good style with an overhand grip, thumbs hooked style. He subsequently did 562, which looked equally as good but got only one white. It was there that Lamar Gant, following his 501 opener, went to 617.4 (5 times bodyweight). He pulled it to just above his knees, and locked out, shoulders fully back. Both men tied at 1344 in the total. Lamar won as lighter man. A new era of P/L was born.

Mike still had brief revisits of glory. At the Chattanooga Open in May 1978, now 31, he beat Chucky Dunbar (who on a 4th made a WR SQ with 460). On April 5, 1980 at the Chattanooga Boy's Club he made his best ever total at 123 - 1110 (390 SQ, 220 BP, 540 DL). On Feb 25, 1983, at age 36, he again did his best ever at 123 (120 bwt.) with a 396 SQ, 226 BP, 501 DL for 1124. Mike missed a 534 DL going for 1157 and the Elite rating he wanted, but never got.

Mike got married in 1984, at age 37. His wife Joyce was a Policewoman in FL. She came to Signal Mountain to visit her brother who lived next door to Mike. She got an apartment in Chattanooga and stayed for a couple of months. Her brother introduced her to Mike. The chemistry was perfect. Sparks ignited. It was a whirlwind romance. They've been together for going on 12 years now. They have no children, but have some great critters as substitutes, a quarter horse named Gypsy, and two dogs - Misty and Cindy - who coexist with their two cats Leroy and Streaker. Mike admits that his life has truly been blessed. Sometimes it takes a crisis to find true fulfillment. He has been teaching Sunday School at their Southern Baptist Church for 14 years now. Another good Master Powerlifter - Rick Posey - also teaches a Sunday School class at the same church. They are best buddies.

THE INTERVIEW

HG: Mike, what is the most significant thing that has happened in your life?
MC: *Herb, it was the day I accepted Jesus Christ as my Lord and Savior. That was the most important. Secondly, is the wonderful life I've had with my dear wife Joyce. She is a shining beacon in my life also.*
HG: What is the highlight of your lifting career?
MC: *Climbing the mountain I had once scaled and standing at the top again was gratifying. Being part of the team that went to England was a thrill. I suppose setting my WR Deadlift made me most thankful.*
HG: What are the clubs you have lifted for?
MC: *The Frye Institute Olympic and PL team for 6 yrs. Then the Colonial Health Studio for Dave Collier. Since the 70's I have represented the Chattanooga Ironmen PL team.*
HG: To whom do you owe a lot for guidance in your lifting career?
MC: *I thank my uncle Jim Stolpmann who started me in basic bodybuilding, and my coaches whom have meant a lot to me: James Hall, Rye Bell, and Dave Collier.*
HG: Who are some of your lifting heroes who inspired you?
MC: *In WL the Japanese World and Olympic Champ Yoshinobu Miyake (132). In bodybuilding I liked John Grimek, Bill Pearl, Freddy Ortiz, and Larry Scott. In Powerlifting - well, I had my favorites: Ernie Frantz, Vince Anello, Paul Wrenn, Pacifico and the great Mac Richards - an ageless wonder. I think I was more awestruck by Jim Williams than anyone else. I watched him warming up backstage at the 1972 Worlds. He was warming up with more weight than I could ever imagine DL'ing and so effortlessly. Between sets he would sit on the bench with his huge proportions. I would watch his giant chest cavity expanding with air as he breathed. He was my PL hero. There was only one way I could describe Big Jim - awesome:*
HG: Do you have any siblings?
MC: *I have only one brother John, who is 12 years younger than me. He is now 36. John never took up the barbell. Lucky for me. He might have stolen my thunder.*
HG: Did you ever take any food supplements?
MC: I took a lot of Hoffman's Protein tablets. I bought a can of that Protein of the Sea once.
HG: What happened?
MC: *Whew. I couldn't get past the smell. Woowee. It brought back old memories of the time that ole possum had crawled under our back porch and expired.*
HG: Did you bury it?
MC: *I waited until the varmit stiffened up, then tossed it off in the woods. Actually, I dumped that fishy protein in the chicken feed. Ole Claudia was laying double yolkers for about a month.*
HG: Tell us some of your best lifts.
MC: *You know my best O/L lifts. In the Powerlifts I squatted 400 in competition weighing just over 132. At 123 - SQ 396, BP 235, DL 550; at 132 - 390 SQ, 245 BP, 556 1/2 DL. In practice I squatted 350x7. In the DL I did 340 w/one hand. For reps I did bare hands 480x10 and 500x5 right before the '70 Srs. I've done 31 pullups strict and dipped with 150 lbs. tied to my belt.*
HG: How many times have you deadlifted 500 in competition?
MC: *Sixty times. I did 500 22 times @ 123, 32 times @ 132 and 6 times @ 148 (weighing up to 138).*
HG: Any particular memories you have recovering from your terrible auto accident?
MC: *Yes, for almost a year after my wreck my face was literally wired together. I was starting to experience pain with the slightest touch on the forehead. Eventually a wire broke through the skin like a needle. You couldn't see it unless I raised my eyebrows. As a joke I'd have people press their finger in the middle of my forehead, then flex my eyebrows. It would prick their finger like a needle. You can imagine their reaction.*
HG: I guess you were the original Pinhead. Did you inspire Wes Craven's demonic character?
MC: *(Laughing) I never thought of that. There were other unusual occurrences. My eye was still closed after the first year. Another surgery allowed me to open it by attaching a pec muscle in my forehead. I'd look up and it would open. I gave the wife the heebie jeebies when it popped open one night. She woke up and it was eyeballing her. She woke me up and made me roll over.*
HG: Any problems today of a physical nature?
MC: *Well, actually I do experience a bit of double vision in my bad eye.*
HG: Does this present any problems?
MC: *Once or twice when I was lifting I saw two barbells. Luckily, (laugh) I always picked up the right one. At night, if I start seeing two sets of headlights I let my wife drive. Once I drove between them and gave her quite a scare.*
HG: Summarize your major PL titles.
MC: *In eight Senior Nationals, I won 4 times and was runner up 4 times. I was 2nd in the 1972 AAU Worlds. In 1994 and 1995 I won the APF World Masters 123 class 45-49 group.*
HG: Any future PL goals.
MC: If I could scrape up the $$$ I would love to go to South Africa and lift in the 1996 APF Worlds.



Mike placed 5th in the 1972 Mr. TALLAHASSEE Contest

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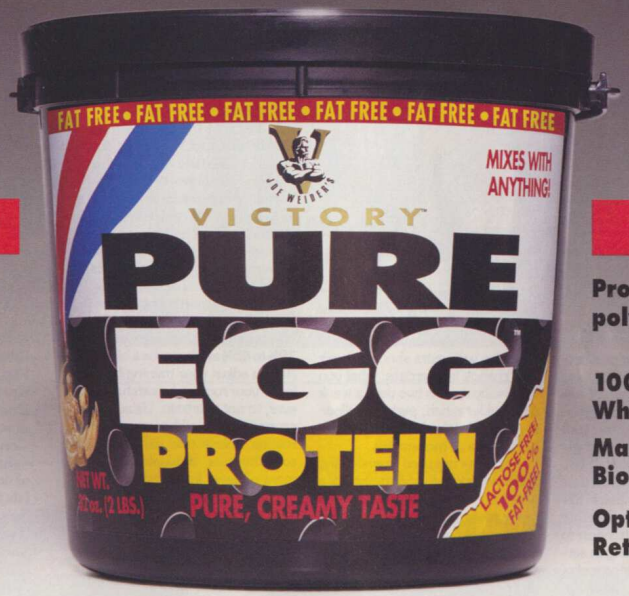
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TRAINING

MEET PREPARATION, Part II

by World and National Champion Scott Warman

As we move into the second part of our discussion on understanding meet preparation during the final six weeks, keep in mind that you, as a lifter, must take it upon yourself to develop an intuitive feel for identifying and evaluating your body's response to your training. Never underestimate your ability to coach yourself, as no one better understands how your body feels than yourself.

OVERCOMING YOUR WEAKNESSES

This was an area that took me many years to finally be able to work with and adapt to. Essentially, what this process involves is the ability to look at each lift and determine what it is that is lagging behind. In other words, what exactly is responsible for the WEAK LINK that holds you back from lifting another twenty to forty pounds on one of the three lifts. To do this, we must take each of the competitive lifts separately and ask ourselves at what phase during the range of motion are we breaking down.

As we start with the squat, we must look at each area - from the initial setup to the descent, coming out of the hole, pushing through the mid-range, and finally the lockout and top position for the rack command. Once you find your problem, you must act on it immediately and adjust your training. Thus, if the difficulty is, indeed, obtaining a good setup where you minimize your energy and strength loss and get your feet where you want them, then you have to spend extra time and preparation to minimize this problem come meet day. Whether it means paying more attention to details in warm-ups, putting in several overload walkouts at the end of your squats, using your lifting equipment sooner in the training cycle in order to become acclimated to that different feeling, do whatever is necessary. What you don't want to do is ignore the problem and simply continue on with your standard routine, thinking that by meet day things will work out or that all you can do is your best, thus adopting the attitude of overlooking any shortcomings. We can offer endless examples of problems and possible solutions, but what is important here is to develop the mind-set of analyzing where our bodies are at.

In moving along to the bench, keep the same thought pattern as with the squat, but simply transfer it to a different lift. Make sure you also address whether a weak link is due to an injury or anatomical problem. What someone may mistake for a shoulder weakness in the bench may really be a rotator cuff or joint



Scott has long been one of the premier lifters in the 275 lb. class.

problem. In that case, instead of adjusting with extra shoulder work or a change in exercises, what you may really need is two days a week of shoulder rehab, perhaps following your upper body day with dumbbell rotational movements.

For those not used to evaluating and analyzing the shortcomings of a particular lift, keep in mind that it is rarely more than one or two areas that are holding you back. As with the squat, you need to organize the same pattern of breaking the lift down into separate areas. Therefore, when looking at the bench press, you have the lift off, the descent, the pause and initial movement off the chest, followed by the mid-range portion of the lift and finishing with the lockout. Obviously, the better you understand how each muscle group contributes to each phase in the range of motion, the easier it will be to determine the problem area. Also, you have to be able to prescribe how to fix the recognized problem with given changes or exercise solutions.

If, for example, you are having problems with the paused benches and the bar coming off your chest, then you need to incorporate more pauses in your workouts, holding the bar longer at your chest and thus overemphasizing the pause or perhaps paying more attention to a controlled descent. Moving into the power rack and starting from a dead stop with the bar just touching your chest, or cambered bar benches, or even heavy dumbbell pauses are all possibilities to keep your lift moving. Keep in mind that there are usually a variety of answers and that what works well in one training cycle may not be as effective in the next. As our strength changes and routines change, so do our sticking points and weaknesses.

If your problem is like mine, then it is the mid-range portion of the bench that creates the difficulty the majority of the time. This is due to inadequate shoulder strength in relation to chest and triceps. Make sure to push your heavy shoulder movements or more specifically those exercises that contribute to the mid-range portion of the bench. Heavy rack work six to eight inches off your chest to heavy inclines at a 30% to 45% angle can be a big help. As you adjust your training by adding to your routine, be careful, however, to not overtrain. Usually, you cannot simply add to an existing routine unless you either reduce something or eliminate a movement of lesser importance.

The last area to overcome is the lockout. Many long-armed lifters are plagued with this problem due to leverage disadvantages as are those who are genetically deficient in tricep anatomy. Turn to heavy overload tricep work and partial lockout mounts, such as partial dips, close bench, decline, board benches, etc. to help overcome this problem.

MECHANICAL PROBLEMS

As you advance with your strength gains, it becomes more and more imperative to execute the lifts as technically sound as possible. The obvious reasons for this are: 1) to avoid injury, and 2) to maintain a mechanical leverage to lift the most weight possible. Unfortunately, as the bar weight advances toward limit lifts, it becomes increasingly more difficult to maintain your form, thus creating the paradox of good form versus heavy weight. Constantly remind yourself, as you fight to master this most demanding of challenges, that the reward will compensate you with great increase in a given lift and total.

Moving into the last phase of our contest training, it will be impossible to attempt a complete technical overhaul in mechanics if, in fact, we haven't at least arrived at this point with fairly solid form. What we can do, however, is make small adjustments to refine our finished product come meet day and also reinforce and constantly be aware of our good habits during the last six weeks so that we don't slip into a breakdown in technique as the weights increase.

I like the use of a video camera at this time, as our kinesthetic awareness regarding what we think a lift looks like as opposed to what we are really doing are often at odds. The use of a trained eye in the form of a coach or competent lifting partner is also very effective. The other training aid is a checklist of essential key coaching points to review before the workout and perhaps even before each lift. Try to make your own list as positive as possible for each lift, so as not to include things not to do, as this pulls your subconscious away from what you are trying to duplicate. A sample SQUAT CHECKLIST would look something like this:

- **Bar as low as rules allow**
- **Elbows high**
- **Flat, locked back position**
- **Upright torso**
- **Break at hips (for initial movement)**
- **Controlled descent**
- **Weight on heels and outside of foot**
- **Hit DEEP**
- **Speed out of hole**
- **Roll hips into lift**
- **Stay tight on lockout**

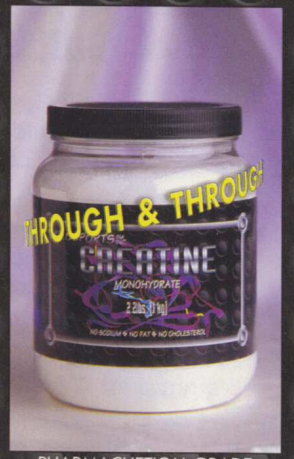
These are just a few of many reference points that would compose a complete lift. Most important - make sure to list coaching tips applicable and pertinent to you and your lifting. I started out the first few years of my competitive career using the written checklist and then graduated to a visual checklist where I would actually review my "perfect" lift in my "mind's eye" through visual interpretation. So, instead of saying to myself "good torso position" or reading it from my list, I would actually see my squat position with minimal torso lean. This has worked the best for me. It doesn't matter which method you use, only that you are cognizant of this critical issue of form and are always working at maximizing your efficiency.

We will investigate the third of our four-part series in the next month's look at the fascinating world of balancing over/under training.

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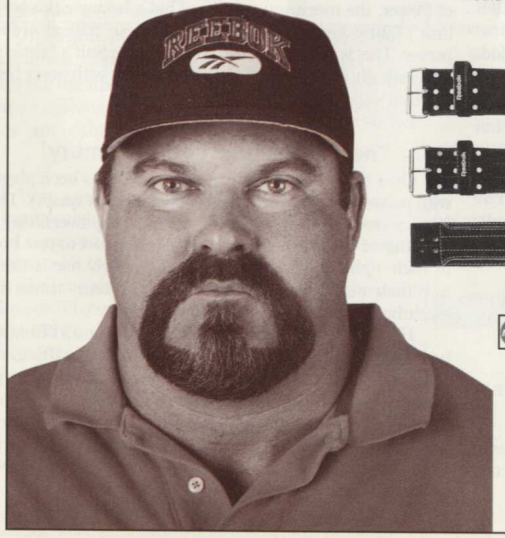


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However, the fabric employed in Marathon's lifting suits has always been designed specifically for powerlifting. And the Gold Medal SuperSuit greatly improves on this tradition with the most advanced fabric ever developed. With over three years in development, working very closely with the best minds in the textile industry, we developed a fabric that is so unique, we had to coin a new term for it: "power-knit™ fabric."

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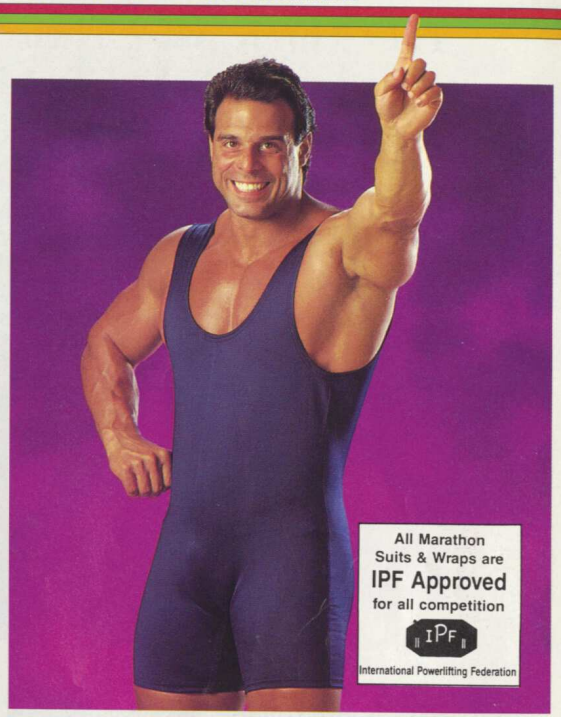
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Coming Events

MEET DIRECTORS ... a listing here is a FREE service to publicize your contest to thousands of potential entrants. Send details, at least 3 months prior to your competition, to 'Coming Events', Box 467, Camarillo, CA 93011 in order to obtain proper advance notice. You will be reaching MANY potential entrants.

3 AUG, NASA Arkansas State Bench Press (teen, women, pure, natural, submaster, master) Greg Blount or Larry Kye, 114 Chickasaw, Jacksonville, AR 72076, 501-982-7668 (n), 945-0919 (d)

3 AUG, USPF Virginia State BP & DL (Roanoke) Tommy Buzzo, Rt. 4, Box 126, Vinton, VA 24179, 540-890-9713

3 AUG, ANPPC Drug Free Southwest USA BP (teen, women, men, master) Chip's Gym, #7 Harbortown, Gulf Breeze, FL 32561, 904-934-4734

3 AUG, Bench on the Beach (4 Points Hotel, Dunkirk, NY) Darwin's Health Club, 47-53 Water St., Fredonia, NY 14063, 716-679-1591

3 AUG, USPF Texas/Louisiana BP, Bob Garza, 9234 Beaver Bend Ct., Houston, TX 77037, 713-820-5923

3 AUG, APA/WPA/CPA World Cup Bench Press (Florence, SC) David Barino, Carolina Barbell Club, 147 N. Irby St., Florence, SC, 803-661-1042

3,4 AUG, NASA Junior Natural Nationals (PL/BP - Burlington, NC) Rich Peters, Box 735, Noble, OK 73068

3 AUG, ADFPA Deadlift Nationals (all divisions and age groups), Bob Gaynor, 19 Sunrise Dr., Mountaintop, PA 18707, 717-823-6694 (d) or 717-474-06111 (e)

4 AUG, USPF New England's Baddest Bench Press (men, master, submaster, teen, women), Ted Isabella, 55 Weston Ave., Cranston, RI 02920, 401-942-7875

4 AUG, APA/WPA World Cup Deadlift (Florence, SC - tested/non-tested), APA, Box 27204, El Jobean, FL 33927, 941-697-7962.

4-6 AUG, AAU Jr. Olympic/Teenage Nationals (Super Dome, New Orleans, LA) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828 or Mike Janssen, 407-363-6170

7-11 AUG, IPF Junior World Championships, (Vaasa, Finland) Kalevi Oksanen, Puutarhakatu 42 C 3, 20100 Turku, Finland, 358-21-2303 448

9-11 AUG, CPA Noel due Camionneur BP/DL, Rimouski Qc., Denis Chasse, 418-721-2000 (gym), 724-7293 (res)

9-11 AUG, APF Can-Am World Cup (Showboat Hotel, Las Vegas, NV) Ernie Frantz, 60 S. Broadway, Aurora, IL 60505, 708-892-1491

***10 AUG,** ADFPA Iron Horse BP Championships (men, women, open, master, submaster, women master) Mike Cushing, 5919 E. 200 S., Greenfield, IN 46140, 317-467-0668*

10 AUG, (new date) Bosco's Gym Summer Funfest (bench press, bikini contest, tug of war, etc. at Lake Murray resort) Bosco's Gym, 12 Broadlawn, Ardmore, OK 73401, 405-226-5438

10 AUG, 8th Little Falls YMCA Canal Days Bench Press (teen, women, open, submaster, master) Little Falls YMCA, 15 Jackson St., Little Falls, NY 13365 or Tim Liddon, 315-823-1740

10 AUG, ANPPC Drug Free Northern USA PL/BP (teen, women, master, men - Toledo, OH) ANPPC, Box 1484, Mt. Vernon, IL 62684, 800-482-6772

10 AUG, USPF Muscle Beach Venice Bench Press, Darlene Galindo, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

10 AUG, 1st AAU Alki Beach BP, DL, pit BBQ, Rich Mezoff, 10104 31st Ave. SW, Seattle, WA 98146, 206-932-7081

10,11 AUG, NASA World Cup (Okla. City, OK) Rich Peters, Box 735, Noble, OK 73068

11 AUG, BP/DL/Total Contest (open, novice, jr., teen, submaster, master) Berkshire West Athletic Club, Box 2188, Pittsfield, MA 01202, Ray Dunn, 413-499-4600

16-18 AUG, IPF Pan Am Powerlifting Championships (Toronto, Canada) send resumes to Rob Keller, 752 Johns Lane, Lower Gwynedd, PA 19002, 215-542-4941

***17 AUG,** ANPPC Drug Free Midwest USA BP/DL (teen, women, men, master, team) Burlington, IA, Brent Mixer, 319-752-0708*

17 AUG, 11th Iowa State Fair Bench Press/Deadlift, Jeff Baird, 3604 SW 12th St., Des Moines, IA 50315, 515-280-8275

17 AUG, Law Enforcement Bench Press Meet (World Gym, Hyde Park) Sports Enhancement Inc., Box 34036, Chicago, IL 60634, 312-622-8028

17 AUG, Ironmasters Endless Summer Bench press Classic (Ludlow, VT) Dan C. Harvie, Box 186, Proctorsville, VT 05153, 802-228-4766 (before noon)

17 AUG, MDSA Powerfest '96 (Goodview, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201

17 AUG, NASA Florida Regional (Clermont) Rich Peters, Box 735, Noble, OK 73068

17 AUG, WPA/APA/CPA International Challenge BP (CT - tested/non-tested), APA, Box 27204, El Jobean, FL 33927, 941-697-7962.

17,18 AUG, AAU Florida State (men, women, teen, master - all age/wt. classes) Tom Trevorah, 411 Belmont Dr., Palatka, FL 32177, 904-328-4804 (50 lifters/day limit)

17,18 AUG, AAU 3rd Northeastern Open PL/BP (men, women, master, teen), Paul Brown Jr., 2701 Robinson Blvd., Pittsburgh, PA 15235, 412-371-8920

23,24,25 AUG, WDFPF Teen/Junior/Masters/Open World Championships, B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 312-561-9692

24 AUG, Pop's Gym Summer Bash for Cash & Hog Roast (Biggest BP - $200, Deadlift $100, boydwt. reps: 1st - $150, 2nd $100, 3rd $50) Pop's Gym, 1202 NE Adams St., Peoria, IL 61603, 309-676-7184 or 443-5307

***24 AUG,** ANPPC Drug Free Central USA BP/DL, Cincinnati, OH, Mike Ferguson, 513-423-9514*

24 AUG, ADFPA Hudson Valley Iron Classic, Straub's Gym, Quickway Plaza Rte 17M, Chester, NY 10918, 914-469-2043

24 AUG, 6th CBPL Endless Summer BP (women, master, teen, novice, drugtested, open) Jon Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-6683

24 AUG, NASA Kansas Grand (Great Bend) Rich Peters, Box 735, Noble, OK 73068

24 AUG, USPF Alamo Classic (San Antonio - BP, Class I, submaster, women, teen, master, open) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 210-372-3396

24 AUG, APF Zanesville Bench Press, Brent Tracey, 301 Adair Ave., Zanesville, OH 43701, 614-452-7766

24 AUG, AAU State Push/Pull (Cotati, CA) John Ford, 415-794-8988/8998

24,25 AUG, AAU Raw Nationals (drug tested - all wt. classes, open & masters, men & women) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824

***31 AUG,** ANPPC Drug Free MidSouth BP/DL, Savannah, TN, Jim Davis, 901-925-7988*

31 AUG, NASA Alumni Classic BP/DL, The Gym, 403 Hill St., Summersville, WV 26651, 304-872-0255, John Fennell, Jim Adkins

31 AUG, NASA Florida Labor Day Weekend Bench Press Challenge (open to all states/new wt. classes) Mike Licciardi, 3300 Bonita Beach Rd., #148, Bonita Springs, FL 34134

31 AUG, APA Beach Blastoff BP/DL (separate contests - men, women, teen, submaster, master - all lifters receive award) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

31 AUG, NASA Alabama Regional (Sheffield) Rich Peters, Box 735, Noble, OK 73068

31 AUG, Mid Atlantic Bench Press, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932

31 AUG - 1 SEP, CPC World Cup (Calgary) Greig's Back Alley Gym, 64 North Railway St., Okotors, Alberta, Canada T0I 1T3

31 AUG/1 SEP, AAU North American PL Championships & Southwest Bench Press **(Huntington Beach, CA - teen, high school, jr., novice, open, submasters, masters, raw, law enforcement, military - all wt./ age groups - no formulas) Martin Drake, Box 7262, Moreno Valley, CA 92552, 310-416-3566 (days), 909-928-4PWR**

***7 SEP,** ANPPC Drug Free Southern USA BP/DL, Norcross, GA, Bruce Johnson, 770-242-8759*

7 SEP, (new date) IPA National Qualifying Meet, Ralph Raiola, Iron Island Gym, 3465 Lawson Blvd., Oceanside, NY 11572, 516-594-9014.

7 SEP, ADFPA Hawk Country PL Open/BP (open, women, teen, master) & Minnesota Masters, Bill Omundson, 4063 Ugstad Rd., Hermantown, MN 55811, 218-729-9532

7 SEP, NASA NM Regional (Alamagordo) Rich Peters, Box 735, Noble, OK 73068

7 SEP, (new date) AAU Bench Press Nationals (open, armed forces, junior, teen, submaster, master, police & fire, lifetime), East Coast Power, Box 20042, Baltimore, MD 21284, 410-265-8264

7 SEP, APA Florida State BP/DL (tested/non-tested, Deland), APA, Box 27204, El Jobean, FL 33927, 941-697-7962.

13-15 SEP, WNPF International Cup V (Edison, NJ) WNPF, 2560A Picardy Cir. N., College Park, GA 30349, 770-996-5008

***14 SEP,** AAU Bennett's Outlaw Push-Pull, Bennett's Health & Fitness, 3033 Coffy Ln., Santa Rosa, CA 95403, John Ford, 707-543-5970*

***14 SEP,** USPF Miller Beer BP/DL Classic (Holiday Inn Airport, Portland, OR) Gus Rethwisch, Box 5292, Bend, OR 97708, 503-389-0600*

14 SEP, ANPPC Drug Free Northern USA BP/DL (teen, women, master, men) Flex Gym, 3252 Orchard Lake Rd., Keego Harbor, MI 48320, 810-738-0090

14 SEP, AAU Illinois State Bench Press and Deadlift (separate contests - Oakbrook Terr., IL) John O'Brien, Box 593, Downers Grove, IL 60516, 708-964-7243

14 SEP, NASA Indiana Regional (Indianapolis) Rich Peters, Box 735, Noble, OK 73068

14 SEP, Son Light Open BP/DL Classic, Son Light Power, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

14 SEP, AAU State SQ/DL (Cotati, CA) John Ford, 415-794-8988/8989

15 SEP, BPO United Kingdom Championships, Drby, Phil Lindsey (01332 703010) BPO, "Lavieville" 11 Field Way, Tongham, Farnham, GU10 1BG, Great Britain

***21 SEP,** ANPPC Drug Free Southwest BP/DL, Baytown, TX, Hector Guzman, 713-424-4667*

***21 SEP,** (new location) USPF Central California (open & natural, Fresno) Bob Packer, 40118 Hwy 49, Oakhurst, CA 93644, 209-683-3603*

21 SEP, ADFPA Oklahoma State, Cheryl Crisp, 4801 N. Asbury, Bethany, OK 73008, 800-484-9374 (PIN 3184)

21 SEP, ANPPC Drug Free Eastern USA BP/DL (teen, men, master, women - Long Island, NY) ANPPC, Box 1484, Mt. Vernon, IL 62684, 800-482-6772

21 SEP, 2nd Ernie Nagy Open Bench Press, Ambridge VFW Barbell Club, 1098 Duss Ave., Ambridge, PA 15003, 412-378-4630 Jeanne Burchett or 266-9774 (gym)

21 SEP, Princess City Deadlift Classic (women, master, teen, drugtested, open) Jon Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-6683

21 SEP, MDSA Winona Valley Championships (Homer, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201

21 SEP, Midwest USA BP/DL, Son Light Power, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

21 SEP, ADFPA Bench Press Nationals (St. Louis, MO) Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367

21 SEP, APA Nationals (Florence, SC - tested/non-tested), APA, Box 27204, El Jobean, FL 33927, 941-697-7962.

21,22 SEP, NASA OH Regional (Delaware) R. Peters, Box 735, Noble, OK 73068

***23 SEP,** WNPF South Carolina State/Open (Columbia, SC) WNPF, 2560A Picardy Circle North, College Park, GA 30349, 770-996-5008*

***28 SEP,** WNPF Southern States BP & Pull (Atlanta, GA) WNPF, 2560A Picardy Circle North, College Park, GA 30349, 770-996-5008*

***28 SEP,** NASA N. Michigan Push & Pull (teen, women, men, submaster, master) Kane Kelly or Jeff Fleischer, 1190 Lake St., Tawas City, MI 48763, 517-362-0464*

***28 SEP,** AAU Texas State, Van's Gym, 2137 Bay Plaza, Baytown, TX 77520, 713-427-5392*

28 SEP, ANPPC Drug Free Northwest USA BP/DL (Rockford, IL) ANPPC, Box 1484, Mt. Vernon, IL 62684, 800-482-6772

28 SEP, AAU Deadlift Nationals, (Tempe, AZ, Twin Palms Hotel) Mike Wonyetye, 100 East Western, Goodyear, AZ 85338, 602-932-2773

28 SEP, NASA TN Regional (Oakridge) Rich Peters, Box 735, Noble, OK 73068

28,29 SEP, AAU 14th Drug Tested New Jersey PL/Open BP/DL (open men, master, submaster, law/fire, teen, women, novice, raw) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824.

29 SEP, Bay State Corr. Ctr. prison meet (guest lifters welcome - 4 wks. notice) Bruce Anderson, Box 73, Norfolk, MA 02056 or Tim McDonald, 617-727-8474, ext 160

5 OCT, USPF Drug Tested Fall Bench Press Classic (men, master, jr., women) Skip Gormley, P.G. Plaza Comm. Ctr., 6600 Adelphi Rd., Hyattsville, MD 20782, 301-864-1612 SASE

5 OCT, ADFPA Northeast BP/DL (deadline 9/21) David Roderick, 51 Whirlaway Pl., Pawtucket, RI 02861, 401-724-8714 (9-3pm only)

5 OCT, Open BP/DL Meet, Rickey Crain, 3803 N. Bryan, Shawnee, OK 74801, 405-275-3689

5 OCT, APA/WPA/CPA CanAm Internationals/APA Masters/Submasters Nationals & New England States Open/Novice (NH - tested/non-tested), APA, Box 27204, El Jobean, FL 33927, 941-697-7962.

***6 OCT,** WNPF Pennsylvania State (Lancaster) WNPF, 2560A Picardy Cir. N., College Park, GA 30349, 770-996-5008*

7-12 OCT, IPF World Masters Championships (New Delhi) Subrata Dutta, 98 New Ranikuder Kadma, Jamshedpur, 831005 India, Tel 91 657 425531, Fax 91 657 431630

12 OCT, ANPPC Drug Free Western USA BP/DL (location tba) ANPPC, Box 1484, Mt. Vernon, IL 62684, 800-482-6772

12 OCT, MDSA Tri-State Challenge Cup (Sioux City, IA) Darwin Jacobson, Box 1031, Willmar, MN 56201

12 OCT, APF Ohio State, Dave Ogan, 298 N. High St., Chillicothe, OH 45601, 614-772-5446

12,13 OCT, AAU National Masters/Submasters, Larry Larsen, 15 Bell St., Quincy, MA 02169, 617-479-7761

A.D.F.P.A. BENCH PRESS NATIONALS
SEPT. 21, 1996
STOUFFER CONCOURSE HOTEL
ST. LOUIS, MO

MEN & WOMEN DIVISIONS:
OPEN, JUNIOR, MASTERS, TEENAGE, LIFETIME, COLLEGIATE, MILITARY, POLICE/FIRE, SUBMASTERS SPECIAL OLYMPIC

FOR INFORMATION AND ENTRY CONTACT:
MIKE CISSELL
15 LAKESIDE DRIVE
LAKE ST. LOUIS, MO 63367
314-625-1225 (DAYS)

APF/WPC

International Competition & WPC World Bench press Championships

(qualifying totals required)

23,24 November 1996

ELMHURST, IL

Terry Dangerfield

224 N. 4th St.

St. Charles, IL 60174

708-377-7527

Iron Island Meets:

Special Squat & Bench Press Bar, & the Monolift
Sep. 7, 1996 - IPA National Qualifier
Dec. 7, 1996 - Iron Island Bench Press Classic
Mar. 16, 1997 - IPA NY State/Open Bench
Jun. 14, 1997 - Iron Island Deadlift Classic

Call Ralph at 516-594-9014 for information on these IPA sanctioned meets.

MARYLAND AAU

7 SEP - BENCH PRESS NATIONALS (BWI HOLIDAY INN, ONE MILE FROM AIRPORT, FREE SHUTTLE SERVICE) Divisions: OPEN, ARMED FORCES, JUNIOR, TEEN, SUB-MASTER, MASTER, POLICE & FIREMEN, LIFETIME

17 NOV - MARYLAND STATE BENCH (RESIDENT & OPEN) & IRONMAN OPEN (BENCH\DEADLIFT)

BRIAN WASHINGTON (410) 265-8264

Gold's Gym, Braintree, Massachusetts proudly hots the 1996 A.A.U. Submasters - Masters Nationals, Oct. 12-13th. Open to men & women. Trophies 1st to 5th. AAU medals 1st to 4th - Team Trophies 1st to 5th. Team must be AAU registered & 5 or more members. For information and entry contact: Larry Larsen, 15 Bell St., Quincy, MA 02169 - 617-479-7761

APF SOUTHWEST REGIONAL POWERLIFTING AND BENCH PRESS CHAMPIONSHIPS
AR, AZ, LA, OK, NM, TX

OCTOBER 26-27, 1996
DALLAS, TEXAS



FOR INFORMATION CONTACT
BILL HOLLAND
COWTOWN GYM
3815 SOUTHWEST BOULEVARD
FORT WORTH, TEXAS, 76116
817-738-4900

12,13 OCT, Ironman & Woman PL/BP (all div./wt. classes) Jim Thomas, Wilkes-Barre YMCA, Franklin & Northampton Sts., Wilkes-Barre, PA, Doreen, 717-823-2191

***19 OCT,** Deadliest Deadlift in the Dakotas adn Bench Press, Pat Hall, 20224th Ave. NW, Minot, ND 58703, 701-839-4026*

***19 OCT,** 4th Yadkin Bench Press (teen, women, submaster, master, open) Steve Lundy, Box 1266, Yadkinville, NC 27055, 910-679-8660*

19 OCT, NASA Big River Classic (men, women, teen, submaster, master) Dr. Daryl & Tobey Johnson, 1626 E.C.R. 196, Blytheville, AR 72315, 501-763-9094 (eves.)

19 OCT, ANPPC Drug Free Northwest USA BP/DL (location tba) ANPPC, Box 1484, Mt. Vernon, IL 62684, 800-482-6772

19 OCT, AAU Military Drug Free Nationals (active duty, guard, reserve - men, women, jr., submaster, master, raw) SFC Charles Barley, 2713 Vista Ct., Waldorf, MD 20603, 301-645-6549

19 OCT, APA All South Battle of the BP/Tarheel Open DL (NC) APA, Box 27204, El Jobean, FL 33927, 941-697-7962.

19 OCT, Fall BP/DL Classic, Son Light Power, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

19,20 OCT, (NEW DATE) ADFPA New York State, Linda Jo Belsito, 209 W. Nicholai St., Hicksville, NY 11801

20 OCT, (new date) USPF Drug Tested National Deadlift, Hardcore Promotions, Inc., 21 Hale St., Westport, CT 06880, 203-227-0335

***20 OCT,** WNPF Southern USA Championships (Daytona Beach, FL) WNPF, 2560A Picardy Cir. N., College Park, GA 30349, 770-996-5008*

***26 OCT,** "Dare to be Strong" BP Challenge (police officers only - limited to 60) Insp. Bryan McMahon, IBPO Local 382, Box 345, Lowell, MA 01852*

***26 OCT,** ADFPA Halloween Havoc Bench Press (open, teen, lifetime, master, submaster, women, jr.) The Power Gym Inc., 405 S. Main St., Taylor, PA 18517, 717-562-PUMP.*

***26 OCT,** IPA Monster Bench Press Open, Jamie Harris, 5124th St., Elizabeth, PA 15037, 412-384-9602*

***26 OCT,** USPF Palmetto Classic PL/BP (drug tested, women, jr., class I, submaster, master, open - Laurens, SC) Dan Lark, 601 Hayward Ave., Honea Path, SC 29654, 864-369-9304*

26 OCT, Cajun Drug Free BP/PL, Steve Speyrer, Box 240, Hwy 31, Leonville, LA 70551, 318-879-2200

26 OCT, ANPPC Drug Free Southwest USA BP/DL (location tba) ANPPC, Box 1484, Mt. Vernon, IL 62684, 800-482-6772

26 OCT, 8th Indian Summer Open (women, master, teen, drugtested, open) Jon Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-6683

26 OCT, MDSA Night of the Living Deadlift/Halloween BP, Darwin Jacobson, Box 1031, Willmar, MN 56201

26 OCT, APA NHCI Push/Pull (outside lifters welcome - 2 wks. notice - men, jr., submaster, master) Fred Liatsis, 1201 Main St., Fitchburg, MA 01420, 508-343-6550

26 OCT, APA Southeastern States BP/Southern States DL (Ft. Lauderdale, FL - tested/non-tested), APA, Box 27204, El Jobean, FL 33927, 941-697-7962.

26,27 OCT (new date), 14th AAU Central PA Open (1st 60 - open, women, below class I, teen, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214

26,27 OCT, APF Southwest Regional PL/BP (open, below class I, women, teen, jr., submaster, master) Bill Holland, 3815 Southwest Blvd., Ft. Worth, TX 76116, 817-738-4900

27 OCT, WNPF Drug Free Nationals (Edison, NJ) WNPF, 2560A Picardy Cir. N., College Park, GA 30349, 770-996-5008

27 OCT, WDFPF World Bench Press (men, women, jr., teen, master) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 312-561-9692

27 OCT, California State Deadlift Halloween Classic, Aaron Pete, 1231 Cayuga Ave., San Francisco, CA 94112, 415-585-7795

2 NOV, USPF Scott Croteau Memorial Bench Press Fundraiser, Russ Barlow, RR #2, Box 126, Turner, ME 04282, 207-225-5070

2 NOV, AAU Illinois State, John O'Brien, Box 593, Downers Grove, IL 60516, 708-964-7243

***2,3 NOV,** (tentative) AAU Joint Missouri/Kansas State Raw Championships, Bill Clark, 3906 Grace Ellen Dr., Columbia, MO 65202*

2,3 NOV, ADFPA New Jersey State, Pro Fitness, 350 Rt. 46, Rockaway, NJ 07866, 201-627-9156

2,3 NOV, ANPPC National Drug Free PL/BP Championships, Son Light Power, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

2,3 NOV, ADFPA Police/Fire Nationals (Omaha, NE), James Hart, 402-470-3672

2,3 NOV, ADFPA Central USA PL/BP (Cape Girardeau, MO) Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367

3 NOV, USPF Washington Open (PL, BP, men, women, master, teen) Vince's Fitness Center, 1711 Hewitt, Everett, WA 98201, 206-259-3797

3 NOV, USPF Pine Tree State PL (open, submaster, master, teen) Russ Barlow, RR #2, Box 126, Turner, ME 04282, 207-225-5070

3 NOV, ADFPA Ohio Open BP/DL (2 contests, women, teen, masters (age groups), open) King's Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, 216-439-5464

***6 NOV,** 20th APF Hawaii World Record Breakers, Gus Rethwisch, Box 5292, Bend, OR 97708, 503-389-0600*

7-10 NOV, WPC Worlds (Durban, South Africa), Phil Niemandt, 181 Greyling St., 3201 Pietermaritzburg, South Africa, tel +27-331-454025, fax 27-331-452920

***9 NOV,** WNPF World Record Breakers (Atlanta, GA) WNPF, 2560A Picardy Cir. N., College Park, GA 30349, 770-996-5008*

***9 NOV,** AAU Bennett's Health & Fitness Open, Bennett's Health & Fitness, 3033 Coffy Ln., Santa Rosa, CA 95403, John Ford 707-543-5970*

9 NOV, USPF Winter Classic Push or Pull, Guy Adams, 2117 Phlox Ave., Rosamond, CA 93560, 805-256-2573

9 NOV, Iowa Open Bench Press/Deadlift (high school, novice, open, master, submaster, women) Wayne Hammes, 115 Rosenberger Ave., Oskaloosa, IA 52577, 515-673-3496 (d), 673-5240 (e)

9 NOV, MDSA Jake & Jenny's Gym Classic, Darwin Jacobson, Box 1031, Willmar, MN 56201

9 NOV, APA Bench Press Nationals & Master/Submaster World BP (NH - tested/non-tested), APA, Box 27204, El Jobean, FL 33927, 941-697-7962.

9 NOV, 4th 300+ lb. Basho and/or USA vs. Mexico BP (men, women, open, lifetime, teen, junior, collegiate, submaster, master, novice, spec. olympic), Manuel Villarreal, 895 N. Bayshore Rd., San Jose, CA 95112, 800-484-9879 ID MEME

9,10 NOV, ADFPA Masters Nationals (St. Louis, MO) Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367

13-17 NOV, IPF Men's World Championships (Solden, Austria)

16 NOV, 1st annual USA National "Raw" Bench Press Championships, Dr. Darrel Latch, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429

16 NOV, ADFPA Squat Nationals (all age/wt. classes - limited entries) Geri Gaynor, 19 Sunrise Dr., Mt. Top, PA 18707, 717-823-6994 (9am-6pm)

16 NOV, Illinois Open BP/DL Classic, Son Light Power, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

16 NOV, NASA Georgia Regional PL/BP (Carrollton) Rich Peters, Box 735, Noble, OK 73068

AMERICAN DRUG FREE POWERLIFTING ASSOCIATION
presents the
1996 NEW YORK STATE POWERLIFTING CHAMPIONSHIP
on
SAT.OCTOBER 19TH & SUN. OCTOBER 20TH
at the
PLAINVIEW PLAZA HOTEL-150 SUNNYSIDE BLVD.-PLAINVIEW,N.Y. 11803
PHONE:516-349-9100 {MENTION ADFPA FOR SPECIAL RATES}
MEET DIRECTOR:LINDA JO BELSITO phone 516-932-0479
EARLY WEIGH-IN & EQUIPMENT CHECK -IN FRI.&SAT. 6:30-8PM—

RULES BRIEFING SAT.& SUN. 8:30 AM
LIFTING WILL BEGIN 9AM PROMPTLY BOTHDAYS.
RULES:CONDUCTED UNDER RULES AND POLICIES OF THE ADFPA.ONE PIECE LIFTING SUIT(UNITARD,WRESTLING SINGLET) . BENCH SHIRT OR T-SHIRT IS REQUIRED.
ONE ROUND SYSTEM



WEIGHT CLASSES
WOMENS DIV:97,104,111,116,122,129,139,154,176, 176+
MENS DIV: 114,123,132,148,165,181,198,220,242, 275,275+
ELIGIBILITY: MUST BE DRUG FREE BY ADFPA DEFINITION FOR 36 MONTHS PRIOR TO COMPETITION.TESTING DONE BY POLYGRAPH OR URINALYSIS WILL BE CONDUCTED.FAILURE TO SUBMIT TO AND/OR PASS TEST WILL RESULT IN DISQUALIFICATION.
LIFTERS MUST BE A REGISTERED ADFPA.
ADFPA CARDS AVAILABLE DAY OF MEET
$25.00-HIGH SCHOOL $10.00
ENTRY FEE: 1ST DIV.45.00/
ADDITIONAL DIVISIONS 30.00
DIVISIONS:MENS &WOMENS OPEN,MASTERS, SPECIAL OLYMPIC , AND TEENAGE

AIRBRUSH T-SHIRTS WILL BE AVAILABLE.....MASSAGE THERAPY PRE&POST COMPETITION
IRON ISLAND STAFF WILL RUN PLATFORM CREW FOR ALL LIFTERS

A.D.F.P.A.

Upcoming Productions:

August 4
DEADLIFT NATIONALS

November 16
SQUAT NATIONALS

November 17
ALL AMERICAN BP

Jan/Feb
TOP GUN BP

March 22/23
LIFETIME NATIONALS

Geri or Bob Gaynor
19 Sunrise Drive
Mountaintop, PA 18707
717-823-6994
717-474-6111

17 NOV, ADFPA All American Bench Press (all age/wt. classes) Bob Gaynor, 19 Sunrise Dr., Mt. Top, PA 18707, 717-823-6994 (9am-6pm)

17 NOV, AAU Maryland BP (MD residents & open) & Ironman Open (open, women, master, jr.) Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264

18 NOV, 12th Eastern American Bench Press (open, over 40, women, novice, teen), Sandy Ellis, 150 Sagebrush Rd., Stockbridge, GA 30281, 770-474-2633

22-24 NOV, IPA Pro-Am Sr. Nationals (teen, women, open, police, submaster, master) Mark or Ellen Chaillet, 3688 Old Silver Hill Rd., Suitland, MD 20746, 301-423-8888

***23 NOV,** ADFPA Idaho Stsate/Open, Fitness Inc. Health Club, 1800 Garrett Way, Pocatello, ID 83201, 208-233-8035*

23 NOV, APA Southern Cup BP/East Coast Cup DL (Florence, SC) APA, Box 27204, El Jobean, FL 33927, 941-697-7962.

23 NOV, USPF Texas Cup (BP, class I, submaster, women, teen, master, open) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 210-372-3396

23,24 NOV, APF/WPC International Competition & WPC World Bench Press Championships (qualifying totals required), Terry Dangerfield, 224 N. 4th St., St. Charles, IL 60174, 708-377-7527

***24 NOV,** WNPF Ohio/Michigan State (Toledo, OH) WNPF, 2560A Picardy Circle North, College Park, GA 30349, 770-996-5008*

24 NOV, BPO Team Championships, Dorset, Brian Batcheldor, (01202 317070) BPO, "Lavieville", 11 Field Way, Tongham, Farnham, GU10 1BQ, Great Britain

24 NOV, CPA/APA/WPA Championat Quebequois - Marteaux Novice/Open, Marcel St. Laurent, 457 7ieme avenue Nord #1, Sherbrooke, Quebec, Canada J1E 2S2, 819-346-9466

NOV, USPF Region II/PA State Open (Ft. Washington, PA) Rob Keller, 752 Johns Lane, Lower Gwynedd, PA 19002, 215-542-4941

1 DEC, BPO British Deadlift Challenge, Macclesfield, Chris Bannaghan (01625 611156/617812) BPO, "Lavieville" 11 Field Way, Tongham, Farnham, GU10 1BG, Great Britain

1 DEC, 8th SAAS Bench Press/Kops & Kids Bench Press (all age/wt. div., no formulas. Drug Tested) Mike Collet, 214 N. Ashland, Park Ridge, IL 60068

1 DEC, 3rd Outlaw Christmas Bench Press, Aaron Pete, 1231 Cayuga Ave., San Francisco, CA 94112, 415-585-7795

***7 DEC,** AAU Missouri Valley Championships, Jim Woods, 501 S. Katy, Chanute, KS 66720, 316-431-1855*

***7 DEC,** 13th Southeastern Cup (men's/women's Open/Class II, master, police & fire) Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, 912-896-3988 (d), 3889 (n)*

***7 DEC,** AAU New England Open, Larry Larsen, 15 Bell St., Quincy, MA 02169, 617-479-7761.*

7 DEC, ADFPA Kentucky State/Bluegrass Open PL/BP, Steve Corum, 520 S. Main St., Henderson, KY 42420, 502-826-8354/835-7865

7 DEC, 9th Crain's Muscle World Limited Open/BP/DL, Rickey Crain, 3803 N. Bryan, Shawnee, OK 74801, 405-275-3689

7 DEC, 9th CBPL Elkhart Bench Press Classic (women, master, teen, novice, drugtested, open) Jon Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-6683

7 DEC, APA Masters Bench Press Nationals/Eastern USA BP (Sarasota, FL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962.

***7 DEC,** WNPF Georgia State/Open (Atlanta, GA) WNPF, 2560A Picardy Cir. N., College Park, GA 30349, 770-996-5008*

7 DEC, Iron Island Bench Press Classic, Ralph Raiola, 3465 Lawson Blvd., Oceanside, NY 11572, 516-594-9014

7 DEC, Son Light Winter Classic BP/DL, Son Light Power, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

7,8 DEC, APF Texas No Gear Allowed PL/BP, Bill Holland, Cowtown Gym, 3815 Southwest Blvd., Ft. Worth, TX 76116, 817-738-4900

7,8 DEC NASA Novice Nationals (PL/BP - Kansas City, MO), Rich Peters, Box 735, Noble, OK 73068

8 DEC, BPO British Bench Press Record Breakers, Southampton, Simon Jones (01703 438145) BPO, "Lavieville" 11 Field Way, Tongham, Farnham, GU10 1BG, Great Britain

8 DEC, 4th AAU Coal Country Classic BP/DL (individual contests - open, women, teen, submaster, master, spec. olympic) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214

14 DEC, NASA West Coast Nationals (Jean, NV) Rich Peters, Box 735, Noble, OK 73068

14,15 DEC, International Austrian Prix (full meet)/World Cup Bench Press (Vienna, Austria) Carl Smith, Schonaugasse 22/7, A-8010 Graz, Austria Tel/FAX: +43-316-817683

15 DEC, CPA Canadian Open DL, Raymond Carey, Waterloo, Qc., 514-539-4999

16 DEC, WPA/APA Masters International Bench Press & North American Continental Bench Press (OH - tested/non-tested), APA, Box 27204, El Jobean, FL 33927, 941-697-7962.

21 DEC, MDSA Northern Nationals BP/DL, Darwin Jacobson, Box 1031, Willmar, MN 56201

DEC, USPF Ironman/Ironwoman, Bob Packer, 40118 Hwy 49, Oakhurst, CA 93644, 209-683-3603

DEC, USPF Powerhouse Gym Bench Press (Fountain Valley) Vic Elliott, 7942-B Glencoe Ave., Huntington Beach, CA 92647, 714-841-3055

11 JAN, Legends of Powerlifting Comeback Meet (40 and over, open invitation) Skip Sandberg, 4330 Van Giesen, W. Richland, WA 99352.

***18 JAN,** APF Southeastern Regional, Jeff Green, 600 Montgomery Hwy #208, Birmingham, AL 35216, 205-822-1320*

***18 JAN,** USPF Arkansas Open (open, women, master) Greg Tiner, 245 Browning Dr., Monticello, AR 71655, 501-367-2854*

***25 JAN,** Region 8 PL/DL (Red Lion Inn, Medford, OR) Gus Rethwisch, Box 5292, Bend, OR 97708, 503-389-0600*

9 FEB, ADFPA Top Gun Bench Press

IRONMASTERS
Endless Summer
Bench Press Classic

Ludlow, Vermont

August 17, 1996

Meet Director
Dan C. Harvie
P.O. Box 186
Proctorsville, VT
05153
802-228-4766
(before noon)

(all div./wt. classes) Gaynors, 19 Sunrise Dr., Mt. Top, PA 18707, 717-823-6994

22 FEB, AAU East Coast Classic PL/BP/DL (open & raw) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824

22 FEB, Oklahoma State, Rickey Crain, 3803 N. Bryan, Shawnee, OK 74801, 405-275-3689

23 FEB (new date), APA/CPA/ WPA North American Big Bucks "Bench Off" (more than 1500$) Raymond Carey, Waterloo, Qc., 514-539-4999

8 MAR, MDSA Super Squat Nationals/ MN Monster BP, Darwin Jacobson, Box 1031, Willmar, MN 56201

8,9 MAR, *ADFPA Massachusetts State Open High School (boys & girls) H. Waldron, Coyle & Cassidy H.S., 2 Hamilton St., Taunton, MA 02780, 508-823-6164 ext 680*

15 MAR, IPA N.Y. State & Open BP, Iron Island Gym, 3465 Lawson Blvd., Oceanside, NY 11572, 516-594-9014

15 MAR, 5th Family Fitness Center PL/BP (men, women, master, teen) Robert Neidert, 2296 Elida Rd., Lima, OH 45805, 419-224-6537

22 MAR, *4th "Strong Arm of the Law" Bench Press in memory of Thomas H. Lafferty (law enforcemt. only, drug tested, limited to 120 lifters) Insp. Bryan McMahon, IBPO Local 382, Box 345, Lowell, MA 01852*

22 MAR, AAU Erie County Closed Championships & "No Druggies Allowed" Bench Press, Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

22 MAR, Oklahoma BP/DL, Rickey Crain, 3803 N. Bryan, Shawnee, OK 74801, 405-275-2689

23,24 MAR, ADFPA Lifetime Nationals (men, women - limited entries) Bob Gaynor, 19 Sunrise Dr., Mt. Top, PA 18707, 717-823-6994 9am-6pm

5 APR, ADFPA Rhode Island State Open PI/BP (all lifters welcome - deadline 3/22) David Roderick, 51 Whirlaway Pl., Pawtucket, RI 02861, 401-724-8714, 9-3pm only

5 APR, MDSA Minnesota State/Open, Darwin Jacobson, Box 1031, Willmar, MN 56201

12 APR, AAU N. New Jersey High School Meet, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824

12 APR, *USPF Alabama State, Steve Grubbs, Box 3973, Montgomery, AL 36109, 334-277-2353*

13,14 APR, AAU Nationals (men & women) Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

19 APR, MDSA Go For the Gold Nationals (Redwood Falls, MN?) Darwin Jacobson, Box 1031, Willmar, MN 56201

20 APR, ADFPA Superstars Bench Press (all div./wt. classes) Gaynors, 19 Sunrise Dr., Mt. Top, PA 18707, 717-823-6994

26 APR, *Budweiser World Record Breakers BP/DL (Richland, WA) Gus Rethwisch, Box 5292, Bend, OR 97708, 503-389-0600*

3 MAY, AAU New Jersey BP/DL/PL (open/raw) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824

MAY, ADFPA Pennsylvania State (limited entries - open, lifetime, teen, jr., master, women) Bob Gaynor, 19 Sunrise Dr., Mt. Top, PA 18707, 717-823-6994 9am-6pm

14 JUN, Iron Island DL Classic, Iron Island Gym, 3465 Lawson Blvd., Oceanside, NY 11572, 516-594-9014

26,27 JUL (97), ADFPA Men's Nationals, B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 312-561-9692

JUL, IPA Worlds (tentative) Iron Island Gym, 3465 Lawson Blvd., Oceanside, NY 11572, 516-594-9014

9 AUG, AAU Police/Fire Nationals PL/BP/DL (open/raw) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824

6 SEP IPA National Qualifier, Iron Island GYm, 3465 Lawson Blvd., Oceanside, NY 11572, 516-594-9014

27 SEP, AAU New Jersey PL/BP/DL (open/raw) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824

5 OCT, ADFPA National Bench Press (all age/wt. classes - 1st 150 entries) Geri Gaynor, 19 Sunrise Dr., Mt. Top, PA 18707, 717-823-6994 9am-6pm

12,13 OCT, Ironman Men/Women Open & Bench Press, Wilkes-Barre YMCA, Corner Franklin & Northampton Sts., Wilkes-Barre, PA, 717-823-2191 (Doreen)

11-16 NOV (97) IPF Men's Worlds (Prague, Czech Republic)

6 DEC, Iron Island BP Classic, Iron Island Gym, 3465 Lawson Blvd., Oceanside, NY 11572, 516-594-9014

P.S. when writing ALWAYS include a Stamped, Self-Addressed Envelope for the meet director to return an entry blank to you, and if you telephone, please note if there is a specific time to call and DO NOT CALL COLLECT.

P.P.S - Italicized entries in the Coming Events section indicate listings that are new or updates to our list for this specific issue.

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USPF Masters Nationals
10-12 May 96 - Dayton, OH (kg)

Women				
114				
35-39				
M. Jeffrey	155	100	155	410
40-44				
G. Lord	110	57.5	120	287.5
123				
35-39				
T. Devoltz	130			
45-49				
P. Chidester	92.5	42.5	102.5	237.5
132				
50-54				
R. St. Louis	107.5	52.5	137.5	297.5
55-59				
J. Burchett	110	52.5	122.5	285
148				
45-49				
N. Strehlau	137.5	92.5	147.5	377.5
65-69				
A. Comber	72.5	32.5	87.5	192.5
165				
40-44				
P. Frost	147.5	97.5	125	370
50-54				
G. Buerki	122.5	80	162.5	365
181				
55-59				
S. Pack	50	52.5	102.5	205
SHW				
40-44				
E. McLaughlin	62.5	70	92.5	225
Men				
114				
35-39				
G. Murphy	130	92.5	145	367.5
45-49				
A. Galant	145	87.5	142.5	375
123				
40-44				
F. Higgins	155	127.5	182.5	465
132				
35-39				
M. Rose	155	100	200	455
J. Consello	137.5	120	167.5	425
40-44				
K. Westbrook	227.5	100	217.5	545
C. Kim	155	60	60	275
50-54				
I. Burgess	160	110	185	455
65-69				
J. Liberatore	110	80	160	350
148				
40-44				
A. Bridges	202.5	150	220	572.5
R. Dye	182.5	127.5	190	500
50-54				
S. Alduenda	195	137.5	195	527.5
J. Pellegrino	182.5	137.5	167.5	487.5
55-59				
R. Dodson	145	90	177.5	412.5
60-64				
D. Maier	177.5	87.5	200	457.5
165				
35-39				
A. Conyers	277.5	190	270	742.5
40-44				
G. Guthrie	190	140	240	570
45-49				
D. Pittman	182.5	137.5	210	530
50-54				
J. Nesbitt	177.5	102.5	232.5	512.5
R. Scott	192.5	10	205	497.5
60-64				
D. Hundley	210	92.5	245	547.5
H. Rome	145	97.5	155	397.5
181				
35-39				
R. Wahl	260	140	260	660
J. Anderson	195	132.5	205	532.5
V. Diaz				
40-44				
A. Byas	237.5	147.5	282.5	667.5
G. Beck	227.5	147.5	245	620
T. Pirozzolo	220	120	260	600
B. Clayton	215	132.5	227.5	575
45-49				
R. Lovelace	185	140	202.5	527.5
R. McNall	150	110	150	410
50-54				
J. Christian	175	120	235	530
N. Singh	160	132.5	192.5	485
55-59				
E. Fleischer	205	147.5	237.5	590
E. Weltach	182.5	107.5	227.5	517.5
J. Katzman	167.5	115		
65-69				
E. McCoulloch	100	100	100	300
35-39				
S. Anderson	315	182.5	305	802.5
B. Beekley	250	147.5	262.5	660
D. Obaitek	205	137.5	272.5	615
G. Rome	205	157.5	235	597.5
40-44				
T. Holt	267.5	187.5	380	735
G. Ferstler	275	155	295	725
P. Accordino	2075.	150	237.5	595
C. Wilson	205	120	192.5	517.5
45-49				
F. Ramirez	230	152.5	230	612.5
J. Rizza	237.5	112.5	227.5	577.5
B. Schaffer	190	132.5	200	522.5
50-54				
W. Thomas	290	182.5	262.5	737.5
D. Reamy	175	105	200	480
H. Bodden	160			
55-59				
J. Herbein	197.5	120	237.5	555
65-69				
H. Landers	142.5	72.5	170	385
75-79				
C. Lee	110	112.5	182.5	405
220				
35-39				
M. Peck	292.5	205	265	762.5
S. Roberts	297.5	157.5	277.5	732.5
M. Delsignore	282.5	190	250	722.5
D. Currence	250	167.5	270	697.5
R. Graham	245	165	260	670
K. Jordan	235	155	245	635
W. Welcheck	182.5	145	240	567.5
W. Mosher	150	132.5	227.5	520
40-44				
T. King	260	202.5	257.5	720
M. Nichols	237.5	157.5	222.5	617.5
R. Blaine	192.5	130	205	535
45-49				
H. Gengler	282.5	200	275	757.5
R. Waddy	282.5	155	295	732.5
L. Rapier	282.5	170	272.5	725
D. Clark	275	170	277.5	722.5
G. Dingle	272.5	147.5	272.5	692.5
L. Bagnoli	205	152.5	250	612.5
50-54				
D. Hamblet	267.5	170	305	742.5
J. Atkinson	255	177.5	272.5	685
R. Herrick	202.5	110	220	532.5
V. White	192.5	162.5	177.5	532.5
55-59				
T. Arrington	205	127.5	200	532.5
E. Brown	137.5	140	185	462.5
60-64				
C. North	182.5	85	220	487.5
65-69				
A. Glass	115	112.5	155	382.5
242				
35-39				
S. Bowser	272.5	175	285	732.5
H. Ellis	280	147.5	2875.	715
40-44				
F. Castaneda	282.5	195	295	750
45-49				
M. Gallagher	317.5	172.5	290	780
B. Rogers	265	190	265	720
R. Siewert	250	160	250	660
50-54				
M. Edwards	272.5	162.5	280	715
J. Dumont	280	145	282.5	707.5
55-59				
R. Rood	265	175	250	690
K. Freyer	227.5	150	227.5	605
60-64				
M. Giardina	142.5	125	200	467.5
65-69				
M. Huff	192.5	110	227.5	530
275				
35-39				
T. Bruner	275	205	250	730
T. DeVoltz	260	160	260	680
T. Colbert				
40-44				
J. Messinger	300	197.5	285	782.5
D. Cain	250	177.5	320	747.5
L. Kye	287.5	170	240	697.5
B. Taylor	250	165	137.5	552.5
45-49				
O. Haugen	280	200	290	752.5
50-54				
N. Addison	285	187.5	290	762.5
55-59				
B. Jackson	250	197.5	227.5	675
H. Hudson	185	135	215	535
65-69				
F. Safran	85	92.5	97.5	275
SHW				
35-39				
C. Copeland	275	182.5	245	702.5
R. Mills	200	105	227.5	532.5
45-49				
J. Faamauasili	365	250	282.5	897.5
L. Iams	282.5	210	195	687.5
50-54				
R. Dustman	217.5	152.5	222.5	592.5
T. Wallick				

The 1996 U.S.P.F. Masters National Championships held in Dayton, Ohio, May 10-12 is now history. One hundred and twenty two lifters ranging in ages 35-68 years young traveled from all over the country to participate in this event. Numerous records were set by both the men and the women. For many lifters this was a homecoming of sorts for renewing friendships that have developed over the years and for others the beginnings of new friendships which should last for years to come. I believe a good time was had by all, including the participants and their families. But unfortunately, there were a few problems as well. Not so much by the lifters but by some officials which I will elaborate on further into this Masters report.

In July of 1994, Alan DeAngulo, Bobby Lowery and myself were notified that our bid to host the U.S.P.F. Masters National Championships in Dayton, Ohio was accepted by the U.S.P.F. committee. We were quite pleased with the intent of making this meet a memorable one for the lifters. Dayton has a great tradition of hosting numerous powerlifting championships over the years and I'm sure this tradition is what swayed the selection committee to award this event to Dayton. The environment and the setting in the Dayton area has always been to the lifters liking and we did not feel that anything has changed in that regard over the years. The three of us along with my fiancee, Nina Tonnu, worked very diligently to provide a meet site that could accommodate the lifters, their families and officials with an excellent facility for lifting, sleeping and eating. Anything and everything anyone would need would be within reach in this facility. We were able to convince York USA to provide brand new kilo plates for this competition. We had the U.S.P.F. office do a mass nailing of our entry forms to 2,000 registered U.S.P.F. submaster/master lifters so that the lifters would not have to make phone calls requesting entry forms. The lifters also received notification prior to coming to Dayton that we had received their entry as well as how many lifters were in their class, and on which day they would be lifting. The Holidome provided a shuttle service to and from the airport, hourly. We were also able to convince the Holidome restaurant to keep longer hours to accomodate the lifters.

Quality meet T-Shirts were given to each lifter donated by BEAVERCREEK ORTHODONTIST, Dan German. A special thanks goes to Dan from Alan, Bobby, Nina and myself. I do have to apologize to those lifters who did not receive a meet T-Shirt. Someone managed to steal 50 of our XXL and XXXL T-Shirts.

Nebula Fitness Equipment provided 4 beautiful benches for the warmup room and the lifting platform. There were gorgeous, solid benches which I would recommend to anyone looking for quality and affordable equipment. Nebula also provided the lifting platform which was as sturdy and sound as I've ever been on.

Protein drinks were provided for the warm-up room by American Bodybuilding Inc. Peter Thorne made arrangements with Joe Welder to provide these drinks for our meet. There were numerous vendors throughout the venue selling lifting gear, fashionable workout gear, and supplements.

I'd like to thank our sponsors: Inzer, Advance Design, York USA, Quads Gym, Nebula Fitness Equipment, Safe and Titan. Without their help and cooperation, the 1996 U.S.P.F. Masters National Championships may not have been as huge a success.

We were also able to provide daily local TV and Newspaper coverage. We also had the honor of introducing 14 year old Noah Wotherspoon to the lifters via his playing of the National Anthem each day on his bass guitar, Jimmy Hendrix style. Remember the name Noah because I can assure you we will be hearing great things about Noah in the music industry in the years to come.

The bottom line folks is that we tried to cover every possible angle to make the 1996 U.S.P.F. Masters Nationals is a "lifters meet," one that would be remembered for years to come. As hard as we tried, though, we did run into problems. Quite a few people who had committed to help us with this meet did not come through. Consequently, Alan, Bobby, Nina and myself ended up running this meet by ourselves from spotting and loading to tracking and posting attempts. I even did some announcing on Sunday. The only thing we did not do was officiate. Believe me, if we had been certified, we would have done this as well.

There were a couple of instances during this meet that I feel compelled to speak out about. These situations pertain to officials and meet preparation. I recommend for any future meets that all officials be appointed and selected by either the U.S.P.F. office or by a committee for all National Championships, and to include BP's Nationals, men and women Nationals, Masters, Jrs. with expenses to be covered by the U.S.P.F. Don't tell me that the U.S.P.F. does not have the money because I don't believe it. Roughly guessing there are approximately 6,500 registered U.S.P.F. members and I suspect this is a low figure. If memberships are renewable every 12 months, we are talking about $162,500.00 per year in revenue. The U.S.P.F. also receives money from drug testing and from sanctioning meets. Hence, I would suspect that the U.S.P.F. receives close to $200,000.00 a year in revenue. Why, then, don't we take care of the officials at the National Meet level, including their expenses. This would eliminate the meet promoters having to deal with certain problematic people as did we. I'm speaking of individuals in Dayton who wanted compensation for helping out at this event even though these individuals had friends or family members competing. These individuals know who they are, and shall remain nameless for now.

It would also be my recommendation that before any individual is awarded their bid to host a National Championship that they be given an outline from the U.S.P.F. office (not just a bid package or an approved sanction) explaining what is expected of those who host such a championship.

Again, there were too many problems that arose during the course of this competition. Specifically, this event lacked enough kilo plates in grams as well as having a poor turnout of officials. Furthermore, some individuals harassed me for financial compensation, and then pouted when I refused to comply.

If the U.S.P.F would just assert itself, the aforementioned problems could be entirely avoided. The U.S.P.F does have the money to spend on officials and lifters regardless of what they might say. Years ago, National Champions could return to defend their titles at the expense of the meet promoters. Members of the World Team had their expenses paid to represent the United States. What are you doing with our money? Who's being held accountable?

In closing, I hope every lifter, who competed in Dayton, enjoyed themselves. I would like to extend special thanks to those whom not only lifted but had volunteered to officiate. You guys represent what's real about the sport of powerlifting. I also wish to thank Gil Thompson, Walter Thomas, and Dennis Burke. Special thanks to Jeff Adams for spotting and loading, and a very special thanks to all of the lifters who made the 1996 U.S.P.F Masters Nationals a success. Bobby, Alan and Nina, thank you.

Yours in Lifting, Jim Cash

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19 May 96 - Pittsburgh, PA

Bench				
Women Light				
K. Ryman 103	130			
Women Heavy				
J. Lippert 124	210			
Teen Women				
Goodnough 126	110			
Teen Men Lt.				
W. George 94	180			
J. Fravel 175	265			
F. Branham 173	165			
Teen Men Hvy.				
R. Altman 187	350			
J. Davis 231	350			
Masters Lt.				
W. Brothers 177	210			
Masters Hvy.				
M. Blake 279	400			
D. Urban 185	320			
F. Gallagher 238	360			
M. Neumaier 183	265			
C. Jackson 184	220			
Open				
123				
C. Robinson	230			
148				
C. Winston	335			
J. Whetzel	280			
165				
M. Padilla	300			
S. Cunningham	245			
181				
T. Wright	400			
V. Jimenez	320			
D. Pivarnik	290			
198				
J. Falo	360			
R. Altman	340			
D. Covington	330			
D. Dodson	280			
G. Dellinger	250			
220				
R. Young BL	480			
D. Ritter	385			
M. Anderson	350			
C. Mathews	325			
N. Gregory	315			
242				
G. Edmondson	485			
M. Falo	385			
J. Verrico	340			
275				
R. Radziwon	440			
G. Williams	420			
J. Goodnough	405			
B. Pacolay	385			
B. Leonard	335			
SHW				
M. Blake	400			
A. Randolph	360			
Deadlift				
Women Light				
K. Ryman	285			
Women Heavy				
C. Arellano 129	260			
Teen Lt.				
W. George	325			
J. Fravel	455			
F. Branham	300			
Teen Hvy.				
J. Davis	530			
Masters Lt.				
W. Brothers	400			
Masters Hvy.				
D. Urban	525			
Open				
148				
C. Winston	460			
J. Whetzel	450			
165				
M. Padilla	475			
K. Stoner	455			
181				
D. Pivarnik	500			
198				
D. Dodson	490			
C. Jackson	450			
G. Dellinger	400			
220				
C. Mathews	550			
D. Ritter	550			
N. Gregory	525			
D. Bowman	475			
242				
R. Marshall BL	640			
T. Brennan	640			
J. Verrico	580			
R. Nesbitt	505			
275				
B. Pacolay	505			
G. Williams	505			
SHW				
M. Blake	525			

AAU Eastern Natural BP/DL
21 APR 96 - Towson, MD

148				
E. Guiles	265			
R. Miller	240			
R. Scully				
165				
R. Johnson	345	545	890	
D. Zahl	250			
181				
S. Pazdell	410	540	950	
R. Conaway	400			
M. Farmer	320			
S. Pokogruto	215	415	630	
G. Bell				
R. Penny				
198				
G. Wilkins	390	630	1020	
C. No	385			
D. Morrissey	380			
G. Petrides	370			
T. Mascio	370			
B. Jones	365			
J. Sambuco	350			
S. Rawlinson	310			
K. Adney	215	430	645	
J. Richardson				
J. Morgan	225			
Teen 17-19				
B. White	400			
P. Richardson	185			
Ladies				
W. Sims	115	250	365	
N. Hayes	135	330	465	

I would like to thank the referees (Charles Barley, Carl Alleyne, Paul Griffith, and Robert Shanks), spotters (Randy Mongold and Quentin Bryant), and table general support (John Mogavero, Crystal Day, Rhonda Hayes). (results fo this competition were provided to us by East Coast Power, Inc.)

M. Thomas				
T. Sealon				
242				
S. Pagtakhan	480	580	1060	
S. Henderson	470			
B. Hayden	405			
P. Elias	370			
J. Schroeder	405	500	905	
L. Lee	340	540	880	
M. Taylor	365			
275				
E. Santiful Jr.	385	450	835	
SHW				
E. Brooks				
Masters 35-39				
R. Conaway	400			
R. Miller	240			
E. Brooks				
Masters 40-49				
A. Covington Jr.	505			
W. Hawkins	440			
L. Brodie	390			
T. Mascio	370			
B. Hayden	405			
R. Shanks	385			
Z. Perry	390			
M. Evans	370			
S. Hutson	360			
S. Rawlinson	310			
W. Kutun	315			
C. Jones				
M. Evans	370	450	820	
Masters 50-59				
N. Bartolomeo	315			
W. Richardson	315	410	725	
W. Downey	300	430	730	
Masters 60 & over				
D. Joy	300			
Juniors 20-23				
R. Drumgold				
Teen 14-16				
J. Morgan	225			
Teen 17-19				
B. White	400			
P. Richardson	185			
Ladies				
W. Sims	115	250	365	
N. Hayes	135	330	465	

I would like to thank everyone involved for making this event a complete success. With special thanks to Roberta, and Connie for keeping the table in order. Big Stan White for being an expeditor, and to the ladies in the kitchen for keeping us well fed. To the Ironmen of spotting, Darryl & Roland, you guys were tireless and i am in your debt. To Al & Brenda Siegel and Joe Orengia - thanks for your peerless judging. And finally, I would like to thank my wife Sandy, the "glue" that holds it all together. (Results of this competition were submitted by Paul Brown Jr., owner, Construction Zone Fitness Center)

DON'T TRAIN ALONE - ALWAYS USE SPOTTERS. - DON'T TRAIN WHEN HURT - ALWAYS CONSULT YOUR DOCTOR

A.D.F.P.A. M.S.P. Meet
21 Apr 96 - Deer Lodge, MT

Men	SQ	BP	DL	Total
123 OPEN				
J.Rodriguez	45	215	200	460
K.Mason	335*	185	385	905
132 OPEN				
J.Zavala	250	195	350	795
148 OPEN				
T.Craig	350	205	450	1005
R. Desjarlais	370	225	430	1025
W. Marchington	355	235	440	1030
165 OPEN				
L.Raver	240	230	375	845
G.St.John	405	285	405	1095
J. Smith	460	260	400	1120
181 OPEN				
J.Azure	250	215	480	945
J. Steele	3*75	275	425	1075
J.Morrison	440	315	500	1255
J.Bowers	535*	265	565*	1365
198 OPEN				
L.Goss	300	240	330	870
R.Vaughn	525	410*	500	1435
198 MASTERS				
L.Quincy	250	340	350	940
M.McDermott	360	265	350	975
220 OPEN				
S. Wright	275	250	365	890
J. Saalrat	300	240	485	1025
R.Sam	350	300	415	1065
J.Adams	560	300	480	1340
T.Hendrickson	540	340	530	1410
K.Miller	550	400	610	1560
W. Williams	650*	375	630*	1655
2 2 0 MASTER'S				
M.Demers	475	330	550	1355
242 OPEN				
L.Seybert	450	320	500	1270
D.Johnson	525	350	525	1400
SHW OPEN				
L.Schlienger	350	300	450	1100
J. Cancellare	400	315	475	1140

(Thanks to James Bowers for providing results)

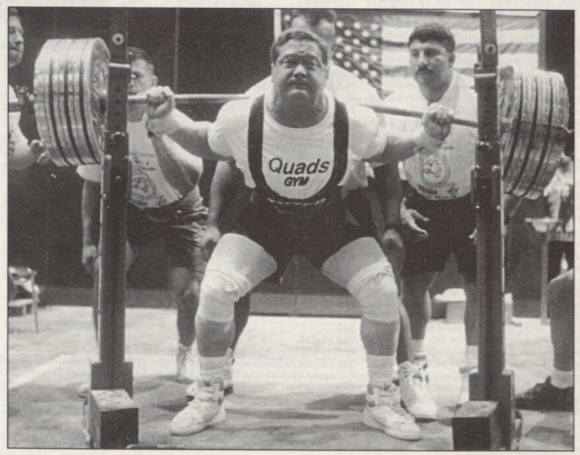
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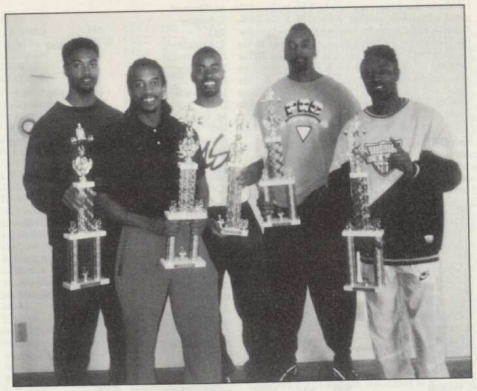
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Cross County Pull BP/DL
25 May 96 - Mattoon, IL

BENCH PRESS		Mark Chellino	455*
Teenage		4th	470*
Mike Graber	190	242	
D. C. Latch	115*	Ron Walsh (BL)	570*
Sub-Master		Darrell Latch	300
Robert Young	460*	275	
Tom Carnaghi	400*	John Shea	485
Master		Clint VanTress	450*
Darrell Latch	300	DEADLIFT	
148		Youth	
Bill Bunch	340	Joey Latch (8)	135*
Al Bunch	320	Teenage	
165		D. C. Latch	280*
Jerry Cook	380*	Mike Graber	275
Jasper Gause	360*	Sub-Master	
James Hall	355*	Tom Carnaghi	620*
4th	365*	Master	
181		Darrell Latch	545
Terry Robinson	415	165	
Steve Bunch	385*	Benny Hutchinson	425
Brian Bunch	360	181	
Lane Clark	330*	Terry Robinson	500
198		198	
Tony Cook	430*	Tom Carnaghi BL	620*
James Bunch	400*	242	
Tom Carnaghi	400*	Darrell Latch	545
220		275	
Robert Young	460*	Clint VanTress	600

The twelveth annual Cross County Pull Bench Press - Deadlift Classic was held at the Mattoon Cross County Mall on May 25, 1996. With a good turnout for a Memorial weekend, the lifting was even better. Beginning with the bench press competition, it was Mike Graber taking the Teenage Division with 190. Mike's final attempt for a new pr at 205 was just short of lockout. D. C. Latch continues to improve with a pr 115 for second. At submaster Robert Young came back strong from his last competition with a new personal record of 460. A fourth attempt at 475 slipped out of the groove, but is certainly not out of his reach. Not bad for lifting without a bench shirt. Second at submaster was Tom Carnaghi, who competed for the first time this year, getting a new personal best at 400. Lone master competitor Darrell Latch pressed 300 for the win. At 148 two of the five Bunch Brothers battled for top honors. First place, however, went to Bill who was successful with 340 over Al, who pressed 320. Both tried and were unsuccessful with a third attempt of 360. The 165's proved to be a real show with three of the areas best. Jerry Cook finished first with a personal best of 380. Two subsequent tries with 400 failed. Second at 165 was Jasper Gause, who in his first competition pressed 360. Third was James Hall, who was successful with 355 on his third attempt and 365 for his fourth. All of these were personal bests for these three competitors. Terry Robinson continues to dominate the 181's with his win here, finishing with 415. Steve Bunch (brother #3) placed second with 385, missing 425 on his final attempt. This was Steve's first competition, weighing in at 169! That's great lifting! Youngest brother Brian Bunch took third with 360, a little disappointed his 380 didn't go. Lane Clark finished fourth with a strong 330 pr. At 198 it was all Tony Cook who dominated with a 430 pr. A fourth at 440 wasn't there on this day, but is certainly within his ability. 6'6" James Bunch who weighs 185 (maybe with all his clothes on and soaking wet) was impressive with 400. 420 failed him twice though. This guy has 6' arms, which makes his lift even more impressive. Third at 198 was Tom Carnaghi at 400. Here again all three lifters posted new personal bests. As with the submaster class, Robert Young's 460 took top honors. Close on his heels was Mark Chellino who got 455 on his third and 470 for his fourth, both new prs. This class becomes even more intriging when you realize both lifters weighed in at 203. The real show, however, was the 242's Ron Walsh. Ron's 560 a month ago at another of my competitions may have been somewhat questionable, but Ron's 570 here left no room for doubt. Missing it on his second, I realized he was a little afraid of the weight. Regaining his confidence, his third went right up! A great lift at 226, earning Ron a well-deserved Best Lifter trophy for the bench press competition. Finishing a real close-second was Darrell Latch at 300!!!. (Oh, well, at least I can load and spot and am a great lift-off guy!) At 275 John Shea had a disappointing day (but he never quit smiling), using another shirt, and finishing with 485 for the win. Second was Paoli, Indiana's own Clint VanTress who got a 450 pr for his final attempt. (It was probably the lift-off). Well, we had a great time, and probably the distinction of having five brothers lifting in the same meet! That might be some kind of record in itself!

In the deadlift competition, my youngest son Joey (age 8) had been waiting for a long time to compete, comming away with a great 135 pr. This was a conventional deadlift too, no sumo! At teenage, older brother D. C. pulled a pr of 280 for the win. D. C., who celebrated his 17th. birthday on this day, got new prs in both the bench and the deadlift. Second at teenage was Mike Graber who managed only 275, having trouble with his form on this day. Submaster and 198 open lifter Tom Carnaghi pulled a great 620 for wins in both classes. This was a new pr for Tom and earned him best lifter honors for the deadlift competition. Winning at Master and 242 was Darrell Latch who was only successful with 545. (You know those new deadlift suits? Aren't they great? But, boy don't they hurt? You know, I may be approaching 50 but I just might want to use that thing again! Now you know why I had trouble locking out 580!!). Benny Hutchinson pulled a nice 425 for the win at 165. Terry Robinson had problems with his lockout again, finishing with only his opener of 500. And at 275 Clint VanTress pulled a good 600 for the win. Some great lifters, great attitudes, and a great time. Thanks to my wife Susan for announcing and helping in so many other ways. Also thanks to Linda Middleton for acting as head judge and to all the others who helped. (results from Dr. Darrell Latch)



The BUNCH BROTHERS... at the Cross County Pull BP/DL Classic, left to right, Brian, Al, Steve, James, and Bill...the whole dang bunch!

Upper Bucks YMCA USA BP Championship 11 MAY 96

High School		Carl Holmqvist	260
Mike Lipinski-160	315	Charles Ba"dker	120
J. Gordon-188	320	165	
C.Dietrich-121	190	Tom Ksanznak	390
Mike Severo-156	235	Adam Yaller	330
L. Dellmyer-138	210	John Venner	305
J.Schultheis -183	265	181	
Rick Voigt -161	205	Ray Conaway	410
Women		Todd Moyer	375
Tammy Fisher-129	120	Steve Pattison	365
A. Dercola -136	125	198	
M. Parenti -121	110	Ray Mitchell	415
Cindy Mann-134	100	Scott Long	400
Ericka Dilon -204	125	Ed wicks	390
Mens masters		220	
Mitsopoulos-194	360	Bill Eckart	470
T. Ksanznak -165	390	Ron Lorah	410
M. Frazier-175	330	S. Rottenberger	390
R. Ceriani-239	440	242	
S. Paftison -181	365	Ron Heckman	500
J. Biondinc - 203	335	Raymond Ceriani	440
T. Brown-228	340	Bob Cavanaugh	340
Open-Men		275	
123		Russ Smith	470
Elliot Sanchez	245	Dan Frederick	440
Stephen Faust	190	Christopher Ryan	415
Milch Slocum	190	SHW	
148		Eugene Rychlak	500
Ken Kozrad	270		

Best Lifter: Ron Hockman with a bodyweight of 226 lbs., the first man ever to make 500 lbs. at the Y (Eugene Rychlak was the 2nd person to do so. (Thanks to YMCA Sport Center for these results)

Riverside High School Invitational
11 MAY 96 - Auburn, WA

Mens	SQ	BP	DL	Total
114				
Mario Ayala	230	205	345	780
Dominic Cunilla	255	175	350	780
Rozano Capati	230	140	335	705
Andy Nemeth	225	180	290	695
123				
John Delia	230	180	280	690
132				
Bill Jackson	385	270	405	1055
Charles Davis	245	195	315	755
Joe Chapin	225	160	290	675
148				
Simcu Garza	335	220	440	995
Tom Love	300	215	350	865
Nick Lombardo	285	170	365	820
165				
Jol Bruno	490	325	445	1260
Louis McDonald	425	225	455	1105
Evan Klima	405	225	405	1035
Aaron Moody	350	230	405	985
181				
Ryan Hardy	420	260	425	1105
Tony Leicht	370	240	430	1040
Angel Martinez	330	235	460	1025
198				
Scott Krueger	520	360	520	1400
Dan Dralle	405	305	515	1225
Derek Noble	390	260	440	1090
220				
Anthony Hicks	525	350	525	1400
Scott Spence	390	295	445	1130
Ben Middleton	275	180	340	795
242				
Chaffin Hill	390	305	520	1215
Alex Moore	405	295	420	1120
Donny Stevenson	400	200	440	1040
Womens				
114				
Theresa Miller	185	85	200	470
123				
Shaina Gonzales	225	160	250	635
132				
Christina Liburdi	205	125	255	585
148				
Kristina Holden	210	120	240	570
165				
Crystal Asheim	230	110	250	590
181				
Kar"l Smith	255	120	245	620
UNL				
Taafe Wyatt	215	170	345	730

Over 100 lifters from the state of WA competed in the event. (Thanks to Kevin Eiene for providing the results of this competition to Powerlifting USA)

Roll the Stone Away
Two Man Deadlift
6 Apr 96 - Scottsville, KY

Team: S. Skipworth - J. Foster; Team Weight - 340, Weight Lifted - 350. B. Centers - D. Thomas; 400, 450. B. Garmon - W. Martin; 330, 600. N. Oaks - A. Spencer; 431, 705. A. Swygart - J. Centers; 530, 750. J. Cooper - J. Gaddis; 408, 755. R. Hunter - C. Kirby; 522, 1010. R. Richey - R. Hunter; 544, 1205. The lift was combined with a large Easter Egg Hunt with over 500 kids. We would like to thank everyone who helpd. (results by Victory Hill Church)

GCHS Invitational
19 Apr 96 - Oshkosh, NE

	SQ	BP	DL	Total
114 lb. class				
Heather Bremer	175	95	225	495
Robyn Miller	160	85	240	485
123 lb. class				
Kelly Kastens	180	120	210	510
Kristin Cheney	190	75	200	465
Kristie Douglas	115	65	185	365
132 lb. class				
Ann Manning	200	130	260	590
Kensie Nalley	205	115	245	565
Cori Bybee	115	75	200	390
Melissa Robb	120	85	160	365
148 lb. class				
Kim Ahrens	200	130	295	625
Kim Parker	205	125	260	590
Jenny Leopold	190	125	260	575
R. Glassburn	155	80	210	445
Karni Richards	155	65	205	425
Katy Warren	110	70	190	370
165 lb. class				
Kerri Morrison	195	115	275	585
Jan Rhoades	190	110	280	580
Melissa Florke	145	90	240	475
181 lb. class				
Alicia McDonald	200	145	265	610
Krissi Richards	180	100	270	550
Unlimited class				
Jana Minar	255	160	305	720
Karni Wills	165	140	275	580
BOYS				
114 lb. class				
David Galyen	160	155	245	560
Jeremy Ramiriz	130	100	250	480
Zac Scripter	120	90	180	390
123 lb. class				
Chis Kennedy	185	140	275	600
Kristofer Bules	200	120	280	600
Dever Yates	150	100	230	480
132 lb. class				
Bill DeWitt	200	175	290	665
Aaron Dana	200	130	280	610
BlaineDeVie	—	135	295	—
148 lb. class				
Cody Young	330	225	370	925
Art Frerichs	240	185	325	750
Eric Reed	225	200	315	740
Dale Frerichs	220	145	330	695
Justin Misegadis	220	140	330	690
Samuel Wilkins	210	140	300	650
Coby Houston	195	140	280	615
Beau Bybee	130	110	220	460
Robby Harrington	—	120	275	—
165 lb. class				
Loren Ditsch	405	265	410	1080
Casey Sides	410	240	385	1035
Casey Nau	365	210	400	975
James Jeharek	280	185	335	800
Chris Dehring	275	180	330	785
Josh Misegadis	260	180	310	750
Dylan]Bauer	225	175	295	695
Matt Soucie	200	165	290	655
Brandon DeVie	210	135	290	635
Troy Sorenson	—	195	370	—
181 lb. class				
Jeff Sutton	360	250	420	1030
John Backer	350	200	395	945
Ryan Sullivan	310	220	415	945
Josh Bondegard	320	220	400	940
Willy Wiebert	325	210	390	925
Ryan Bondegard	270	160	405	835
198 lb. class				
Dario Ojeda	425	350	450	1225
Jeremy Simpson	390	295	420	1105
Tyler Bondegard	290	190	390	870
Wesley Runge	220	160	310	690
220 lb.c"lss				
*]RobeA Ross	350	250	430	1030
Harley Amy	315	220	365	900
Kevin Senyard	305	215	335	855
Kendall Foster	225	210	375	810
242 lb. class				
Scott Mitchell	300	185	440	925
Wylie Dempcy	260	175	350	785

TEAMS: Boys 1st GCHS 23 pts., 2nd Lodgepole 1 8 pts. 3rd Bridgeport 1 2 pts. 4th South Platte 4 pts. Girls 1st Hemingford 28 pts. 2nd Lodgepole 15 pts., 3rd Bridgeport 12 pts., 4th GCHS 4 pts. BOY'S OUTSTANDING LIFTERS - Light-Weight Class - Loren Ditsch - Alliance. Heavy-Weight Class - Dario Ojeda-Gering. GIRL'S OUTSTANDING LIFTER - Ann Manning - Hemingford.(results by Meet Director Jerry Sutton of Garden County High School.)

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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 kilograms to 253 pounds.

APF Region 6 (kg)
27 APR 96 - Aurora, IL

Women Open				
148				
S. Colwell	147.5	60	137.5	345
SHW				
S. Thoms	185	105	152.5	442.5
Teen				
13-15				
181				
J. Fitzgerald	190	112.5	210	512.5
16-17				
148				
M. Taylor	182.5	137.5	187.5	507.5
18-19				
SHW				
J. Garcia	320	165	267.5	752.5
Junior U24				
165				
J. Julian	227.5	130	230	587.5
Master				
40-44				
242				
M. Sweeney	215	190	200	605
45-49				
181				
M. Nigro	245	125	205	575
50-54				
165				
J. Lamboley	227.5	145	182.5	547.5
Police & Fire				
220				
J. DeAnda	260	127.5	212.5	610
242				
D. Zenzen	312.5	172.5	250	735
275				
B. Nichols	437.5	240	327.5	1005
Open				
181				
F. Wambsgans	300	140	292.5	722.5
198				
J. Sportsman	327.5	177.5	260	757.5
S. Chalmers	305	182.5	250	737.5
220				
P. Urchick	390	210	320	927.5
E. Clark	317.5	215	272.5	805
J. Norgard	255	147.5	215	617.5
242				
C. McClain	295	195	290	780
275				
M. Goldman	365	217.5	310	892.5
G. Baum	275	165	245	685
308				
T. Ahrens	340	245	250	835
T. Lloyd	357.5	162.5	272.5	765
SHW				
G. Baum	377.5	202.5	280	860

Best Lifter Light - Fabian Wambsgans. Best Lifter Heavy - Bill Nichols. The APF Region 6 Powerlifting Championships were held April 27, 1996 at Frantz Sports Center. The APF/WPC President, Ernie Frantz, has put together a facility of which to be proud. His third floor is a unique and fine place to hold a meet, there was no shortage of lifting talent either. Many Illinois state record holders came to lift as well as World Record holders. There were many records in danger at this meet. In the women's division Sandy Colwell didn't have the day she wanted, but she managed to get tough and produce a fine total for herself. The only other woman who competed was maste world record holder and World Champion Sidney Thoms. She had a go at a new world record in the bench press and a PR in the deadlift. As the teenagers came to the platform the assault on records never stopped. 148 lb. Matt Thayer was very impressive to watch as was 181 lb. Jared Fitzgerald. Both showed strength and a lot of potential. 198 lb. Jose Garcia broke all of his Illinois state records. All showed noticeable maturity in their lifting that showed they'd be able to put it together if needed. The Junior champ was James Julian, who went about his business calmly and just plain lifted. The Master Division was populated by three men. Mike Sweeney lifted well and always seemd to be having a good time. Mario Nigro is a quiet man and just does what needs to be done. Exceeding several state records on the way John Lamboley is a fairly new competitor in the last couple of years, he tells me. Seems like longer to me, my how time flies when you're having fun. John also exceeded many state records. The Police & Fire Division was extraordinary in that these three men are true powerlifters not just cops who like to throw weight. Joe DeAnda, of the Bensenville, IL PD has lost some weight and looking leaner than I have ever seen him has retained his strength and posted a fine total. Dick Zenzen of the DeKalb, IL PD had a very fine day, exceeding state records on several lifts and a PR in the deadlift. He told me he has been lifting 30 years which surprised me. He doesn't look old enough to have been doing anything for 30 years. At the end of the meet he presented his 1st place trophy to his son Zach who helped him unfailingly through the entire day. Postal Inspector Bill Nichols provided quite a show. Squatting a huge 964.5 for a PR squat, he started and finished ahead of the whole pack. Posting a 1005 total he literally walked away with Heavyweight Best Lifter honors. If it can be imagined, the open division was even more impressive. In the 198s Scott Chalmers and Jason Sportsman had a bit of a battle going right into the deadlift. I think both are capable of beating the other, just today Jason came up the winner. Fabian Wambsgans came from Michigan to lift in the meet. Coming off shoulder surgery, he was as strong as anyone I've seen in the same situation. 49 years old and one of the true gentlemen in the sport, he quietly posted a 1593 total at 181 - an "open" total to be proud of and walked away with Light Division Best Lifter honors. The 220s saw some very fine lifting from a personable Ed Clark. The problem was he came up against Michigan's Paul Urchick. Some of you might remember, and I will never forget, seeing Paul's awful accident during the squats at the 1995 Worlds in Columbus. When they took him off the platform many of us feared a long delay in his lifting career. But, as I told him at this meet he is truly amazing. This was his first meet since the accident a mere 6 months ago. He had a real go at Eddie Coan's 970 world record squat in the 220's and came very close to winning best lifter even though he only made 4 lifts. I will always have the greatest respect for this man. Now if it can get any better in the 242's, it did. First place Carl McClain bears a real resemblance to World Champion Steve Goggins, in my opinion. I've not seen this man lift before but it seems to me that with experience he will be a real contender. He has the build for it and the fight. Unfortunately for him, he was eclipsed by guest lifter, ever smiling Willie Wessels, a school teacher from St. Louis. I know he was after breaking that 1004 world record he set back in November, but was "only" successful with 964.5. He had a very good day, but I know he wanted more. He did come up with a 2360 world record breaking total. Congratulations. The 275s were populated by two Frantz lifters. Glen Baum showed great strength and courage. Coming back from missed 2nd attempts in the squat and bench press, he made those lifts and put a fine total together for himself. Mike Goldman has the potential to be a top flight lifter. He's helped me at several meets, and believe me, he's already proven he's a top flight coach. I hadn't seen him in a while and it was truly impressive to see the pounds he's added to his lifts. He's come a long way in a short time. 308's Tom Lloyd and Tom Ahrens are both the strong, silent type. Not a lot of talking, just a lot of lifting. Tom Ahrens lifted well within his potential. I think Tom Lloyd can be a major threat with a little more experience and a little more filling out of his 282.5 lb. frame. And always a pleasure in the SHW was APF Technical Officer and Illinois State Chairman Gary Baum. This Dwight High School coach is truly a gentle giant. He's learned much from his years being coached by Ernie Frantz and it shows. He keeps getting stronger and stronger. A special thanks goes to Karen Lamboley for her help at the scoreboards. And, of course, a super special thanks to my partner Diane Frantz, without whom I couldn't have announced and scored. Warmest thanks to the staff at Frantz Sports - particularly Amy and Tex. Judges were Pat Calcagno, Bill Miotke, Ernie Frantz, Israel Mendoza and myself. As I said at the meet, I wasn't aware of all the spotters and loaders names but they did some of the finest spotting I've seen in my career, catching 964.5 on the fly a couple of times. Ernie has proved once again that he is a world class lifter and a world class meet director. Everyone agreed that it was a fun meet and easy to lift. (Maris Anne Sternberg)

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AURORA, IL 60505

ARE YOU A PREVIOUS A.P.F. MEMBER ☐ YES ☐ NO

IF UNDER 18 HAVE PARENT INITIAL

I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE A.P.F./A.M.P.F.

SIGNATURE X

OHIO U.S.P.F. NEWS - As

the recently elected Ohio chairman of the U.S.P.F. I would like to pass some information on to our Ohio members and also to all lifters who compete in our area. (If you haven't yet tried a U.S.P.F. meet, we invite you to join us.)

Our state meet was held June 1st in Akron and was a real first-class event, from the facility, to judging and the smooth operation of the meet itself. The same meet directors, Buddy Rogers and Pep Wahl, put in a successful bid to host the meet again in 1997 and plan to hold it at the same location, but earlier in the spring (sometime in March).

Our annual state meeting was held in conjunction with the meet, drawing a better attendance than I have seen in the 10 years or so that I have been attending these meetings.

Under new business there was a good deal of discussion as to denim bench shirts. It was the majority opinion that allowing these shirts at the state level and below would add greatly to the number of lifters competing in our organization at these levels. There was a vote taken to allow these shirts at the state level and below, but upon clarification from U.S.P.F. Headquarters, this rule is not subject to change at lower levels.

At the suggestion of U.S.P.F. President Peter Thorne, I drafted a letter to the U.S.P.F., asking for a vote on this rule change at the upcoming National meeting.

In other business, Buddy Rogers was re-appointed chairman of referee testing. Anyone wishing to test to become a state level referee, or advance to national or international levels can contact Buddy at (330) 297-7520 or write to him at 522 E. Spruce Ave., Ravenna, OH 44266. Jamie Schupbach was appointed records chairman. All applications for Ohio records must be signed by the proper meet officials and sent to Jamie. He can be reached at (216) 322-6611, or write 818-B Lake Ave., Elyria, OH 44035. (Attention meet directors, contact Jamie for a supply of these record forms before your meet).

Another successful meet bid presented at the meeting was for the Northcoast Championships, to be held in December 14th (or Dec. 7th) in Lorain. Jamie Schupbach is meet director and can be reached as above.

One of my objectives as state chairman is to get more meets sanctioned within our state. I would like to hear from prospective meet directors and can offer help in the planning stages, and perhaps even physical help on meet day. Please call or write.

Finally, six U.S.P.F. members were elected to the Ohio Powerlifting Hall of Fame (two each for the years 1994, 1995 and 1996). They are: 1994 - Jim Finch & LuAnn Rogers; 1995 - Charles Lee & Jerry Wells; 1996 - Terry Byland & Stephanie Moody. An induction ceremony will be held at the 1997 State Championships. I am having difficulty in reaching some of these people. If you can help, please contact me.

I plan to attend the U.S.P.F. national meeting in July and will also be working closely with Pep Wahl, owner of Bodybuilding Inc. in Akron, who is the Region IV U.S.P.F. chairman (covering Ohio, Michigan, Indiana, Kentucky and West Virginia). Pep can be reached at Bodybuilders at (330) 253-7616 or 597 E. Tallmadge Ave., Akron, OH 44310. Other plans include possibly setting up a Website for Ohio U.S.P.F. lifters. In the meantime, I will try to write these open letters to be published in Powerlifting USA.

I am open to suggestions and help from any of our members out there. Sincerely, LuAnn Rogers, 522 E. Spruce Ave., Ravenna, OH 44266, (330) 297-7520



***Gus Potkovich** had surgery to remove a cancerous testicle on Feb. 7th, 1996, followed by 18 days of 3,200 rads of radiation treatment, during which period he continued maintenance training, staying at 60-70% of his max. He took ZOFRAN after radiation treatments to avoid nausea, and after 4 weeks he lost only 10 pounds. With the support of wife Ellen, above, his lifting buddy Shawn O'Kelley, and the Grimwood Strength System, he maintains his state submasters record. Gus has proven that you it is possible to maintain substantial muscle and mental stability during a bout with cancer and subsequent treatment. Any questions, call Gus at 800-919-0858, voice mail pager.*

USPF Ohio State
1 Jun 96 - Akron, OH

Bench Press		198		
123		B. Gaugler		205
A. Kopanski	67.5	G. Scott		182.5
132		C. Ray		152.5
F. Marquinez	120	220		
148		N. Cairl		192.5
J. Minich	160	D. O'Connell		182.5
181		S. Jackson		175
C. Schupbach	155	242		
B. Rossler	137.5	S. O'Kelley		227.5
		G. Potkovich		190
Women	SQ	BP	DL	Total
R. Muratori	102.5	57.5	117.5	277.5
Master				
J. Cook	250	160	270	680
B. Dye	190	130	200	520
M. Brown	230	142.5	252.5	625
R. Arman	212.5	147.5	227.5	587.5
A. Strukel	215	142.5	245	602.5
Class II				
148				
M. Bergman	125	95	147.5	367.5
181				
C. Schupbach	240	155	252.5	647.5
F. Karg	215	145	227.5	587.5
198				
N. Carano	245	145	242.5	632.5
J. Denton	232.5	162.5	212.5	607.5
M. Teodosio	192.5	135	220	547.5
220				
D. O'Connell	190	182.5	235	607.5
W. Welcheck	185	160	240	585
242				
A. Kuhl	250	77.5	260	687.5
L. Newman	245	167.5	240	652.5
R. Arman	212.5	147.5	227.5	587.5
275				
M. Brown	230	142.5	252.5	625
SHW				
E. Barnard	250	157.5	227.5	635
Senior Division				
148				
A. McVaney	230	132.5	250	612.5
165				
J. White	240	152.5	260	652.5
J. King	242.5	157.5	227.5	627.5
181				
C. Schupbach	240	145	252.5	647.5
F. Karg	215	145	227.5	587.5
198				
N. Carano	245	145	242.5	632.5
J. Denton	232.5	162.5	212.5	607.5
220				
N. Cairl	285	192.5	290	767.5
D. Muratori	282.5	192.5	290	690
D. O'Connell	190	182.5	235	607.5
W. Welchek	185	160	240	585
242				
L. Newman	252.5	172.5	282.5	707.5
A. Kuhl	250	177.5	260	687.5
L. Newman	245	167.5	240	652.5
275				
E. Bright	337.5	227.5	320	885
SHW				
M. Hershberger	255	170	345	770

Outstanding Lifter Class II - Light Div. : Chad Schupbach. Outstanding Lifter Class II - Heavy Div.: Nick Carano. Outstanding Lifter Senior (Light): Allen McVaney Outstanding Lifter Senior (Heavy): Edgar Bright. Meet Directors Pep Wahl and Buddy Rogers would like to thank the following for their help in making this meet a success: referees Scott Bowles, Dolores Conklin, Larry Donahue, Jamie Schupbach, LuAnn Rogers, Dave Jacoby (testing) and Harvey Gengler (testing); announcers - Russ Iona and Mike Dipasquale; Angela Wahl, Sam Wahl, Lindsay Wahl, Scott Herman, Ray De Paoli, Mark Duvall, Fred Steward, Jim Needles, Jason Russell, Ben Thalrose, Clavon Bradford, Clay Singer, Joe Barlone, and all spotters and loaders. A big thanks to Dave Gray and World of Weights for donating the kilo weights for the platform. Also, a special thanks to the Coventry High School football coaches and team for providing concessions. For further information contact: LuAnn Rogers, (330) 297-7520 (home), (330) 296-9603 (work), (330) 296-9604 (fax) (results from LuAnn Rogers)

Application for Registration
UNITED STATES POWERLIFTING FEDERATION
Telephone: 1-800-500-9727

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

Street Address	Club Name

City	State	Zip	Area Code/Telephone

U.S. Citizen Y N	Sex M F	Date of Birth / /	Referee Status IPF Cat. 1 Cat. 2 Nat. State	Current USPF Classification Elite Master I II III IV

Card Issued By	Today's Date	Current High School Y N	Current Collegiate Y N	Special Olympian Y N	Inmate Y N

Registration Fee $25.00
Make checks payable to and Mail to
UNITED STATES POWERLIFTING FEDERATION
NATIONAL HEADQUARTERS
Post Office Box 2170
Kilgore, TX 75663

If Under 18 have Parent Initial _____

NOTE: $10 SPECIAL FEE APPLIES TO: Special Olympians; High Schoolers with proof of enrollment; and inmates when paid with institution check. All USPF sanctioned meets will be subject to drug testing.

I certify that the above answers are correct and that I am eligible in accordance with the rules of the U.S. Powerlifting Federation.

Signature ✔ _____

7th Annual Cabin Fever DL Classic
23 MAR 96 - Goshen, IN

Natural		SHW		
Women		A. Trattles		590
132		Masters 40*-49		
J. Larkin	260	220		
D. Medendorp	220	G. Williams		580
Masters Women		J. Juerink		570
132		198		
D. Medendorp	220	L. Hughes		510
Men		165		
123		T. Askew		490
J. Wrinkle	400	Masters 50*+		
132		165		
G. Simmons	465	D. Larkin		475
148		198		
D. Bracken	450	J. Altimus		400
165		Open		
G. Guthrie	530	Men		
M. Johnson	495	148		
J. Campbell	490	M. Wider		405
T. Askew	490	165		
198		M. Johnson		495
D. Ballard	600	198		
C. Cordial	570	A. Zweig		530
220		220		
G. Kim	490	B. Guhn		610
275		242		
J. Medendorp	630	S. Goodman		560
J. Reisert	515	Women		
		198		
		L. Boshoven		500

Team 1) Don Larkin's Gym, 3 Rivers, MI. 2)The Iron Pit, Bloomington, IN. Best Lifter-Greg Simmons. Special thanks to: Jenny Albert, Brian Voelzke, John Wahl, Greg Guthrie, Mike Wider, Jim Juerink, Taylor Askew and Lynne Boshoven. In the land of the giants, it was a mighty mite who triumphed as Greg Simmons copped the overall best lifter with a top 20 465 lbs. deadlift at 132. A one-time bench special lift because of back problems, he seems to be completely rehabilitated, as his deadlift just seems to get better, "Gentleman" Jim Williams pulled the best deadlift I've ever seen him make, 580, and he needed it to hold off Jim Juerink, who also pulled an excellent 570, to win the Masters in a very close contest; as George was older, but Jim was lighter Don Larkin also looks like he could win just about any contest in the 50+ catagory, pulling 465 at 165 and taking a good stab at 490. In the 165's John Campbell's training indicated he was going to give perrenial champion, Greg Guthrie, a run for the money, but unfortunately he tore a calous on his opening attempt of 490 and was unable to continue. And the way his opener looked, he may have been able to top Guthrie's 530, but we'll never know, and so Greg remains undefeated at this meet. Likewise Carl Cordial made the 605 he needed to beat Doug Ballard at 220, but inexplicably lost his grip at the top. But he's one of my top competitors and I know he'll be back. (Thanks to Jon Smoker for providing these contest results)

ADFPA Colorado Classic
28 Apr 96 - Denver, CO

Women Light	SQ	BP	DL	Total
I. Lalimarmo-102	165	105	240	510
T. LaCourse-138	150	90	220	460
Women Heavy				
K. Martinez-158	285	170	290	745
Talmadge-208	120	120	190	430
Teen (14-16)				
P. Cohen-176	325	195	415	935
Struicksma-206	230	100	300	630
Teen (17-19)				
L. Sylvester-173	415	225	460	1100
R. Westcott-164	225	—	315	765
D. Gresham-171	240	—	—	—
Junior Light (20-23)				
J. Picard-162	405	305	385	1095
C. Liverpool-158	320	225	415	960
J. Bird-154	295	180	350	825
Junior Heavy (20-23)				
J. Hazen-171	405	260	475	1140
T. Turley-194	270	420	1105	
B. Reed-280	—	—	—	—
Submaster				
R. Carich-210	445	385	485	1315
R. Antilla-272	485	350	500	1335
M. Benson-192	300	300	315	915
D. Romero-153	235	185	300	720
Master Light				
G. Burt-173(61)	300	205	480*	985
Murray-180(50)	430*	260	485	1175*
Coxsey-157(41)	370	280*	460*	1110
Master Middle				
Steele-194(40)	500	390*	540*	1540*
Williams-179(42)	510	330	560	1400
Worley-218(47)	525	275	500	1300
Snardi-192(47)	425	225	540	1190
Westcott-178(43)	315	315	435	1065
M. Lister-218(40)	300	250	435	985
Master Heavy				
J. Wing-218(50)	570*	320	550*	1440*
Grisham-202(56)	430	245	430	1105
Anderson-217(50)	380	355*	435	1170
Meyers-229(40)	380	305	505	1190
Halberstadt-249(47)		—	—	—

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Men Open				
148				
M. Sigala	505	320	605*	1430
S. Stange	440	260	440	1140
D. Schuh	315	205	315	835
S. Hill	—	—	—	—
165				
C. Easton	525	300	540	1365
B. Smith	500	285	450	1235
M. Aguilar	315	220	400	935
181				
R. Guerrero	530	315	540	1385
J. Hazen	405	260	475	1140
198				
E. Quedding	370	220	450	1040
M. Benson	300	300	315	915
220				
S. Zwaanstra	650	440	625	1715*
J. Wing	570	320	550	1440
R. Carich	445	385	485	1315
R. Antilla	475	340	500	1315
D. Stallings	450	350	500	1300
S. Petria	480	330	460	1270
242				
R. Meyers	380	305	505	1190
SHW				
B. McCune	645*	385	650*	1680*
E. Medina	145	475	145	765
Guest Bencher				
C. Kennedy		140		

*** state record. Thanks to the following: Sheridan Rec Center and Eddie Kanoza for allowing us to use their facility. Referees: Alex Galant, Wendy Samuelson, Bill Bonner, Bob Trujillo, Bob Burcham, Scott Parker, and Andrea Sortwell. Platform Manager: Mitch Ratzlaff. Spotter/ loaders: Walker Nightwalker, Steve Eitzel, Kevin Westerhold, Nate Waag, Dave Provan, and Sheridan Rec Center staff. Table/ Admissions: Georgia Simpson and Karen Samuelson. Next Colorado meetse are: Summer Benchfest, June 30th in Denver and Burn 'em and Earn 'em Powerlifting Meet (wraps and belts only) on August 3rd in Colorado Springs. Fall meets in the works will include a push and pull bench and deadlift contest (two contests side by side) in mid September; the Longmont YMCA PL meet in late September/ early October; and the State Open Championships Bench and PL in early December. Five lifters were tested. (results by Andrea Sortwell)**

Clinton County YMCA
Hammer Strength Classic
27 APR 96 - Wilmington, OH

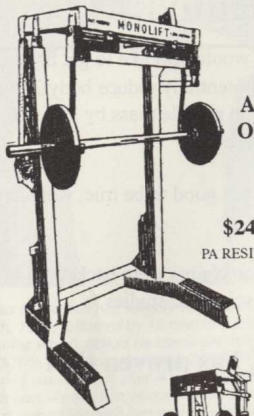
Open				
Womens	SQ	BP	DL	Total
Amanda Fooce	240	160	285	685
Teens 16-17				
Jason Glasgow	330	260	430	1020
Masters 40-44				
Bob Tilley	450	250	500	1200
Masters 45-49				
Doug Schumaker	530	415	525	1470
Bob Bean	455	365	585	1405
Masters 55-59				
Bob Coyer	400	282	500	1185
Sidney Curley	320	280	350	950
Masters 60+				
Harry Rome	305	220	305	830
Open				
114				
Dawn Bogart	265	175	265	705
198				
Gary Rome	505	345	525	1375
220				
Mark Monroe	655	425	545	1625
Chad Hammond	600	425	600	1625
242				
Tim Little	550	405	540	1495
275				
Michael Stuchiner	550	340	550	1420
Guest Bencher				
J.M. Blakely		620		
Jack Smith		345		
Class 2 + Below				
165				
Chet Moore	415	260	420	1095
Rick Hamsher	385	255	420	1060
181				
Brian Atley	375	280	480	1135
198				
Jim Hall	550	350	515	1415
Roderick Smith	500	350	550	1400
Gary Rome	505	345	525	1375
Frank Lucente	520	250	550	1320
Clinton Mitchell	455	335	525	1315
220				
Marcus Kinney	475	370	545	1390
Tony moncrief	400	340	520	1260
Mark Hicks	400	300	400	1100
242				
Tim Mahanes	500	380	525	1405
Larry Bennington	280	275	400	955
Larry Bennington	280	275	400	955
275				
Kevin Holshuer	565	0	585	

(Thanks to Tina Parrish of The Clinton County YMCA for providing us with these contest results)

Shelton Invitational High School
6 Apr 96 - Shelton, WA

Women	SQ	BP	DL	Total
114				
S. Peterson	170	95	230	495
R. Delorie	185	95	215	495
M. Sanchez	160	80	245	485
K. Bulleri	90	60	150	300
123				
S. Gonzales	225	155	265	645
A. Upward	185	110	245	540
K. Leslie	155	70	190	415
H. Heilbrunn	95	60	145	300
S. Fleming	—	100	135	235
132				
K. Rose	200	120	255	575
Christina	205	105	245	555
J. Anderton	200	125	225	550
A. Duchesnean	150	85	230	465
M. Dehnert	180	—	230	410
S. Bousman	130	75	185	390
M. Divitt	160	80	150	390
M. Carnovale	95	55	135	285
148				
G. Feeser	255	145	285	685
M. Redman	240	135	270	645
L. Swan	195	75	225	495
L. Nicoloysen	165	65	230	460
J. Zehner	115	70	200	385
165				
E. Robinson	200	115	305	620
S. Arudt	220	125	270	615
C. Aasheim	230	95	250	575
S. Ebo	200	115	260	575
198				
A. Thornton	325	110	300	725
UNL				
S. King	320	145	300	765
B. Barrett	220	155	250	625
P. Ebo	205	110	295	610
L. Peterson	245	—	260	505
Men				
114				
R. Copati	240	135	325	700
A. Nemeth	210	175	270	655
123				
B. Fox	340	195	365	900
L. Determan	260	210	275	745
J. Delia	205	185	260	650
K. Kierolff	185	125	250	560
132				
B. Richards	340	200	350	890
F. Wiggins	285	240	355	880
E. Mutoli	330	175	305	810
J. Jones	275	185	330	790
C. Davis	260	190	310	760
M. Wilson	225	150	280	595
148				
L. McDonald	435	225	440	1100
J. Kunz	325	200	375	900
T. Love	290	235	370	895
M. Whiting	275	210	335	820
S. Farrington	275	185	350	810
N. Lombardo	265	165	340	770
P. Eagle	260	155	320	735
J. Hall	230	125	300	655
J. Deraitus	230	140	265	635
T. Dorschel	215	140	250	605
D. Dassow	255	—	310	565
S. Phillips	195	120	235	550
M. Thompson	120	120	235	475
A. Tooley	—	125	300	425
165				
J. Bruno	445	300	465	1210
J. Yourkoski	335	285	435	1055
A. Moody	360	210	420	990
D. Oliver	280	190	380	850
E. Thompson	260	205	380	845
J. Fox	230	140	320	690
N. Stevens	210	150	270	630
S. Fox	200	130	265	595
K. Keith	180	120	285	585
181				
F. Aguilar	425	235	510	1170
T. Arudt	405	270	405	1080
J. Lam	385	260	435	1080
D. Choi	350	225	480	1055
B. Thompson	355	280	415	1050
G. Piel	330	210	335	875
H. Bloomfield	275	240	350	865
A. Wilson	270	215	350	835
T. Sjostrom	260	160	360	780
R. Kissling	250	155	300	705
K. Bostrom	255	155	265	675
G. Totstad	220	170	245	635
C. Newton	195	130	300	625
M. Ramirez	210	125	280	615
198				
S. Krueger	505	355	485	1345
M. McGee	405	250	525	1180
M. Bates	430	240	500	1170
D. Noble	365	240	420	1025
G. Johnson	330	200	450	980
M. Ramos	300	230	400	930
P. Choquette	275	225	405	905
B. Thompson	340	190	370	900
P. Rhoads	320	195	335	850
D. Dralle	—	295	515	810
C. Woods	190	125	300	615

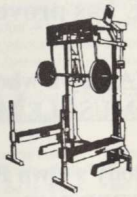
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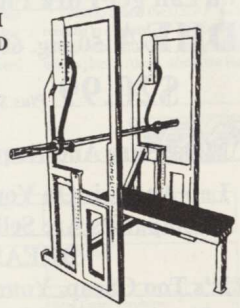
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B. Dougherty	385	—	—	385
220				
A. Hicks	550	380	550	1480
G. Lam	500	325	450	1275
S. Spence	370	275	425	1070
D. Franzen	415	230	415	1060
J. Torrez	355	225	385	965
D. Brossman	300	240	415	955
T. Sheetz	295	275	350	920
B. Middleton	250	190	300	740
M. Harp	340	—	—	340
A. Withrow	315	—	—	—
242				
K. Engelke	485	250	475	1210
C. Hill	405	265	500	1170
D. Spencer	300	200	350	850
UNL				
L. Afamasaga	455	300	435	1190
C. Avery	465	300	425	1190
A. Moore	390	290	405	1085
A. Nelson	350	305	430	1085
M. Varnum	345	250	405	1000
D. Scholzen	350	200	410	960
M. Gregory	320	245	380	945

Team placings: Men- 1. Shelton, 2. Newport, 3. Interlake, 4. Tumwater, 5. Montesano, 6. Elma, 7. Monroe, 8. Riverside, 9. Bellingham, 10. Whiteswan, 11. Aberdeen; Women- 1. Shelton, 2. Elma, 3. Inner Lake, 4. Whiteswan, 4. Bellingham, 5. Riverside, 6. Sumner, 7. Montesano. (results by Rick Untersher)

MDSA Minnesota State/Open
6 Apr 96 - Willmar, MN

Closed	SQ	BP	DL	Total
Teen				
165				
D. Lamb		240		
Men				
132				
R. Kirschenman			300	
181				
D. Sturgeon		280		
220				
J. Dorsher	575	350	605	1530
242				
M. Ricker	545	350	665	1560
Master				
165				
G.Grahn	310	235		
181				
D. Green		270		
198				
D. Jacobson	425	295	550	1270
M. Crozier	425	260	510	1195
242				
R. Norton		300	375	
Open				
Teen				
123				
C. Haugaard		130		
Men				
132				
R. Kirschenman		235		
181				
J. Klein	515	300	520	1335
242				
R. Rogney		375		
Master				
181				
D. Schmidt		310		
198				
G. LaBelle	310	250	400	960

Judges - Darwin Jacobson, Gary Grahn, Dennis Green, John Dorsher, Darryl Schmidt, and Don Sturgeon. Loader/Spotters - Jonathan Kreps, Dennis Green, Derek Lamb, and others. Editor's Note: 710 pounds remained on the bar after the meet - Michael Ricker had attempted this weight to break Michael Seigler's state record. This year 17 lifters showed up to do battle with the iron and record book. I was involved in a great battle with Mark Crozier. George LaBelle rewrote the record book once again and waltzed away with 5 trophies. Master great, Darryl Schmidt, moved his record up 5 more pounds and tried 315 on his 3rd. Ross Rogney made 375 seem so easy that we were all shocked when 400 stalled on him. James Klein totaled a nice 1335 at 181, a 550 Deadlift wouldn't go for him. Craig Haugaard set a new South Dakota record - he tried 145 on his 3rd attempt. Billy Norton is still chasing Ball's record in level 2 - Billy did get a 375 Deadlift record on his final try after missing it twice. Dennis Green is currently ranked #2 in the 45-49 181 class - he gave 275 a decent ride on his 3rd. Gary Grahn is once again giving me writer's cramps making out record certificates. John Dorsher received an MDSA watch for all of the help over the years - he finished 8 for 8 and broke Jeff Gould's total record at 220 and Randy Miller's Submaster Deadlift mark. Donavon Sturgeon made his last try at 181 - he was close with a 285 Bench. Newcomer, Randy Kirschenman, surpassed Brady Augustine's Bench record and Buck Pugsley's Deadlift record. Teen sensation, Derek Lamb hit the level 3 limit without the aid of a bench shirt. Sincere thanks to all who helped!!! (Thanks to Darwin Jacobson for providing these meet results).

Effingham Open BP/DL
11 May 96 - Effingham, IL

BENCH PRESS			
Teenage		198	
Steve Kruse	250	Tony Cook	400
Mike Graber	200*	Mark Husser	365
D. C. Latch	110*	220	
Women		Robert Young	420
Debbie Hafner	90*	242	
Submaster		Ronnie Spurgeon	320
Robert Young	420	DEADLIFT	
Master		Teenage	
Luke Trammell	335	D. C. Latch	270*
Harry Ruhser	320	Mike Graber	310*
165		181	
B. Hutchinson	310	Terry Robinson BL	500
181		Master	
Terry Robinson BL	405	Luke Trammell	475
Harry Ruhser	320	James Ewing	530
		4th	550*
		242	
		Ronnie Spurgeon	460

The Effingham Open Bench Press/Deadlift Championships was held at the Village Square Mall in Effingham, Illinois May 11, 1996. Due to the recent flooding in the area our turnout was smaller but a great time was had by all just the same.

Bench Press: In the teenage division local lifter Steve Kruse came in at the last minute to lift and win that division with a strong 250. A personal best of 270 was close but not there on this day. Mike Graber finished second with a personal best of 200. Third went to D. C. Latch who pressed 110 for a personal best also. The lone lifter in the women's division was Debbie Hafner, who traveled from Letts, Iowa for this competition. Debbie got a 90 lb. second attempt for a new personal record and almost locked out 95 on her third! Submaster Robert Young opened with 420 for an easy attempt then proceeded to fail twice at 450 (without a bench shirt). Just an off day for Robert who also took the 220's. In the master's division it was Luke Trammell who finished first with a press of 335. (This will probably be Luke's last contest for some time since he brought his beautiful wife with him, telling her the competition was to be held "way out in nowhere"... forgetting to tell her it was to be held in a shopping mall .... so she left her check book and credit cards at home! .... good luck, Luke!). Second place in the master's division went to Harry Ruhser who finished with 320. Harry came from the Des Moines area for the competition, finishing second in the 181 lb. class also. At 165 it was Benny Hutchinson who pressed 310 for the win. At 181 it was best lifter Terry Robinson who got only his opener at 405, but that was good enough! Terry weighed in at 240 but made weight by simply taking off his jewelry! 198 lber Tony Cook also only got his opener at 400, missing 420 twice. EIU student Mark Husser finished behind Tony with 365, missing 380 on his last two attempts. Ronnie Spurgeon took the 242's with his opener of 320, also missing his last two attempts of 350. Ronnie has been training for an upcoming bodybuilding competition and had not been training his power movements, but nonetheless lifted well.

Deadlift: In the teenage division it was tall, skinny D. C. Latch, 5'11", 138 lbs. (soaking wet) taking the win with a personal best of 270 lbs. Second went to his training partner Mike Graber who also pr'd at 310. Master lifter Luke Trammell won his second title of the day with a 475 pull, weighing in at 180 lbs. Second to Luke was "farm boy" James Ewing, who finished with 530 then went on to a fourth of 550, and by golly, he got it! He just keeps getting better with age! At 181 Terry Robinson only got his opener again with 500, missing 600 twice, but there again that was enough for best lifter honors. Ronnie Spurgeon took the 242's with 460 to end the competition. Thanks to Susie, Linda, D.C., Mike, and Benny for their help. (Thanks to Dr. Darrell Latch for the meet results)

USPF State Powerlifting Open
23 MAR 96 - Saint Paul, MN

Open	SQ	BP	DL	Total
198				
S. Mutchelknaus	580	315	575	1470
242				
W. Olson	630	435	585	1650
R. King	450	430	530	1410

This was the first USPF official meet in Minnesota in a long time. We do not have a state chairman for the USPF so I asked Pat Hall from ND to help. Pat signed our sanction application and we also had the regional chairman Levi Webb in attendance. Ronnie King and Scott Mutchelknaus purchased USPF cards prior to the meet and I would like to think that the USPF national office would support these new members, since it is evident that they are very talented. Wes Olson drove about eight hours to get to the meet and wanted to qualify for nationals. Wes needed a 1700 total and fell just short, I am sure he will get it and more next time.

Minnesota APF State Open
Master-Light

181	*SQ	BP	DL	Total
B. Becker	650	250	630	1530
Heavy				
198				
D. Jacobson	400	280	525*	1205
G. LaBell	325*	245	360*t	930
Open				
198				
T. Rears	450	340	470	1260
G. LaBell	325*	245	360*	930
220				
J. Gould	625	450	600	1675
R. Moston	550	350	500	1425
275				
S. McCoy	600	455	630	1685
308				
F. Clary	860*	450	800	2110*

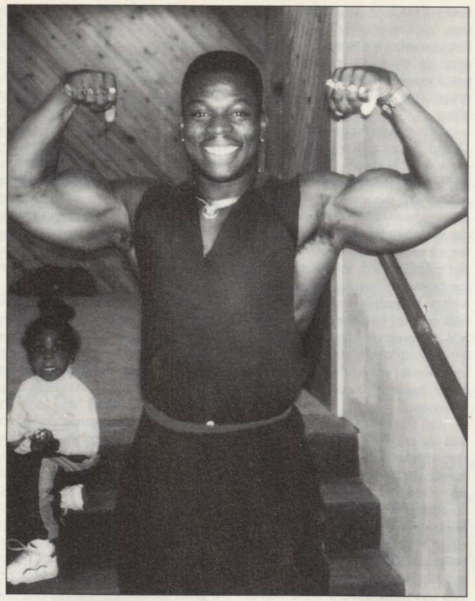
*-APF MN State Record. The APF is beck in Minnesota. This contest was sanctioned and we had plenty of national judges in attendance. The legend -Jerry Jones helped all day and told plenty of stories about the good old days. Bill Becker was incredible considering his torn rotator cuff hampered him. Bill looks good for a 700 plus squat on any day. Darwin Jacobson had an 8 for 8 day with a nice state record deadlift. Darwin is the founder of MDSA. Darwin LaBell, at 56 years of age set masters records in most lifts. Tim Rears only missed one like next time. Jeff Gould, a local gym owner, tried a state bench press record. Big Skip is such an entertaining gentleman and all around nice guy. The biggest man of the day also moved the biggest weights. Dr. Fred Clary came up twice strongly but just missed (on depth) an American Record 905 squat yet came back with an American record deadlift. Dr. Clary tore his right quad at last year's meet and his comeback is a testimony to his Sports Rehab Clinic which he owns. There were 3 best lifters of the day (Gould, Becker, Olson) that won over $100 in supplements and the top two nbest lifters received SAFE USA powerbelts (Dr. Clary excluded himself from these awards.) Thank you to Twin Cities Gyms Clary Chiropractic Life Center, including: fred, Mary Ann and the entire staff, Safe USA, B.H. Concrete and Masonry, there is no way to properly thank everybody who helped, but the judges, spotters, loaders, platform manager (Mike Sorenson), and sponsors are all appreciated.

G. Dulski	375	240	450	1065
198				
D. Hasler	610	350	610	1570
242				
R. Kokbeck	610	380	600	1590
275				
J. Freiberg	585	340	630	1555

The open division saw Twin Cities Gym member mike Hrudka make his return to the platform ,, Mike weighed in just over the 165 limit!!! Jeff Freiberg pulled a great deadlift and looks like he will be over the 700 barrier any day now.(Thanks to Brian How-APF Chairman & Dr. Clary for results)

Minnesota OPEN State

Masters				
275	SQ	BP	DL	Total
C. Ball	400	280	500	1180
open				
165				
L. Rein	400	275	500	1175
181				
M. Brudka	515	320	500	1335



Terry Robinson was Best Lifter in both the Bench Press and the Deadlift at the Effingham Open (photo courtesy of Dr. Darrell Latch)

Minnesota State BP Open

women		198		
132		F. Cournoyer	365	
J. Rivet	145	T. Rears	340	
Master		T. Hirdler	310	
148		220		
J. Syrcvatka	285	J. Gould	450	
198		D. Miller	390	
S. Magnuson	305	242		
Open		W. Olson	435	
181		M. Messner	425	
J. Hirdler	350	275		
G. Dulski	240	C. Ratliff	365	

The Bench Meet saw great lifts by Jeff Gould, Jason Hirdler and Ken Douglas. Next year we hope to add a DL only Meet. We want to thank meet directors Dr. Fred Clary, Mary Ann Clary and Mike "I'm on a diet" Mitchell for a great meet. We also want to thank God and the Meet Staff as there was not one injury!!(results from Brian How and Dr. Clary)

Men's Swedish Championships
31 Mar 96 - Goteborg (kg)

52 kg.	SQ	BP	DL	TOTAL
P. Eriksson	152.5	90	172.5	415
M. Palmqvist	147.5	102.5	145	395
P. Jussi	145	90	155	390
A. Hopp	110	55	145	310
56 kg.				
L. Hedlund	185	120	180	485
L. Jansson	167.5	100	197.5	465
J. Celin	202.5	132.5	127.5	462.5
P. Raberg	170	95	172.5	437.5
60 kg.				
M. Karlsson	275	172.5	135	582.5
M. Angerud	185	90	212.5	487.5
A. Norrback	180	87.5	205	472.5
P. Thur	170	100	202.5	472.5
P. Johansson	160	120	190	470
C. Sjostrom	177.5	117.5	175	470
R. Engstrom	170	100	185	455
G. Olsson	180	95	170	445
D. Brannstrom	180	92.5	170	442.5
P. Svanlesson	185	95	160	440
67.5 kg.				
T. Jonsson	227.5	142.5	245	615
A. Gustavsson	220	137.5	242.5	600
L. Flyborg	232.5	145	222.5	600
H. Luttinen	205	120	247.5	572.5
V. Vuckovic	210	112.5	205	527.5
P. Arvidsson	—	—	—	—
75 kg.				
P. Berglund	295	182.5	260	737.5
S. Andersson	255	180	235	670
N. Israelsson	237.5	142.5	252.5	632.5
R. Andersson	250	140	240	630
O. Andersson	232.5	150	237.5	620
S. Jansson	225	142.5	240	607.5
A. Leveen	200	147.5	240	587.5
P. Borlange	210	135	235	580
M. Backstrom	230	—	—	230
H. Palmqvist	222.5	—	—	222.5
82.5 kg.				
K. Lundgren	322.5	182.5	275	780
I. Axelsson	272.5	190	282.5	745
H. Soderman	290	170	275	735
M. Eriksson	270	165	270	705
J. Andersson	267.5	160	260	687.5
J. Karlsson	265	165	250	680
A. Grenehed	265	147.5	262.5	675
J. Skog	250	157.5	260	667.5
T. Gustavsson	250	147.5	262.5	660
P. Norberg	242.5	160	235	637.5
K. Gustavsson	245	130	260	635
90 kg.				
B. Almen	325	190	292.5	807.5
O. Neselius	290	200	290	780
D. Rayo	285	187.5	255	727.5
R. Karlsson	270	175	262.5	707.5
R. Borkhaug	285	160	260	705
L. Ahlqvist	265	167.5	245	677.5
J. Bergqvist	260	—	—	—
100 kg.				
K. Mattsson	340	220	300	860
C. Magnusson	325	172.5	312.5	810
L. Wahlander	270	190	327.5	787.5
M. Berg	312.5	185	290	787.5
S. Janne	270	185	312.5	767.5
T. Carlsson	285	187.5	280	752.5
C. Oesterreich	285	195	270	750
M. Persson	300	190	260	750
M. Hedesund	290	167.5	290	747.5
P. Konradsson	270	180	280	730
H. Hellsten	290	165	270	725
J. Ljungberg	350	—	—	350
J. Omossa	—	—	—	—
110 kg.				
C. Norberg	360	230	300	890
P. Carlmark	322.5	215	282.5	820
S. Hulden	310	190	307.5	807.5
T. Bolinder	295	190	320	805
P. Warberg	290	205	285	780
M. Svensson	280	192.5	300	772.5
125 kg.				
N. Lindstrom	320	235	320	875
J. Lundberg	330	212.5	315	857.5
U. Gunnarsson	330	185	325	840
D. Fassler	310	197.5	305	812.5
C. Nilsson	342.5	220	250	812.5
D. Andersson	312.5	182.5	305	800
B. Fridell	305	180	275	760
R. Eriksson	315	155	280	750
125+ kg.				
Y. Gustavsson	375	250	295	920
J. Ostberg	330	190	280	800
N. Moller	315	192.5	270	777.5

(meet results provided courtesy of Jari Tahtinen)

Swedish Women's Championships

52 kg.	SQ	BP	DL	TOTAL
A. Hiwua	132.5	67.5	150	350
L. Liwendahl	127.5	55	122.5	305
M. Ostlund	92.5	45	110	247.5
56 kg.				
C. Nilsson	120	65	137.5	322.5
K. Heinonen	115	67.5	125	307.5
U. Malnusson	90	45	115	250
60 kg.				
A. Restrup	165	82.5	165	412.5
C. Akervall	147.5	95	157.5	400
B. Hammarstrom	125	77.5	150	352.5
67.5 kg.				
L. Sjostrand	215	112.5	220	547.5
E. Wahlawoor	150	92.5	175	417.5
A. Petersen	150	77.5	150	377.5
L. Mattison	135	90	140	365
A. Euman	125	55	157.5	337.5
A. Marlin	100	72.5	140	317.5
75 kg.				
S. Sandstrom	187.5	110	195	492.5
A. Johansson	180	75	180	435
A. Euman	150	80	165	395
82.5 kg.				
C. Haralosson	170	90	182.5	442.5
L. Taukama	127.5	77.5	152.5	357.5
90 kg.				
Tussew	215	123	200	557.5
S. Hellerstedt	160	65	155	380

(meet results provided courtesy of Jari Tahtinen)

A.D.F.P.A. Corner

The ADFPA Corner brings you up-to-date news, important information and articles of interest every month. Our goal is to keep lifters and coaches informed, involved and excited about drug free powerlifting competition. We thank all who have supported the ADFPA and drug free powerlifting. Your work keeps the organization going! If you have suggestions for future articles or would like to send information, contact Stephanie Whiting, 4768 Barbara's La., Stevens Point, WI 54481.

HOW $25 CAN MAKE YOU A BETTER POWERLIFTER by Craig Safran, ADFPA Executive Committee. "Another month and you're looking through Powerlifting USA. Comparing totals, tallying lifts, thinking 'wow, if I were only that good'. As you know, good powerlifters are dedicated powerlifters. Athletes who spend countless hours in the gym, lifting their hearts out, and perfecting their form. Good powerlifters - no, make that great powerlifters - are constantly doing whatever it takes to make them better, stronger, superior to the rest.

That's why you're reading this magazine. Just like any dedicated lifter, you're looking for tips, knowledge, enthusiasm - anything to get you where you want your personal best to be.

But it's not enough to just read about powerlifting. If you're truly serious you have to live it. You have to get out there and compete. Get yourself on that platform and do the right thing. And there's no better organization to provide you with all the meets around the nation than the American Drug Free Powerlifting Association.

The ADFPA is the nation's premiere drug free powerlifting federation. We have nearly 6,000 athletes like you who are serious about this sport and are totally, completely dedicated to natural lifting. No juice. No drugs. Just pure, clean, to-the-max lifting.

Our athletes compete across the United States and internationally in close to 200 meets each year. We perform the strictest methods of drug testing with the utmost integrity. Our officials have years of experience under their lifting belts. And we are always looking for new ways to provide our members with information about their sport. We provide every member with a bimonthly newsletter packed with articles, results and training tips from the greatest drug free lifters. And we're so cutting edge that we've just set up a home pate on the Internet. Visit http://www.adfpa.com and see what we mean!

If all this hasn't convinced you yet that we are the premiere federation, then visit one of our meets, ready up on our many meets listed in this magazine. Ready to compete in quality meets up against quality lifters? Then you're ready for the ADFPA. Call our national office at (219) 248-4889 today. Or, better yet, fill out the application below and join right now! See how investing $25 can make YOU a better powerlifter!

BEST LIFTING IN THE WORLD. The top drug tested powerlifting meet in the world will be in Chicago on August 24 and 25! Dennis and Sandi Brady are hosting the 1996 **WDFPF Open, Master, Teen and Junior World Championships** at the Radisson Lincolnwood Hotel, (708) 677-5400. Rooms are going fast, make your reservations now. Advance tickets are still available, $5 for admission to both days of competition. Fiji, Australia, England, France, Poland, Belgium, Russia, Ireland, Wales and Scotland will be sending lifters. Contact Sandi or Dennis at (312) 561-9692.

And while attending the world meet, make arrangements to compete in or attend the **1996 WDFPF World Bench Press Championships**, October 27 at the Radisson in Chicago. All divisions will be offered - men, women, teen, junior, master and open. The WDFPF does not permit the use of bench shirts - come see world class benching in its purest form. Contact Dennis or Sandi for more information.

HAVING YOUR FRIES AND EATING THEM TOO. You've finally decided to get smart and do your pre-meet weight loss gradually, eating a well-balanced, low fat, low sodium diet. You're feeling good, the scale is cooperating and you won't have to do the starve-for-a-week, sauna, walk-and-spit routine that leaves you shaky, dry and very, very owly. But, you're saying to yourself, there must be more to life than brown rice, pasta, steamed vegetables and chicken. At this point, you're thinking pizza, cheeseburger, fries, the good tasting, artery hardening, high sodium bloaters that, eaten once in a while, won't hurt you! Here's a great substitute - a tasty, healthful, easy way to make oven fries that will satisfy your need for food excitement.

SPICY OVEN FRIES: 1 tablespoon chili powder, 1/2 teaspoon cayenne pepper, 1 tablespoon paprika, 1 teaspoon dried oregano, 1/2 teaspoon garlic powder, 4 large potatoes, 2 tablespoons vegetable oil, 1 tablespoon dried basil.

Combine all spices and herbs in a small bowl. Preheat oven to 400 degrees. Grease a large baking pan (potato pieces must fit in a single layer). Cut potatoes into french fry shapes. Toss pieces with oil in a large bowl. Sprinkle with spice mixture and toss again. Spread on pans. Bake 10 minutes, gently turning pieces over. Bake another 10 minutes or until tender and browned. 4-6 servings.

CALL FOR COMMMITTE MEMBERS - ADFPA members who would like to volunteer to work on a committee, please send a letter of interest to ADFPA Nationa Office, 124 W. Van Buren St., Columbia City, IN 46725. The committees include Publicity, Finance and Ethics, Law and Legislation, Drug Education, Referees, Collegiate, Sports Medicine, Physically Handicapped, Drug Testing, Teenage and National Military. Show your support of drug free powerlifting by working for the ADFPA.

ADFPA GYM AND COACHES DIRECTORY

All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, (813)687-6268, Owner: Louis Baltz

American Eagle Gym, 12128 Firestone Blvd., Norwalk, CA 90650, (310)863-1308, Coach: Sherry Houston

Athlete's for Christ Power Team, Western Illinois University, Powerlifting Club, Macomb Salvation Army Community Center, 505 N. Randolph Ave. Macomb, IL 61455, (309)837-4824 (M-F 3-5pm, Sat 10-12pm)

Bob's Health and Fitness, Inc., 80 South Main St., Concord, NH 03301, (603)228-6756, Owners: Bob and Marian Gullage

Bosco's Gym, 12 Broadlawn, Ardmore, OK 73401, (405)226-5438, Owner: Stacy Green

Brown's Gym, 611 S. State St., Clarks Summit, PA 18411, (717)586-3481, Owner: James D. Brown

Bulldog Power & Fitness Club, 1350 Home Ave., Suite L, Akron, OH 44310, (216)630-2766, FAX (216)630-3651, Owner: Bruce Dowling

Coastal Fitness, 5140 Sellers Rd., Shallotte, NC 28459, (910) 754-2772, Owner/Manager: William Mark Jones.

Cutting Edge Sports Sciences, 189 Old Loudon Rd., Latham, NY 12110, (518)785-8096, Coach: Dyke Naughton

Eastpointe Gym Inc., 15000 Nine Mile Road, Eastpointe, MI 48021, (810) 777-1956, Owners - Tye Hull & Pat Lawrence

Elite Power and Fitness, 3352 Whitney Ave., Hamden, CT 06518, (203)287-1973, Owner: Gerry Raccio, CT State Chair.

HMS, P.O. Box 2231, Citrus Heights, CA 95611, (915)-729-6860, Coach: Fred Kendall

Iron Pit Gym, 122 E. Miller Dr., Bloomington, IN 47403, (812)-339-1679, Owners - Matt Andrews & Doug Ballard, Coach - Doug Ballard.

Iron Sport Gym, Inc., 133-B Chester Pike, Norwood, PA 19074, (610)237-6770, Owners/Coaches: Joe & Steve Pulcinella

Jungle Gym & Fitness Center-Kent, 122 Railroad Ave. S., Kent, WA 98032, (206)852-2442 FAX (206)413-1252, Tyler Malejko LMT/ Meet Promoter.

Jungle Gym Fitness, 206 S. Walnut, Ridgeville, IN 47380, (317)857-2505, outside Indiana, 1-800-655-FITT, in Indiana. Owner - Joe Goodhew.

Kennedy's Gym, Clock Tower Plaza, Morgantown, PA 19543, (610)286-7698. Owner - Pat Kennedy

Mathieu's Fitness Center, 4260 Fairfield, P.O. Box 325, Oakland, ME 04963 (207)465-7102, Coach: John Mathieu

Muscles and Fitness, 2509 E. Washington Ave., Madison, WI 53704, (608) 249-4227. Owner: Brian Briggs

Nomad Powerlifting Team, 47 South Gobi Circle, Sparks, NV 89436, (702) 42409544, Coach: Thomas Lowder.

The Strength Training Center c/o Nutritional Technologies, 5 Stonecroft Drive, Easton, PA 18045, (610)258-1894. Coach - Nick Theodorou.

Pacific Power Outlaws, 452 A Street, Daly City, CA 94014, (415)992-1114, Coach: John Ford

Payne's Gym, 520 S. Main St., Henderson, KY 42420, (502) 826-8354, Coaches: Pat Payne and Steve Corum

Powerbuilders Gym, 1953 Lansing Ave., Jackson, MI 49202, (517) 782-6437, Jim and Susan Douglas.

Power Pit Gym, 1763 Arnow Ave. Bronx, NY 10469 - 3326 (718) 379-9823 Coach: Felicia Frestan & Eli Stern

Pro Fitness Powerlifting 1995 National Champions, 350 Rt. 46 East, Rockaway, NJ 07866, (201)627-9156. Owner - Joe Morreale. Coach - Ray Benemerito.

Saltsburg Fitness Center, 785 Poplar Way, Saltsburg, PA 15681, (412)639-9863, Owner: Dennis Urban

Scrap Iron Gym, PO Box 190, Phoenix, NY 13135 (315)695-6975 eve before 9, E-mail: AA2PQ@aol.com, Owner: Jim Carioti

Serious Members Gym, Inc., Exit 118 Rte. 17, Fair Oaks, NY 10940, (914) 343-0412, Coach: Frank Dias

Sheridan Recreation Center, 3325 W. Oxford Ave. Denver, CO 80236, Coach: Eddie Canoza, (303) 761-2241

S & M Fitness, 201 North Gum St., Harrisburg, IL 62946, (618) 252-0881, Owners - Susan & Mark Motsinger

Sportsplex, 72 Rt. 9W, New Windsor, NY 12553 (Orange County) (914)565-7600. Coaches - Jacqueline Davis & John Gengo.

Strength and Power Productions, Competition Set-Up - Platforms - Seminars - Audio - Announcers, 15213 Santa Gertrudes, La Mirada, CA 90638, (714) 994-5198, Charles LaMantia

The Gym of Clearwater Beach, 516 Mandalay Ave., Clearwater Beach, FL 34630, (813)-442-4888, FAX (813)-449-8826, Owners - Jon Voight and Wayne Whetzel.

The Power Gym, Inc. 405 Main St., Taylor, PA 18517, Coaches - Joe Moceyunas, Bob Granko Sr., Bobby Jr. and Jamie, (717) 562-PUMP

Warrior Weight Room, Coyle-Cassidy High School, Adams and Hamilton St., Taunton, MA 02780, (508)-823-6164 Ext 580, Coach: Howard Waldron.

World Gym, 2150 N. Broadway, Walnut Creek, CA 94596, (510)933-9988, FAX (510)945-8495, Marco Y. Margiotta, ADFPA Contra Costa Representative

The ADFPA Gym and Coaches Directory was created in order to provide individuals with a listing of drug free training facilities and coaches whose philosophies are consistent with the mission of the ADFPA. This listing will furnish the gyms' address, phone number and contact individual. The contact individual should either be the gym's owner or a coach or lifter who trains at that facility.

The primary goal of this directory is to attract new lifters to the sport by supplying them with a gym and knowledgeable individual who can help them get started in drug free powerlifting.

This directory can also be helpful to the lifter by providing a contact individual who can provide training and meet information. It can also help if you're traveling and need a place to train.

New guidelines for membership in the ADFPA Gym and Coaches Directory! Gyms must be affiliated with the ADFPA through team membership or membership of the owner/coach. The yearly fee is $10 payable by check or money order to the ADFPA and sent to Stephanie Whiting, 4768 Barbara's Lane, Stevens Point, WI 54481. Present members will be listed through October 1996. Any gym applying to the ADFPA Directory before December 1996 will be listed through December 1997.

WDFPF British Drug-Free Champs
27, 28 Apr 96 - Horsham (kg)

Women	SQ	BP	DL	Total
53 kg.				
J. Duncan	62.5	35	95	192.5
S. Hart	60	42.5	90	192.5
Men				
56 kg.				
G. Price	160	97.5	190	447.5
56 kg. Masters 4				
G. Durdey	140*	82.5	185!*	410!*
56 kg. Masters 8				
R. Cluer	81.5!*	52.5	99!*	230
67.5 kg. Junior				
T. Swallow	230.5!*	117.5!*	255	602.5!*
S. Lewis	170	105	185	460
67.5 kg.				
T. Swallow	230.5	117.5	255	602.5
G. Troullis	200	120	250	570
D. Ambler	177.5	102.5	190	470
S. Lewis	170	105	185	460
P. Rogerson	167.5	97.5	190	455
T. Johnston	105	75	150	330
67.5 kg. Masters 5				
T. Johnston	105	75	150	330
75 kg.				
A. Burden	232.5	105	293*	630
S. Tongo	222.5	125	242.5	590
D. Mikosz	242.5	135	207.5	585
C. Anderson	202.5	132.5	215	550
M. Shaw	185	110	227.5	522.5
A. Ottolangui	210	110	200	520
N. Abery	218	100	197.5	515
M. Horton	185	115	185	485
R. Jarrett	145	92.5	180	417.5
75 kg. Masters 4				
M. Shaw	185*	110	227.5*!	522.5*
R. Jarrett	145	92.5	180	417.5
75 kg. Teen 3				
N. Abery	218*!	100	197.5	515
75 kg. Junior				
M. Horton	185	115	185	485
82.5 kg.				
M. Rowe	242.5	135	242.5	620
P. Rogerson	215	127.5	200	602.5
R. Hall	215	137.5	247.5	600
J. Askow	195	122.5	200	517.5
E. West	167.5	110	150	427.5
82.5 kg. Masters 4				
J. Askow	195	122.5	200	517.5
E. West	167.5	110	150	427.5
90 kg.				
C. Foulser	260	152.5*	300	712.5*!
M. Lane	250	135	265	650
D. Ambler	235	152.5	260	647.5
E. Van Nierkerk	270*	145	225	640
D. Roast	225	135	265	635
M. Bennett	230	140	225	595
P. Hudson	210	127.5	252.5	590
C. Ward	180	117.5	252.5	550
B. Burton	210	140	195	545
D. Rodger	170	95	212.5	477.5
90 kg. Masters 1				
C. Foulser	260	152.5*	300	712.5*!
E. Van Nierkerk	270*	145	225	640
B. Burton	210	140	195	545
90 kg. Masters 2				
M. Bennett	230	140	225	595
C. Ward	180	117.5	252.5	550
90 kg. Masters 3				
D. Ambler	235*	152.5*	260*	647.5*
90 kg. Masters 5				
P. Hudson	210	127.5	252.5*!590	
90 kg. Masters 6				
D. Rodger	170	95	212.5	477.5
100 kg.				
L. Pilling	295	165	305	765
M. Norton	252.5	155	250	657.5
B. Mitchell	210	140	250	600
M. Bradford	212.5	130	245	587.5
P. Fairhead	210	135	235	580
J. Fulton	170	122.5	205	497.5
C. Bentley	160	105	182.5	447.5
100 kg. Masters 1				
L. Pilling	295	165	305	765
100 kg. Masters 2				
M. Bradford	212.5	130	245	587.5
P. Fairhead	210	135	235	580
100 kg. Masters 6				
J. Fulton	170*	122.5	205*	497.5*
100 kg. Teen 2				
C. Bentley	160*	105	182.5	447.5
110 kg. Masters 2				
I. Tudor	280*	193*	280*	752.5*
110 kg. Teen 1				
J. Dexter	115	80*!	200*!	395*!
125 kg.				
N. Coventry	260	185	290	735
R. Olsen	235	155	235	625
125 kg. Masters 4				
R. Olsen	235*	155*!	235*	625*
145 kg. Junior				
J. Haynoz	230*	180*	260*	670*
145 kg. Masters 2				
A. Nicol	240	150	250	640

* European record. ! World record. (Thanks to WDFPF President Andrew Cominos for results.)

A.D.F.P.A. National Meet Qualifying Totals

Men's Contests	*114*	*123*	*132*	*148*	*165*	*181*	*198*	*220*	*242*	*275*	*SHW*
National's	845	955	1070	1275	1400	1500	1575	1625	1665	1700	1760
Lifetime's	760	860	965	1145	1260	1350	1420	1460	1500	1530	1585
Collegiate's	655	760	885	1025	1075	1145	1250	1275	1290	1305	1325
ADFPA Teen 14-15	585	680	730	825	875	925	950	975	1020	1045	1070
ADFPA Teen 16-17	630	730	800	925	995	1035	1070	1135	1150	1190	1215
ADFPA Teen 18-19	645	750	875	1015	1065	1135	1240	1265	1280	1295	1315
ADFPA Junior	695	810	940	1095	1200	1250	1365	1380	1400	1425	1450
ADFPA Master's	A Total in a Sanctioned Meet										
ADFPA High School	A Total in a Sanctioned Meet										

ADFPA Women's	*97*	*104*	*111*	*116*	*122*	*129*	*139*	*154*	*176*	*176+*
Nationals-open &life	496	535	562	617	639	694	739	766	777	876
Collegiate's	365	385	410	420	435	455	485	520	575	640
Masters 35-44	347	369	391	402	419	441	468	507	562	628
Master 45 or over	A Total in a Sanctioned Meet									
Teen (14-19)	335	355	380	390	405	425	455	490	545	610
High School	A total in a Sanctioned Meet									

AMERICAN DRUG FREE POWERLIFTING ASSOCIATION ---

PLEASE PRINT *COMPLETE ALL ENTRIES*

LAST NAME | FIRST NAME | INITIAL

STREET ADDRESS | CURRENT REG. NUMBER

CITY | STATE | ZIP CODE

AREA TELEPHONE NO | DATE OF BIRTH | AGE | SEX | U.S. CITIZEN YES | U.S. CITIZEN NO

REGISTRATION FEE EFFECTIVE – 11/1/94
$25.00 HIGH SCHOOL – $10.00

In recognizing the need for Drug-Usage Detection, I agree to submit to any testing procedures deemed appropriate by the ADFPA or it's agents and shall accept the results and consequences of such tests

Make checks payable to the ADFPA
APPLICANTS, fill out form completely and mail with fee to:
ADFPA NATIONAL OFFICE
124 W. VANBUREN ST.
COLUMBIA CITY, IN 46725
219-248-4889

World Team DONATION _____

CLUB REPRESENTED _____

ALL ADFPA MEMBERSHIPS EXPIRE 12/31

IF UNDER 21 HAVE PARENT INITIAL

SIGNATURE _____ DATE _____

A.D.F.P.A. Corner

AAUPC UPDATE - AFTER THE NATIONALS:

John Ford held an exciting meet in San Mateo, CA and the Executive Committee worked hard on several rule changes that were presented to the general meeting, Friday evening. The highlights of these rule changes were:

Adoption of Corning Nichols Labs drug test # 6026. This will allow each meet director the option of upgrading their urine test by indicating that code on the test form. This will allow testing for substances previously not detected in the standard test, such as masking agents. The cost will be $75.00 per sample. We feel that this will close the gap that some drug users may have taken advantage of in previous test methods.

Adoption of a new policy effective Sept. 1, 1997. Anyone failing a drug test/retest, will be banned for life. We require three year clean and feel that those who seek to cheat should lift in one of the pretend to test organizations, of which there are many around. The AAUPC takes being DRUG FREE very seriously.

For lifters safety, effective January 1, 1997, the thumbless grip will no longer be allowed in any AAUPC sanctioned meet. We encourage other PL organizations to follow suit for the protection of the lifter.

It was decided that grandfathering referees will end as of January 1, 1997 as agreed to at last year's meeting. Anyone wishing to take advantage of this opportunity, should contact Joe Pyra, 25 Louis Drive, Budd Lake, NJ 07828. 201-691-0824.

It was upheld that anyone wishing to compete, beginning in 1997, in AAUPC National Championships, in the Junior Olympics or at the Walt Disney World Resort Powerlifting Meets, must qualify by lifting in or making the required totals in an AAUPC sanctioned meet in 1996, 1997 etc. We will no longer except totals from other organizations as we now have a sufficient number of State Chairman and meet directors to adequately service most of the USA. Since the Junior Olympics will not be the Teenage National Championships in 1997 (that meet will be held in Disney), there will be no qualifying total. However, the lifters must have lifted AND totaled in a AAUPC drug tested meet in 1996-97 to qualify.

Concerning lifting rules. Several new approaches to lifting were accepted. Please understand that the familiar methods such as rounds, etc. still exists. Nothing has been done away with!! The new rules simply allow a meet director the option of trying some new ideas in an effort to improve the sport, improve competition, audience interest and make PL more acceptable to TV.

The WILDCARD System was approved for both OPEN and RAW meets using either Rounds or MODIFIED Conventional System. Each lifter will be allowed two attempts in each lift, and one extra attempt to be used in the lift of his choice (provided that lift is still being contested). An extra attempt will be allowed outside of competition for American Records. There was much positive discussion among the lifters concerning this approach, especially when it was mentioned that you may be able to lift more in two attempts than in three. Certainly it should improve efforts at setting American Records.

The MODIFIED Conventional System was approved for use in Open and RAW meets at all levels, power and specialty meets. The three minute wait that previously was in effect when a lifter follows himself was done away with. Instead the lifter will become a minimum of fifth lifter up, (should, for example, 6 lifters take the same weight, then said lifter would be 7th lifter up). This will speed things up and save spotters. Just about everyone complains that the round systems makes it difficult to get spotters. This method should resolve that and other problems. The last two lifters in each lift would get an automatic three minute rest after declaring their attempts.

In order for a meet director to use either the Wildcard system or MODIFIED Conventional System, he will have to announce it on his entry form. We hope that the lifters will try these meets and let us know of your opinion.

Any leather belt that meets the general AAUPC rules for leather belts may be used in RAW meets, including lever belts.

At AAUPC international meets, the standard of the host nation, pounds or kilos shall prevail.

On Saturday morning a well attended referees meeting was held. The main topic was referee participation in the Junior Olympics and In the Disney World Resort Meets. It was explained that rooms and some meals would be provided to the Junior Olympic Referees, National and International rank, (18 referees this year) and if funds permitted, some reimbursement of airfare would occur. Since we expect a very large turnout, we are prepared to go with three platforms. For the Disney meets, three appointed referees, Meet Director, Head Referee, and DTO would be fully funded. Twelve National or International Referees would have room and meals provided by Disney. If AAUPC funds permit, some airfare reimbursement would occur based on cost and service. It is the intention of the AAUPC to provide EXCELLENT REFEREEING to our lifters and to encourage our referees to participate in our major programs without suffering financial strain. This program is also designed to encourage lifters to become ACTIVE referees and to advance through the ranks. We have the means to put powerlifting in the spotlight and we intend to do what needs to be done make AAUPC a success at the Junior Olympics, at Disney, and ELSEWHERE. Please remember that if you wish to take advantage of our grandfathering opportunity, please do so prior to January 1, 1997. We reward our referees for excellence, our lifters deserve the best, the very best officiating we can provide.

Any AAUPC member who has not received their copy of the newsletter should contact Mike Killpack at 407-248-6442, and let him know when and where you purchased your AAU card. Leave your correct address with him and he will sent you a copy. This applies to lifters who purchased their cards after Nov. 1st, 1995 and in 1996.

Concerning the Disney meets, They are designed to end between 4-6 PM daily, depending on the meets and number of lifters. This way everyone can get out, without being dead tired and ENJOY themselves. After all that is what Disney is about. Novel idea that a PL meet can end on a reasonable time schedule so people can enjoy themselves.

Some people voiced the question "does anyone want to do sports in Disney?", we have an answer. Previously we mentioned the girls basketball program for June 96; eight days, seven nights, four days in the theme parks. Four to a room. $296 per person. Our counterparts in girls basketball projected 32 teams, 10-15 girls per team. Guess what! They GOT "84 TEAMS". Nough said, see you in Disney, train well and ENJOY. Jumpin' Jersey Joe.

P.S. Anyone wishing a list of AAUPC sanctioned drug free teams, clubs, or Gyms should send a SASE to Joe Pyra. At the end of May, there were already over 20 listed, from which you could find a drug free environment.

$25.00 Adult (20 and Over)
$10.00 Youth (19 and Under)

AAU MEMBERSHIP APPLICATION FORM
THIS IS NOT A VALID CARD

FOR INFORMATION IN YOUR AREA CALL 1-800-AAU-4USA

Is this membership renewal? ☐ Yes ☐ No
If yes, please write in your former membership number _____

DATE OF BIRTH	AGE	SEX	DATE OF APPLICATION

MEMBERSHIP CATEGORY

Check One: ☐ Athlete ☐ Coach ☐ Volunteer/ Administrative
Check One: ☐ Youth Program ☐ Adult Program

SPORT CODE	CLUB #	CLUB NAME

FIRST NAME	MIDDLE INITIAL	LAST NAME

ADDRESS

CITY | STATE | ZIP

RETURN WITH FEES TO:

AMATEUR ATHLETIC UNION
The Walt Disney Resort
P.O. Box 10,000
Lake Buena Vista, FL 32830-1000

Are you presently covered by health & accident insurance?
☐ Yes ☐ No

I understand that my participation in AAU activities involves risks and dangers of serious and permanent bodily injury and death. I, or my parent/guardian if I am a minor, hereby release, hold harmless, discharge and agree not to sue AAU of US. Inc., its Club/Teams, Directors, Officers, Employees, Coaches, Officials, Owners/Lessors of Premises for all liability from my participation in these and any other AAU related travel, lodging, social/recreational activities.

X_____
APPLICANT'S SIGNATURE

X_____
PARENT/GUARDIAN SIGNATURE

Telephone: (____)_____

*Youth Fee $10.00 *Adult Fee $25.00 *Coach Fee $12.00

Accepted By:_____ Date:___/___/____

1st NASA New Mexico BP Challenge
13 Apr 96 - Rio Rancho, NM (kg)

Women				
Teen (17-19)		E. Evatt		132.5
N. Salazar	67.5	Pure 220		
123		M. Teupell		177.5
T. Magierek	80*!	T. Parks		142.5
N. Salazar	67.5	Pure 242		
Pure Novice 148		R. Allen		175*
L. Zink	68	Pure 275		
Submaster II 123		F. Saiz		227.5
L. Siddell		E. Larsen		160
77.5*!		Pure Novice 198		
Men		J. Ledbetter		125
Youth		Pure Novice 275		
J. Harris, Jr.	22	C. Siddell		227.5
Teen (14-16)		Submasters II 198		
D. Loguerico	37.5	M. Cordova		132.5*
Teen (17-19)		Submasters II 220		
C. McNeil	125	S. Shaw		132.5
Pure 148		Masters I 220		
S. Giberson		J. Romero		157.5
107.5*		Masters II 198		
Pure 165		D. Roybal		155*
V. McCoy	140*	E. Evatt		132.5
D. Rosales	125	Masters III 198		
Pure 181		E. Evatt		132.5
E. Gabaldson		Masters V 165		
147.5*		D. Rosales		125
T. Homer	125	Masters V 198		
Pure 198		E. Evatt		132.5
B. Kain	142.5	Masters V 242		
		R. Allen		175*

* state record. ! American record. (Thanks to Mike Adelmann for providing the competition results.)

Belgian Drug Free Team Cup
16 Mar 96 (kg)

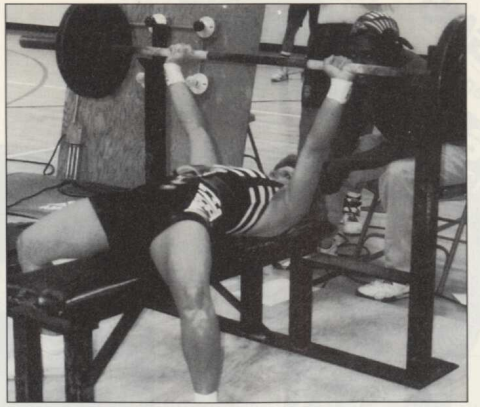
Women				
44		Vetter		120
Desmet	25	Tiebackx		110
70		Forrel		110
Pointeau	75	90		
Men		Windela		170
52		4th		175
Matthijssens	80	Pierraert		1700
56		Desmet		137.5
Verstraets	115	Malotteaau		130
4th	120	Descamps		130
60		Geerinck		120
Barone	90	Bouten		92.5
67.5		110		
Ferreira	102.5	Malotteau		205
Theunis	100	Malotteau		165
Verachaeran	100	4th		167.5
Callemijn	95	Pepin		165
75		Vranken		157.5
Van Glabeke	117.5	v.d. Bliek		155
4th	120	Leclerc		140
Dandois	115	Serreyn		135
Braekeveld	110	Devolder		135
Dandois	110	110		
Desmet	105	Vanhaverbeke		140
Van Doome	100	Button		135
Waser	97.5	Delchambre		127.5
Vandriel	95	Scorzioni		120
Meeus	82.5	Oris		90
82.5		125		
Hansickle	175	Tormen		190
Antonissens	152.5	Irza		160
v.d. Blink	142.5	145		
v.d. Straelen	137.5	Baekelant		237.5
v.d. Abeele	130	4th		340
		Laurent		175

Team Placings: 1. Luke's, 2. KBBC (a), 3. 'Culture Club'. (thanks to Andrew Cominos for the results)

Dutch Senior Championshps
23 Mar 96 - N. Schwarwoude (kg)

Women	SQ	BP	DL	TOTAL
56 kg.				
J. Schaap	122.5	77.5	142.5	342.5
60 kg.				
A. Keyzer	150	80	165	395
M. Houg	110	77.5	150	337.5
67.5 kg.				
M. Spronk	147.5	85	185	417.5
J. Meulen	167.5	—	—	—
75 kg.				
L. Odendaal BL	205	125	230	560
J. Mickic	177.5	95	167.5	442.5
B. Meulen	125	75	140	340
82.5 kg.				
C. deVisser	180	72.5	170	422.5
M. Lahaye	112.5	85	145	347.5
90 kg.				
J. Schaefer	147.5	110	172.5	430
Men				
75 kg.				
H. Brand	245	155	260	660
Radiziejowski	235	150	255	640
A. v. Roon	225	127.5	260	612.5
R. deGroot	230	140	225	595
82.5 kg.				
E. Krokee	297.5	195	275	707.5
A. Brugging	280	187.5	272.5	740
B. Torn	240	110	235	585
T. Brayton	205	120	235	560
90 kg.				
A. Groenenboom	300	190	280	770
F. Meyer	240	150	275	665
J. Assenberg	230	155	255	640
A. Temminck	220	150	240	610
100 kg.				
M. Kalter	290	170	320	780
P. Bongers	290	167.5	280	737.5
E. Bontekoning	265	137.5	275	677.5
110 kg.				
D. Veen	335	220	290	845
G. Groenenboom	290	220	300	810
G. Rottine	302.5	187.5	300	790
F. Meulen	290	180	285	755
125 kg.				
W. Wamsteeker	307.5	190	290	787.5
J. Beunk	280	180	290	750
125+ kg.				
C. Jorksveld BL		370	225	355
950				
G. Rook	290	175	300	765
P. Baltus	—	—	—	—

(Thanks to Hank Keizer for the contest results.)



"Webster describes motivation as "An inner drive, impulse, etc. ... that causes one to act in a certain way." To be motivated, you must have incentive, goals and above all ... drive. At Cherry's Health And Fitness in Rio Rancho, New Mexico, I and several others have received the most inspirational sense of motivation in the person of Lisa Wayland-Siddell. Standing only 4'11" at 37 years of age, this stronger than normal little woman has set both New Mexico State and American records in the bench press in more that one federation. This brings us to the reason why I've written this letter.

In March of 1995, this remarkable person, after having been sporadically ill and suffering from severe headaches, fought off the pains for as long as she could. She gave into the inevitable and made an appointment with a neurologist who after an MRI discovered that Lisa had a massive acoustic neuroma involving the nerves leading to the right side of her face. This tumor measured just over 3 centimeters and had forced her brain to move over 1/2 inch. It also was against the spine, threatening to end everything she had. Without delay, the doctors immediately admitted Lisa into the hospital for emergency surgery. After the necessary people were contacted and briefed, the surgery began. 8 1/2 hours later the neurosurgeon came into the waiting room and informed me that my best friend, my workout partner, my companion and my wife had just endured a more difficult operation than they had anticipated. He told me that she would recover, but not without losing the use of the right side of her face. This included her hearing and the control over her right eye. The shock of seeing her in her present condition chilled me to a point of tears.

All Lisa's friends from the gym visited the hospital to wish her a warm recovery. Sadly for the 1st week she could not respond. Miraculously, she began to improve day after day, week after week and with amazing results. Within four weeks she had returned to work and against doctors orders she returned to the gym. That first day back nobody recognized her. She had no hair remaining and an 8 inch incision to the back of her head. It was easy to see by the faces of everyone, that they were uncomfortable with her presence. Lisa was hurt by the sense of abandonment she felt but decided to work harder than ever. Soon, everyone began to realize how truly determined she really vas.

This did not come easy and again another set back ensued. It was necessary for her to have surgery again, this time to correct the loss of control that her eye had developed during the operation. The eye surgery vas successful and again Lisa returned to the gym with even more drive than before. Over the past few months, Lisa hasn't slowed down in the least, working her way to new heights daily.

Lisa's never ending sense of tenacity has proven to be the key to successful motivation, for the many of us who admire her. For the lifters who have been united as a family, that train with and have the utmost admiration for her, they see her as a light. As for me ... I am thankful. Not only for her life, but for all that I have learned. I will never be as strong as I am at this moment. We must all take Lisa's example of never quitting to heart."

Carlos Siddell, Rio Rancho, NM - Savage the body - Civilize the mind

Tri- City Bench Press Championships
6 Apr 96 - Albany, NY

Women Open		B. Johnston		300
L. Maloney	115	Open 198		
J. Essman	70	D. Newkirk		335
Men		L. Lajoy		290
Teen Open		W. Lyons		270
C. Seaman	300	Open 220		
A. Khaladi	275	D. Kingwater		375
B. Erway	265	L. Lajoy		370
D. Coffee	200	Open 242		
Novice		S. Van Brant		385
L. Turner	330	Open 275		
W. Williams	315	E. Dieorakowski		300
D. Shapiro	295	Open SHW		
J. Mardigian	230	D. Grady		425
Open 148		N. Mead		280
K. Milo	265	Handicapped		
B. Chaundry	260	H. Harris		315
Open 165		S. Hamel		250
S. Kosof	350	E. Leonard		240
N. Wingle	325	S. Klee		240
S. Bhityokul	240	J. Roulier		100
Open 181		Masters		
J. Jacobs BL	405	J. Van Allan		385
J. Van Allan	385	R. Nicolea		325
K. Hulsopple	320	L. Turner		330
		A. Sorentino		245

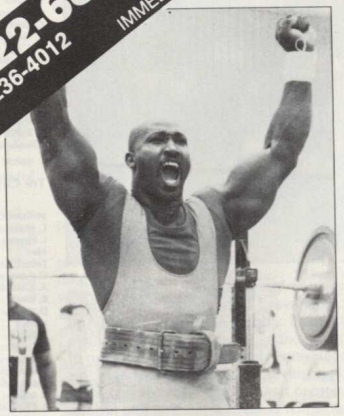
Teams: 1. Norton & Allan, 2. Albany Med, 3. Schen. Team Norton & Allan: Scott Van Brandt, Jim Van Allan, Dave Newkirk, Nick Wingle, and Steve Kosof. Team Albany Med: Bilal Chaundry, Saharat Bhityokul, Bill Johnston, Derek Grady, Larry Turner, and Dave Kingwater. Team Schen: Chris Seaman, Ed Dieorakowski, and Brandt Erway. (Thanks to Thomas Corazzini for providing the results.)

ADFPA Chicagoland Deadlift
14 Apr 96 - Chicago, IL (kg)

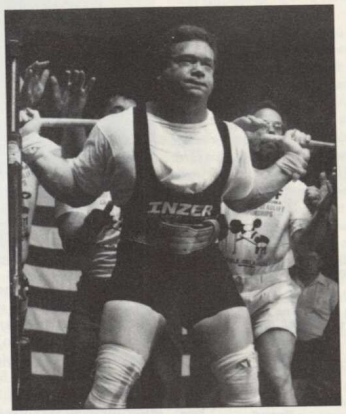
Women		198		
122		B. Toman		275
B. Easterly	137.5	D. Henneberg		265
139		R. Fiene		237.5
S. Brady	155	J. Prusha		237.5
176		D. Radojevich		190
D. Sharon	185	G. Mlarka		182.5
C. Warning	140	220		
Men		E. Riley		330
Teen		V. Shenberg		237.5
132		242		
D. Lopez	137.5	G. Gallagher		190
165		275		
A. Sanabria	142.5	N. Kyros		272.5
181		UNL		
G. Gorski	177.5	L. Karabel		292.5
Open		L. Seymour		
148		Masters		
J. Olive	197.5	148		
165		J. Loftus		157.5
V. Garcia	185	181		
J. Cordona	172.5	C. Wright		255
181		198		
C. Wright	255	R. Fiene		237.5
		275		
		N. Kyros		272.5

Best Lifters: Women- Beverly Easterly; Teen- David Lopez; Masters- Curtis Wright; Open- Ed Riley, Brad Toman, and Curtis Wright; Team- Phoenix Fury. Although not great in number, the competitors at the 1996 Chicagoland Deadlift Championships exhibited high quality lifting and good sportsmanship. The Baretto Union League Boys and Girls Club provided an excellent venue. B&W Gym members were on hand to handle the scorekeeping, set up and clean up. Thanks to all who pitched in and helped out so that this meet could go on, even with one of the meet directors (Dennis Brady) in intensive care with blood clots in his lungs. A very special thanks to announcer Becky Brink who, by announcing, allowed me to be able to lift in this meet! (Thanks to Sandi Brady for the meet results.)

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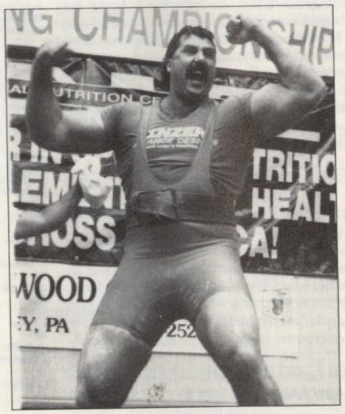


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Both styles: lifetime guarantee, suede on both sides, patented lever action buckle, tightens up to 3 1/2" tighter than any other belt, tightens or releases in less than 1 second, hi-tech design and appearance, available in any color (s), made in U.S.A.

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• 10 cm x 13 mm • suede on both sides • heavy duty rivets • 6 rows of stitching • seamless roller
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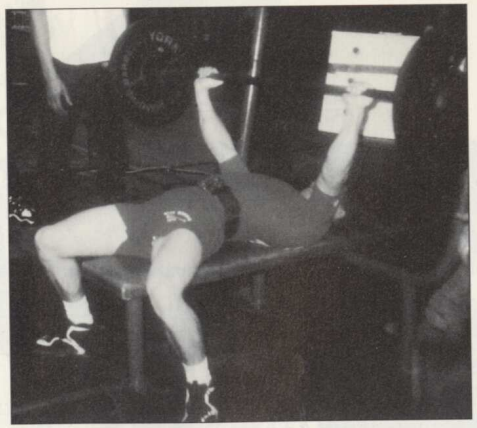
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VIDEOS

All Baddest Bench in America, Deadliest Deadlift and Hawaii World Record Breakers available on video. All videos show All Time Historical World Records being set. Prices range from $20.00 - $45.00

LHSPLA State High School Meet
8.9 Mar 96 - Aiexandria, LA

BOYS	SQ	BP	DL	Total
114 lbs.				
DOUG PHILLIPS	315	185	365	865
CUNNINGHAM	315	185	325	825
TREY DIXSON	300	150	365	815
K. DICKINSON	300	160	350	810
RYAN LOWE	285	170	325	780
STEVE SALARD	300	170	300	770
CHRIS SMITH	275	120	300	695
S. MELANCON	225	155	300	680
J. GRANGER	245	120	280	645
MIKE ISTRE	205	115	300	620
CRAIG SAUCIER	190	160	260	610
MIKE MCCREARY	185	140	265	590
RAYVON FLOYD	195	95	250	540
SCOTT TODD	160	120	210	540
JOSH SONNIER	190	120	210	520
G. DEHLAUC	170	75	250	495
DERECK GRANT				
123 LBS.				
AUSTIN BROWN	375	220	340	935
DENNIS CHEN	330	175	410	915
B. SCHLESINGER	310	180	400	915
TRI LEE	350	170	355	890
CHAD WALLMAN	320	160	385	865
C. MCCARTER	325	185	345	855
MIKE GENNUSA	290	180	340	810
BO PANKS	310	160	330	*800
WES CHEVALIER	300	165	315	780
KEN BROWN	265	170	330	765
JASON SEYMER	250	170	340	760
JOREL JAMES	260	105	345	710
TRAVIS BALL	220	120	155	495
BO THIBAUT				
132 LBS.				
LOUIS COLLINS	515	260	570	1345
C. LONG	440	225	390	1055
C. CRETCHAIN	365	255	405	1025
T.J. SASSER	410	205	410	1025
JASON WELLS	415	215	390	1020
SAM BLOCKER	370	210	370	950
K. MCKION	350	180	400	930
S. JOHNSON	335	235	355	925
JAMES LACOMBE	340	200	380	920
CHRIS YEAGER	375	175	365	915
RONNIE SUIRE	335	180	390	905
J. STEWART	335	180	375	890
P. WALLACE	275	195	350	820
S. FUNDERBURK	300	170	335	805
L. ROUSSEL	255	170	345	770
C. MCLELLAN	275	150	2e5	710
148 LBS.				
FRED JACKSON	520	290	605	1415
AARON GOTT	480	240	500	1220
WILLIS BRITTON	390	275	450	1115
C. JOHNSON	410	265	440	1115
CHANCE JONES	415	230	455	1100
KEVIN STRACNER	425	210	435	1070
CHESS HILL	385	180	460	1025
JOHN MIRE	425	225	355	1005
KORY SONNIER	355	250	395	1000
CADE DOEGA	375	225	395	995
K. COATES	345	220	425	990
B. GUIDRY	355	205	410	970
CHIVAS SCOTT	335	215	415	965
STEWART FRESH	365	185	370	920
CHRIS BROWN	315	190	345	850
165 LBS.				
C. JONES	460	310	515	1285
ERIC LABORDE	480	265	500	1245
JOHN BLAIR	450	275	460	1185
J. ST. ROMAIN	430	260	480	1170
TONY JERNIGAN	430	275	465	1170
DARION DAVIS	395	225	465	1085
BILLY HAMBY	410	230	440	1080
S. HUTCHINSON	435	225	420	1080
JOHN TESCH	450	230	400	1080
BRAD CARLISLE	435	220	430	1075
GREG GAUDET	400	255	400	1055
CHRIS FARSTALL	385	230	425	1040
J. COURTADE	370	230	430	1030
MIKE DONEWAR	380	240	400	1020
ROYAL LAZARD	375	200	430	1005
ANDRE FEUCHT	350	210	440	1000
KITCHINGHAM	360	260	380	1000
KRIS KLAR	360	190	350	900
RON COLE	300	175	350	825
GREG DAIGLE	280	165	350	795
181 LBS.				
DARION HART	515	285	515	1315
CHRIS JOHNSON	480	275	485	1240
RODRICK HICKS	485	235	515	1235
T.J. GARDNER	430	255	525	1210
TAYLOR NOBLES	480	200	510	1210
R. JOHNSON	455	255	500	1210
GREG RONE	415	265	500	1180
MICKEL LENARD	500	225	450	1175
DEREK JONES	435	275	460	1170
JEFF LABORDE	460	240	465	1165
C. MCDOWELL	405	300	420	1125
DALVIN HAYNES	360	330	435	1125
JON MOREAU	410	225	480	1115
W. ALLEMOND	445	280	365	1090
BRIAN CARTER	385	265	375	1028
C. DUCREE	370	270	375	1015
DANIEL RYLAND	300	170	425	895
STEVEN RICE	300	200	335	835
198 LBS.				



Austin Brown, 17, won the state high school title representing W. Monroe and Coach Casey Sanders, with lifts of 375 squat, 220 bench, 340 deadlift, and 935 total in his 1st year of powerlifting. (A. Brown)

C. BOURGEIOUS	480	250	620	1350
TRAVS BURRELL	480	330	540	1350
JIMMY WALKER	540	305	495	1340
LOUIS NICAUD	480	290	480	1220
M. PHILLIPS	400	220	495	1165
B. JOHNSON	435	245	460	1140
LARRY DOYLE	375	295	470	1140
S. LAWRENCE	460	235	440	1135
MATT DAVIS	380	270	475	1125
R.POURCIAU	450	255	410	1115
CORY OQUINN	425	230	460	1115
B. ANDREPONT	405	240	450	1095
B. HEINER	405	215	435	1055
JUSTIN HECK	415	255	370	1040
JIMMY DUKE	360	205	430	995
BRAD KESSLER	345	240	395	980
R. ACCARDO	350	225	350	925
B. HAMILTON	250	205	320	775
220 LBS.				
S. CLEMMON	595	340	555	1490
A. GREZAFFI	575	340	555	1470
TOMMY BANKS	600	330	540	1470
CEUL COLLINS	505	330	560	1395
LLOYD LEWIS	500	280	490	1270
REIC BONNEVAL	480	265	485	1230
LOUIS HUGHES	475	280	475	1230
R. KENDRICK	465	210	530	1205
CHAD HAYES	425	270	440	1135
M. HOLMES	445	210	475	1130
PAT LACOUR	450	245	435	1130
BEN JENKNS	465	205	435	1105
DANEL MARKS	400	305	400	1105
TRAVIS HOLMES	405	285	410	1100
T. COSTANZA	405	230	455	1090
TREY LAVALLE	425	225	425	1075
BOYD COBB	415	205	400	1020
LUCAS HEATH	345	215	340	900
242 LBS.				
BEN DANIELS	535	260	530	1325
D. BASSETT	570	265	490	1325
KENT BOURG	520	350	450	1320
ROCKY BABER	520	235	520	1275
JOE BURLEW	510	265	475	1250
E. BATISTE	445	255	530	1230
BRAD DONAHUE	500	280	430	1210
KEN ADDS	480	255	455	1190
PAT MATHEWS	415	275	500	1190
JASON BETTS	465	305	405	1175
BILLYE COBBS	420	235	500	1155
SEAN ATKINSON	485	225	425	1135
TAB POWER	435	255	445	1135
D. WILLIAMS	450	225	450	1125
CHAD ZOUQUE	380	270	450	1100
BILLY STEVENS	340	260	460	1060
LYLE HUTSON	380	265	380	1025
CHIP ASHTON	385	210	355	950
NICK RUPPERT	260	200	335	795
CORY MORACE	255	180	275	710
DAVD BARRENT				
275 LBS.				
B. MONTELUS	640	325	520	1485
WILLIAM LEWS	525	360	570	1455
ALAN COOPER	550	335	545	1430
CODY SIMON	590	300	450	1340
JASON BABIN	470	295	550	1315
DAVID CHILSON	500	250	560	1285
EDWIN PIERRE	490	240	550	1280
JOE AMACKER	455	325	500	1280
J. DERANGER	490	285	480	1255
JASON GALEY	425	280	530	1235
JAMES GALEY	420	240	510	1170
M. PLAISANCE	375	305	450	1130
MAN JACKSON	425	275	425	1125
SHIRON CARR	410	240	445	1085
JASON DARE	400	235	415	1050
SHW				
CHARLE HODGE	600	420	590	1610
M. CLAVELL	635	415	560	1610
MARK LENTZ	650	400	505	1555
MIKE HOLLIS	500	320	600	1470
MIKE DEVRIES	550	335	500	1385
M. HOWSE	560	285	530	1375
M.S JAMES	475	350	500	1325
B. SMALL	515	265	515	1295
DON PLAISANCE	500	340	440	1280
KEITH ANTEE	520	265	475	1260
B. HARRISON	435	300	500	1235
KRIS CALLAIS	430	270	425	1125
JASH DOUCET	450	250	420	1120
JOEY DIFATTA	330	220	400	1000
DAVID FREEMEN	340	265	395	1000
BLANE WILKS				
GIRLS				
97 LBS.				
NICOLE BROWN	215	110	245	570
S. MCMILLIAN	200	80	250	530
R. KLEINPETER	165	55	185	405
N. DUNCAN	135	70	185	390
A. FREEMAN	130	65	165	360
TRACI EATON	125	55	155	335
M, LABROSSI	133	45	165	340
APRIL CLEMENT	50	50	145	245
105 LBS.				
A, THOMPSON	215	100	300	615
LINZI GOTT	240	95	270	605
S, CAMPANILE	220	110	235	565
KARRIE CATES	240	110	210	560
S, CAMPANILE	200	100	230	540
R, DANIELS	190	90	235	515
REBEKAH ODOM	190	80	200	475
RENEE DIBETAZ	165	80	190	435
LEANN LUCAS	160	75	185	420
NATALIE NACOL	145	65	200	416
SCHERMRHORN	115	60	175	350
LAUREN SOLANAS				
114 LBS.				
OLIVIA SMITH	245	100	305	650
NINA GARDNER	250	100	275	635
ENNI HYMEL	230	110	270	610
AHISHA PERRY	225	105	280	680
K. JOHNSON	235	110	260	605
M. HAYNES	235	115	200	550
M.KLEINPETER	200	95	250	545
T. ST. ROMAIN	205	95	230	530
N. RAINWATER	230	75	215	520
ELLEN YOUNG	195	95	215	505
LAURA LAMBERT	180	75	180	435
NIKKE SMITH	135	75	155	365
123 LBS.				
C. GAMBURG	275	105	285	665
M. BURTON	285	110	265	660
J. WOMACK	240	120	275	635
NICOLE LAICHE	240	100	240	580
RAVON CLARK	200	110	210	570
LEY ATKINSON	205	95	240	540
SARAH NEWMAN	180	120	230	530

M. HARLOW	190	90	240	520
AMONDA VYERS	200	70	245	515
CRYSTAL ETIER	165	95	225	485
RACHEL ROY	180	95	190	465
ANDREA DEVALL	190	70	185	445
FACHAL ODOM				
LATA BARRETT				
132 LBS.				
TRINA MURPHY	260	130	290	680
MINDY ALLEN	250	120	300	670
ERICA MURRAY	275	145	240	660
DAWN WEIGHT	225	105	225	555
SHEA FINKLEA	205	90	215	510
JAMIE WILLIAMS	200	75	210	485
A. TRAMMEL	175	75	225	475
LATA MARTIN	150	90	225	465
J. NEWMAN	160	105	195	460
KELLY GUIVE	170	80	190	440
ALICIA FAIRCHILD				
148 LBS.				
R. BUCK	310	140	375	825
KIMMY BARBERA	310	125	370	805
B.TRAYLOR	285	125	290	700
L. KLINE	235	110	305	650
J. GARESS	240	110	295	645
S. GUIDRY	225	115	285	625
KIM CALLIER	250	105	260	615
NICOLE O'BRIEN	195	125	275	595
S. SIMMONS	235	110	250	595
C. FERTETTA	235	105	245	585
S. NEWTON	215	90	265	570
CARYL EWING	200	95	225	520
S.N BOSSIER	200	105	215	520
ELISE WILLIAMS	200	90	220	510
E. BOGAR	170	95	210	405
165 LBS.				
J. MILAZZO	325	150	360	835
KAMILAH TODD	265	135	335	735
.LE BOURGIANS	290	110	300	700
L. WILLIAMS	250	110	325	685
BECKY LINDSAY	325	95	285	615
ANDREA DYKOS	185	110	300	595
M. POURDAU	225	105	225	555
P. BOUDREAUX	200	85	245	530
KRISTY CROCKET	200	95	225	520
181 LBS.				
KATE GUINN	340	155	320	815
JACKIE BOWERS	395	140	335	770
J. VILLNEVRRE	300	110	310	720
A. SIMMONS	280	125	280	685
LACY DUOOTE	240	120	310	670
J. GREMILLION	240	105	280	625
MARY BURK	215	115	275	605
C. CASHIO	250	95	255	600
TARA KELLY	250	95	240	585
BETH MCKINNEY	170	100	200	470
198 LBS.				
TONY WHITE	400	190	320	910
SABRINA BEARD	320	155	285	760
SHEDRA VIVGIL	270	130	285	685
APRIL JOHNSON	185	95	225	505
TAMMY DAVID	155	105	175	435
SHW				
BRIDGET DAVIS	385	150	355	890
JOETTA JONES	375	170	335	880
JILL FOX	360	130	335	825
ASHA GREEN	380	145	300	825
GEE GEE DAVIS	350	165	310	825
CHRISTY HALL	290	140	305	735
NICKIE JORDAN	270	135	300	705
SHIRLEY RIVERA	240	130	270	640
A. CARPENTER	205	125	245	575
DEBBIE TEMPLE	130	110	195	435
JECOLE ROLAND				

Girls Rankings: 5A - W. Monroe 35, St. Amant 29, Natchitoches 2. Coach of the Year - Casey Sanders, W. Monroe. 4A - Alexandria 60, Zachary 10, Tioga 9. Coach of the Year - Duane Urbina - Alexandria. 3A - Brusley 7, McCall 7, Farmerville 5. Coach of the Year - Shane Andre - Brusely. 2A - Rosepine 35, Buckeye 15, Episcopia 13. Coach of the Year - Darryl Jernigan - Rosepine. 1A - LSD 32, CHSPC 26, False River 21. Coach of the Year - Ruth Kersoiy - LSD. Outstanding Lifters: 97-132 lbs. - Linzi Gott - 652.57 - Alexandria; 148-SHW - Ruthanne Buck 672.21 - Alexandria. Boys Rankings: 5A - W. Monroe 31, New Iberia 16, Natchitoches 15. Coach of the Year - Casey Sanders - W. Monroe. 4A - Alexandria 33, Leesville 18, Tioga 13. Coach of the Year - Duane Urbina - Alexandria. 3A - McCall 7, Port Allen 0, Rayne 0. Coach of the Year - Walter Dailey - McCall. 2A - Pickering 31, Lake Arthur 26, Episcopal 17. Coach of the Year - Eddie Thomas - Pickering. 1A - Ouachita Christian 29, LSD 20, False River 20. Coach of the Year - Eric Howell - Ouachita Christian. Outstanding Lifters: 114-165 - Louis Collins - 1122.40 - Covington, 181-SHW - Cedric Clemmons - 848.85 - Leesville. (results courtesy Duane Urbina)

DON'T TRAIN ALONE - ALWAYS USE SPOTTERS. - DON'T TRAIN WHEN HURT - ALWAYS CONSULT YOUR DOCTOR

USPF Drug Tested Deadlift
13 APR 96 - Hyattsville, MD

WOMEN 114 lb		242 lb	
C. Shifflette	210	J. Anglemeyer	530
148 lb		MASTERS 132 lb	
T. Huston	220	B. Calhoun	335
MEN 132 lb		220 lb (45-49)	
W. Calhoun	335	J. Mogavero	385
148 lb		(50-54)	
L. Johnson	450	B. Arnold	600
220 lb		JR.-WOMEN 148 lb	
J. Mogavero	385	(18-19)	
		T. Huston	220

*=state record for masters, Best Lifter - Women: Charon Shifflette; Best Lifter - 181 & Under - Larry Johnson; Best Lifter - 198 & Over - Jim Anglemeyer; Best Lifter - Masters: Bobby Arnold; Best Lifter - Juniors - Women: Tawney Huston; Best Team: Maryland Athletic Club (MAC). Thanks to all the officials and spot-loaders for making the meet safe and enjoyable. Special thanks to Nick D. Ambrose, Crystal Day, Eugene Julien, and Iain Burgess. (results courtesy Cameron and Colleen Gormley).

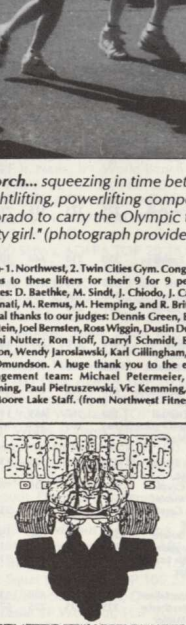
ADFPA Northwest Open
27, 28 Apr 96 - Fridley, MN

Women	SQ	BP	DL	Total
97 Open				
C. Esperancilla	55	95	105	275
116 Open				
T. Allred	250	140	250	640
122 Master				
C. Schmidt-47	135*	95*	215*	445*
129 Open				
J. Rivet	250	145	300	695
129 Master				
J. Rivet-39	250	145	300	695
139 Open				
C. Lezon	340!	170	330	840
A. Bailey	235	125	235	595
154 Open				
N. Greenwald	55	145	55	255
Men				
132 Open				
S. Hanson	350	205	400	955
148 Open				
J. Hoff	205	115	250	570
165 Open				
P. Beaumaster	580*	330	505	1415*
S. Friday	530	340	530	1400
M. Schultenover	460	320	535	1315
M. Hulse	470	280	445	1195
J. Marispini	380	330	455	1165
165 Novice				
J. Marispini	380	330	455	1165
C. Wymer	425	255	435	1115
D. Baethke	415	270	400	1085
K. Ollendick	340	235	430	1005
J. Bacon	365	235	385	985
R. Hvinden	300	250	405	955
G. Dulski	340	220	350	910
165 Police & Fire				
P. Beaumaster	580*	330*	505	1415*
165 Masters				
D. Higgins-44	370	290	440	1100
G. Dulski-46	340	220	350	910
165 Grand Master				
D. Hawkinson-50	310*	280	380*	970*
181 Open				
A. Mills	450	330	570	1350
M. Hrudka	515	320	510	1345
B. Hanson	500	280	505	1285
C. Lindemans	460	290	520	1270
P. Ebner	425	315	450	1190
181 Novice				
S. Reid	455	285	475	1215
J. Icenhour	320	280	470	1070
J. Jacklin	225	225	405	855
181 Police & Fire				
P. Ebner	425	315	450	1190
D. Schmidt	375	310*	450	1135
181 Masters				
J. Chiodo-42	510*	330*	550*	1390*
C. Lindemans-42	460	290	520	1270
S. Reid-47	460	255	485	1200
D. Schmidt-48	375	310*	450	1135
D. Green-47	255	275	255	785
181 Grand Master				
B. Sainati-51	370*	255*	515*	1140*
198 Open				
Mutchelknaus	580	320	600	1500
D. Patzlaff	540	360	540	1440
R. Werner	500	250	600	1350
T. Jim	460	355*	455	1270
S. Nelson	350	230	445	1025
198 Novice				
M. Hemping	520	280	535	1335
R. Vaughn	450	350	500	1300
M. Hoppe	405	315	500	1240
T. Haggenmiller	385	310	500	1195
B. Telesz	375	275	450	1100
198 Police & Fire				
G. LaBelle	335*	230	400*	965*
198 Masters				
M. Sindt-41	490	525	1350	
J. Todd-45	460	355*	455	1270
198 Grand Master				
Haggenmiller-51	385	310	500	1195
G. LaBelle-56	335	230	400	965
220 Open				
J. Cahill	630	390	760!*	1780*
J. Dorsher	580	350	600	1530
J. Bernsten	550	360	605	1515
S. Yokom	550	340	525	1415
M. Crozier	420	260	545	1225
220 Novice				
A. Souhrada	530	315	530	1375
T. Warner	500	305	510	1315
K. Schmidt	450	255	510	1215
T. Anderson	425	285	450	1160
C. Hokey	390	245	505	1140
G. Collins	405	275	425	1105
G. Bark	375	260	460	1095
220 Police & Fire				
G. Minnie	600	385	480	1465
220 Masters				
J. Bernsten	550*	360*	605*	1515*
M. Crozier	420	260	545	1225
R. Waldorf	460	285	460	1205
G. Barum	300	255	370	925
220 Grand Master				
P. Markert-61	325	200	350	875
242 Open				
M. Edelstein	615	425	675	1715
R. Kolbeck	585	370	615	1570
M. Ricker	515	360	690*	1565
B. Madvig	550	380	615	1545
R. King	500	440	550	1490
S. Born	525	340	615	1480
J. Kaczor	325	540*	550	1415
242 Novice				
S. Carr	470	325	500	1295
B. Gardner	460	315	500	1275
R. Stanius	470	320	475	1265
T. Morrison	415	290	495	1200
J. Ruiz	420	315	460	1195
S. Johnson	410	315	445	1107
L. Nosan	360	280	400	1040
242 Masters				
M. Remus-44	430	255	480	1165
275 Open				
G. Frounfelter	650	390	685	1725
R. Briston	615	375	615	1605
S. Mostrom	545	370	650	1475
275 Novice				
S. Mostrom	545	370	650	1475
M. Vap	565	305	520	1390
M. Simbro	560	310	490	1360
E. Rinderknecht	490	325	450	1265
R. Schulty	450	290	510	1250
T. Bowam	445	250	480	1175
275 Grand Master				
J. Twet-61	330	280	460	1070
SHW Open				
M. Hargrafen	660	410	560	1630
D. Dulski	415	330	455	1200
SHW Novice				
J. Schmidt	520	290	550	1360
B. Folkerts	445	340	510	1295
L. Riley	425	270	505	1200
D. Dulski	415	330	455	1200

* state record. ! American record. Best Lifters: Women- C. Lezon; Men Ll- P. Beaumaster, Hvy- J. Cahill. Northwest Cup Champ: J. Cahill. Teams: Novice- 1. Wartburg Black, 2. Wartburg Orange; Open-1. Northwest, 2. Twin Cities Gym. Congratulations to these lifters for their 9 for 9 performances: D. Baethke, M. Sindt, J. Chiodo, J. Cahill, B. Sainati, M. Remus, M. Hemping, and R. Britson. Special thanks to our judges: Dennis Green, Barry Edelstein, Joel Bernsten, Ross Wiggin, Dustin Dulski, Naomi Nutter, Ron Hoff, Darryl Schmidt, Blake Hanson, Wendy Jaroslawski, Karl Gillingham, and Bill Omundson. A huge thank you to the event management team: Michael Petermeier, Jon Kemming, Paul Pietruszewski, Vic Kemming, and the Moore Lake Staff. (from Northwest Fitness.)



Rex Monahan Carries the Olympic Torch... squeezing in time between his other civic actitivities, running his oil business, and competing in weightlifting, powerlifting competitions, etc. Rex had the honor of being one of the selectees in Northeast Colorado to carry the Olympic torch, "well protected by an escort of 4 motorcycles, one police car, and a pretty girl." (photograph provided to Powerlifting USA by Rex Monahan)



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Camp Red Cloud Invitational
30 Mar 96 - Seoul, Korea

Women	SQ	BP	DL	TOTAL
148				
C. Morrison BL	245	170	275	690
T. Scott	300	140	225	665
165				
P. Richardson	125	115	170	410
MEN				
148				
D. Hall	350	315	325	990
R-Toenr	330	235	420	985
D. Robinson	275	245	275	795
165				
R. Thompson BL	605	285	610	1500
S. McCoy	450	240	430	1120
F. Sillik	455	225	325	1005
J. Burgess	315	290	200	905
181				
S. Butler	360	305	450	1115
M. Richardson	300	300	465	1115
G. Nipper	325	275		
R. Dockens				
198				
B. Croase	405	300	500	1205
220				
R. Ward	550	400	600	1550
M. Jackson	600	380	500	1480
J. Hale	510	320	530	1360
P. Hughes	350	405		
242				
L. Fenti	500	380	550	1430

WOMAN OVEALL WINNERS: SQUAT - 2nd, SSG Morrison, Carrie - 245, HHC, 2X. 1st - AIC Scott,Tracey - 300, 51st SUPS. BENCH - 2nd, AIC Scott,Tracey - 140, 51stSUPS. 1st - SSG Morrison, Carrie - 170, HHC,2X. DEADLIFT - 1st AIC Scott, Tracey - 245, HHC,2X. 2nd - SSG Morrison, Carrie - 245 HHC,2X. MEN OVERALL WINNERS: SQUAT - 2nc - SSG; Jackson, Marcus - 600, 19th AACOM, 1st - SGT Thompson, Rodney - 605, Det 2, 18th IS, BENCH - 2nd - SFC Ward, Regan - 600, HHC, 1/72d AR, 1st - SGT Hughes, Perlandle - 405 A, 44th Engr. DEADLIFT - 2nd - SFC Ward, Regan - 600, HHC, 1/72d AR, 1st - SGT Thompson, Rodney - 610, Det 2, 18 IS. Air Force powerlifters nearly matched their Army counterparts in the Korea-wide Invitational Powerlifting championships here, taking ten of twenty-three individual trophies. Rodney Thompson of Osan Air Base won the overall championship with a combined lift of 1500 at a bodyweight of 161lbs. Tracey Scott of Osan, meanwhile, established an 8th U.S. Army best with a squat lift of 300 pounds, and finished second to women's overall winner Carrie Morrison of Camp Red Cloud, 690 pounds to 665. Scott also took second place in bench press (140 pounds) and deadlift (225), finishing second to Morrison (170 and 275). Morrison's squat lift of 245 pounds was second to Scott's. On the men's side, Thompson won the squat lift (605) and deadlift (610), with Camp Walker's Marcus Jackson finishing second in squat (600) and Ward coming in second in deadlift (600). Perlandle Hughes of Camp Howze had the men's top bench lift of 405 pounds, with Ward second. (Thanks to Rod Thompson for providing these meet results)

15th Mississippi Bench Press
27 APR 96 - Jackson, MS

WOMEN'S DIVISION		165 lb.	
Light		Alonzo Williams	395
1. Kay Voeltz	70	John Vining	380
Middle		Jeff Bounds	285
1. Linda Wilson	115	181 lb.	
Heavy		Gary Toins	365
1. Carolyn Bryant	170	Chester Horne	340
TEENAGE DIVISION		Chad Walker	315
Light		198 lb.	
1. Ronnie Parrish	300	Vincent Harper	405
2. Tommy Mason	250	Carl Ginn	365
3. Lucas Hopkins	230	George Sallour	340
Middle		James Whitehead	335
1. John Sprites	250	220 lb.	
2. Chris Bass	220	Mark Welch	485
Heavy		Billy Shinn	425
1. Dale Parham	390	Travis Westbrook	390
2. Sam Nutall	360	242 lb.	
3. Byron Shelton	300	Thomas Johnson	500
MASTER'S DIVISION		Rock Walker	485
Light		James Hobbs	440
1. Hershel McLain	330	Byron Nichols	420
2. Jerry Bailey	285	275 lb.	
3. Don Martin	285	1. Ken Riley	465
Middle		2. Scott McLain	465
1. Bill Voeltz	325	3. James Wren	450
Heavy		OVERALL INNERS	
1. Rock Walker	485	Master's Division:	
2. Cecil Payne	400	Rock Walker	485
3. Jim Lauro	320	Teenage Division:	
OPEN DIVISION		Dale Parham	390
148 lb.		Open Division:	
Ford Lofton	315	Thomas Johnson	500
Chad Tillman	280		

STATE RECORDS: Ronnie Parrish - 300 (Teenage Lightweight), Alonzo Williams - 395 (Open, 165), Rock Walker - 485 (Master's, Heavyweight). Sixty three competitors from all over Mississippi competed in the Mississippi Bench Press Championships. A large crowd of over 200 people witnessed three new state records. In the 165 lb. class, defending champion Alonzo Williams from Moss Point broke his own record with a 395 lb. bench that was almost 2 1/2 times his body weight. The overall winner was Thomas "Preacher Man" Johnson from Moss Point with a lift of 500 lbs. in the 220 lb. Open class. Another state record was set in the lightweight Teenage division, 114-148 lbs. A bench of 300 lbs was done by Ronnie Parrish from Pascagoula, Miss. He is 17 years old. In the Master's division, Rock Walker from West Point defended hia heavyweight division with a new state record of 585 lbs. and captured Best Overall Lifter in the Master's division. Dale Parham from Jackson, Miss., recaptured the Overall Teenage Lifter award with a bench of 390 lbs in the heavyweight Teenage division. Also, John Vining tied the previous 165 lb. record with a lift of 380 lbs. The meet was a big success and no one was a loser. The meet helped toward a donation of $500 to the Mississippi School for the Deaf athletic fund. (Thanks to MEET DIRECTOR, GORDON WEIR for providing results)



Thomas "Preacher Man" Johnson *was the Overall Best Lifter with a 500 lb. bench at 220 lbs. at the Mississippi Bench Press Championships. Photograph courtesy of Meet Director Gordon Weir (at right)*

AAU MA State Open
20 APR 96 - Quincy, MA

Teen				
Woman	SQ	BP	DL	Total
132				
Jennifer Souza	165	140	290	595
Alyssa Werning	215	80	255	550
148				
Alicia Wilson	225	100	260	585
Teen				
Men				
123				
Jared Johnson	195	130	285	610
David Deorsey	230	110	265	605
Tse Ken Lee	225	110	270	605
132				
Angel Rivera	290	185	350	825
Craig Lombardi	310	170	340	820
Justin Payton	295	140	340	775
James Thifault	290	120	305	705
165				
Tse Wai Lee	400	215	430	1045
Mike Stackale	300	200	375	875
Justin Prophet	335	160	375	870
Trevor Gasper	285	145	360	790
Scott Cameron	300	195	225	720
181				
Justin Bernard	465	275	440	1180
Louis Martinez	435	230	430	1095
198				
Chad Brock	400	205	530	1135
Neil Brisson	425	235	450	1110
Phil Rick	365	300	405	1070
Andy Ward	380	195	400	975
S. Kovlopoulos	350	180	425	955
220				
Sonny Milani	420	225	410	1055
242				
Chad Goyer	430	220	460	1110
Brian Gastigliani	400	195	400	995
275				
Derek Ward	425	210	400	1035
Women				
132				
Barbera Miller	335	175	375	885
Heather Polk	225	175	315	715
Men				
Master				
148				
Leve Epshteyn	350	210	440	1000
Open				
Eric Look	450	340	470	1260
Joe Breault	455	330	400	1185
Scott Dobie	420	260	430	1110
Master				
165				
Ed Gillen	470	270	510	1250
Sub Master				
Mark Benson	435	285	450	1170
Raw				
Paul Lachmann	440	275	510	1250
Open				
Eric DuPaul	380	260	485	1125
Michael Povinelli	365	305	345	1015
Sub Master				
181				
Mark Trocki	450	365	525	1340
Novice				
Dan Czepiel	340	275	420	1035
Raw Master				
John Gamache	300	250	385	935
Open				
Rick Butere	550	390	600	1540
A. Gaggiano	375	320	500	1195
Dennis Laverri	465	250	450	1165
Master				
198				
Bill Maclallan	545	310	450	1305
Ed Weatherbe	225	225	225	675
Sub Master				
Joe Pacheko	650	365	560	1575
Raw				
Jay Carroll	340	260	375	975
Novice				
Todd Cook	505	305	550	1360
Rick Johnson	460	275	515	1250
Jr Division				
Dave Rose	550	300	575	1455
Open				
Bill Denbin	505	350	530	1385
Grand Master				
220				
Alan Ruben	475	345	605	1425
Masters				
Paul Gioioso	715	340	640	1695
Robert Corbellini	600	275	600	1475
Mark Solow	515	380	500	1395
Philip Rispoli	505	275	475	1255
Sub Master				
Robbie Guyette	450	450	450	1350
Novice				
Mark Solow	515	380	500	1395
Scott Gagnon	510	310	550	1370
Philip Rispoli	505	275	475	1255
Gregory Doane	385	305	450	1140
Open				
220				
Steve Oloskey	640	380	570	1590
Mark Solow	515	380	500	1395
Grand Master				
242				
Brian Matchett	515	315	585	1415
Dick Sullivan	470	350	435	1255
Master				
Ray Cross	450	370	480	1300
Russ Bowley	490	250	515	1255
Barry Eisenman	355	300	430	1085
Sub Master				
Brian Matchett	515	315	585	1415
Raw				
Joe Vega Jr	570	355	580	1505
Novice				
Jeff Pace	620	385	630	1635
Chris Schmalz	555	375	540	1470
Stephen Maynes	390	350	465	1205
Open				
Kevin Fernandies	610	400	610	1620
Anthony Delvecchio	630	385	550	1565
Robert Delavega	600	360	525	1485
Thomas Lamovreux	500	430	405	1335
Novice				
275				
Bruce Richardson	400	340	440	1180

This was our biggest meetin MA to date, 77 lifters. We started at 10:30 am and went home by 6:30 pm. I'd like to thank everyone who made this possible, a special thanks to one man gang and the members of The Warrior Weight Lifting Club you saved the day and Paul Gioiso maybe over 1700 if you had not helped set up up thank you. Best lifters Jennifer Souza, Barbara Miller, Tse Wai Lee, Rick Butere and good to see you back at Pacheco coach cap. From Bellingham high school 27 teenagers lots of noise and energy, this is what it's all about youth, coaches reading this get your kids involved. They are beautiful to watch and they will love you for the time you give them. Once again Bill and Mike at Taunton Health and Fitness you guys are an assett to the sport your gym as always a great host. To all my friends old and new stay strong lift well, see you next meet.(Thanks to Larry Larsen for the results)

Spanish Championships
14 April 96 - Madrid (kg)

Men under 20	SQ	BP	DL	TOTAL
60 kg.				
K. Shabagh	145	80	205.5	430
D. Mateo	130	57.5	137.5	325
67.5 kg.				
A. Kichi	180	90	190	460
O. Vaquero	155	77.5	180	412.5
G. Castro	115	70	135	320
75 kg.				
D. Gabarro	142.5	92.5	190	425
J. Martin	125	75	160	360
82.5 kg.				
A. Diez	200	107.5	220	527.5
L. Farco	155	85	195	435
J. Sanchez	130	100	175	405
J. Nino	135	85	180	400
90 kg.				
F. Delgado	125	80	160	365
125 kg.				
J. Rubio	180	120	160	460
Master I				
75 kg.				
F. Molina	205	120	200	525
90 kg.				
A. Gonzalez	222.5	112.5	230	565
100 kg.				
R. Madan	205	120	227.5	552.5
110 kg.				
A. Serna	220	120	240	580
Master II				
82.5 kg.				
R. Cros	135	100	160	395
110 kg.				
J. Munoz	145	102.5	165	412.5

(Thanks to Lucio Doncel for these contest results.)

Florida State Drug Free Bench Press
20 Apr 96 - Lakeland, FL

Men		UNL	
123		E. Giallanza	470
K. Snell	235	Masters (40-49)	
148		G. Arnold	430
M. Davis	340	R. Dey	445
R. Birt	325	C. Kelly	350
A. Edmonds	305	Masters (50-59)	
B. Hatten	270	L. Arthurs	475
165		S. Binkowski	410
M. Lambiase	285	J. May	390
A. Gaylord	265	W. Player	285
181		L. Barry	275
A. Stevens	445	Masters (60-64)	
R. Bennett	405	E. Foran	225
P. Piccolo	380	Women	
198		C. Bennett	155
Marcinkowski BL	470	C. Toth	110
R. Richardson	430	Teen	
M. Kautz	390	P. Campbell	320
H. Rhoton	385	J. Stevens	350
J. Todd	365	J. Bloom	300
C. Poston	320	J. Danes	285
242		J. Esposito	280
K. Rains	515	R. Walker	295
L. Arthurs	475	R. Wingate	290
R. Dey	445		

Sponsor: All American Gym and City of Lakeland Parks and Rec. Dept. The success story of this meet was the return of Kenny Rains to competition after two years of rotator cuff problems. Weighing a light 226, Kenny smoked 500 and then punched out a new PR with 515, looking good for 5-10 lb. more. Kaz Marcinkowski also weighed in light at 186, which let him edge out Kenny for best lifter with a 470. Anthony Stevens set a new state record with 440 at the Region III meet on March 23, and kicked it up another notch here with 445, plus a try at 460. Big Eric Giallanza won the unlimited with 470, and almost had a 500 locked out. The masters had their usual outstanding performances, with Greg Arnold improving to 430 at 195 in winning the 40-49 class, and Larry Arthurs doing a casual 475 at 234 winning the 50-59 group. At the other end of the age spectrum, 15 year old Percy Campbell pushed 320 at 181, with no bench shirt or belt. This gave him the win on formula over teen national champion John Stevens, also 15, with 350 at 229. James Henderson showed up with 10 attempts left in the contest, having missed his workout at All American Gym due to all the benches being removed for the meet. James won the national bench meet in March with no shirt, no belt, 705! He took the 500 on the bar at the time and did a few reps, talking and alternately crossing his legs. To get psyched for his 600 lb. workout set, James selected the best looking girl at the contest and promenaded her out to the platform, then asked her to sit on his knee for inspiration as he punched out a triple with the weight! Whether he comes to lift or is just a spectator, James is a force of nature at any cont::st he attends! He stayed after the meet and gave a great motivational speech to some of the younger lifters. Thanks to Louis Baltz, All American Gym, and the City of Lakeland Parks and Rec. Dept. for another great meet. (Thanks to All American Gym for providing the results of this competition.)

Granny Thorbecke Passes On... the namesake of one of the greatest gyms in Powerlifting history, Lucy May Thorbecke, passed away on May 21st, 1996, 9 days after her 103rd birthday. Granny was the one who'd "hosed down the floor, turned the air conditioner on, stocked the refrigerator with cold water and dusted the equipment" for the behemoths of Arizona powerlifting in it's heyday at Thorbecke's Gym. She opened the garage for lifting in 1967 after her grandsons had outgrown their bedroom training location. Her husband Hugo died in 1968, but Granny Thorbecke kept on going, catering to the likes of Olympian Bruce Wilhelm and Junior National Powerlifting Champion Dave Keaggy and many, many others. The name lives on with the new facilities run by Brick Darrow and Mike Wonyetye, but Granny herself has gone on to her reward.

ADFPA Maine Championships
13 Apr 96 - Oakland, ME

Bench Press		L. Athearn	380
Women Teen		R. Beauford	345
N. Guimond	120	S. King	280
Men's Open		D. Prokey	355
M. Chamberlain	460	G. Duckworth	250
T. Farr	435	Men Teen	
W. Guimond	390	E. Gilbert	280
P. Leighton	360	J. Williams	265
J. Clossey	300	B. Willoughby	280
Men Master		J. Penny	265

Women Open	SQ	BP	DL	Total
111				
M. Thornley	185	105	250	540
122				
C. Coughlin	—	—	—	—
129				
M. Laliberte	240	130	260	630
R. Curtis	200	140	265	605
N. Guimond	210	120	255	585
L. Dionne	205	115	210	530
139				
T. Tracey	240	105	315	660
154				
J. Tripp	275	135	340	750
B. White	245	120	305	670
176				
K. Perry	280	135	300	715
176+				
S. Corson	400	255	460	1115
Women Master Open				
J. Tripp	275	135	340	750
T. Tracey	240	105	315	660
C. Knapp	230	140	285	655
M. O'Connell	185	95	200	480
A. Nuzzo	160	90	205	455
Women's Teen Open				
M. Laliberte	240	130	260	630
N. Guimond	210	120	255	585
J. Lemieux	195	95	230	520
Men				
Open 123				
D. LaJoy	290	175	255	720
132				
R. Delgallo	370	220	400	990
C. Brown	235	185	330	750
H. McGreehan	275	150	320	745
148				
J. Shea	480	290	580	1250
J. Clossey	435	300	425	1160
M. Gendron	420	245	435	1100
M. Hawkes	410	250	325	985
C. Marshall	315	215	335	865
165				
A. Barris	470	315	515	1300
P. Gamache	490	280	475	1245
C. Branson	490	270	450	1210
J. Earles	400	250	450	1100
J. Soucy	340	250	375	965
181				
J. Kaplin	475	365	545	1385
D. Fernald	485	335	480	1300
P. Leighton	440	360	460	1260
D. McDonald	445	280	465	1190
M. Henson	500	260	—	—
198				
M. Eugley	540	315	605	1460
W. Patterson	460	330	515	1305
E. Erskine	480	290	530	1300
D. LeClair	325	210	295	830
220				
M. Ridge	605	370	500	1475
M. Laliberte	500	350	520	1370
J. Lawler	545	320	500	1365
S. Burke	475	290	525	1290
B. Symonevich	500	280	460	1240
K. Nealy	450	360	400	1210
S. Lynch	425	310	460	1195
B. Willoughby	390	280	480	1150
J. Curtis	320	235	345	900
M. Chamberlain	135	460	135	730
242				
J. Fournier	590	375	525	1490
R. Ritchie	570	325	550	1445
R. Beauford	545	345	525	1415
B. Boyle	455	380	450	1285
D. Stone	335	215	375	925
B. Ingraham	—	—	—	—
275				
R. Dugal	570	350	500	1420
J. Pinney	490	265	425	1180
N. Bizier	400	260	465	1125
SHW				
M. Boulanger	675	405	505	1585
J. Martins	615	400	485	1500
D. Gyles	460	325	570	1355
W. Sinnott	575	430	—	—
Teen Open				
B. Symonevich	500	280	460	1240
S. Cohn	350	300	465	1115
J. Soucy	340	250	375	965
T. LeClair	475	275	430	1180
D. Stone	335	215	375	925
J. Curtis	320	235	345	900
Master				
R. Delgallo	370	220	400	990
R. Beauford	545	345	525	1415
R. White	485	280	540	1305
M. Gendron	420	245	435	1100

POWERLIFTING USA BACK ISSUES

Jun/92 ... Baddest Bench in America, ADFPA Women's, Heisey Deadlifts 925, DASH Hawaii Meet, 'Love' by Dr. Judd, TOP 100 220s, ADFPA TOP 20 132s

Nov/92 ... IPF World Jr/Masters, Stretch & Release, Negative Thinking - Pt. I, Steve Scialpi Deadlift Workout, TOP 100 123s, ADFPA TOP 20 220 list.

May/93... NASA Natural Nationals, Squatting With Equipment, Positives from Negatives, Powerlifters First Aid Kit, TOP 100 220s, ADFPA TOP 20 132s

Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s

Sep/93... ADFPA Men's Nationals, NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s

Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s

Nov/93... Ed Coan Interview, Anthony Clark Benches 735, Doug Ortiz Bench Workout, Reverse Grip Benching, TOP 100 132s, ADFPA TOP 20 242s.

Dec/93... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s

Jan/94... IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.

Feb/94... Drug Testing Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 100 181s, ADFPA TOP 20 114s

Mar/94.. . Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Rainwater-Grimwood, TOP 100 198, ADFPA TOP 20 123s

Apr/94... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPF Worlds, TOP 100 220, ADFPA TOP 20 132s

May/94... USPF/ADFPA Collegiates, USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s

Jun/94... NASA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points in the Squat, TOP 100 275s, ADFPA TOP 165s

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

Aug/94... APF SRs, Paul Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s.

Sep/94... ADFPA Men's, USPF Men/Women's Sr. Nationals, Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.

Oct/94... Paul Anderson Tribute, IPF Jr. Worlds, Safety Squat Bar, Carrie Boudreau Interview, The AGE FACTOR, TOP 100 132s, ADFPA TOP 20 242s

Nov/94... WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.

Dec/94... Jon Cole Profile, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jrs/Womens, United We Stand, TOP 100 165s.

Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Tim Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.

Feb/95... World's Strongest Man Contest, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.

Mar/95... Women's TOP 20, Don Reinhoudt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood Bench Routine, TOP 100 220s

Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, L.M.W. Compounds, TOP 100 242s.

May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe Squat WOrkout, TOP 100 275s

Jun/95... Antonio Krastev, USPF Collegiates/Bench Nationals, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW

Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights

Aug/95... Confessore 741 BP at 236!, Pre-Peak Bench Press Routine, Louie Simmons DLTraining, Grimwood Strength System Review, TOP 100 123s

Sep/95... TRIPLE SENIORS ISSUE ADFPA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s

Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.

Nov/ 95... Greatest Bench Press in America, Jim Williams Profile, 1000 Lb. Squatter Anthology, AAU Nationals, NASA World Cup, TOP 100 165s.

Dec/95... Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s

Jan/96... IPF/WPC/WDFPF World Championships, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s

Feb/96... Anthony Clark's Monster Total, How to Gain Weight & Muscle Mass, Training Mistakes, Women's Europeans, Avoiding Injuries, TOP 100 220s

Mar/96... TOP 20 Women/Masters/Teenage Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.

Apr/96.. Big Bench Press News, PL vs. Pro Wrestling, the "Unknown" Strength Coach, "Casey's Club" - 600 lb. Benchers, Lifetime Nationals, TOP 100 242s.

Jun/96.. ADFPA Women's, WPA Worlds, Subtotal Supermen, HMB, KIC & Leucine, Homeopathic Testosterone, All TIme Records, TOP 100 SHW

Jul/96... AAU Men's, USPF JRs., DHEA, Athletes Need Supplements, '65 vs. '95 TOP 10 Rankings, "Chain" Reactions by Louie Simmons, TOP 100 114s.

LIST THE ISSUES YOU WANT (AND YOUR ALTERNATE CHOICES), MAKE OUT A CHECK ($5 PER ISSUE) TO POWERLIFTING USA FOR THE PROPER AMOUNT, PUT IN ENVELOPE AND SEND IN TODAY TO POWERLIFTING USA, BI DEPT., P. O. BOX 3238, CAMARILLO, CALIFORNIA 93011.

D. LaJoy	290	175	255	720
L. Athearn	135	380	135	650

Team trophies: Women- 1. Genesis Gym; Men- 1. Mathieu's Fitness, 2. Union Station Fitness Center, 3. Genesis Gym. Our 5th annual event featured 85 lifters from the great state of Maine. This was the biggest state meet ever for the ADFPA in Maine. The quality of the lifting was great with Jean Tripp totaling 750 at 154 to win the women's best lifter trophy. Jim Shea had a great day at 148 lb. and went on to take the best lifter trophy for the men. Shelby Corson, multi-national and world champion, honored us with her lifting presence, but really came to post a personal record deadlift and did at 460 lb. With a great show of sportsmanship she refused to compete for the best lifter trophy. The number of women lifters was very promising at 17 for the day. Jean Tripp won the women's open master class to go along with her best lifter trophy. Melinda Laliberte took top teen honors with a 630 lb. total in the teen open class. Nicole Guimond took the teen bench title by posting a 120 lb. bench. Rose Curtis won the women's bench press with a 140 lb. bench. In the bench master's women division Carol Hamilton benched an impressive 160 lb. In the men's divisions Brian Symonevich won the teen open with a 500 lb. squat, 280 lb. bench, 460 deadlift for a 1240 lb. total. Richard Delgallo won the master's open division with a 370 squat, 220 bench, and 400 deadlift for a 990 total. Raymond Beauford took a close second to Delgallo with a personal best total. Not bad for 50! Eric Gilbert took the teen bench class. Mike Chamberlain had an unbelievable 460 in the men's bench press division. Lynn Ahearn rounded out the men's division with a 380 bench in the master bench press. The meet was a great success in the number of lifters put through the platform. The volunteers worked unbelievably hard and are the only reason it was successful. Special thanks to Ned and Mary Cramer for their help. Their dedication to the sport of powerlifting is greatly appreciated. (Thanks to John Mathieu for providing the contest results.)

King Co. Invitational
9 Mar 96 - Bellevue, WA

114	SQ	BP	DL	Total
A. Nemeth*	190	145	255	610
G. Thompson	160	155	240	555
D. Szczepanik	145	110	200	455
123				
M. Ortiz	200	230	350	780
D. Cunilla	270	160	320	750
E. Hafey	255	145	325	695
R. Capati*	235	120	320	675
132				
C. Davis	220	185	290	695
M. Wilson*	185	135	250	570
148				
J. Cruz	315	185	385	885
D. Jain	315	175	365	855
S. Farrington*	275	185	350	810
A. Yescas	290	180	330	800
S. Boers	250	180	340	770
J. Yan	225	170	350	745
165				
J. Bruno	405	315	405	1125
J. Yourkoski*	315	275	425	1015
E. Klimek	385	215	405	1005
M. Connelly	350	200	410	960
R. Ellis	320	215	415	950
A. Moody	335	210	400	945
181				
F. Aguilar*	400	235	525	1165
R. Hardy	405	235	425	1065
J. Lam	365	250	450	1065
B. Thompson	340	275	405	1020
D. Choi	350	205	450	1005
N. Blue	340	230	400	970
198				
S. Krueger	515	350	475	1340
M. McGee*	455	250	545	1250
C. Galbraith	430	275	435	1140
T. Gibson	340	295	440	1075
K. Motonaga	395	240	425	1060
A. Martin	405	240	365	1010
220				
A. Hicks	550	360	525	1430
G. Lam*	455	275	425	1155
T. Graden	425	260	450	1135
S. Spence	350	260	405	1015
J. Strange	295	235	385	915
A. Withrow	295	185	400	880
242				
J. Fowler	475	295	450	1220
C. Hill*	375	300	475	1150
B. Saliberg	320	240	360	920
UNL				
C. Avery	440	300	450	1190
M. Barrett	450	310	425	1185
A. Moore*	370	280	380	1030
D. Scholzen	350	185	390	925
M. Gregory	275	235	340	850

* King Co.Champ. Teams: 1. Interlake, 2. Monroe, 3. Newport, 4. Mt. Si, 5. Tumwater, 6. Shelton, 7. Riverside. Best SQ-Krueger; BP- Bruno; DL- Aguilar; BL- Krueger. Meet Directors: Kevin Eine and Darin Beierle. (Thanks to Dan Beierle for these results.)

Spring Break BP/DL Championship
27 Apr 96 - Tuscola, IL

Bench Press		Jeff Fidler	390
Teenage		220	
Eric Bauman	425*	Ron Walsh	540*
Brian Schoeman	320	4th.	560*
Adam Long	280	Hank Collins	450*
Submaster		4th.	460*
Lonnie King	350	Donald Stewart	425*
Master 1 (40-49)		Tyree Perdue	405
Randy Egli (BL)	515*	Lonnie King	350
Hank Collins	450*	242	
4th.	460*	John Shea	480
Mike Murphy	415*	Gerrit Bult	420
Master 3 (60-69)		275	
Allen Glass	265*	Michael Ballard	425
Harry Landers	175	Deadlift	
148		Master 1 (40-49)	
Sir Winston James	285	Mike Murphy	575
165		Jeff Fidler	500*
Mose Oliver	365	Master 3 (60-69)	
181		Harry Landers	405*
Terry Robinson	405	Allen Glass	330*
Steve Egli	325	181	
Lane Clark	325	Terry Robinson	600
Melvin Bell	315	220	
198		Chad Sibert	550*
Eric Bauman	425*	242	
Charles Moss	415*	Gerrit Bult (BL)	745*

* new personal record #Randy Egli set an unofficial APF world record in the bench press competition with a 515 lb. press in the Master's division, age 40-49, 198 lb. class. BENCH PRESS - Eric Baumann returned from Chicago to recapture the teenage championship with a new personal mark of 425. Eric had already surpassed his previous best with a 415 second attempt and continues to improve with each new outing. Second in the teenage division was Brian Schoeman who got only his first two attempts, finishing with 320. A 340 pr wasn't there on this day but is well within his grasp. Third went to Adam Long who improved to 280 on this his second contest. A fourth at 300 wasn't there, but will be there by his next competition. Adam's father, Lonnie King, took the submaster's class with a modest 350. Lonnie had an off day with only his opener being a success, missing 375 on his second by decision of the judges, and 380 no go on his third. Knowing Lonnie he'll come back next month and press a new pr of 400! At master 1 (40-49) Randy Egli led the way with a new unofficial APF world record of 515. Randy opened with 485 but missed 505 on his second. Recentering himself for his third, Randy pressed 515 with ease; a lift that would pass in any organization. Randy was awarded the best lifter trophy for his efforts. Not bad for a 44 year old kid! Second went to Hank Collins, who overcame a shoulder problem to end up with a great day! Hank's third was a pr 450, but came back even stronger on his fourth with 460! Third in the master's class went to Mike Murphy who also finished with a personal best of 415. In the master's 3 class (60*-69) Allen Glass finished first with a new pr of 265. Allen continues to improve .... by the way, who said we're too old to lift anyway! Second went to Allen's training partner and lifelong friend Harry Landers (who's only 66!) who finished with 175. Sir Winston James captured the 148 lb. title with 285, failing twice at 300, though his fourth attempt was almost successful. At 165 it was Mose Oliver who opened and closed with 365, missing 375 twice. Terry Robinson successfully defended his title at 181 with 405. Terry, who is notorious for not warming up, may have finally seen the light after missing his second two lifts at 415. Steve Egli finished second with 325, winning out over Lane Clark on bodyweight. Lane's 325 equalled his previous best. Master lifter Melvin Bell finished in fourth with 315, missing 330 for his third. At 198 Eric Baumann's 425 won out over Charles Moss's pr 415. Third went to Jeff Fidler who finished with 390 for a new personal best. A fourth at 400 didn't go, which should have been his third attempt. I'm always right! The 220's put on quite a show with Ron Walsh leading the way. Ron finished with a pr 540 for his third and a strong 560 success at 560! We always want only the best for our lifters, I think especially with the rumors flying about the big lifters being "given" their lifts. That's why we even re-examined video tapes of the lift before it was approved by the head judge. Great lift Ron! Second went to Hank Collins who finished with that great 460. Donald Stewart put up 425 for third (which was also a pr), followed by Tyree Perdue's 405 and Lonnie King's 350 for fifth. John Shea had some problems with his shirt on this day by still managed a strong 480 for his second for the win at 242. Second went to Gerrit Bult who pressed 420 with great form. Michael Ballard took the 275's with a strong 425. Here's a lifter who seems to get stronger with each attempt. The bench press competition ended with 17 new personal record being set. That's great lifting! (Or maybe .... it's just the great meet promoter!!)

DEADLIFT: Terry Robinson opened the deadlift competition with a win in the 181's with a pull of 600. (no warm up!). At 220 Chad Sibert had a great day with a personal best . Best lifter Gerrit Bult had never pulled 700 before today, but proceeded with a 715 second attempt for a new pr. After missing his third Gerrit came back with a great pull of 745 for his fourth. In the master 1 division Mike Murphy led the way with a strong pull of 575 over lifting partner Jeff Fidler who finally pulled 500! At master 3 Harry Landers (a 66 year old man who can do the splits) pulled 405 for the win and a new personal best. Second went to training partner Allen Glass who also got a pr of 330. Thanks to all the competitors, helpers, judges, loaders and spotters. (Thanks to Dr. Darrell Latch for providing the meet results)



A Great Inspiration to All Ages... *left to right, Harry Landers - age 66, Dr. Darrell Latch - meet director, Allen Glass - age 68. Both master lifters set new personal records in the bench press and deadlift at the Spring Break Championships (photograph courtesy Dr. Darrell Latch)*



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Beast of the Northeast IX
13 Apr 96 - Bradford, PA

Bench Press		S. Mealy	275
Women Lt. Amateur		R. Canaan	175
S. Myers	125	Submaster Amateur	
Women Hy Amateur		K. Naslund	425
L. Hawk	220	T. Byler	360
C. Lemanski	175	B. Chapman	300
J. Keane	120	C. Lindsey	385
Men		R. Schenk	290
123 Amateur		Submaster Pro	
M. Shoemaker	245	T. Morgan	620
J. Kahley	140	A. Calfo	560
C. Foor	115	T. Mansmann	420
148 Amateur		D. McAndrews	380
J. Swanson	315	Master Amateur	
P. Fetterman	275	R. Vinca	350
D. Confer	260	J. Swanson	315
T. Benner	235	B. Pochiba	410
N. Kahley	210	R. Sharp	360
165 Amateur		G. Corignani	335
C. Van Cheri	365	P. Trusso	300
R. Schenk	290	R. Launito	365
181 Amateur		C. Brandt	295
J. Oaks	405	L. Huff, Sr.	380
T. Byler	360	Deadlift	
R. Vinca	350	Women Hy Amateur	
G. Corignani	335	J. Keane	310
J. Lemanski	325	Men	
M. Wenrich	260	123 Amateur	
A. Gapinski	260	C. Foor	190
M. Bowman	220	148 Amateur	
198 Amateur		D. Confer	410
A. Comilla	410	S. Vinelli	375
B. Pochiba	410	165 Amateur	
J. Rohauen	390	R. Schenk	450
W. Mazur	365	181 Amateur	
K. Downey	340	T. Myers	575
220 Amateur		R. Sharp	550
B. Hawk	450	S. Nowacki	525
J. Spehar	450	S. Doorman	450
T. Liberatore	385	198 Amateur	
T. Grupp	330	J. Rohauen	600
242 Amateur		W. Mazur	515
M. Coulter	505	220 Amateur	
K. Naslund	425	M. Cline	630
L. Huff, Jr.	380	242 Amateur	
D. Frenz	380	M. Coulter	590
A. Parr	375	D. Frenz	565
275 Amateur		A. Parr	550
L. Johnson	480	275 Amateur	
S. Costello	400	S. Disney	660
308 Amateur		S. Costello	560
C. Lindsay	380	181 Pro	
148 Pro		M. Bowman	505
B. Johnson	390	242 Pro	
165 Pro		C. Seeker	735
J. Pressly	350	308 Pro	
220 Pro		D. Kovacs	775
R. Thompson	505	R. Gaydos	725
J. Cardello	425	SHW Pro	
275 Pro		V. Sporio	730
A. Calfo	560	Teen	
308 Pro		T. Burris	525
E. Miller	620	S. Costello	560
T. Morgan	620	B. Falk	505
Teen		J. Hulet	315
M. Shoemaker	240	S. Vinelli	375
S. Costello	400	C. Foor	190
B. Falk	330	J. Keane	310
C. Barone	345	R. Canaan	345
T. Burris	290	Submaster Amateur	
M. Wenrich	260	M. Cline	630
J. Hulet	185	T. Myers	575
N. Kahley	210	S. Nowacki	525
B. Hiner	245	R. Schenk	450
K. Cook	270	Submaster Pro	
J. Riechenbach	215	T. Mansmann	575
C. Foor	115	Master Pro	
J. Kahley	140	R. Sharp	

I would like to thank the following people for their continuous help: Marcus Coulter, Scott Disney, Marty Grove, John Brown, Dave Slater, Jon Anderson, Jack and Nancy Swanson, all the spotters and loaders, and everyone from the Iron Mill Gym and Fitness Connection. Thanks from my heart to my wife Tina for supporting me mentally and spiritually. To Terry and Tamara Grimwood who are always there for Tina and I. I'll put it in writing if Terry and Tamara ever need anything, you let us know and we will be there to the end. Thanks to all of the lifters for their continued support. Next year will be the 10th year, and I promise to make it the best. (Thanks to Carl Seeker for providing results.)

Estonian Junior Championships
10 Mar 96 - Puhja (kg)

Juniors (under 20)	SQ	BP	DL	Total
Women 82.5 kg.				
T. Zasjatkina	95	55	135	285
Men 60 kg.				
M. Toll	135	92.5	155	382.5
V. Aus	90	67.5	170	327.5
M. Sepp	59.5	95	140	305
Men 67.5 kg.				
N. Tennmann	135	90	180	405
A. Laan	150	72.5	160	382.5
D. Kruusik	125	77.5	155	357.5
V. Lasman	115	80	147.5	342.5
Men 75 kg.				
D. Rostsupkin	172.5	80	227.5	480
E. Schnelder	185	97.5	197.5	480
T. Olju	160	100	175	435
D. Shibanov	140	115	165	420
Men 82.5 kg.				
A. Kaasik-BL	232.5	120	215	567.5
I. Vahi	147.5	130	192.5	470
M. Reinla	145	105	170	420
90 kg.				
I. Stranberg	190	120	195	505
O. Kiivikas	170	127.5	177.5	475
90+ kg.				
A. Vedekhov	170	130	210	510
K. Kook	170	110	160	440
M. Kook	140	92.5	165	397.5

(Thanks to Heikki Orasmaa for the meet results.)



Mike Phillips Honored - *On March 20th of this year, a group of over sixty powerlifters and family gathered to honor World Champion Powerlifter Mike Phillips for his outstanding accomplishments and contributions to the sport of powerlifting. The ceremony introduced the beginning of an annual "Mike Phillips Award" which will be given to the "Exceptional Elmira, NY Athlete" who best exemplifies the qualities exhibited by Mike Phillips - dedication to powerlifting, promotion of the sport, and willingness to help others in their powerlifting endeavors.*

The athlete selected by a committee will be honored at an annual banquet and his or her name will be engraved on the "Mike Phillips Award" plaque, which will reside at Club Nautilus in Horseheads, NY, the gym where Mike trained for his prestigious powerlifting titles.

Never can any doubt be shed on the dedication to powerlifting which has been displayed by Phillips. His goal of becoming the "best" in his class was achieved at the State, National and World level. After winning the USPF New York State title 10 times and being noticed as "Best Lifter" nearly every time, Mike went on to win the 1987 APF National Title by totaling 1851 (661, 523, 667) in the 181 lb. class. That the same year Phillips totaled 1884 (705, 507, 672) at the APF World Championships, again in the 181 lb. class. The following year Phillips won the APF World Cup Championships in British Columbia, with a 1985 total (765, 515, 705) in the 198 lb. class, just getting edged out by the late Dave Passanella for "Best Lifter".

Mike's promotion of the sport of powerlifting is also without question or doubt. He has dedicated much of his time helping the utmost beginner as well as other state champions. His willingness to help others is evidenced through his overseeing of the New York State Special Olympics Powerlifting. Mike's direction to all associated with the Special Olympics has led to powerlifting becoming the fastest growing spectator sport of the State Games.

Few powerlifters ever reach World status and even fewer have ever totaled ten times bodyweight in four consecutive weight classes. Mike Phillips has done just that, in the 148, 165, 181, and 198 pound classes. The only goal that was not quite ever achieved by this short man of muscle, was a 2000 lb., total. However, if Mike had ever put together all of his best official lifts, he would have totaled nearly 2100.

All who know Mike Phillips know of his true humbleness. Friends say that Mike will never bring up his own powerlifting successes, you almost have to drag it out of him. Without question, Mike Phillips is a true champion - on and off the platform. (John S. Comereski)

USPF Eastern USA Bench Press
31 Mar 96 - Turner, ME

Men 123		275	
J. Herrera	230	J. Bellino	540
132		J. Flynn	540
M. Goffredo	240	K. Edmeade	535
165		K. Gleason	475
D. Bellmore	410	R. Barlow	425
W. Powers	405	Men Grandmaster	
181		R. Makarawicz	400
C. Watts	465	Men Master	
T. Bellmore	370	J. Clapp	380
198		J. Wijeyesing	425
J. Bartlett BL	520	G. Lacombe	390
G. Takuorian	460	H. Moore	405
P. Collings	370	S. Browne	225
M. Harrington	350	Men Submaster	
220		F. Froton	325
M. Gwynn	475	S. Virgilio	340
C. Ranieri	455	Men Teen	
D. Petrucelli	430	S. Blanchard	315
R. Howard	370	D. Anderson	260
R. Maxim	—	J. Lambert	300
242		Women Open	
T. Eicks	485	R. Pustizzi BL	150
S. Lachapel	480	Women Submaster	
M. Allen	450	M. Chabot	—
R. Richard	350	Women Teen	
D. Lee	—	L. Mitchell	145

Special thanks to Michelle Sabra, Lynne Bosboven, Monique Dargie, Norm Guay, Scott Worthing, Steve Bean, Jim Decotis, Richie Maynard—spotters and loaders. Without your help, there would be no contest. (Thanks to Russ Barlow, Pump Up, Inc., for providing us with the results of this competition.)

Town Meeting Contest (kg)
28 Jan 96 -Stockholm, Sweden

Stockholm	SQ	BP	DL	TOTAL
Restrup-50.8	167.5	70	170	422.5
Peterson-66.5	140	77.5	150	367.5
Norberg-107.5	315	215	270	800
Rayo-86.8	277.5	175	260	712.5
Neselius-92.6	285	185	275	745
Laitanen-91.1	260	177.5	262.5	700
C. Goerees-80.6	215	135	205	555
Tallinn				
Suurkivi-92.7	250	155	230	655
Karner-79.2	210	122.5	237.5	570
Pall-68.5	185	107.5	210	502.5
Silbaum-83	220	125	235	580
Torri-56.8	145	85	170	400
Helsinki				
Koskinen-47.4	168*	70	155	392.5*
Jokitalo-50.8	150	62.5	160	372.5
Kokkonen-115.1	310	240	280	830
Taavitsainen-84.2	260	155	275	690
Kohtamaki-89.0	240	170	267.5	677.5
Jauhiainen-67.1	190	140	205	535
Hanncikin-119.6	242.5	190	247.5	680

* nordic record. (results courtesy Hekki Orasmaa)

Lower Georgia Bench Press
6 Apr 96 - Blakely, GA

Women		J. Hargrove	300
J. Calhoun	115	D. Williams	290
Masters		C. Thomas	240
A. Brown-43	500	T. Wofford	225
F. Rackmart-43	425	Novice 181	
M. O'Brien-40	430	B. George	375
Blankenship-40	200	J. Baker	340
Teen Light		R. Entinger	250
T. Sconyers	280	Novice 198	
Jackson	275	E. Jones	420
F. Coley	275	R. Lawrence	400
D. Green	255	E. Reed	390
R. King	215	T. Medina	365
D. Harpe	285	Novice 220	
J. Brown	240	M. Gaines	415
T. Ragle	275	J. Bradford	355
Beasley	265	E. Hyatt	350
A. Johnson	190	Novice 242	
Teen Heavy		R. Wright	445
S. Griffith-234	390	S. Griffith	390
J. Price-196	315	D. Legow	375
J. Leverett-257	340	Novice SHW	
L. Davis-241	315	M. Baulkmon	500
T. Williams-185	290	G. Ceasar	405
R. Wofford-191	290	M. Bowden	230
D. Johnson-221	300	Open 148	
K. Thomas-226	300	G. Warr	505
P. Perryman-198	280	B. Dunn	355
T. Bivens-193	270	J. Thompson	300
Novice 123		Open 165	
J. Cobb	150	T. McNelson	370
D. Brown	135	V. Cook	345
Novice 132		J. Hargrove	300
J. Hicks	125	Open 181	
Novice 148		J. Baker	340
J. Thompson	300	B. George	375
D. Green	255	Open 198	
J. Brown	240	E. Jones	420
R. Palky	220	R. Lawrence	400
Novice 165		E. Reed	390
T. McNelson	370	P. Price	370

(Thanks to Richard Shaughnessy for the results.)

Winter Nationals Bench Press
17 Feb 96 - Butte, MT

Bench Press					
Women					
under 129					
W. Martinich	160				
N. Shinn	85				
over 129					
S. Tillo	115				
J. Owings	110				
Men					
High School Light					
J. Dunfee	165				
M. Shea	165				
M. Lee	145				
J. Bayne	135				
High School Middle					
J. Chavez	200				
C. Kennison	3185				
J. LeProwse	185				
High School Heavy					
C. Jeffrey, Jr.	255				
S. Secor	250				
High School SHW					
C. St. Pierre	250				
132					
G. Rawson	235				
148					
B. Rohan	305				
R. Benton	270				
165					
J. Ludwig	330				
C. King	290				
F. Lopez	285				

E. Dulaney 255
J. Flecher 200
181
J. Harry 345
J. Adams 310
A. Winstead 300
J. Horn 275
B. Secor 270
198
L. Campbell 350
D. Shea 330
S. Yazzik 260
220
D. Raymond 380
B. Glueckert 340
HVY
J. Albro 395
S. Weiggerber 380
B. Capshaw 375
SHW
F. Krantz 405
T. Meyers 360
Masters 40+
B. Rohan 305
R. Benton 280
D. Reardon 280
J. Williams 345
J. Coates 280
D. Shea 315
Masters 50+
C. Buttons 235
T. Wilkinson 285

(Thanks to Tim Myers for providing these results.)

M. Bronzynski	275	175	355	805
M. Fontana	250	200	325	775
C. Bruner	250	175	340	765
D. Steinbeck	250	185	315	750
J. Calabretto	230	175	300	705
J. Miller	205	175	315	695
B. Werts	240	115	325	680
R. Richter	225	165	265	655
A. Frerichs	210	145	275	630
C. Houston	195	135	250	580
165				
T. Bryson	380	245	505	1130
A. Ligouri	370	290	410	1070
C. Sides	375	235	410	1020
C. Amos	385	210	405	1000
A. Grotrian	330	210	400	940
B. Bashore	320	185	400	905
D. Sutton	290	225	385	900
B. Adams	315	205	365	885
T. Sorensen	300	180	370	850
J. Schultz	300	185	350	835
L. Siebert	270	215	335	820
T. Andreason	270	165	380	815
J. Bilby	275	155	370	800
D. Jasa	250	190	320	760
K. Nordemeier	240	195	320	755
J. Hrabik	225	175	330	730
T. Benham	225	165	270	660
N. Spath	185	165	310	660
181				
D. Grotrian	385	285	435	1105

D. Brandon	415	255	420	1090
J. Johnson	340	270	390	1000
J. Pease	375	230	385	990
L. Henderson	350	225	405	980
T. Shaw	325	250	400	975
D. McAtee	315	225	425	965
C. Schafer	350	225	375	950
J. Backer	345	200	390	935
B. Post	250	240	400	890
J. Ostermeyer	270	165	390	825
B. North	275	170	365	810
J. Bulau	310	185	305	800
N. Broders	275	200	325	800
D. Gerdes	280	190	305	775
T. Williams	280	170	330	765
198				
F. Heithler	400	250	425	1075
D. Gatewood	385	275	400	1060
P. Rongisch	390	230	400	1020
D. McCain	295	285	405	985
B. Hegge	300	245	340	885
C. Dziowgo	290	180	390	860
M. Bratrsovsky	280	220	340	840
K. Irwin	275	225	315	815
K. Broders	250	175	325	750
J. Dolezal	225	165	305	695
220				
C. Ruff	390	250	470	1110
J. Petersen	370	220	475	1065
B. Hagemann	355	240	425	1020
B. Conn	350	240	365	955

T. Pfeil	405	225	315	945
N. Strom	330	245	340	915
T. Spillnek	275	200	385	860
C. Maris	245	205	320	750
242				
P. Lueking	435	285	450	1170
P. Woodward	425	280	425	1130
M. Kuchar	385	290	390	1065
W. Goering	225	370	280	410
1060				
M. Kamer	385	285	380	1050
R. Kallhoff	185	165	250	600
HWT				
T. Schroeder	400	340*	495	1235
T. Wragge	420	265	500*	1185
S. Pelican	450	250	425	1125
J. Otteman	400	230	455	1035
M. Buchheit	380	220	355	955
J. Swanek	340	205	350	895
J. Zemek	335	225	310	870
Girls				
97				
S. Brost	190*	95*	240*	525*
M. Riley	85	55	125	265
T. Tobler	55	30	100	185
105				
M. Bodlak	260*	105*	270*	635*
A. Kubik	85	65	160	310
114				
H. Bremer	155	100	235	490
N. Fierstien	175	85	190	450

Fleet's 3rd annual Bench Press Meet
17 Mar 96 - Mansfield, OH

Novice					
165					
Don Alexander	300				
Duane Botdorf	265				
Tom Miller	260				
Paul Kolodzik	250				
181					
Shannon Kiser	295				
198					
Charlie Ray	340				
Ron Miller	320				
220					
Todd Redman	370				
242					
Michael Wells	365				
Rob Meadows	355				
Thomas Hicks	350				
Dan Long	315				
SHW					
Horace Lane	505				
Don Yotaw	340				
Bill Brown	310				
Open					
165					
Ron Brogan	385				
Paul Kolodzik	250				

Willie Cyrus 350
Cliff Brown 290
198
Rich Meecham 400
Charlie Ray 340
220
Greg Trail 435
Trinity Floyd 425
Jeff Ritzler 375
Todd Redman 370
Tim Burdette 335
Brad Wells 320
David Rice 315
242
John Watkins 510
Frank Valente 425
Derek Degray 365
Michael Wells 365
Rob Meadows 355
Thomas Hicks 350
SHW
Darrell Weeds 540
Horace Lane 505
H. Mozzelle 400
Women's open
Elaine McClurg 235
Jody Brown 135

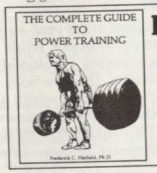
Men Masters (schwartz): Rich Meecham 241.8, Pete Brown 209.36, Ron Miller 194.59, Bill Brown 194.59. Best Lifters: Women Open - Elaine McClurg, Open 132-181 - Ron Brogan, Open 198-SHW Darrell Weems. Team Champs Fleet's Fitness (thanks to Donald Van Fleet for providing the meet results)

Nebraska Class "C" Championships
16 Mar 96 - Doniphan, NE

Boys	SQ	BP	DL	Total
114				
D. Hayes	230	140	340	710
D. Hiebner	190	120	265	575
G. Frank	195	130	235	560
S. Olson	160	110	250	520
D. Antholz	160	120	225	505
D. Fierstein	155	95	240	490
123				
N. Staab	275	155	330	760
C. Cushing	230	175	275	680
M. Rademacher	250	155	240	645
N. Nolan	210	135	260	605
J. Hoerle	185	150	225	560
R. Avery	145	140	225	510
132				
D. Schweisow	290	250	340	880
R. Shutes	315	180	350	845
A. Marco	295	185	315	795
A. Drueke	265	155	340	760
B. Zabaka	280	155	320	755
M. Campos	260	205	290	755
S. Walker	230	160	250	640
R. Thompson	155	135	275	565
B. Willard	165	135	255	555
148				
R. Pfeil	385	220	425	1030
G. Wecker	295	255	380	930
A. Brohimer	300	155	370	825
B. Hayden	315	185	315	815
J. Schmidt	280	190	345	815

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132				
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M. Owings	145	75	210	430
J. Marco	150	95	185	430
E. Nickeson	125	100	195	420
148				
K. Ahrens	230	130	310*	670*
K. Parker	200	130	260	590
A. Manning	165	135	240	540
J. Braesch	200	110	220	530
M. Taylor	205	100	220	525
R. Ostermeyer	130	85	185	400
165				
K. Morrison	205	130	275	610
T. Hash	200	120	240	560
181				
A. McDonald	225	135	255	615
J. Wessling	185	125	220	530
HWT				
J. Minar	250*	155*	300*	705*
K. Wells	225	150	265	640
M. Karel	220	115	235	570
J. Schamp	125	75	170	370

Outstanding Lifters: Boys Light- Troy Bryson, Heavy- Derek Grotrian; Girls- Melanie Bodlak. Teams: Boys- 1. Doniphan, 2. Bloomfield, 3. Auburn, 4. Gretna, 5. O'Neil, 6. Johnson BR, 7. Yutan; Girls- 1. Hemingford, 2. Doniphan, 3. O'Neil. (Thanks to Dave Sochor for providing these meet results.)

198 Lifetime				
C. Burrows	240	300	540	
220 Masters				
J. McClure	235	455	690	

(Thanks to meet director Scott Painter for results.)

ADFPA Kansas Biggest BP/DL
10 Mar 96 - Augusta, KS

Women	BP	DL	Total
Lifetime Light			
A. Howell BL	100	220	320
Men			
114 Teen			
M. Barker	140	230	370
148 Lifetime			
M. Farris	225	—	225
148 Open			
S. Plante	165	295	460
165 Lifetime			
K. Howell BL	360	400	760
165 Open			
L. Diffenbaugh	320	405	725
165 Master			
L. Calvin	225	425	650
181 Lifetime			
R. Weirkaad	345	425	770
B. Chusak	250	500	750
181 Master			
V. Nguyen	295	—	295

White Salmon High School Qualifier
23 Mar 96 - White Salmon, WA

Women	SQ	BP	DL	Total
105				
A. Sanchez	130	85	190	405
114				
B. Gutierrez	190	80	225	495
123				
C. Redding	180	120	250	550
132				
T. Hoos	170	110	225	505
148				
M. Romero	190	125	260	575
181				
M. Renderos	200	110	260	570
UNL				
B. Oseguera	250	140	245	635
L. Oseguera	235	135	265	635
L. Clark	260	100	230	590
Men				
114				
M. Ayala	215	180	320	715
M. Hein	175	115	240	530

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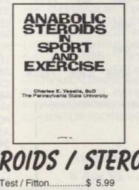
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2nd Dutch Team Match
4 Feb 96 - Rotterdam (kg)

Spartacus I	SQ	BP	DL	TOTAL
Krokkee-84.8	280	187.5	255	722.5
Rottline-104.4	290	185	300	775
Groenenboom-82.4		250	170	260
600				
Tromp-65.0	210	150	207.5	567.5
Jorksveld-135.9	350	220	352.5	922.5
SSS Alkmaar				
Visser-65.3	162.5	77.5	170	410
Paalman-77.7	195	125	227.5	547.5
Bruggink-84.1	270	167.5	265	702.5
Groeneveld-80.2	185	110	210	505
Kalter-92.9	280	165	325	770
v/d Meulen-103.4	285	170	270	725
Spartacus II				
Haan-77.0	200	110	180	490
Bruijnen-75.0	200	115	242.5	557.5
Bontekoning-98.1	260	135	275	670
van Eysden-86.1	230	140	250	620
Hemming-98.8	270	162.5	275	707.5
van Hamersveld-146.6	300	165	330	795
KSV Schuttersveld				
Torn-73.7	225	100	220	545
van Roon-77.0	220	130	220	570
Pietersma-107	240	175	240	655
Paay-86.2	230	117.5	235	582.5
Hazeu-94.3	235	130	—	365
Wolders-111.7	305	200	320	825
Top Fit				
den Ouden-91.4	175	127.5	200	502.5
vande Brug-83.6	180	130	230	540
van Otterdijk-95	205	105	215	525
Bevers-90.0	220	125	215	560
den Ouden-97.2	205	170	230	605
Smolders-74.6	210	110	210	530

123				
W. McDaniel	240	185	330	755
J. Conner	220	145	305	670
J. Torres	185	170	295	650
R. Garcia	215	145	280	640
132				
T. Howard	325	240	405	970
J. Carrillo	245	175	325	745
A. Salas	175	150	315	640
148				
J. Luther	385	350	450	1185
K. Stevens	415	250	430	1095
S. Garza	340	200	405	1005
J. Ortega	315	—	400	715
M. Whiting	—	205	315	520
J. Echebeste	—	155	290	445
165				
J. Johnson	360	235	405	1000
D. Foreman	330	225	435	990
K. Lutz	340	200	405	945
A. Hickenbottom	370	210	360	940
V. Cervantes	320	220	365	905
L. Robles	270	210	405	885
181				
B. McCloud	510	245	445	1200
R. Villarreal	380	225	435	1040
A. Martinez	320	230	435	985
L. Halderman	345	220	405	970
R. Farias	350	225	385	960
P. Villa	265	225	400	890
M. Greer	305	225	355	885
J. Gilliam	325	205	350	880
A. Blankenship	270	180	355	805
O. Gonzalez	225	235	325	785
C. Schut	240	190	330	760
198				
S. Krueger	485	315	485	1285
C. Reinhold	405	300	425	1130
K. Kelly	375	300	450	1125
J. Tobin	350	325	405	1080
I. Garcia	315	220	415	950
J. Torres	305	250	365	920
J. Castro	295	230	335	800
P. Wang	325	195	315	835
B. Nasy	250	205	340	795
220				
A. Hicks	525	375	515	1415
R. Hernandez	385	290	425	1100
B. Rogers	430	245	355	1030
D. Baisa	370	225	420	1015
B. Watts	310	235	370	915
J. Mendez	270	165	360	795
242				
C. Erhardt	500	300	455	1255
K. Engelke	450	250	450	1150
A. Gutierrez	365	210	45	1025
J. Pollard	350	245	405	1000
G. Underwood	375	195	415	985
T. Sellers	325	250	400	975
B. Smith	230	170	310	710
UNL				
B. Bales	450	280	450	1180
T. Gross	415	265	475	1155
O. Davis	410	225	405	1040
B. Portner	350	255	375	980

(Thanks to Larry McCutcheon for these results.)

Team placings: 1. Spartacus I, 2. SSS Alkmaar, 3. Spartacus II, 4. Schuttersveld, 5. Top Fit. The best lifter was C. Jansen v. Jorksveld with 468.54 points. (Thanks to Hank Keizer for the contest results.)

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242
LIFETIME
MILAVSKY 440
DEADLIFT
165

	SQ	BP	DL	Total
148				
55-59				
JOAINS	265	185	275	725
165				
20-23				
CAFFREY	485	300	490	1275
LIFETIME				
PFISTER	440	260	570	1275
CHAPPA	350	345	480	1175
50-54				
PFISTER	440	260	570A	1275
181				
14-16				
SOREL	270	155	265	690
LIFETIME				
PARISI	330	350	405	1085
198				
17-19				
PASIAKOS	455	280	505	1240
NOVICE				
CAFFREY	550	340	515	1405
LIFETIME				
KELLY	450	280	550	1280
33-39				
DISHEY	390	260	450	1100
50-54				
COTE, R.	55	435A	550	1040
220				
33-39				
BRUNEAU	425	355	535	1315
40-44				
DeMARIA	530	320	440	1290
McAULIFFE	425	275	450	1150
242				
40-44				
WILCOX	465	355	540	1360
OPEN				
BERES	550	375	530	1435
33-39				
BERES	550	375	530	1435
275				
OPEN				
MIMNAUGH-BL	670	400	600	1670
3e-39				
DEUTSCH	425	505A	480	1410

A- AMERICAN RECORD, BL- BEST LIFTER THE WNPF RETURNED TO CT. FOR THE FIRST TIME IN TWO YEARS AND WE WILL BE BACK ON OCT.27th IN NORWALK. WE WANT TO BUILD THIS AREA BACK UP FOR THE WNPF AND WE HOPE THAT THE LIFTERS WILL SUPPORT US . (WNPF)

WNPF Can-Am Nationals
31 Mar 96 - Walled Lake, MI

Bench Only
148
17-19
Schumaker 205
165
40-44
Harris 295
181
17-19
Rose 265
Aldred 260
Lifetime
Simpson 360
Andrus 360
Open
Simpson 360
33-39
Simpson 360
45-49
Rochefort 270
198
14-16
Gates 265
17-1 9
Ghazar 295
Open
Armstrong 355
4549
Klasner 360
Amberg 315
70-74
Simko 235
220
Lifetime
Cadoto 430
4044
Semaan 380
Zick 305
242
Lifetime
Bacher BL 470
Kostouski 365
Open
McGill 450
33-39
McGill 450
275
3e-39
Pinagel 485
Jones 460
Martin
Lifetime
Pinagel 485
Jones 460
Open
Jones 460
40-44
Rossow 320
45-49
Kreuger 430
50-54
Van Eck 320
SHW
Lifetime
Franzen 410
45-49
Franzen 410

Deadlift Only
165
Lifetime
Lopez 380
181
17-19
Rose 470
Lifetime
Simpson 515
35-39
Simpson 515
40-44
Ruiz-BL
600A
198
14-16
Gates 425
Novice
Tracy 385
220
Novice
Cheminto 560
35-39
Brennan 650
55-59
Holloway 325
242
Novice
Gorsich
640A
275
45-49
Kreuger 500
Baron 450
SHW
50-54
Bergan 530
Squat Only
198
Novice
Tracy 300
242
Novice
Lane
Novice
Bacher
4044
Sluder 690
275
Lifetime
Bradner 515
45-49
Kreuger
SHW
Lifetime
Howard 560 440 585 1585
Novice
Howard 560A 440A 585A 1585A
Swirple 530 405 565 1510
Open
Howard 560 440 585 1585
33-39
Howard 560 440 585 1585
50-54
Bergan 450 450A 370A 530A 1350A

Women	SQ	BP	DL	TOTAL
165				
Breeland	175	120	250	545
Men				
165				
4044				
Harris	330	295	440	1065
181				
17-19				
Rose	450	265	470	1185
Lifetime				
Andrus	485	360	500	1345
Kind	445	315	510	1270
Police				
Deamicis	410	270	500	1180
45-49				
Heinz	455	290	480	1225
198				
14-16				
Gates	445A	265	425	1135
Cavill	200	260	250	710
17-19				
Owens	450	255	450	1155
20-23				
McLaren	450	275	515	1240
King	460	265	455	1200
Lifetime				
Tankersley	410	330	480	1220
Novice				
Ochoa	375	255	425	1055
45-49				
Klasner	480	360	440	1280
60-64				
Diag	460A	260	505A	1225
220				
Novice				
Sierpein	550	385	550	1485
Lorencen	600	375	500	1475
Sleischer				
Lifetime				
Cadoto	690	430	650	1770
Lorencen	600	375	500	1475
Open				
Swift	685A	465A	630	1780A
Fortin	550	370	600	1520
40-44				
Zick	440	305	440	1185
54-59				
Martinson	350	305	300	955
242				
Lifetime				
Lane	560	260	520	1340
Novice				
Bacher	600	470	550	1620
4044				
Sluder	315	260	400	975
275				
Lifetime				
Bradner	515	385	500	1400
45-49				
Kreuger	600	430	500	1530
SHVV				
Lifetime				
Howard	560	440	585	1585
Novice				
Howard	560A	440A	585A	1585A
Swirple	530	405	565	1510
Open				
Howard	560	440	585	1585
33-39				
Howard	560	440	585	1585
50-54				
Bergan	450A	370A	530A	1350A

A- American Record. BL - Best Lifter. 70 + lifters, 20 late entries, this was a contest we didn't expect. We were short handed and there were too many lifters for one day. We will be better prepared next time. We know what the Michigan lifters want now. Thanks to Bryan and Pit Bull for pulling off this meet (thanks to WNPF for providing the results)

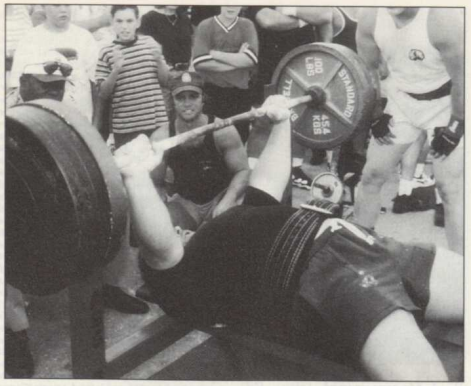
WNPF ELITE NATIONALS
24 Mar 96 - LANCASTER,PA

BENCH PRESS
WOMEN
132
14-16
FEENEY 135n
165
40-44
FALCONIO 185
MEN
148
17-1 9
ROBINSON 245
165
33-39
CHAMPION 230
55-59
BOWLES 190
181
33-39
NELSON 380
45-49
BURTON 300
SCARANDA 250
60-64
MILLER 145n
181
POLICE
HEIM 275
198
20-23
BELLE 255
LIFETIME
MALTEZOS 425
FISCHER 425
COVERT 420
MITCHELL 415
ALICEA 400
ROBINSON 310
OPEN
MALTEZOS 425
33-39
EHRHARDT BL 435t
FISCHER 425
MITCHELL 415
40-44
ALICEA 400
BUCKBEE 275
50-54
MEROOK 375n
MITSOPOULOS 370
55-59
HERBEIN 270
70-74
POWER-WATERS 245
220
35-39
LEBLANC 420
MURPHY 405
LIFETIME
LEBLANC 420
50-54
COTE 430t
66-69
McCRAY 385n
POLICE
ASHMAN 330
242
LIFETIME
VILLANO 455
MANN 370
OPEN
HICKS 350
33-39

WOMEN	SQ	BP	DL	Total
148				
ULRICH	350n	215n	275	840n
MEN				
148				
BROWN	535	260	470	1265
METIVIER	450	255	450	1155
ALPERT	400	290	450	1140
181				
HOWARD				
198				
STEPHENS	530	330	500	1360
220				
MURPHY BL	675	405	720n	1800n
242				
HOWARD,K.	700	410	750n	1860
SHVV				
HUBLER	630n	455n	585n	1670n

n-DESIGNATES A NEW WNPF NATIONAL POWERLIFTING RECORD, BL-DESIGNATES ONE OF THE BEST LIFTERS. THANKS TO THE WNPF STAFF AND THE LIFTERS FOR MAKING THIS MEET SUCESSFUL. (THANKS TO TROY FORD OF THE WNPF FOR PROVIDING THESE MEET RESULTS)

VILLANO 455
HICKS 350
GLASS 315
40-44
BRINTON 450
FEENEY 365
275
WATKINS 385
NYE 320
SHW
33-39
MOORE 475
45-49
HUBLER 455n
DEADLIFT
WOMEN
132
45-49
DIANA 250n
165
40-44
FALCONIO 330
MEN
165
OPEN
SNYDER 475
33-39
CHAMPION 475
LIFETIME
NICASTRO 525
40-44
NICASTRO 525n
55-59
BOWLES 300
181
LIFETIME
KAFETZIS 560
OPEN
KAFETZIS 560
45-49
SCARANDA 485
60-64
MILLER 225n
POLICE
HEIM 450
198
4044
REUHER 615n
55-59
HERBEIN 515
220
33-39
MURPHY-BL 720n
THOMAS 650
LeBLANC 600
LIFETIME
THOMAS 650
OPEN
THOMAS 650
242
LIFETIME
MANN 485
3539
HICKS 475
GLASS 470
275
33-39
WATKINS 550
NYE 450
SHW
33-39
MOORE 550n
45-49
HUBLER 585n



Beau Moore of Tampa Benching 605 for the best lifter honors at the Tampa BARBENDER CLASSIC 11(photo courtesy Chris Davis/GNC)

Barbender II Bench Press
11 May 96 - Tampa, FL

Women (Malone)
A. Delmore 220
C. Wolf 285
C. Bennett 160
G. Brown 115
Teen (Schwartz)
M. Kelcourse 440
N. Jimenez 230
J. Mejia 325
P. Martel 275
B. Gay 345
A. Ham 165
T. Young 265
T. Muriello 250
T. Hignite 165
M. Styer 175
J. Styer
Masters over 40
R. Prince 495
J. Voight 435
R. Luis 425
D. Hagan 385
R. Mathews 330
M. Violand 365
T. Snyder 235
Masters over 50
P. Piccolo 380
D. Hingson 410
S. Meyers 335
J. Pelt 300
E. Foran 225
Wheelchair
Z. Blake 175
M. Maher 200
J. Smith 175
132
W. Davis 260
M. Maynor 200
148
J. Heuring
165
J. Herman 385
C. Bentley 365
J. Brescia 355
E. Diaz 335
R. Schulz 310
W. Alexis 300
M. Turner 260

181
D. Bellmore 415
R. Bennett 415
McElwyn 380
D. Schiffino 375
R. Wilson 365
T. Johnson 350
J. Dobies 350
P. Garfield 345
M. Lambiase 305
S. Domino 275
T. Cooks
198
R. Harris 470
J. Brandau 375
R. Daniels 370
D. Bloomberg 330
R. Caban
220
R. Lawrence 480
T. Vellake 450
J. White 450
D. Wolf 430
L. Peterson 375
J. Belluomo 375
C. Jones 375
J. Cabble 315
D. Washington 270
Sliwa
E. Depalma
242
Jacobs 490
G. Jimenez 450
J. Voight 435
M. Brienza 425
R. Luis 425
F. Gibbs 395
Pullia 270
275
W. Strange 570
R. Lademan 570
L. Taylor 550
Norton 500
E. McGettrick 320
D. Burnette
SHW
B. Moore 605
L. Forsythe 500
Phillips 490

The Barbender Classic II took place under a beautiful Florida sky. A big tent protected the 83 lifters as they defied gravity once again. The Davis Family GNC Franchise Stores provided tee-shirts and a bag of goodies to every contestant, furthermore the sculptured cut glass trophies provided extra incentive for the quality lifters. 32 cities and 7 states were represented at the compeition which is unusual due to the fact that Florida mostly neighbors water. The contest proved to be worth the trip. Anthony Conyers was unable to attend this meet held in his hometown of Tampa, however, he sent his crew over to take the top team trohpy back to Tony's "Five Guys Gym". Beau Moore captured the best lifter award with his 605 bench. Proceeds of the competition went to the Police Athletic League who also served up some great food at the meet site. Thanks to Chris Davis of the GNC Franchise Stores, we will all see you again next year. (written by Rick Weil, provided courtesy of Chris Davis)

10th SE Illinois Bench Press Classic
30 Mar 96 - Harrisburg, IL

WOMEN
P . Kary 185
D. Monken 105
B. Steele 125
HIGH SCHOOL
A. Brockett 240
Sub Masters
J. Terry 280
L. Tyer 285
MASTERS
A. Seigrist 355
V. Hall 205
148
B. Katubig 255
A. Brockett 250
P. Siedoff 230
165
R. Blake 290
B. Gordon 270
E. Francis 240

181
J. Wood 405
R. Middendorf 375
K. McDonald 280
198
D. Rosenzweig 405
S. Mitchell 350
J. Fowler 250
220
T. Cox 335
B. Zirkelbach 325
J. Taylor 235
242
M. Repucci 340
275
S. Tisdal 500
M. Morris 365
D. Light 365
H.W.
T. Smith 435
D. Ensing 370

S & M Fitness was once again hosted the 10th annual Southeastern Illinois Bench Press Classic. Best lifters: Light-jerry Wood, Heavy-Stuart Tisdal. Special thanks to Judges, Robert Hudnell and Misty Fraley. officials-Susan Motsinger and Natasha Potter, Announcer-Tom Foster and loaders-Raymond Gunning and Aarron Hess. Lifters from several states competed. Patricia Kary had an outstanding bench in the womens class with a lift of 185 at a body weight of 122 pounds. Jerry Wood barley missed 425 when his bench shirt blew half way up. Dana Rosenzweig, who for the past 15 years has been the areas most steady competitor, benched 405 at a body weight of 185. The biggest bench of the day came from Stuart Tisdal of Paducah, KY., benching 500 at a body weight of 254. (Thanks to Mark Motsinger for these results)

Savannah Open Bench Press
9 Mar 96 - Savannah, GA

BENCH PRESS
114 LB
STEGE WHEELER 50
123 LB
RON REED 195
132 LB
S. McCUSKER 95
148 LB
L. MINGLEDORFF 305
M. TOMAENO 305
D. GARDNER 105
165 LB
CHRIS WEST 340
C. BLAYLOCK 340
SOUTHVVOOD 255
JOHN SIPPLE 250
S. ANDREWS 250
TODD MARTIN 185

181 LB
R. HUDSON 265
198 LB
MARK MULHERN 430
ROBERT LORD 430
JANE HATCH 165
220 LB
J. THOMPSON 480
KEVIN STEWART 465
TONY YELLAKE 410
RICKY WRIGHT 405
M. BOYNTON 285
S. RICHARDSON 270
242 LB
R. BOYNTON 415
G. VARNEDOE 245
SUPER HEAVY CLASS
S. CRUNSLES 445
HOUF COURSEY 430
DON FINGSON 405

MASTERS OVER 40: 1. DON HINGSON, 2. RICKY WRIGHT, 3. HOLT COURSEY, 4. MICHAEL TOMAENO, 5. RON REED. WOMEN: 1. JANE HATCH, 2. SHERLY McCUSTER, 3. DOROTHY GARDNER. TEEN; 1. JOHN SIPPLE, 2. STEPHEN ANDRREWS, 3. TODD MARIN. MEET DIRECTOR - HOWARD COHEN. MC - SANDY ELLIS. EXPEDITOR - MICHAEL COHEN. LOADERS: SHAWN WILSON AND BUBBA LEE. (THANKS TO HOWARD COHEN FOR PROVIDING THESE MEET RESULTS)

WNPF Atlanta Open
6 Apr 96 - Atlanta, GA

BENCH PRESS
165
Womens Lifetime
Crites 205
132
Lifetime
Butcher 265
165
Novice
Hudson 350
Police
Hudson 350
181
Lifetime
Mahoney 330
Novice
Mallette 415
198
50-54
Mitsopoulos 370

220
17-19
Fulk 405
20-23
Burley 355
Lifetime
Williams 415
Novice
Comet 405
275
Lifetime
Ball 450
DEADLIFT
132
Lifetime
Butcher 360
220
Novice
Cornett 500
275
Lifetime
Ball 550

A very tiny meet, but this was okay because we held a bodybuilding contest with this bench and pull contest and we had 40+ competitors and the crowd was prettty good. We would like to thank all of the lifters for coming out and showing the bodybuilding crowd what power is all about. (from WNPF).

USPF Maine Championship
20, 21 Apr 96 - Turner, ME (kg)

Men	SQ	BP	DL	Total
Guest				
N. West	300	132.5	280	712.5
P. Jung	182.5	145	192.5	520
R. Stark	232.5	155	235	622.5
M. Galicki	227.5	117.5	227.5	572.5
Master				
R. Austin	227.5	150	220	597.5
4th attempt		152.5*		
M. Roy	272.5	157.5	242.5	672.5
A. Cyr	227.5*	152.5*	205*	585*
4th attempt	237.5*			
D. Miller	297.5	227.5	272.5	797.5
R. White	227.5	127.5	245	600
R. Damon	192.5	97.5	210	500
S. Worthing	255	125	247.5	627.5
M. Toderico	245	162.5	245	652.5
H. Moore	170	185*	192.5	547.5
Teen				
A. Snipes	147.5	82.5	160	390
S. Blanchard	227.5	137.5	222.5	587.5
E. Steward	132.5*	75	127.5	335
C. Barr	152.5	125	177.5	455
Open 165				
D. Bellmore-BL	250	187.5*	227.5	665
181				
T. Bellmore	227.5	155	227.5	610
198				
P. Collings	272.5	182.5	260	715
C. Burgess	235	162.5	272.5	670
B. Kelly	247.5	145	237.5	630
220				
J. Gotlied	277.5*	197.5*	277.5*	752.5*
R. Richardson	250	155	257.5	662.5
S. Burke	220	140	250	610
242				
S. Lynch	205	137.5	192.5	535
275				
R. Barlow	312.5	192.5	272.5	777.5
T. Lane	292.5	180	272.5	745
S. Bean	217.5	137.5	260	615
S. Quimby	25	195	77.5	297.5
Women				
97				
L. Barlow	25	65	42.5	132.5
105				
P. Boudreau	125	50	125	300
4th attempt	127.5*			
132				
T. Crowley-BL	155	77.5	162.5	395
E. Fougere	102.5	65	112.5	280
148				
E. Crowley	137.5	67.5*	135	340
Master				
D. Weston	105	55	110	270
P. Damon	112.5	65	117.5	295
4th attempt			122.5	
D. Lemay	112.5	52.5	130	295
K. Woodbr	92.5	45	110	247.5
Teen				
K. Morin	140*	72.5*	130	342.5*
A. McAllister	117.5	62.5	140	320

* state record. A special thanks goes to Dick Austin, Al Cayer, Dan Levasseur, Lynne Barlow, Michelle Saba, Norm Guny, Monique Dargie, Phil Collings, Kevin Roux, Terry Hallidry, Pete Adams, Shelby Corson, John Pelletier, John Bosse, Glenn Chateauvert, Scott Worthing, Steve Cote, and Mountain Valley High School for without your support there would not have been a meet. (Thanks to Russ Barlow for provising these meet results.)

Old Dominion Bench Press
16 Mar 96 - Stanardsville, VA

OPEN
148
KEVIN GROW 290
165
GEORGE FERRELL 330
MELVIN LEWIS 270
181
TIM SMITH 295
L. BOUHAOUALA 265
198
GARY FLETCHER 315
JERRY HART 295
220
R. BROOKS JR. 420
BOB CALHOUM 415
PETY CROPP 415
TONY CALHOUN 405
D. FUNKHOUSER 380

242
LLOYD ROBERTS 480
JOHN SUALINA 430
DAVID WOOD 400
275
MATT ANDREWS 450
TERRY TSOURTIS 440
TERRY SMITH 350
FEMALE
VALERIE KRAMER 135
SUB 33-39
CARL WEST 400
R. ROBINSON 420
DAVID WOOD 400
MASTERS
RANDY BROOKS 450
TONY CALHOUN 415
JERRY HART 295
GEORGE MILLER 300
G. WAYMACK 340

WHAT A GREAT MEET. GOOD FUN, GREAT LIFTING, AND LARGE 4 FOOT TROPHIES. LOOK FOR THE ADFPA VIRGINIA OPEN BENCH PRESS WITH AWESOME 6 FOOT FIRST PLACE TROPHIES!! (Thanks to John Shiffletti for providing the results)

WDFPF President's Message

... Andrew Cominos .. The annual WDFPF Congress to be held in Chicago prior to our World Open Championships represents an important 'milestone' in the history of the international drug-free movement. It is also expected to be an interesting and constructive occasion, where many new policy ideas are likely to be accepted. One of the most significant of these will be the **WDFPF Certificate of Affiliation**, which will be awarded annually to our affiliated national bodies as representatives of NATIONS IN GOOD STANDING. This certificate will be issued only once the federations concerned have satisfied the strict requirements of WDFPF international registration, foremost among these being the implementation of an ongoing **out-of-competition** drug testing program, involving the **target testing** of lifters. This policy will help to ensure that the drug-free credentials of the WDFPF - and its affiliate national bodies - are the best in the world. Some other organizations may pay occasional 'lip service' to drug control. The WDFPF does it for real.

We are delighted to announce the application to the WDFPF of our new French drug-free powerlifting affiliate, the AFCMFF. Their membership will be particularly welcome, and is likely to be ratified at the Congress following the recent launching of their out-of-competition drug testing program.

It is hoped that the NORTH SEA CUP, held annually in Belgium by the BDFPF, will be granted the status of a fully sanctioned WDFPF international tournament. This year's event is to be run on November 9, 10, 11.

The WDFPF Executive Committee can confirm that Thomas Klose is not the international liaison for Germany. Our German liaison is **Stephan Korte, Lindenhof 9, 59759 Arnsberg, Germany. Fax: 2932 26362.**

World Natural Powerlifting Federation Membership Registration

LAST NAME _____ FIRST NAME _____ INT.____

ADRESS _____

CITY _____ STATE _____ ZIP _____

TELEPHONE NO. _____ SEX _____ DATE_____

DATE OF BIRTH _____ AGE _____

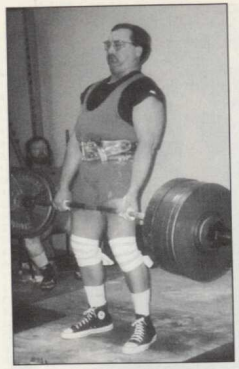
HIGH SCHOOL $15.00, ADULTS $25.00. MAKE CHECKS PAYABLE TO WNPF. SEND TO: WNPF, 2560A PICARDY CIRCLE NORTH, COLLEGE PARK, GA 30349 770-996-5008

SIGNATURE _____

Lifetime Natural Powerlifting Society National Championships
18 May 96 - Tuscola, IL

MASTER WOMEN (45-49)
132 lb.
Linda Middleton 225* 115* 260* 600*
OPEN WOMEN
132 lb.
Linda Middleton 225* 115* 260* 600*
TEENAGE MEN
165 lb.
C. Doty (16-17) 430* 210 385* 1025*
242 lb.
I. Russell (16*-17) 505* 340* 460* 1305*
SUBMASTER MEN (35-39)
198 lb.
David Hughes 475* 285 585* 1345*
Lonnie King 460 350* 500 1310
220 lb.
Bill Burke 450 280 540 1250
J. J. Monday 475 315 360 1150
MASTER MEN (40-44)
181 lb.
Melvin Bell 300* 315* 385* 1000*
198 lb.
Steve Vollmer 500* 325* 510* 1335*
275 lb.
Bill Reagan 630* 525* 650* 1805*
MASTER MEN (45-49)
242 lb.
Darrell Latch 570* 300 570* 1440*
MASTER MEN (50-54)
220 lb.
Frank Porter 510* 310* 505 1325*
MASTER MEN (65-69)
220 lb.
Allen Glass 310* 265* 335* 910*
COLLEGIATE MEN
220 lb.
J. J. Monday 475* 315* 360* 1150*
OPEN MEN
148 lb.
Sir Winston James 300 290 415 1005
165 lb.
Scott Wallace 465* 270* 515* 1250*
181 lb.
Rich Douglas 410 235 400 1045
198lb.
David Hughes 475 285 585 1345
Butch Auler 525 340 475 1340
Lonnie King 460 350 500 1310
Joseph Gicewicz 510 265 425 1200
Todd Choatie 460 280 390 1130
220 lb.
Robert Garis 480 260 470 1210
Terry Cox 375 340 450 1165
242 lb.
Darrell Latch 570* 300 570* 1440*
275 lb.
Bill Reagan 630* 525* 650* 1805*
SHW
Scott Hobart 475* 400* 4d5* 1280*

Best Lifter Lightweight - Scott Wallace. Best Lifter Heavyweight - Bill Reagan. Team Champions - Son Light Power Gym. * national record. The third annual Lifetime Natural Powerlifting Society Nationals was held May 18, 1996 at Son Light Power Gym in Tuscola, Illinois. The LNPS is the only powerlifting organization created specifically for the truly natural athlete; designed to keep the athlete clean, through national recognition and a national competition filled with camaraderie and fun. And we did have fun, even with the high humidity and 90+ degrees outside, with many new personal best lifts and almost as many national records. A special thanks to my wife Susan for serving as meet director while also doing a fine job announcing and keeping everything moving along smoothly. Another special thanks to head judge Steve Parkhurst and his fiancee Michelle Ruebush, who worked the scorers table and doubled as side judge. Both Steve and Michelle are current ANPPC national champions, both did a great job and were very appreciated by everyone. Thanks also to wes son D.C., Amy Brown and Lonnie Ryherd for their judging efforts, but especially to Earl Riley for his great spots and all his other help. Earl, who owns a fine gym in Pekin, Illinois, drove almost 150 miles to be here to "just help out". That I really appreciate! Thanks to everyone else who may have helped in some way I may have failed to mention. This was our most successful national championship yet and could only be so through the efforts of everyone, including the lifters and their supporters. Beginning now with the competition, lone woman's competitor Linda Middleton had both a disappointing but successful day. Although she had done 270 135 290 in the past, Linda may have peaked too soon. Nonetheless she captured both the open and master's 45-49 championships with all new national records of 225 115 260 600. The six-time national champion has only been lifting a year ahd a half! In the teenage division C. C. Doty captured his first national title in the 165 lb. (16-17) class with much improved lifting. Charles' 430 squat, 385 deadlift and 1025 total were all new records. At 242 (16-17) Ian Russell posted all new records for his win, going 505 340 460 1305 with plenty left! In the submaster division there were four competitors, two each at 198 & 220. First in the 198 lb. class was David Hughes, who had captured the 220's the past two years. Dropping down a class David posted new records in the squat (475), deadlift (585) and total (1345). Second place went to professional wrestler Lonnie King (Lawrence Thomas) who finished with 460 350 500 1310, the 350 bench being a new national record. At 220 it was Bill Burke who won his first national title and finally pulled that elusive 500 lb. deadlift, with a great final attempt successfully at 540! Bill was so excited he kissed my wife (three times)!!?. Tennessean J. J. Monday finished second at 220 with 475 315 360 1150. J. J. was our furthest contestant, hailing from Crossville, TN. As with many of my recent competitions, the master's division was our largest class with several great lifters. In the 40-44 age group, at 181 it was Melvin Bell posting all new marks of 300 315 385 1000 on his way to the win. Melvin was one of several lifters from Indiana. First at 198, also with all new national records, was Steve Vollmer, who captured his first well-deserved national title. Steve went 500 325 510 1335. At 275 it was all "Big Bill Reagan"; as a matter of fact the whole contest was "Big Bill Reagan" who finished with a 630 squat, 525 bench, 650 deadlift, and a "BIG" 1805 total! Naturally these were all new national records for the "Street Warrior". In the 45-49 age group Darrell Latch posted his highest total ever for the win at 242. His 570 squat, 570 deadlift and 1440 total were all new national records. The ever-likable Frank Porter returned to assult his 50-54 age records at 220 for the last time, and attack he did. (Frank turns 55 in July). Frank's 510 squat, 310 bench and 1325 total were all new marks. Another great thrill for everyone was the presence of 68 year old Allen Glass who hales from Indiannapolis, In. Allen is a bodybuilder turned powerlifter who continues to improve with each new competition. Fresh from his recent victory at the USPF Nationals Allen posted all new national records at 220 lb. (65-69) with a 310 squat, 265 bench, 335 deadlift and a 910 total. In the open men's division at 148, with the absence of George Temmerman, Sir Winston James captured the title with a fine 1005 total, going 300 90 415. (George, who holds all records at 148 and was best lifter the past two years, was injured recently at work; but vows to return soon!) Sir Winston (named after Churchill) had his cheering crowd with him all day - his 6 month pregnant wife and his 2 year old son. Boy does that woman have my respect! It's hard enough sometimes just to go and watch a powerlifting event if you are not directly involved with it, but to have a small child and be pregnant, well that is something else! Maybe Winston's wife should have received the Outstanding Lifter Award! At 165 it was best lightweight lifter Scott Wallace taking that title, going 465 270 515 1250 for all new national records. Scott won the 165 teen title in 1995. Winning the 181's was local lifter Rich Douglas who went 410 235 400 1045. Rich was disappointed with his deadlift, but set new personal marks in all other lifts for his first national title. The biggest class in the meet was the 198's with five competitors. David Hughes led the way with a 1345 total. Second went to Butch Auler, who goodnaturely said he had miscalculated David's 585 deadlift, who went 525 340 475 1340. Butch had a great squat, missing a second attempt at 500 but coming back for 525 on his third. Lonnie King was third at 1310 with a new personal best deadlift of 500. Fourth went to Joseph Gicewicz who struggled a little in the bench and deadlift but still managed a respectable 1200 total. Joe's strong 510 squat shows much potential. Fifth went to Todd Choatie, who went 460 280 390 1130. Todd continues to improve over last year's 1020 total; must be his new wife's cooking! Robert Garis won the 220's with a 480 squat, 260 bench, 470 deadlift and a 1210 total. Robert won the award for the most interesting (?) deadlift shoes! Terry Cox placed second at 220 with a 1165 total, which included a great 340 squat. This was Terry's first full meet, having previously lifted in several bench and deadlift meets. At 242 Darrell Latch repeated as champ with new national records in the squat (570), deadlift (570) and total (1440). But now we come to the 275's and best heavyweight lifter Bill Reagan. Bill posted all new national records in all events, going 630 525 650 1805. Bill's only misses of the day came on his final two attempts of 700 on the deadlift. Bill's training partner Scott Hobart took the SHW class, also with new national records in the squat (475), bench (400), deadlift (405) and total (1280). Scott, who had somewhat of a disappointing day, just smiled and said "well, at least it won't be too hard to break my records next year!". This competition means a lot to me, because to me it is what powerlifting means to me. There was no "attitudes", no double ply, reinforced bench shirts, no unfair advantages, no drugs, no hype. It was having fun with good friends and a good time. Everyone helped everyone else and everyone did great! All contestants were urinalysis tested (I guess that could account for 28 contestants instead of 200) and no one seemed to be concerned with their outcome. I'm very proud of all these contestants and what they contribute to the sport. See you all next year! (results by Dr. Darrell Latch)



Best Heavyweight *Lifter Bill Reagan pulling 650. He totaled 1805 for 1st in the 275 lb. Masters and Open . (Darrell Latch photo)*



Dr. Darrell Latch *with Scott Wallace - Best Lightweight Lifter at the LNPS Nationals (Latch photo).*

ADFPA Qualifier
13 Apr 96 - Shelton, WA

	SQ	BP	DL	Total
SHW				
J. Markoff	865	515	675	2055

(Thanks to Eric Leland for providing the results)

MHSAA State High School
20 Apr 96 - Madison, MS

114 lb. Class	SQ	BP	DL	Total
Che' Anderson	300	195	350	845
Herve' Harvey	315	190	305	810
Jamal Ezell	250	190	365	805
Lavon James	235	155	275	665
Alex Westbrooks	185	135	295	615
Robert McClellan	225	145	210	580
123 lb. Class				
R. McKenzie	285	170	400	855
Justin Usery	315	170	355	840
Tony Dancer	265	165	365	795
Robby Lynch	260	185	350	795
Anthony Hayes	310	155	325	790
Melvin Austin	320	120	310	750
Scott Williams	290	145	300	735
Scott Robbins	255	140	315	710
Ralph Johnson	205	160	275	640
132 lb. Class				
Joe Nichols	340	215	440	995
Harold Williams	335	195	420	950
Bobby Hamilton	300	235	400	935
Corey McCain	385	155	390	930
Nate Cox	335	180	415	930
Trey Davis	345	175	380	900
148 lb. Class				
Mark S. Cannon	435	250	475	1160
Sammy Brooke	400	280	465	1145
Evon Howze	410	250	450	1110
Travis White	370	210	495	1075
Otis Whigham	390	170	400	9*60
Shane Dees	300	235	385	920
165 lb. Class				
Parco Golden	535	255	545	1335
Vincent Brown	395	310	530	1235
Daniel Jones	450	285	500	1235
Omar Wilson	445	210	510	1165
Maurice Bateman	465	240	460	1165
Deforest Hart	390	305	455	1150
Johnny Rush	410	260	470	1140
Jamie Denny	430	235	425	1090
Bobby Morris	400	250	415	1065
181 lb. Class				
Kinndrick Hollins	500	305	500	1305
Johnathan Perkins	490	275	505	1270
Marcus Bell	360	280	565	1205
Joe Dobson	430	240	530	1200
Desmond Purnell	445	270	485	1200
198 lb. Class				
Kelvin Rounds	500	310	600	1410
Calvin Bailey	430	315	600	1345
Tanny Flowers	490	325	525	1340
Nick Floyd	505	275	540	1320
Reginald Mooe	465	300	545	1310
Cory Bolden	525	300	450	1275
Derrick Bates	400	270	525	1195
Michael Irons	445	230	520	1195
Chris Parker	390	290	480	1160
220 lb. Class				
Edward Johnson	525	335	*600	1460
Wesley Odom	550	320	500	1370
Barrum Simpson	450	320	545	1315
Juvan Listenbee	475	335	500	1310
Alvin Carter	475	345	460	1280
Jamaal Dinkins	425	290	505	1220
Nick Mickens	420	225	510	1155
242 lb. Class				
Patrick Berry	570	330	630	1530
Patches Little	560	330	500	1390
Grant Andrews	560	235	550	1345
Marco Robinson	500	260	560	1320
Dominic Banks	520	295	500	1315
Nickie Davis	500	245	550	1295
Ernest Sterling	480	290	520	1290
Larmarcus Brown	475	280	525	1280
Lance Jones	475	235	530	1240
275 lb.Class.				
Earnest Young	645	320	575	1540
Alex Taylor	600	300	600	1500
Shondell Collins	500	275	605	1380
Tim Bell	520	315	545	1380
William Stewart	575	275	515	1365
SHW Class				
Jonathan Capps	610	290	560	1460
Jondrea Smith	575	280	575	1430
TerranceWard	565	300	550	1415
S. Weathersby	500	320	540	1360
Mako Shelton	500	290	450	1240

Team Scores: Tupelo 27, Grenada 26, Quitman 23, West Point 18, Madison Central 15. (Thanks to Perry Liles for providing the results of this meet)

5th New Castle Bench Press
3 Feb 96 - New Castle, PA

WOMEN		MIKE JOSEPH	205
M. RODGERS	105	J. KOSCIUSZKO	
PATTY McCANN	90	OPEN	
JAMIE PANNUTTI	115	148	
BONNIE LINTON	100	MIKE WORKLEY	280
TEEN - BANTAM		P. QUAHIERO	235
DON FORDYCE	90	165	
TEEN - light		MIKE WEBB	280
M. MARTELLO	220	181	
BJ MAYBERRY	210	TOM PROYA	405
DALE HALL	205	PHIL FOVA	365
DAN HA RT LEY	205	JEFF BELTZ	265
JERRY TAYLOR	200	198	
DON BLACK	195	D. MARINKOVIC	440
BEN GRAY	195	ROB MILLER	400
BYRON RUSSO	175	JASON TOTH	365
J. CHANDLER	155	220	
B. PEARSALL	145	JIM WOODS	430
TEEN - MIDDLE WT		KEVIN SMOY	360
B. CORTER	285	BRUCE MOFFOTT	340
MATTEO REINO	250	242	
JOHN QUADE	245	LONNY ALLISON	555
BRAD BENDER	215	MARC ZINGARO	480
DAVE HASSON	215	MIKE LEVENTAY	480
LUKE SCHAFF	200	DAVE DEPAOLO	470
RYAN NEBEL	195	DAVE ALTMON	430
TEEN - LT HVY WT		superheavyweight	
JEFF PETERSON	255	DIXIE DUGAN	480
ANDY FORTUNA	240	DAMEN COAST	430
J. MEDURE	225	ED KINGSTON	335
TEEN - HEAVY WT		SUBMASTER - 35+	
R. HELBIG	370	L. McKELVEY	420
MIKE RICH	300	JOHN ELMER	325
JOE VANAZIA	285	C. DOBBINS	325
JACK LYNN	280	P. QUAHIERO	235
KEVIN STEWART	235	MASTER - 40 +	
STEVE CLINE	225	TOM PROYA	405
D. NAPADANO	215	DIXIE DUGAN	480
B. CHAMBER	215	BARRY POCHIBA	420
		DON FORDYCE	380

RESULTS COURTESY OF C. ULLRICH/B. POCHIBA

6th Weighlifting Unlimited Bench Press
20 Apr 96 - Winchester, VA

Women - Open		Jeff Roberts	430
H. Mansfield	145	242	
T. Meyerhoffer	75	Lloyd Roberts	500
MEN - Open		Rick Singhas	485
148		Randy Robinson	410
Kevin Grove	300	Ken Sellers	400
Brian Rouzer	235	243 and up	
165		Ivan Gilmore	440
James Rinker	405	Jay Effland	415
Carl West	400	Marc Pasquinelli	380
Frank Lupis	340	Robert Craig	380
George Farrell	330	George Waymack	350
181		Submasters	
Brian Miller	375	Carl West	400
Dave Johnson	360	Tagg Shirley	325
Tim Smith	305	Terry Smith	385
J. Grandison	300	David Gibbs	300
Lori Bechaocade	265	Masters 40-49	
198		Eddie Haines	450
Mike Palladius	410	Butch McDonald	440
Anthony Harris	380	Frank Lupis	340
James Amick	375	Ivan Gilmore	440
Victor Nelson	360	George Miller	315
D. Funkhouser	360	Buck Carmacle	310
Jerry Hart	310	Masters 50 and over	
220		Dave Marchette	435
Gary Allen	465	Stewart Hall	275
Eddie Haines	450	Jerry Hart	310
Butch McDonald	440	George Waymack	350
		C. Friedenberg	280

On April 20, 1996, the 6th Annual Weighlifting Unlimited Bench Press Contest was held at the Eagles Club in Winchester, Virginia. About forty (40) lifters participated from surrounding states. Best overall lifter in the Lighweight Division went to James Rinker weighing in at 163.5 lbs. and lifting 405 lbs. Best overall lifter in the Heavyweight Class went to Lloyd Roberts weighing in at 236 3/4 lbs And lifting 500 lbs. Sculptured trophies were given to the first four finishers in each weight class. Thanks to all lifters who participated. A special thanks to John Shifflett, Bill Hackey, Mark Coboy, Rick Northcraft, Roger Ernst, Judy Farrell, Roger Barns, Troy Richman, Gary Fletcher, Carl West, Ross Wright, and Randy Brooks (Organizer). Keep up the Good Work! (Article - Dave Marchette)



All Winners... *at the 6th annual Weightlifting Unlimited Bench Press Championships. Back Row, left to right, Mike Palladius, Ivan GIllmore, Gary Allen, Eddie Haines, Lloyd Roberts. Front Row, left to right, Brian Miller, Dave Marchette.Center, Heather Mansfield, James Rinker.*

MDSA Go for the Gold Nationals
20 Apr 96 - Willmar, MN

Closed.	SQ	BP	DL	Total
Teen Men				
148				
D. Lamb		250	370	
181				
M. Town	260	235	375	870
Men				
132				
R. Kirschenman		240		
198				
J. Hedberg	335	225	430	990
220				
J. Gould Gst	625	470	605	1700
Master				
198				
G. LaBelle	335			
Open				
Teen Men				
165				
M. Rowell		175		
181				
M. Town	260	235	375	870
A. Negele		205		
220				
J. Johnson	530	330	415	1285
242				
N. Jackson	315	230	315	860
M. Weis		265		
Men				
132				
R. Kirschenman			315	
198				
M. Walkow			600	
220				
B. DeMuth		330		
S. Nyegaard		270		
242				
J. Lloyd	460	350	550	1360
M. Bjornjeld		420		
242				
M. Nixon	425	300	565	1290
275				
M.Funk	420	375	610	1405
N. Pierce		425	600	
Submaster				
148				
D. Horton		225	440	
165				
R. Bauer	365	210	480	1055
181				
J. Finley	515	340	575	1430
V.Llanas	350	280	385	1015
242				
F. DeMuth		430		
Master				
165				
G. Grahn			445	
R. Mason	250	60	425	735
181				
D. Hale	450	270	415	1135
198				
D. Lawrence	620	300	555	1475
242				
D. Stark	520	335	560	1415
B.Norton		310	390	
275				
K. Ball		370		
SHW				
T. Acers	520	345	575	1440
P. Sullivan		420		

Door Prizes - Matthew Town, Jason Johnson, Nick Jackson, Billy Norton, and Terry Acers each won $40.00. Mike Walkow won $30.00. Editor's Note - I knew this was a big meet when half way through the meet 4 rolls of toilet paper were gone. Pat Sullivan now has all three level 1 Bench records for North Dakota in the 242, 275, and 300 50-54 masters. Terry Acers finished with four new records. Karl Ball gave the big 400 a try after his record 370. Billy Norton broke his Deadlift mark and tried 320 in the Bench again. Dan Stark is now 45 and three Minnesota records are his - he was called for backside raise with a 345 Bench which would have broken Jim Kaufman's 340 lift. What can I say about Dan Lawrence? He Squatted 620 pounds at 50 years of age and pulled 580 to his knees. Dave pulled the 580 at last year's meet but still finished 15 pounds higher this year on his Total. Dan Hale had back trouble in training so dropped to 181 and moved his records up a few more notches. Roy Mason was on hand once again - hey everyone - that 250 Squat is pretty darn respectable for 78 years old. Gary Grahn tested the waters in the Master Deadlift pool and ended up with another record. Gary's Submaster Deadlift record was broke by Randy Bauer who simply destroyed everything in his path. Randy finished with four state records in his MDSA debut. Another record to bite the dust was Jeff Brust's Submaster Bench - Frank DeMuth pushed the 435 up on his 3rd attempt after he missed it on his 2nd. Frank's brother, Billy, just missed weight at 198 and ended up lifting against Scott Nyegaard. Scott was called for a rule infraction with 300 and he tried 310 on his 3rd. Douglas Horton came all the way from Buena Vista, Colorado. He finished with the #2 ranking of All-Time at Submaster behind J.D. Carr. Jeff Finley showed that the old dog still has it - the 515 Squat is an MDSA personal record for him. Vince Llanas is the first legally blind athlete to compete in our association - his 350 Squat was cake and his only miss was a 300 Bench. Mike Funk ripped up a 610 Deadlift and an easy 375 Bench and he is basically a beginner to this sport - he broke Jeff Kuznia's total record which had stood since May of 1991 (Jeff did his lift at the first ever MDSA contest in Grand Forks). Nathan Pierce had a 650 Deadlift in the locking out position and suddenly it slipped out of his hands - the 650 would have broken John Brick's #1 All-time ranking. Now with McRoy, Funk, Pierce, and a host of others chasing that record, it will be interesting to see who gets it. Nathan also did a nice 425 Bench despite getting his 2nd attempt 400 turned down. Michael Nixon barely missed a 470 Squat and 320 Bench - he is getting to know this sport and will be a force to be reckoned with shortly. Mark Bjornjeld attempted a 450 Bench on his final try and his 420 was easy on his 2nd. Jim Lloyd looked impressive - his spotter made the mistake of touching him as he was setting up to Squat 500. Jim wasn't far off a 375 Bench and he also pulled on 570 but no go. Jon Rowell was whisker close with a 280 Bench using no bench shirt. Mike Rowell had the same result with 200 at 14 years of age - these young Pine River, MN, lifters have plenty of fire in them and they will be tough as time marches on. Mike Walkow smoked his 575 Squat openers, but was called on depth - he took 605 down to parrallel, but couldn't come up with it. Mike also pulled 600 and tried 625 on his 3rd but I think the Squats took their toll. Max Weis and Nick Jackson fought it out for the level 3 Teen Bench record at 242 with Max breaking Felix Martinez's record. Nick, however, ended up with the state Squat and Total records. Jason Johnson surprised everyone when he showed up in the 220 class instead of the 165 class as we anticipated - he went home with four new Non-Resident records including a big 530 Squat. Mild mannered Matthew Town is a ferocious competitor once he gets on the lifting platform - he reminds me of a young Rich Edinger. Matthew pulled a 375 Deadlift weighing only 112 pound over the 165 class and he Squatted so deep I won't have to dust the floor. August Negele looks like he would be a great deadlifter, but he benched instead, in his first contest. George LaBelle was very close with a 350 Squat, and tucked away two more records even though he missed his last attempts. Jeffrey Gould didn't even let the ink dry on Dorsher's record certificate as he finished with a 1700 Total - his 470 Bench broke the Minnesota record by 45 pounds!! Jeff trains on Louis Simmons routines. Dorsher still has the Submaster records which may be around for awhile. John Hedberg came in between classes and did some good lifting for his first contest - he will be good as he learns powerlifting. Randy Kirschenman looks to have caught the competitive bug. Randy set two more records and was barely over the 123 class - he tried a 250 Bench on his final effort. Craig Taylor went after the level 3 limit at 165 - if he had made the 260 he would have broken Hector Padilla's record. Derek Lamb is raising all kinds of havoc on the teen records - he deadlifted for the first time and used a bench shirt for the first time. If this guy tries to Squat he may just put together one great tTotal. I would like to thank all of the people involved with this meet. Mike Espelund and David Lange really went that extra mile loading and helping out where needed. We used the hydraulic squat racks for this meet and they sure save the back. Next year's meet is scheduled for April 19th and I am trying to get it in Redwood Falls with Randy Stephens and company - check the MDSA Newsletter to be sure of the place. (Thanks to Meet DirectorDarwin Jacobson for providing these meet results to *POWERLIFTING USA* Magazine)

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4th Family Fitness Center Meet
6 APR 96 - Lima, OH

Men			
Bench		275	
181		D. Harris	445
O. Jones	420	Teen	
220		Boys Bench	
D. Harless	500	132	
242		C. Mooney	175
B. McCollow	340	148	
315		B. Mooney	185
M. Wolfe	440	181	
SHW		A. Boehlke	225
D. Carter	400	19 8	
Master Bench		J. Herron	225
242		220	
B. McCollow	340	D. Hunter	275
Men			

Open	SQ	BP	DL	Total
220				
Paul Heffern	800	440	700	1940
198				
S. Camp	510	390	600	1500
Women				
Open	SQ	BP	DL	Total
148				
E. Brown	285	145	275	705
132				
F. Phillips	155	125	225	505
165				
S. Manley	285	335		

Men's overall best power lifter - Paul Heffern, Women's overall best power lifter- Ella Brown, Best lifter men's bench - Dave Harless. We had a great meet! Meet director was Jon Smoker of Elkhart, IN and judging was done by Paul Basinger, Richie Crouch, Terry Shrider, and David Young all of Lima, OH. Our upcoming 5th Annual Powerlifting Meet is scheduled for March 15, 1997, Saturday, 9:00. Contact person is Robert Neidert owner of Family Fitness Center and the phone number is (419)224-6537. (Thanks to Lavona P. Neidert for results)

A.D.F.P.A. Training Center Open
13 Apr 96 - New Castle, DE

Women	SQ	BP	DL	Total
J. Scanlon	300	170	285	755
J. Smith	235	145	305	685

DON'T TRAIN ALONE - ALWAYS USE SPOTTERS. - DON'T TRAIN WHEN HURT - ALWAYS CONSULT YOUR DOCTOR

L.Hammond	205	155	250	610
D. Beall	310	145	290	745
D. Tyree	155	90	175	420
Teen				
W. Balters	440	275	480	1195
N. DeCaire	365	230	400	995
J. Rzucidlo	365	195	370	930
J. Wallace	300	315	405	1020
Class I				
R. Cagle	405	220	410	1035
T. Ciafardo	405	280	465	1150
C. Canty				
Masters				
B. Brinton	655	465	560	1680
D. Crawford	500	340	450	1335
G. Jones	600	410	540	1550
R. Marshall	525	355	600	1480
R. Edwards	450	220	470	1140
L. Fawra Sr.	450	270	460	1180
R. Dennison	365	210	475	1050
J. Weiss	325	195	405	925
C. Taney	315	215	370	900
Novice				
F. Smalls II	620	405	575	1600
T. Falce	485	340	575	1400
J.Cashion	480	360	520	1360
S. Brunetti	390	300	410	1100
C. Rutkowski	500	315	405	1220
J. Jensen	390	275	575	1240
R. Mariniello	375	230	405	1010
J. Wallace	300	315	405	1020
R. McIntyre	420	290	460	1170
W. Badders	440	275	480	1195
B. Eberwein	230	215	365	810
K. Allen	370	260	410	1040
P. Bozza	135	225	315	675
R. Fernandez	325	150	320	795
J.Smith	235	145	305	685
D. Beall	310	145	290	745
I. Monk	55	270	135	460
Open				
123				
J. Howerin Jr.	300	210	360	870
148				
S. Brunetti	390	300	410	1100
R. Mariniello	375	230	405	1010
S. Douglas	190			
181				
B. Dialo	540	375	540	1455
D. Crawford	500	355	450	1335
P. Catina	525	285	505	1315
A. Wylie	520	300	440	1260
C. Rutkowski	500	315	405	1220
R.Dennison	365	210	475	1050
B.Criffetelli	55	360	145	560
198				
R. Salvatore Jr.	600	370	535	1505
T. Covert	550	430	520	1500
P. Franco	515	330	555	1400
J .Cashion	480	360	520	1360
M.Mobile	500	300	500	1300
B. Mattison	525	275	475	1275
T. Ciafardo	405	280	465	1150
220				
J. Morton	750	450	800	2000
F. Smalls II	620	405	575	1600
J. Cox	610	410	530	1550
R. D'Ambroglio	600	280	550	1430
D. Barnes	520	290	515	1325
D. Powell	455	360	500	1315
242				
S. Savaiinaea	800	420	680	1900
L. Schott	630	330	630	1590
G. Jones	600	410	540	1550
275				
T. Weiss	675	400	670	1745
J. Wolf	615	400	600	1615
SHW				
R. Edwards	450	220	470	1140

Meet Director: Demeter Tyree. Best Lifter: James Morton. Winning Team: Bodyworks. Thanks to all the lifters for their patience and support. Special thanks to Dee, Skip, Jack, Debbie, Chet, Karen, Al, John, Tad, Paul, Knud, John, Danni, Lee, and all spotters & loaders. (results courtesy of Dem Tyree)

WNPF Georgia vs South Carolina
20 Apr 96 - Augusta, GA

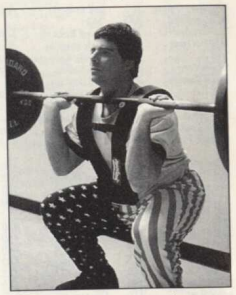
Bench Press		35-39		
132		Encarnacion		440
20-23		275		
Elayda	175	45-49		
Novice		Struggles		375
Elayda	175	Deadlift		
148		148		
Novice		54-59		
Bradshaw	275	Padget		290
55-59		165		
Padget	150	65-69		
165		Blondin		315A
Lifetime		181		
Campbell BL	440	33-59		
45-49		Poole - BL		620
Phillips	265	198		
181		Open		
33-39		Gainey		550
Poole	405	Novice		
17-19		Gainey		550
Gerttardt	300	220		
198		33-39		
Lifetime		Walker		475
Hammond	350	Squat		
Open		198		
Encarnacion,L	430	Open		
Hammond	350	Gainey		470
220		Novice		
33-39		Gainey		470
Wade	440	40-44		
Police		Gainey		470
Stewart	450	220		
242		Novice		
Open		Claiborn		400
Encarnacion	440			
Womens				
148	SQ	BP	DL	total
Novice				
Huell	215	85	260	560
Lifetime				
McCloud	310	125	365	800
Open				
McCloud	310	125	365	800
181				
Lifetime				
Speer	275	120	275	670
Novice				
Speer	275	120	275	670
45-49				
Speer	275	120	275	670
132				
Lifetime				
Butcher	300	255	360	915
148				
40-44				
Leverett	310	165	365	840
165				
Open				
Austin	640	350	675A	1665
35-39				
Nolan	455	380	505	1340
181				
Novice				
Fuller	400	245	480	1125
198				
20-23				
Dissinger	440	360	480	1280
Novice				
Greene	475	300	570	1345
Dissinger	440	360	480	1280
Open				
Meyers	665A	375	700	1740
35-39				
Greene	475	300	570	1345
40-44				
Huell	450	275	480	1205
45-49				
Roper	465	230	465	11*60
220				
Novice				
Claiborn	400	280	400	1080
33-39				
Wade	625	440	585	1650
Stewart	475	450A	400	1325
Walker	475	300	475	1250
Watson	400	275	450	1125
Open				
Walker	475	300	475	1250
242				
Lifetime				
Walker	450	350	500	1300
Novice				
Walker	450	350	500	1300
35-39				
Walker	450	350	500	1300
40-44				
Ortiz	630	385	505	1520
45-49				
Issac	265	190	385	840
Police				
Lockhart	440	385	495	1320
275				
Lifetime				
Boland	500	300	520	1320

A- American Record. BL-Best Lifter. Thanks to all the lifters from Georgia and South Carolina for attending, We plan on hosting this contest every year from now on. We will switch states every year to accommodate the lifters. We had about 15 lifters from S.C. and the rest from Ga. with Dan Austin coming from MS. and Kerry Dissinger from N.C. Thanks to everyone for their support, the WNPF appreciates this. (results from the WNPF)



From Tim Covert... *"I was fortuante enought to compete in the 6th Annual ADFPA Training Center Open on April 13th. The cost of admission was well worth itjust to witness Skope and Jimmy Morton do their thing. Mr. Morton pulled 800 lbs. off the floow as if it were the lunar floor. I enjoyed a career day, battling for first place honors in the 198 lb. division with Rocky Salvatore. I achieved personal bests in the squat, deadlift and total. I failed miserably on my second attempt to pull 520 lbs. Thanks to thoughts of losing to Rocky I pulled 520 lbs. on my final deadlift for what I thought would be the win. However, Mr. Salvatore would have none of it, as he pulled 525 lb.s up and himself into first place by 5 lbs. with a total of 1505 lbs. I have enclosed a photo of my final deadlift that not only captures the intensityof the moment, it also captures some "Power People" that have aided me greatly in my aspirations to become a successful lifter. From right to left: seated and judging - my friend and bench press nemesis - Anthony Succarotte; my personal coach and powerlifting guru - Bill Brinton; myself deadlifting; and seated in the back, wearing glasses, good friend Rich Peirce." (thanks to Timothy Covert for results)*

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Central New York Bench Press Wars
30 Mar 96 - Yorkville, NY

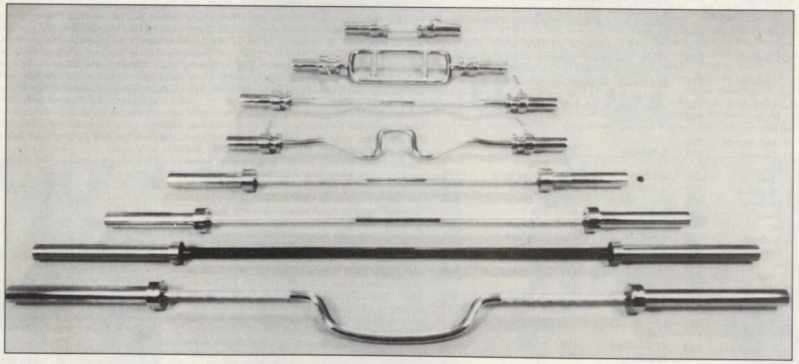
Men		275	
132		R. Hickey	515
L. Zurek	280	T. Pugh	475
D. Renodin	260	SHW	
J. Crews	210	M. Swalting	440
148		Masters 40-49	
R. Baye	320	W. Savage	400
M. Giambrone	310	F. Moracco	330
D. Baris	295	S. Maley	315
165		W. Brown	305
J. Kilts	380	Masters 50 plus	
D. Zack	375	S. Shales	360
D. Persoll	365	Early Teen (formula)	
181		A. Lamore	305
D. Waterman	525	T. Birdsall	275
M. Young	340	J. Teets	290
T. Liddon	290	Late Teen (formula)	
198		R. Miscione	260
D. Pedulla	375	C. Wall	285
M. Milner	370	D. Aldi	345
M. Perry	335	Women	
220		105	
P. Moore	435	A. Desimone	75
E. Dibari	410	114	
M. Scott	405	K. Kiffer	115
242		R. Furman	85
S. Sullivan	520	148	
F. Garamski	340	L. Heywood	175
C. Sealey	300	S. Hazard	140
		165	
		M. Matrulli	125

The contest had over 70 contestants and over 450 spectators, making this one of the biggest in central New York! This bench "war" ran smoothly thanks to all the help and Body America would like to take this opportunity to thank all who participated in as well as helped with the contest. A special thanks goes to Tony Marino whose unexpected em-ceeing turned out to be fantastic! This contest produced some incredible lifts like Dave Waterman's incredible bench of 525 lbs. in the 181 lb. bodyweight class. This makes Dave the "Top Dog" in the active 181 lb. class. Dave is actively pursuing the National record in his weight class. There were other outstanding lifts like Leslie Heywood's bench of 175 lbs. making her the top female of the day. Walt Savage came into the men's masters in phenomenal shape and took the overall masters with a 400 lb. lift. Alan Lamore took the early teen with a bench of 305 lbs. and Paul Miscione won the late teen and overall with a lift of 260 lbs., using the formula. These are remarkable lifts considering they weigh 163 lbs. and 131 lbs. respectively. Other outstanding lifts were Louis "Woody" Zurek slamming a 280 lb. lift at 132 lbs., Rich Bay destroyed a 320 lb. bench at 148 lbs.; Jim Kilts pounded a 380 lb. bench at 165 lbs., Pete Moore rocked a 435 lb. lift at 220 lbs.; rounding out the lifts was Super Shawn Sullivan with a massive bench of 520 lbs. in the 242 lb. class. Body America again would like to thank all the competitors for their participation and sportsmanship. We are looking forward to the next contest. "Train Hard". (Thanks to Howie Britton forproviding the results)



The Winning Team at the "Central New York Bench Press War" *was Body America, comprised of: (back row, left to right) Eric Cleveland, Cary Wall, Howie Britton, Woody Zurek, Pete Moore - second row: Dave Renodin, Jim Kilts - front row: Alan Lamore, Dave Waterman, Vito Valenzano. Not pictured are the following: Anthony Marino, Kirsten Kiffer, Andrea Desimore, Robin Furman, Dave Aldi, Rich Baye, Dave Baris, Sal LaBarbera, Travis Rippo, and Big Tom Pugh. (Thanks to BODY AMERICA and Howie Britton for the photo)*

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AAU North American Bench Press
27,28 Apr 96 - Moreno Valley, CA

Women
Youth
97 12-13
M. Bimbo 61
114 12-13
K. Israel 99
High School
97 12-13
M. Bimbo 61
114 14-15
M. Bimbo 77
132 14-15
H. Starbuck 121
Teen
114 14-15
M. Bimbo 77
132 14-15
H. Starbuck 1231
18-19
D. Rodgers 126
165 14-15
L. Broemage 110
Novice
123
J. Toshes 137
Open
123
K. Hale 159
132
V. La Cassella 159
148
S. Mazze 198
K. Gardner 187
Submaster
123
K. Hale 159
J. Toshes 137
148
S. Mazze 198
181
P. Goode 115
Raw
148
S. Mazze 198
Law
132
V. La Cassella 159
148
K. Gardner 187
Military
165
C. Pendill 110
Men
High School
114
R. Barber 66
132
M. Colley 137
148
14-15 HS
K. Ward 176
M. Johnson 154
16-17 HS
C. Reynolds 154
198
14-15 HS
J. Bryant 308
J. Hendrik 192
16-17 HS
C. Jacobs 314
T. Ramos 286
B. Jackson 253
220
14-15 HS
J. Smith 225
16-17 HS
J. Janabajal 132
242
16-17 HS
V. Miller 220
18-19 HS
T. Smith 396
SHW
16-17 HS
Krisi-Massi 231
Youth
148
10-11
N. Bryant 104
Teen
132
18-19
M. Bell 148
14-15
K. Ward 176
M. Johnson 154
16-17
C. Reynolds 154
198
14-15
J. Bryant 308
J. Hendrik 192
16-17
C. Jacobs 314
T. Ramos 286
18-19
J. Moran 336
Junior
114
H. Phan 264
148
S. Holland 198
165
P. Galato 225
C. Wallace 159
181
S. Johnson 286
198
L. Settle 330
R. Reid 253
Raw Novice
181
L. Maxwell 203
Raw Open
165
M. Vilalobos 242
181
G. Booth 275
198
M. Rockoff 347
275
G. Adams 380
SHW
R. Shoenberger 611
Raw Masters
198
M. Weissman 192
165
R. Lozano 292
198
L. Oeri 352
220
C. Forno 352
242
H. Sneider 369
Novice
165
Pontius 347
J. Smith 286
181
G. Booth 308
W. Kearse 292
198
J. Spaeth 303
K. Shoemate 275
220
R. Wallace 418
J. Johnson 303
242
D. Marr 429
J. Moran 336
319
R. Fernandez 462
L. Coleman 402
Open
114
Phan 264
132
R. Iopollo 259
148
C. Graham 358
165
M. Owens 363
S. Ward 336
181
D. McLaughlin 330
D. Centeno 325
198
R. Dale 468
S. Merickel 413
J. Williams 380
L. Oeri 352
220
B. Duham 485
J. Johnson 303
242
D. Mar 429
V. Hill 363
J. Moran 336
275
A. Molina 374
319
R. Fernandez 462
SHW
R. Schoenberger 611
Submaster
148
C. Graham 358
181
T. Eisner 319
W. Kearse 292
198
A. Hoyas 347
G. Berteaux 330
220
J. Valdez 358
T. Moor 358
242
P. Johnson 363
M. Silverburger 352
R. Charleston 341
275
A. Molina 374
Military
165



First Baptist Church *of Waimanalo, Hawaii: Keneke Ward, Dave Starbuck, Heather Starbuck, Mary Bimbo, Keith Ward, Michael Colley, Marcell Bimbo. (all photographs are courtesy Martin Drake)*

The first annual A.A.U. North American Bench Press Championships were held on April 27 and 28 at Rancho Verde High School; in Moreno Valley, California. Promoted by Martin and Glenda Drake this years event attracted 112 entries (of which only 108 actually made it to the platform) in a variety of divisions and age groups. The indoor/outdoor setting provided the ideal environment for lifters, sponsors and spectators alike.

Athletes from California, Hawaii, Arizona, Oregon, Washington as well as transplanted Californians from both El Toro and Twenty Nine Palms Marine bases came to Moreno Valley in hopes of winning this prestigious title. Among the 108 lifters were many National and World Champions representing not only the A.A.U., but also the A.D.F.P.A, U.S.P.F., N.A.S.A. and the W.N.P.F. Some of the National and World Champions were: Robert Cortes, George Caulford, Martin Drake, Jim Drake, Chris Forno, Karen Gardener, Kelly Hale, Victor Hill, Andrew Hoyas, Rudy Lozano, Charles Milligan, Mitch Owens, Ken Pardee, Hung Phan, Dan Smith, Richard Schoenberger and Steve Ward. Add to this a mixture of veteran lifters and promising new comers and you have the making of a bench press war!!!!

YOUTH, HIGH SCHOOL AND TEEN DIVISIONS The North American offered full divisions for youth, teens and High School lifters, both male and female. Divisions were divided by both weight and age. With 18 boys and 6 girls lifting along with many juniors aged 20-23, our future was well represented.

S. Belamy 248
181
W. Kearse 292
R. Ellis 292
198
R. Dale 468
G. Caulford 429
J. Patrick 281
K. Shoemate 275
220
D. Smith 462
J. Valdez 358
275
C. Milligan 319
Law
198
G. Caulford 429
S. Collela 281
220
B. Dunham 485
T. Gregoryk 396
242
P. Johnson 363
R. Shields 319
SHW
D. Green 501
Former Pro
198
M. Drake 303
40-44
165
B. J. Tralongo 369
M. Owens 363
R. Barnhart 292
220
E. Berteaux 347
275
C. Milligan 319
45-49
198
G. Caulford 429
B. Evans 308
M. Drake 303
220
C. Forno 352
E. Schapers 314
50-54
132
M. Weissman 198
220
D. Smith 462
B. Gomez 327
242
J. Banz 402
55-59
165
R. Lozano 319
181
R. Opalinski 198
242
H. Sneider 369
R. Shields 319
275
R. Harrington
60-64
181
H. Merickel 176
198
S. Collela 281
65-69
148
R. Cortes 270
242
K. Pardee 264
70-74
220
J. Drake 132

Lifters from the First Baptist Church of Waimanalo, Hawaii made a clean sweep of the various teen and high school team awards. Lifting as a Pacific extension of the Natural Power Team the Dynamite Five won the Teenage Boys, Teenage Girls and the Special six foot tall trophy symbolizing their victory in the High School division. Coach Keith Ward has assembled a terrific group of kids who are not only strong but true ladies and gentlemen! Led by best lifter teen light weight, Keneke Ward this group was pressed hard all the way in their bid for the high school trophy by the team from Madison High School in San Diego. Coach Vince Aguilar did an outstanding job of preparing his lifters despite the short notice. I am sure we will be seeing more from this energetic ensemble in the near future.

One of the outstanding performances was Katrina Israel's 99 pound lift at 114 pounds. This lift earned 12 year old Katrina best lifter honors. The youngest lifter of the contest was 11 year old Noah Bryant. Noah proved that he is strong beyond his years as he finished with a bench of 104 1/2 pounds. Proving that strength runs in the family 15 year old Josh Bryant powered his way to Best Lifter Teen Heavy with a 308 1/2 pound effort. Two giant lifts were turned in by 18-19 lifters in the 242 pound division. Jason Moran's 336 was good enough for first in the teen division. Big Tim Smith chose to compete in only the High School division, but his 396 3/4 lift would have been won every 242 class except the open.

WOMEN'S DIVISION: The variety of women's classes brought together a group of outstanding female lifters. 1995 A.A.U. National Champions Kelly Hale and Karen Gardner representing the Pacific Power Outlaw South team, came to town seeking even more new records and best lifter honors. Standing in their way were two new Outlaw South teammates. Vicki La Cassella and Susan Mazze. I want to thank Master Gunnery Sergeant Daniel Smith III for bringing Vicki to the Outlaws. Kelly set new state records in both the Open and Sub master divisions, lifting 159 1/2 in the 123 pound division. This outstanding effort earned her Best Lifter Light Weight Open. Vicki La Cassella was also successful with 159 1/2 in the 132 pound class. Normally a 123 pounder, Vicki came in weighing 125 pounds in order to establish new records in the Open, Masters 40-44 division, and the Law enforcement classes. Her lift in the Law enforcement class garnered her Best Lifter honors in that division. One of the most exciting battles took place in the 148 pound class. Newcomer Susan Mazze opened with a very easy 181 pound lift, without the assistance of a bench shirt. Karen Gardner then proceeded to destroy her own state record with an even easier 187 3/4 effort. Susan took a very conservative 192 3/4 for her second, while Karen attacked the 200 pound barrier with a monstrous 203 3/4. Two near misses at this weight opened the door for Susan as she calmly made all her attempts finishing at 198 1/4. Karen's fine opener gave her top honors in the Law enforcement class. Susan swept to victory in the Sub masters, Open, and Raw divisions, capturing Best Lifter Sub master and Open Heavy weight in the process. Being the consummate Champion that she is, Karen was the first person to congratulate Susan. I also know she is looking forward to their next war on the platform. First time lifter Julie Toshes had an outstanding day as she was named Best Lifter Novice. Julie lifts for Phil Johnson's Power Zone Team.

JUNIOR MEN: In the past year 22 year old Hung Phan has captured the 1995 A.A.U. National Bench Press Championships in both the Open and Junior Divisions. In March he repeated this remarkable double at the U.S.P.F. Bench Nationals. Hung came to Moreno Valley to complete his Triple Crown by winning the 1996 A.A.U North American Bench Press Championship. As with the two previous events Hung won both the 114 pound Junior and Open classes. Lifting for the Pacific Power Outlaw South team, at a body weight of 110 pounds, "King Phan" was successful with a 264 1/2 lift. However his near miss at 281 pound (2.55 times body weight) is more indicative of his true strength. The junior division resembled a Marine invasion as all of the lifters except Hung and Chipper Settle were proud members of the United States Marines (with a few representatives of the U. S. Navy thrown in for good measure).

NOVICE MEN: The Novice Division offers the perfect opportunity for the up and coming lifter to compete on a competitive basis with his peers. Based on the quality of lifting in this division the Open competitors better not be complacent. Lifting in the 165 pound class, Eric Pontius' 347 pound bench was good enough not only for the class win, but also proved to be enough to bring him best lifter light weight honors. Two outstanding lifters representing the Power Zone team battled to the wire for the Best Lifter Heavy Weight trophy. When the dust settled 220 pound class winner Richard Wallace nearly edged out 242 class winner Dave Mar. Richard hit a solid 418 3/4, while Dave made easy work of 429. The biggest lift of the division went to the 319 pound class winner, Ron Fernandez. Ron came all the way from Washington to hoist is winning 462 3/4.

LAW ENFORCEMENT: Three monster lifters seemed to overshadow the Herculean efforts of several outstanding Master lifters such as Sam Collela, Tom Gregoryk, and Rex Shields. In the 198 pound class current U.S.P.F. National Masters Champion George Caulford set both a P.R. and Master record with a lift of 429. Not to be outdone by George, Bob Dunham brought the house down with a third attempt 485. The biggest lift of the division was made by a giant newcomer Derrick Green. In his first contest big Derrick made easy work of 501 1/2, before missing 529 on a technicality. Derrick has the ability to threaten the 600 pound barrier, as he gains experience.

MILITARY: At nearly every contest that offers a Military division you can pretty well bet that 52 year old Dan Smith will be your best lifter. At the 1996 North American a young lifter named Ricky Dale had designs on this award. Lifting with a showman's flair, which belied its precise nature: Ricky easily destroyed 468 1/4 pounds. Ricky is on course to break the 500 pound barrier at 198 later this summer. Dan did not make it easy for this young Marine from 29 Palms as he manhandled 462 3/4 in winning the 220 pound class. Other outstanding lifts included the afore mentioned 429 by George Caulford, and Joe Valdez's 358. Twenty Nine Palms team Captain Willie Kearse won the 181 pound class on bodyweight as both he and Robert Ellis were successful at 292.

SUBMASTERS: Outstanding lifting was again the rule in this division. In the 148 pound division veteran Craig Graham muscled up a big 358 for the class win as well as best lifter honors. The 181



Hung Phan... *Best Light Lifter in the Junior and Open categories .*



The Best Lifters: *Ricky Dale (Military) and Dan Smith (Master) flank C.T.Fletcher*

pound winner Scientist Thomas Eisner used the right formula of strength and technique in raising 319 1/2 pounds. National Champion Andrew Hoyas held back the strong challenge of Greg Berteaux in winning the 198 submaster title. Experience paid off for Joe Valdez as he and Thamar Moore both conquered 358 at 220. The difference, exactly 1/2 pound of bodyweight! Power Zone team Captain Phil Johnson led by example as he won a tight battle in the 242 class. Mark Silverburger and newcomer Rich Charleston were hot on Phil's heels all day. Usually when you see Alex Molina at a meet he is unselfishly giving his coaching and support to others. On Sunday Big Alex proved he is also an excellent competitor as he quietly and confidently took the 275 pound class.

MASTERS: Southern California is the home of many National and World Champion Master lifters. A good number of them were present at the North American. Robert Cortes at age 66 is benching nearly what he was doing 30 years ago. His very easy "shirtless" 270 at 148 set the standard for the lighter weight lifters. Despite such efforts as Rudy Lozano's 319 1/2 at 165 (55-59 age group) and B.J. Tralongo's 369 1/4 at 165; Robert again walked away with the best lifter award. Speaking of B.J., he was the victor in the most exciting class of the contest. In that class (masters 40-44 at 165) third place finisher "ICE WATER" Richard Barnhart missed his first attempt. So what does this cool first timer do? He raises the weight for his second attempt, and promptly misses that also. Again he raises the weight for his third attempt. After a short delay to turn the schools fire alarm off, Richard very matter of factly lifts 292 to the judges satisfaction. Obviously all part of the plan. Such dramatics would seem difficult to surpass, but more was yet to come. In September 1995 Mitch Owens, of the Pacific Power Outlaw South team; won a hard fought battle with B. J. Tralongo for the National Championship. This would be a dramatic rematch. On his second attempt Mitch manhandled 363 3/4 to take a 2 1/2 kilo lead. B.J., the lighter lifter by 1/2 pound, made 369 1/4 on his third forcing Mitch to attempt 374. The 374 exploded off Mitch's chest so rapidly I am sure that it nearly caught Father Gravity sleeping. Just before lock-out old Father Gravity woke up and preserved B.J.'s well deserved victory. The heavyweight divisions brought out a group of World class lifters. George Caulford showed everyone why he won the recent U.S.P.F. National Championships as he made easy work of 429 pounds. The 220 pound division was ruled by Dan Smith. This 52 year old showman thoroughly entertained the crowd with both his psyche routine as well as his awe inspiring 462 3/4. After a minor technique adjustment, Jack Banz broke the 400 pound barrier with his well executed 402 1/4 third attempt. This lift gave Jack the 242 class win in the 50-54 division. Some of the other noteworthy class winners were Harry Sneider in the 242 55-59 class, Ken Pardee (242 65-69) and Jim Drake (220 70-74).

RAW AND PRO ATHLETE: The A.A.U. North American offered a large variety of classes including complete Raw and Raw Masters divisions. The Raw Open attracted a combination of new lifters such as class winners, Gary Booth (181), Marcus Vilalobos (165) and Matt Rockoff, as well as veterans such as Guy Adams (275) and Richard Shoenburger. Guy along with his wife, World Champion LeeAnne Adams, also served as the official Videographer. There is no doubt this duo produces the finest meet tapes available. In the Raw masters winners Marvin Weissman, Rudy Lozano, Les Oeri, Chris Forno and Harry Sneider were all veteran lifters who competed in more then one class. The Pro athlete division is an amateur division, specifically developed to draw lifters from various sports such as Football, baseball and bodybuilding. Although several Pros mailed in entries only one athlete competed: meet director, spotter/loader, announcer, TEAM CAPTAIN and so-so bencher Martin Drake.

OPEN: With four National titles already under his belt, 110 pound Hung Phan came to town to prove that he is truly amongst the elite 114 pounders in the world. His second attempt 264 was effortless, and his near miss 281 was a more clear indication of his ability. A technique error caused him from completing this lift, but 303 is quite doable in the next couple of months. Hung's effort, however, was good enough to earn him Best Lifter Light Weight. Rick Iopollo on the other hand was looking to garner his first major title after bombing at the A.A.U. Bench Nationals. His opening attempt was reminiscent of last September as he missed badly. Just when I was ready to kill Rick, he rebounded with a great 259 second attempt. With first place in the 132 pound class assured Rick made a big jump to 297 and nearly pulled it off. Rick will, like his Pacific Power Outlaw South teammate Hung Phan, soon join the 300 pound ranks. Rick is looking forward to meeting fellow teammate, and current National champion, William Ramirez at the next event. To everyone's surprise Craig Graham made the 148 pound class limit. His fine 358 pound opener easily secured the win. Craig was also Best Lifter in the Sub Master division. If Craig stays at 148 he should be able to challenge National Champion Mike Hara and runner-up Lance Slaughter in the near future. This battle would/will be epic!! The Outlaw south team had yet another veteran with Mitch Owens taking the 165 pound class. At the rate Mitch is improving, 400 pounds is right around the corner. U.S.P.F National Novice champion Steve Ward had an off day, and ended up in second place. Dan McLaughlin was unable to make weight for the 165 pound class, and thus had to lift at 181. This successful use of the old "food strategy" enabled Dan to capture first in his new class. "Professor Dan" caught veteran champion Derin Centeno on an off day. Hey Dan, I just promoted you to full Professor, based on your clever lesson plan! The 198 class was captured by a relative newcomer, Ricky Dale from Twenty Nine Palms. This tall, lean lifter looks more like a natural bodybuilder then he does a world class bencher. In order to overcome his long length of arm, Ricky has developed an extremely precise training and lifting style. At the North American he had an easy three for three day, culminating with a crushing 468 1/4. Ricky is probably capable of 500 plus within just a few, months, maybe even now. Not to be outdone by a mere 198 pounder Bob Dunham opened his assault in the 220 class with an easy 451 with no shirt. His second attempt near miss at 485 was hampered by a slow deliberate style, where he stops by the bar on the descent just above his chest before finally lowering it. This results in very long counts. After donning a shirt, Bob easily made his 485. Had Bob chosen to lift with a shirt on his second attempt, his third would have been well over 500. Power Zone 242 pound lifter Dave Mar used a great day to defeat W.N.P.F. USA champion Victor Hill who could not get on track. Victor is quite capable of challenging Dave's fine 429 effort This should prove to be a great war in September, however, on this day Dave was the much better lifter. Submaster winner Alex Molina also was the victor in the open 275 class. Alex is a perfect example of a great lifter, quiet, unassuming and strong. Big Ron Fernandez was certainly glad he made the trip from the Pacific Northwest, as he captured the 319 class with a good 462 3/4 effort.

I almost forgot about "LITTLE RICHARD". This 364 pound MOUNTAIN OF MUSCLE had the spectators laughing as his attempts looked like everyone else's first warm-up. According to the latest military satellite reports, Richard's opening attempt at 529 ascended so fast that it broke the sound barrier, shattering numerous windows in the process. Despite various severe warnings Richard launched his second attempt 573 with even greater boost, thus again causing greater damage to various glass items within a fifty mile radius. As the announcer asked for a moment of silence for the bar, Richard wearing his secret size XXXXXXXL TEE SHIRT, strode quickly to the platform set on launching 611 3/4 into orbit. With training partner C.T. Fletcher screaming encouragement, Richard quickly calculated the proper amount of thrust and the exact angle of launch needed. (Yes, Richard is another real life geek engineer, however, we do make the best powerlifters!) Despite his calculations Richard applied too much thrust, thus making the effort look too easy. I am sure videographer Guy Adams had to put this part of the meet on slow play so we could actually see it! C.T. Fletcher was also scheduled to lift, but a week long illness necessitated his withdrawal. Both he and Richard are scheduled to compete at the North American Powerlifting Championships and Southwest Bench Press August 31 and September 1. Both lift for the Pacific Power Outlaw South Team .

TEAM AND CHALLENGE AWARDS: In the Military Challenge Dan Smith lead his El Toro Natural Power team to victory with a near perfect score. Second place went to the Natural Power team from Twenty Nine Palms. Willie Kearse captained the second place team. Both Dan and Willie should be proud of the outstanding ladies and gentlemen that lift for them! As mentioned earlier the kids from the First Baptist Church of Waimanalo, Hawaii swept Teen Boys, Teen Girls, and High School divisions. Madison High School was second in the High School division. Both teams were part of the Natural Power Team. The newly formed Power Zone Team coached by Phil Johnson is certainly a talented bunch. Anchored by Best Lifter winners Julie Toshes and Richard Wallace they took second place in the Open Team category. The Pacific Power OUTLAWS captained by John Ford has long been a dominant force. In 1995 John and Martin Drake formed the South Outlaw Team. This team, captained by Masters National Champion Martin Drake, took the first place honors. All of the ten declared lifters won first in their declared classes. The Outlaws won Best Lifter honors in Womens Open LL, Womens Open Hvy., Womens Submaster, Womens Law Enforcement, Mens Open LL, Mens Open Hvy, and Masters LL

SPONSORS: A number of wonderful sponsors helped make this event one of the best bench meets ever held. Loris Basso of Loris Powerbuilding Gear provided a large number of sweatshirts and tank tops, which were given to various meet staff, including the spotters and loaders. His unique designs drew rave reviews from both the spectators and lifters. Vitamin Research Products of Carson City, Nevada was on hand and promised to return in August. Bob Morris provided a custom belt to our most courageous lifter - Bob Harrington. Mike Lambert from *PL USA* came through with a Paul Anderson video tape, for a door prize. Dr. Nilson and his staff were on hand to provide free professional services to the lifters. Julie White and Life Extensions were also on hand to support the lifters and spectators. The beautiful meet t-shirts were offered by Leisure Enterprises. Victor Hill of Mirror Image was a terrific help in organizing the event. THANKS!!!!!!!!

Fran and Don Haley personify all that is good about our sport. They along with LIFTER/REFEREE par excellence Ron Scott provided nearly all of the officiating duty. A real special thanks go to Mitch Owens who helped out in too many ways to count. Flash Lewis managed to spot/load, announce, sing, dance and clean the platform - all without messing up his hair. The scorers table was efficiently managed by my sister Cassandra Krimmer, her husband Ed as well as my parents Roberta and Jim. Numerous friends helped with the spotting and loading including Big Allen, Ed Booth. Flash, Mitch Owens, Chris Meier, Josh Williams, Steve Merickel, Lee Settle, Matt Rockoff and Jason Moran. DURING THE ENTIRE MEET THERE WAS NOT A SINGLE MISLOAD !!!!!! WOW !!!!!!! Special thanks go to the Val Verde School District, Wells Fargo Security and the Moreno Valley Morning Optimist Club. Victor Elliot and Fil Pitasi provided the platform equipment. Brian Drake provided the concessions as well as a great deal of muscle in setting up and tearing down the meet site. Hung Phan, Tom Gerelle and Ed Silva also provided muscle during our clean-up effort. Custodian John Ochoa was the main man behind the scene. Guy and LeeAnne Adams once again provided very professional video services. (Thanks to Martin Drake for results)



Pacific Power Outlaw South Teammates *celebrate Richard Shoenberger's 611 bench press; (left to right) Richard Shoenberger, Martin Drake, C. T. Fletcher. (Glenda Drake)*

AAU Coal Country Classic
10 Dec 95 - Clearfield, PA

Bench Press				
114				
A. Leonard	220			
L. Snyder	170			
123				
L. Stangl	110			
132				
D. Holland	308			
M. Vance	61			
148				
C. Winston	336			
B. Albazzaz	292			
H. Horvat				
165				
L. Miller	440			
D. DeWalt	308			
A. Royhab	3093			
B. Miller	286			
M. Martucci	253			
V. Lissovoy	165			
181				
J. Oaks	402			
M. Distalvo	385			
S. Berman	347			
T. Domarcki	341			
D. Henderson	319			
D. Teeter	308			
J. Bach	297			
J. Smoker	281			
D. Thompson	259			
198				
B. Hawk	407			
T. Mankamyer	341			
S. Treiber	297			
D. Royhab	297			
A. Barrett	286			
G. Grammes	270			
F. Rosengren	264			
J. Herbein	264			
220				
S. Sallack	473			
D. Scheuer	413			
J. Hirsch	402			
T. Barba	363			
S. Fisher	341			
R. Borgeson	319			
242				
G. Edmundson	490			
R. Rusiewicz	446			
G. Whitaker	435			
M. Stump	319			

	275			
P. Brown				562
J. Spellana				352
C. Lindsay				347
T. Cinelli				275
N. Ross				402
B. Miller				385
M. Blake				374
Deadlift				
114				
A. Leonard				391
L. Snyder				341
J. Gaston				336
132				
M. Vance				181
148				
T. Kingure				457
165				
D. DeWalt				468
B. Miller				457
T. Wojcicki				451
A. Royhab				413
V. Lissovoy				236
181				
G. Simmers				518
J. Smoker				512
D. Teeter				507
J. Bach				479
M. Degori				462
S. Berman				440
D. Thompson				330
198				
S. Wilcox				633
T. Mankamyer				584
J. Herbein				512
G. Grammes				501
D. Royhab				501
S. Treiber				451
220				
S. Siwiak				672
J. Hirsch				578
D. Scheuer				562
R. Borgeson				407
S. Messner				
275				
L. McKelvey				626
T. Cinelli				451
B. Miller				567
M. Blake				529

National Qualifier/Record Breakers

114/Open				
A. Leonard	325	220	291	936
4th	341			
165/Teen				
B. Miller	154	286	457	898
	4th	292		
114/Women				
L. Snyder	270	170	341	782
165/Master				
L. Miller	154	440	154	749
165/Master/77				
V. Lissovoy	94	165	236	496

(Thanks to Al Siegel for providing the meet results)

USPF National High School
13,14 APR 96 - St. Amant, LA

Women	SQ	BVP	DL	Total
105				
S. Campanile	190	110	220	520
114				
N. Gardner	265	110	275	650
A. Perry	250	90	280	620
K. Johnson	245	115	250	610
J. Hymel	220	110	260	590
S. Campanile	210	110	225	545
M. Waguespack	210	85	215	510
R. Oneal	160	85	190	435
R. Debetaz	160	80	180	420
K. Melancon	140	75	180	395
M. Zito	130	55	190	375
123				
B. Nandini	225	110	240	575
C. Eller	160	100	215	475
A. Patin	150	70	200	420
C. David	150	60	200	410
132				
M. Burton	280	110	250	640
S. Guidry	225	105	280	610
L. Lacroix	225	85	230	540
S. Robert	205	105	215	525
C. Harding	170	70	200	440
148				
A. Lebourgeois	290	105	285	680
L. Jones	215	110	265	590
B. Dupuis	205	95	230	530
J. Hanks	155			
165				
K. Todd	225	140	340	705
R. Lindsay	225	95	235	555
P. Boudreaux	200	95	230	525
181				
J. Vansselberg	365	170	350	885
J. Villneurve	300	115	315	730
A. Simmons	275	135	315	725
181				
K. Smith	250	115	265	630
K. Jones	215	115	280	610
198				
C. Neblett	300	115	265	680
S. Ray	255	120	270	645
C. Ducote	235	120	240	595
L. Gooden	245	110	235	590
Over 198				
B. Davis	370	155	335	860
L. Lane	290	125	275	690
J. Roland	85	150	235	470
V. Teasley	130	95	205	430

Outstanding Lifter 97-132 lb. classes - Nina Gardner of Farmerville. Outstanding Lifter 148-SHW classes - Jessica Vanasselberg of Tioga. Team Championship: St. Amant 81, Alexandria 50, Bastrop 45, Catholic High Point Coupee 36, Pineville 33.

Men

114				
T. Cunningham	325	190	350	865
M. Bond	345	125	355	825
T. Dixson	295	140	375	810
M. Westcott	325	140	300	765
123				
A. Johnson	415	210	345	970
L. Harrison	315	190	375	880
R. Richards	335	165	355	855
W. Chevalier	305	175	335	815
132				
C. Cretchain	380	260	380	1020
N. Morici	345	195	380	920
J. Brasseaux	335	150	370	855
S. Funderburk	315	175	345	835
E. Hebert	180	115	235	530
J. Wenzy	230			
148				
F. Jackson	500	300	610	1410
T. Hoerner	550	270	500	1320
L. Collins	500	250	550	1300
H. McGee	460	265	470	1195
G. Adams	445	250	475	1170
M. Viney	470	235	405	1110
C. Steely	315	195	375	885
B. Schlesinger	300	190	370	860
S. Phillips	285	195	295	775
J. Jefferson	260	110	310	680
C. Bankovich	185	115	210	510
E. Silipena	375			
165				
C. McMillan	470	255	495	1220
J. Blair	445	280	490	1215
G. Vicknair	405	235	425	1065
G. Miller	380	205	445	1030
B. Steward	365	225	410	1000
J. Neatherland	335	220	385	940
D. Guedry	325	170	400	895
G. Mumphrey	245	125	270	640
E. Allison				
M. Tusa GST	400	250	415	1065
R. Ramarez GST	300	145	370	815
181				
T. Young	650	335	475	1460
F. Butler	545	290	525	1360
D. Hart	515	275	515	1305
T. Gordon	450	255	475	1180
J. Moreau	410	220	475	1105
A. Davis				
198				
C. Bourgeois	480	250	610	1340
T. Burrell	450	330	555	1335
E. Jackson	500	275	530	1305
T. Washington	500	315	485	1300
W. Lewis	455	295	490	1240
P. Gambordella	360	215	370	945
220				
E. Hassan	515	270	580	1365
E. Bonneval	470	265	480	1215
S. Boudreaux	465	275	455	1195
V. Pino	450	250	490	1190
T. Holmes	455	305	425	1185
E. Smith	450	235	500	1185
B. Beall	455	230	405	1090
S. Loewer	335	175	390	900
H. Daigle				
242				
D. Purter	500	280	615	1395
R. Baber	580	250	540	1370
A. Kula	500	275	535	1310
D. Grimes	470	245	475	1190
A. Gautreaux	480	250	450	1180
S. Devall	460	205	500	1165
275				
B. Montelius	655	335	500	1490
C. Simon	580	300	500	1380
J. Galey	475	295	525	1295
D. Barrient	455	225	525	1205
S. Pule	530	315		
J. Galey	425	255		
SHW				
A. McDonald	670	340	660	1670
D. Humphries	400	315	450	1165
M. Sanders	425	300	405	1130
D. Bendig	420	250	405	1075

Outstanding Lifter: 114-165 lb. classes - Fred Jackson - Natchtoches Central. Outstanding Lifter: 181-SHW classes - Tim Young - Glen Mills. Team: Glen Mills 111, St. Amant 84, Pineville 48, Slidell 39, Alexandria 38. Composite Team (boys & girls): St. Amant 165, Alexandria Sr. High 88, Pineville 81. (Thanks to Meet Director John Talley for results)

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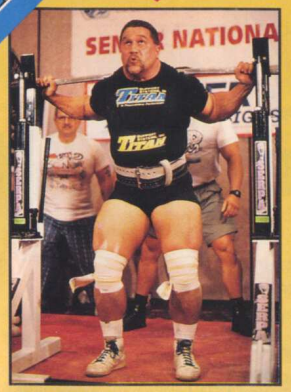
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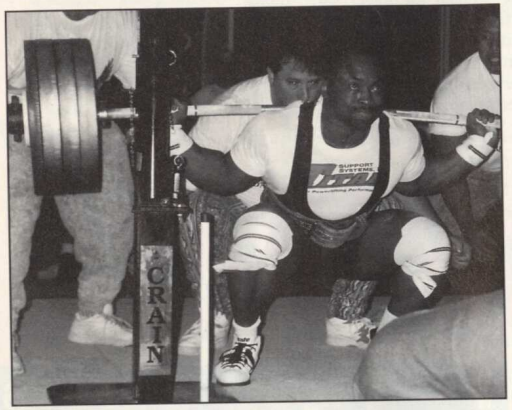
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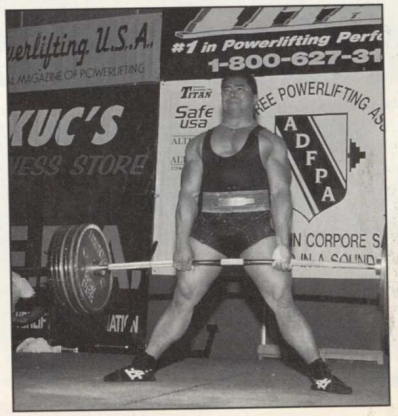
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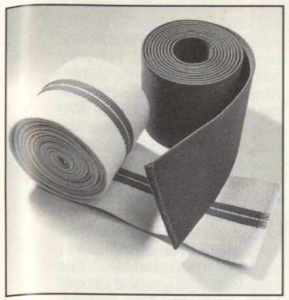
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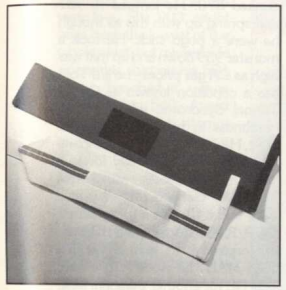


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(article continued from page 14)

OFFICIATING, BOTH MEN WOULD NOT HAVE TOTALED. It is unfortunate such great lifting was tainted by such horrendous SQ judging. That's the way it was.

The 275's was the biggest class with 10 and showed strong depth and talent. Rodenberg had balance problems in his SQ, and later took a token DL (after injury) to get on the scoreboard. The great spotters rescued his missed 545 BP - close call! Brock squatted 760 perfectly. He was among the better deadlifters, and pulled a 722 2nd attempt for 1951 - 9th place. Doug Borden of Huntsville, AL has been plagued by injuries. His rotator cuff repair kept his BP down. His SQ's were strong - 854, and he tried a big one 909 - head butted the bar, then missed. He wasn't pleased with his 2022 final. Doug is a terrific fighter and will be back to his former peak. Next time! I dubbed Joe Amoto the "Ted Arcidi man." He bears a great resemblance to the lifter who opened the 700 BP club. Joe can do all 3 lifts. His 3rd SQ - 865 was a beautiful lift. He was weakest in the DL, but pulled himself to 2033 and 7th. Troy Scott, who looked like a huge Clark Kent, glasses and all, wore a checkered lumberjack shirt. It undoubtedly covered the red and yellow "S" insignia on his costume underneath. Troy totaled 2050 for 6th place. Mike Goldman was quite a showman. He was encased in a "Frantz canvas special" and took 876 into a deep hole, but stayed there. He duplicated Scott's 722 DL to reach 2066 - 5th position. Ricardo Trevizo was lightest man (252) but SQ'd big - 870 and even tried 903! His 534 BP was smooth as molasses and he fought Rob Kalberer for 3rd place. Kalberer is very strong. His 903 SQ was EZ and got 3 whites. It went right down to the wire between these two. Rob DL'd 694 on a 3rd. Trevizo made all 3 DL's also. His 705 gave him 2110, just shy of 2nd. Kalberer earned 3rd - 2116 to 2110 - great competition.

Scott Warman remains undisputed ruler at 275. This year he had a young challenger give him a go. Scott was looking for some really big numbers. He appeared recuperated from his hamstring pull, in top form. He seemed to be stronger than ever, but was still having groove problems! His 909 SQ was nothing. He tried a PR 970 that was LOW, but he stayed in the HOLE, twice! Three fine benches and he had 518. He hoisted his 815 opener for the winning 2243 total, and made tries at two big ones, 843 and 859, that wouldn't come up all the way. Scott must keep an eye on the



***788 lbs.** in the deadlift for Tom Waddle. (Herb Glossbrenner)*

man who was runner up. The metamorphosis of Jerry Obradovic is unfolding.

I met Jerry Obradovic a year ago. His was a raw, unpolished talent with promising potential. At last year's Nats, he did 2143 at 308. At the Worlds, he was an observer, down to 242 and looking a bit drawn. He laid his foundation at the Westside Club under Louie Simmons' direction. Now, Arnold Coleman coaches Jerry and helped him channel his tremendous energy into true platform success. Jerry's attitude off the platform was totally different, as he is quiet and reserved, but he is still psyched and aggressive on stage.

Jerry lifted with dynamic, machine-like precision. All his lifts were a power display. His 3rd SQ 810 was deep and strong - a P/R. His benches were AWESOME. He vaporized all three, and finished with a stupendous 628, another personal best. He looked good for even more, perhaps 639! His 738 DL brought him to 2nd place - 2177. With two lifts remaining, he jumped big to 804. Warman would still win, but Jerry wanted 804, a first place total tying lift. He attacked it, and had it moving twice (too much this time). A splendid performance! All of the Westside crew, including Louie, seemed very pleased that Jerry is moving full steam ahead towards the top. His girl friend, Karen Rose, no doubt has been both inspirational and instrumental in "molding" the improved version of Jerry.

No longer BABY HUEY, I now refer to Jerry Obradovic as AMAZING TRULY! A new superstar in the making, no doubt he will provide new inspiration for Scott Warman, who has had no one to push him for so long. Look for this class to reach very high levels, and soon! Scott tried lifts this year equivalent to 2350. It would not surprise me to see a matchup between these two of Goggins - Wessels proportions next year.

Two SHW classes an are anomaly. I see no reason for dividing the ranks. As it turned out, the man who won at 308 could have easily dominated anyone in the heavier division that followed! So, I ask... why? Surplus bwt, does little to enhance your strength, but does jeopardize health. Only my viewpoint, and nothing more.

The 308's had eight powerhouses. Paul Springer had sprung into top position at last year's Srs., and came in as defending champ. The school teacher from Texas seemed to have a jinx over grandiloquent Tom Waddle. At last year's Worlds, Tom had bungled when he overbundled. I assured him that he was strong enough on his own. Tom came to this meet "loaded for bear," and assured me that he'd be the WINNER, then TAKE ME TO DINNER. Backstage these two were spewing friendly trash talk at each other (echoes of Reggie Miller and Spike Lee). SPRINGER proclaimed himself as a HUMDINGER. Waddle said he'd score the RINGER. Unfortunately, this great matchup never transpired. Paul missed, then made his 804 SQ opener. He took a P/R 832. Going down, a loud snap was heard (his right quadricep ripped above his right knee)! It totally incapacitated him. The ambulance arrived shortly. Ice was applied immediately. He was rushed to the hospital. His tear was repaired on June 3. We wish Paul a complete, swift, and total recovery. Following a 10 minute delay, the competition resumed.

Gary Frank, biggest in this class at 307.9, informed me he once SQ'd 965 and totaled 2291, which I had heard, but hadn't substantiated. Three times he dunked with 804, but wasn't deep enough, and he zeroed! Tate got 2 reds on depth w/760, jumped big to 843 - didn't lock his knees. He lost his balance, and then the attempt. He sat shallow on his last lift, but got 2 whites to stay in the meet. His luck ran out benching with three misses, jumping after each one: 518 - 529 - 573. Three strikes - he was out. Israelson was 5th with 1840. In 4th position was Brian Meek, 50, who assaulted Master age group records. He topped out at 1940 for 4th. Hardridge dunked 859 and missed 925 twice. He made one bench, his 551 opener. Tony finally got the handle on a 672 DL, but the jump to 733 was too much - 2094 - 3rd place. We were glad to see Kieran Kidder back in action after a lengthy absence. Kidder wasn't kidding around. He squatted big 942, a great lift - but stayed down with a huge 964. Kieran kept his 551 BP start in the groove. His 573 was coming up, but stalled. His 1488 subtotal led going into the final lift. Kieran's small, thick hands handicap his great strength. His 672 popped loose. I was afraid he was going to bomb. I showed him an old Hatfield trick of twisting the hands to screw down the grip with as much a hook as possible on his stubby thumbs. He later told me it worked. He held on and had 2166 and 2nd place. Kieran had made an amazing transformation like Obradovic. Now quiet and soft spoken, he's no longer the raging madman of old. The new improved Kidder is great. The cream of the crop always rises to the top.

My buddy Tom WADDLE came in HOPIN', with his THROTTLE wide OPEN. "This is MY SHOW" Waddle boldly proclaimed as he dunked 870. He jumped to 931 and sprang up with this as though he were a pogo stick. He took a monster 959 down and up that was high as CA gas prices - no lift! Tom has a condition known as Carpal Tunnel Syndrome which causes numbness in his hand and right wrist. He works for a beer company and tosses cases all day long. It keeps him fit, I'D SAY, with a price TO PAY. He benched very well 523, and 540 with a tricep finish. His P/R 556 stopped dead halfway up. Inspired by my chants "WHO'S THE MAN" he ripped up a nifty 788 DL for another personal best! Tom's win was a big one with some big numbers - 2259.7! Tom, at 295.8 lbs., looks like what a big man should - GOOD. No surplus weight on him - all functional muscle (except maybe his mouth). One thing is for certain: he left no doubt in anyone's mind that HE IS THE MAN-KING OF THE SUPERHEAVIES. Long live the King!

The Super-Supers, or over 308.6 bwt, had five of the best. Hank Hill, the reigning kingpin, looked unbeatable, but even the best can have an off day. Hank's conservative 870 SQ opener (considering he'd done a great 942 at the WPC Worlds) was too much three times. Gary Heisey the greatest deadlifter in history came in at 341. At 6'7", he carries his weight well distributed. He told me when I arrived that he would open at 931. I warned him not to, especially after I'd seen some thick calluses as looming disaster. My premonition was correct. Gary came to DL, and DL big! True to his word he started with 931. It came almost to lock out, and

then popped loose. So did a couple of quarter size chunks of meat, almost bone deep, ripped from his hands. With proper care, such as soaking and filing, calluses can be prevented. After this, it was all over for big Gary. Twice more he tried (which didn't do his injury any good) and twice he missed - not close. His final attempt pulled a hamstring and he was helped off stage. Gary will be back (I'm sure with my advice foremost in his mind in his future endeavors). Bill Moore, at 329, did some balanced lifting to finish at 1989 and 3rd place. He's a big dude from Louie's Westside Club who sported a big Pecos Pete moustache. Awald Pokrant, 28, was thick as a brick. He's a personal trainer from Pensacola, FL who set an A/R at the Scottish Highland Games. He sits very low. His 903 might have been the lowest of the whole meet, but missed. He ripped his shirt on his 501 start - benched it - then missed a big 540. Awald DL'd a 705 2nd attempt and waited to try a winning lift. Jim Voronin is totally awesome. His enormous size is indeed intimidating at about 6'5", 363, and a 25 inch neck that supports a huge cranium. He is a Scott Warman find and is destined for something really BIG. Getting on a bench shirt is a question I wondered about, but didn't ask. Custom fit? I'd think so! Jim got an 843 SQ but aborted his 881 try. His BP's were really impressive. He did 600, then 628 and 633 for the last two P/Rs. I see 300 kg. (661) right around the corner! He sailed to a 2171 total. Pokrant tried 788 going for 2143 (not enough to overtake Voronin) - no lift! With a better choice of poundages, Awald will total much more in the future.



***LONESTAR POWER....** Scott Warman and Jim Voronin (l-r) won Texas Style (Gallagher)*

SKEPTICISM, RIDDLING THE FAITH OF YESTERDAY, PREPARES THE WAY FOR THE FAITH OF TOMORROW - Romain Rolland

BENCH PRESS CHALLENGE

Some of the top benchers squared off in an extra attraction. It was the battle of the big benchers. An invitation was extended to all the top men who neared the threshold or made the big seven hundred in sanctioned contests. Two men claiming incredulous lifts had raised a great deal of skepticism. Chris Confessore, the Colossus of New York, and Tim Isaac of AZ, came to prove their ability.

It is part of my job as statistician to try to maintain credibility. Here was a chance for everyone to put their cards on the table. We'd see who really had the winning hand. The three others I'd watched before were Blakeley, Halbert and Patterson. Preserving the true integrity of strength is first and foremost on their agenda. Blakeley recently refused a big lift granted to him because he didn't feel he'd performed it properly. This is true integrity.

Patterson and Halbert rule at 275. Both men respect strength, and will not compromise. Both came to show their stuff.

Now let's critique Chris and Tim. Isaac weighed in at the 275 class limit. He was hoping to vanquish any doubt concerning the huge poundages he'd recently had claimed. Tim will not duck competition. Fresh from a self promoted 751 lift in a recent Arizona meet (or exhibition), backstage he took 685 halfway to his chest with his butt six inches off the bench. He opened with an enormous 755. Decked in loose fitting garb, he lowered the load halfway down and asked for assistance. On subsequent tries he controlled it down. Receiving the signal he gave it a heave and butt raise and the bar moved off his chest a few inches and came back down. Afterwards I talked with Isaac concerning his methods of benching and his true abilities. I found him to be a soft- spoken, polite gentleman. Tim once did well in all 3 lifts. He showed me surgical zippers on both legs from his quad tear operations. For this reason, he specializes in the BP now. He believes there should be two sets of records; the ones of yesterday and the ones of today. I evaluated Tim as a strongman whose objectivity is clouded with delusions of grandeur. His path of sound credence leads through the thick forest of exaggeration, and makes him a target for critics. Tim is a very charitable person with a genuine love for the sport. I also believe he is trying to lift weights which are far beyond his capabilities within the legal framework of the written rules. A reassessment of values and obtainable goals should be Tim's priority. I'd praise anything he did under legal conditions, whether it be 400, 500, 600, or whatever. A good man, surrounded by encouraging friends and relatives that are overprotective, Tim was respectful to me, and I extend the same courtesy to him. I wish him the very best.

Now - Mr. Confessore. I do not question Chris' strength. I've known of his abilities, in all the lifts, for a long time (not exclusively as a bencher). He did not get those cannonball deltoids nor those armor plated pecs by doing pushups. You are looking at unquestionably the greatest amount of upper body muscle mass on a 242 pounder in the history of the World - bar none. Chris has always had a fixation on astronomical BP figures. He has had a special talent for this lift for a long time. On May 12, 1984, he did 350 at 148. At 165, he quantum leaped to 460, on Dec. 14, '85. At 181 he did 562 on July 17, '88. At 198 he did 588 on July 23, 1988. At 220 he made 662 on Nov. 20, '93. This remains the highest lift ever at 220. Chris moved up to 242, and hit 683, at an APF meet. I must admit I've been rather amazed at his prowess. When word came of his 741 lift at 236 on June 17, 1995, I believed this to be something way beyond what even a superman like Chris could do. I have a real credibility problem, not with Chris, but with that particular lift. Tomorrowland is one thing, and

(article continued on page 104)

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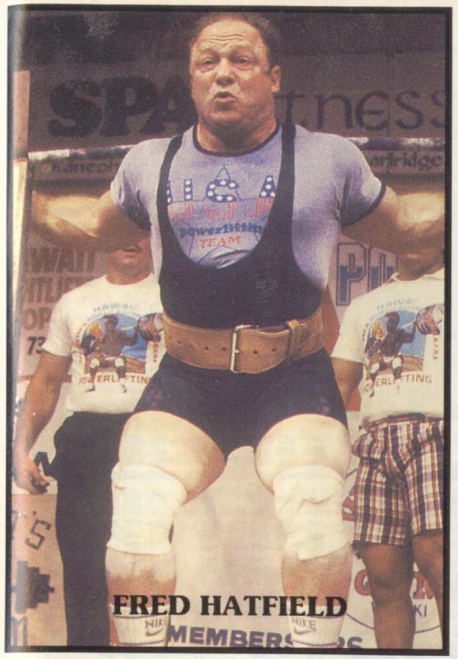
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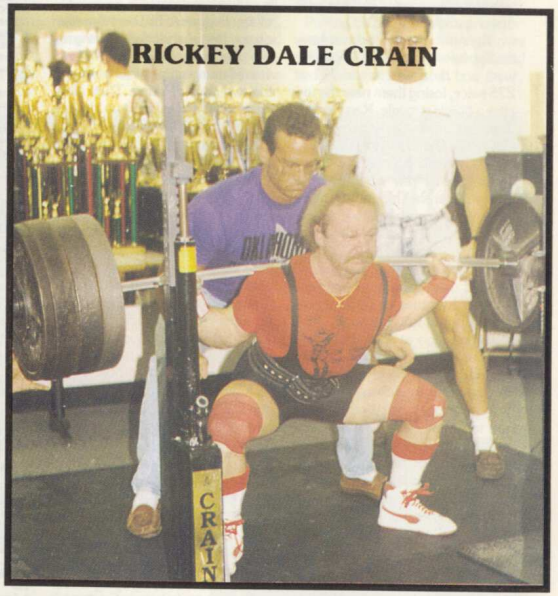
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Fantasyland yet another. Chris came - true to his word and I was here to observe. At this meet he blasted up 575 "raw" backstage, and opened at 705. His double thickness canvas shirt was so tight that he couldn't touch his chest. He jumped to 744, which was no lift. On his third attempt, he blasted it half way up. When his shirt had released all its energy, human muscle lifted solo, and back down it came. Afterwards, Chris told me he believed he could bench 670 without a shirt, but was afraid to risk tearing a pec. When you have as much pectoral muscle development as Chris does it is a most valid concern. Brother Neill's "pec tear nightmare" articles were an enigma, setting up a mental block to try such a feat "without protection." After taking everything into consideration, I could see Chris on the right day doing an acceptable 700 at 242. This would be with whatever equipment he chooses within the framework of legality. This would be a great feat, and should be made at a Nat'l meet under stringent conditions. So, the two with highest claimed numbers came, played their cards, were overambitious, were bluffing with their hands, and FOLDED.

Kenny Patterson did not have the day he wanted. His 672 opener went and he almost made 711 at 275 twice, losing them near the top after a titanic struggle. Ken won his class - no surprise, as I'd expected it. Halbert had bad luck. His shirt blew out on his 650 opener. He courageously tried it "raw" on his 2nd try. With another shirt he came back for his third attempt, but the experience took a toll. Look for George to join the 700 club before the year is over - I predict it! Blakeley at 287, got 611, and came ever so close with his two tries at 683, almost locked out. He'll be back. Rick Lawrence won at 220. He made 457 but did not make the 501 he wanted. His 12 year old son watched as Dad tried to deliver a special birthday present. Jeff Weaver made 534 to win at 242.

It was a nice event, but delayed the heavier weight class competition in the three lift meet. A future attraction like this should be on a separate day and time (best for all involved). After watching this event, I may start keeping three sets of records: WINNERS, CONTENDERS and PRETENDERS.

Rules are like a rubber band. You can stretch them enough until their broken. No problems with the officiating in this BP competition. Nancy Dangerfield occupied the referee's seat and ran a tight ship, fair and consistent. Others should consider her a true role model and a good example to follow.

The banquet following the lift was very nice. It was well attended, reasonably priced, and the food was good. Camaraderie was the main course, and everyone temporarily forgot some of the unpleasantries. I sat next to the person who is the heir apparent to the APF cookie eating championship title: Brodsky, Glitt, Voronin? Forget it! If you don't eat your meal quickly, Mary Warman will eat it for you! Where it goes I can only guess (her hair?)! I guess all that dieting for bodybuilding finally catches up with you. She woofed down three platefuls, and then she was eyeing mine! Scott had to restrain her when I mentioned that zebra meat was a delicious delicacy in South Africa. She began licking her chops. I can hardly wait for the Worlds in Durban. It should be a memorable event. I wonder how those silver backed Gorillas will react when they see Jim Voronin?

I must praise the biggest heroes of the whole meet. They were the spotters and loaders: RON HOWELL, DAVID ALBRIGHT and TERRY CALAHAN. Curtis sure knows how to pick the best. These guys were real pros. I'd go so far as to say they were the best I've seen on any National platform during my 30 plus years in P/L. They prevented many serious injuries during the two days of lifting. Their alertness prevented at least two 'decapitations' during the benches. Each should have received one of Leslie's giant trophies at the awards presentation, and a loud ovation. Congrats, guys, on a splendid job.

Final thoughts. The APF is a fine group and a fine organization. Resurfacing here was a major concern that I thought had been taken care of (officials and officiating)! This is a serious problem that is threatening to jeopardize the credibility of the association I've touted for the past year. A good housecleaning is in order without delay. Pick yourself up, dust yourself off, and start all over. This time let there be no more mistakes. Strength must not be compromised. Integrity is at stake, and the best interests of the athletes must be served. If we are to improve our sport we must all work together. This goes for all organizations. I respect the sport and will continue to be vocal regarding cheating, tainted lifts and any other important issue. Until my dying breath I'll uphold these principles. I'm intimidated by nothing or nobody. Like Jesse "The Body" Ventura, I'll always call it LIKE IT IS.

RESOLVE TO PERFORM WHAT YOU OUGHT, PERFORM WITHOUT FAIL WHAT YOU RESOLVE - Benjamin Franklin

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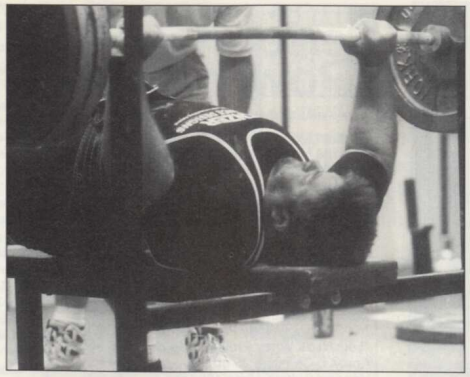
Women	SQ1	SQ2	SQ3	BP1	BP2	BP3	Sub	DL1	DL2	DL3	Total
123											
A. Weisberger	347	380	~~402~~	220	235	248	628	347	380	402	1030
T. Tate	275	303	~~349~~	187	203	214	518	275	~~292~~	303	821
132											
V. Schwenker	~~385~~	402	429	231	253	~~264~~	683	385	424	440	1124
L. Perett	~~369~~	369	~~391~~	181	203	214	584	330	363	~~374~~	947
B. Powers	319	341	---	132	143	148	490	281	303	314	804
148											
N. Dangerfield	407	446	~~462~~	203	~~225~~	~~225~~	650	440	~~479~~	~~479~~	1091
165											
D. Erney	424	490	523	336	~~396~~	~~396~~	859	424	457	485	1344
S. Vandeweghe	490	523	~~551~~	330	347	~~352~~	870	414	451	~~473~~	1322
181											
K. Ford	402	451	485	270	297	303	788	402	462	479	1267
SHW											
M. Overstreet	369	~~385~~	~~402~~	203	214	225	595	385	470	429	1025
S. Thoms	325	~~385~~	~~385~~	236	253	~~261~~	578	~~275~~	325	341	920
Men											
114											
S. Hopkins	330	352	~~374~~	203	220	~~231~~	573	319	336	352	925
132											
J. Rodriguez	~~292~~	292	~~314~~	220	231	~~242~~	523	~~396~~	~~396~~	~~396~~	
148											
T. Conyers	611	650	683	402	~~424~~	424	1107	611	633	661	1769
S. Siegel	551	584	~~611~~	352	~~363~~	~~363~~	936	~~551~~	551	600	1537
G. Ripley	523	551	562	292	308	~~330~~	870	468	501	~~518~~	1372
B. Killian	485	518	529	330	341	~~347~~	870	485	~~507~~	~~507~~	1355
R. Charles	402	429	~~451~~	214	~~225~~	~~225~~	644	402	~~429~~	~~429~~	1047
N. Shackelford	~~600~~	~~716~~	~~716~~								
165											
J. Rosciglione	711	749	766	341	352	~~363~~	1118	644	677	~~683~~	1796
R. Crain	722	~~755~~	~~766~~	~~291~~	470	418	1140	622	644	~~664~~	1785
A. Berardinelli	661	727	749	402	446	~~451~~	1195	584	~~606~~	~~606~~	1780
M. Cartinian	584	628	672	391	418	~~435~~	1091	523	~~567~~	~~567~~	1614
181											
T. Rutigliano	666	705	722	451	~~468~~	~~468~~	1091	573	622	650	1841
R. Rosales	~~733~~	~~733~~	733	363	385	~~402~~	1118	551	600	~~644~~	1763
M. Zweng	633	672	~~705~~	418	~~440~~	440	1113	501	540	584	1697
J. Tracey	578	600	617	418	435	451	1069	573	606	~~617~~	1675
P. Harvey	650	~~705~~	~~705~~	407	~~424~~	~~424~~	1058	556	~~600~~	~~600~~	1614
V. Diaz	573	606	~~628~~	292	308	~~319~~	914	518	540	~~551~~	1455
M. Plesica	~~540~~	540	556	319	341	~~347~~	898	551	~~600~~	~~600~~	1449
F. Wambsgans	~~650~~	~~650~~	~~650~~								
198											
J. Kellum	810	~~881~~	~~903~~	473	603	~~607~~	1414	611	655	~~677~~	2070
J. McCoy	716	771	~~804~~	~~542~~	512	523	1294	584	611	622	1918
T. Kamand	771	832	~~854~~	402	~~429~~	~~429~~	1234	~~666~~	~~705~~	---	1901
M. Mastrean	749	782	~~804~~	~~485~~	485	~~501~~	1267	622	~~664~~	~~664~~	1890
M. Sechrest	688	705	~~744~~	424	~~440~~	~~446~~	1129	611	644	~~664~~	1774
M. Fessenden	738	~~774~~	~~793~~	386	~~402~~	~~402~~	1124	617	---	---	1741
S. Chalmers	622	~~664~~	~~672~~	440	~~462~~	~~462~~	1063	523	551	~~567~~	1614
220											
C. Vogelpohl	804	859	~~876~~	501	~~523~~	~~523~~	1361	744	~~804~~	~~804~~	2105
H. Dunagan	777	810	837	446	462	~~468~~	1300	733	749	760	2061
J. Wardell	766	815	~~884~~	490	507	512	1328	617	655	672	2000
J. Bailey	815	881	909	435	~~457~~	~~457~~	1344	639	~~705~~	~~705~~	1984
P. Urchick	832	~~843~~	~~870~~	418	440	~~462~~	1273	705	~~737~~	---	1978
R. Potts	661	~~733~~	733	385	407	413	1146	611	655	677	1824
G. Crowder	~~677~~	~~677~~	677	429	457	~~474~~	1135	622	650	---	1785
M. Hales	~~804~~	~~826~~	~~826~~								
242											
S. Goggins	959	1008	1032	518	534	~~545~~	1567	821	~~832~~	832	2399
W. Wessels	903	970	~~1009~~	~~600~~	600	628	1598	705	793	~~804~~	2392
B. Wagner	705	~~738~~	~~738~~	485	~~512~~	529	1234	655	~~705~~	~~705~~	1890
275											
S. Warman	909	~~970~~	~~970~~	490	507	518	1427	815	~~843~~	~~859~~	2243
J. Obradovic	738	782	810	545	611	628	1438	738	~~804~~	~~804~~	2177
R. Kalberer	848	903	~~925~~	479	501	518	1421	622	677	694	2116
R. Trevizo	832	870	~~903~~	479	507	534	1405	650	688	705	2110
M. Goldman	771	821	~~876~~	474	501	523	1344	650	705	722	2066
T. Scott	727	777	804	501	523	~~551~~	1328	683	722	~~755~~	2050
J. Amoto	760	~~824~~	~~865~~	501	~~529~~	~~529~~	1366	606	650	~~666~~	2033
D. Borden	854	854	~~909~~	402	~~435~~	435	1289	733	~~766~~	~~772~~	2022
T. Brock	705	733	760	451	~~468~~	~~468~~	1229	672	722	~~733~~	1951
S. Rodenberg	744	~~810~~	~~810~~	512	534	~~545~~	1278	275	---	---	1554
308											
T. Waddle	870	931	~~959~~	523	540	~~556~~	1471	749	788	~~804~~	2259
K. Kidder	892	942	~~964~~	551	~~573~~	~~573~~	1394	~~673~~	672	~~733~~	2166
A. Hardridge	859	~~925~~	~~925~~	529	~~556~~	~~556~~	1388	~~705~~	705	~~749~~	2094
B. Meek	722	766	---	479	~~512~~	~~512~~	1245	644	694	---	1940
M. Israelson	722	755	~~804~~	418	457	~~468~~	1212	578	606	628	1840
D. Tate	~~760~~	~~843~~	~~843~~	~~518~~	~~529~~	~~573~~					
P. Springer	~~804~~	~~804~~	~~832~~								
G. Frank	~~804~~	~~804~~	~~804~~								
SHW											
J. Voronin	843	~~881~~	---	600	628	633	1476	661	694	~~705~~	2171
A. Pokrant	804	854	~~903~~	~~501~~	501	~~540~~	1355	650	705	~~708~~	2061
B. Moore	~~737~~	777	~~843~~	~~451~~	451	468	1245	705	744	~~804~~	1989
H. Hill	~~870~~	~~870~~	~~870~~								
G. Heisey								~~934~~	~~934~~	~~934~~	
Bench Press											
165											
T. Williamson				325	~~352~~	~~352~~					
220											
R. Lawrence				457	~~501~~	~~501~~					
242											
J. Weaver				501	534	~~551~~					
M. Sword				402	424	~~451~~					
C. Confessore				~~705~~	~~744~~	~~744~~					
275											
K. Patterson				672	~~711~~	~~711~~					
R. Lademan				534	~~573~~	~~573~~					
T. Isaac				~~755~~	~~755~~	~~755~~					
G. Halbert				~~650~~	~~650~~	~~650~~					
308											
J. Blakeley				611	~~683~~	~~683~~					
J. Josza				540	~~578~~	~~578~~					

(article continued from page 8)

was in the driver's seat and totaled out forcefully at 2138. Big 330 lb. Sean Culnan had some trouble in the squats, and a little in the bench, but no difficulties in the deadlift, where he made all attempts and pulled an exceptionally mean face after his final success. Another local star, from Florissant, Vae Mafuli did not get the big numbers in the squat, and tried to make up for it with an 804 deadlift that was just too much. 340 lb. Jeff Markoff of Olympia, Washington showed "Overholtzerian" physical proportions and that incredibly thick neck of his served him well after he dumped an 876 squat forward.

Best Lifters of the competition were Tony Conyers in the lighter classes. Tony has been lifting for 20 years now, and credits the support of his friends, some of whom have been with him since the fifth grade, for much of his success. There will be much more to come from Tony this year, I'm sure. In the heavier classes, the Best Lifter was Andrew "Bull" Stewart. At 38, he still feels great and hopes to stay at 242 until he breaks the 2200 total mark - after that, watch out!

In the team competition, in 2nd place with 54 points was the Iron Pit. In first, with 108 points (12 points per lifter; they all finished first in their class) was Pro Fitness/Titan. These guys are going at sponsorship like a NASCAR racing team, picking up all the co-sponsors they can. To date, they have garnered an incredible $50,000 in annual support for the entire team from their several significant supporters. There was some thought that this team might go on to compete in the USPF Sr. Nationals, but we don't have the official word on their decision at this point. By the way, Titan Signature Red Devil Wraps were presented to each class winner .



***Beau Moore** used a 611 lb. bench press to take the Superheavies*

A special moment at each of these Nationals is the presentation of the ADFPA's Brother Bennet award. This year, in an eloquent speech by ADFPA President Mike Overdeer, it went to Pete Gisondi, a long time ADFPA supporter, lifter, and meet director who has a grand style, that's all his own. Unfortunately, Pete wasn't on hand for the meet this year, but he is no less deserving of this great honor.

Meet Directors Mike and Steve Cissell arranged for a disc jockey and sound system for the meet, and - once again - that feature was well received. Another nice touch was a microphone interview with each of the Best Lifters - Tony Conyers and Bull Stewart - after they received their awards. Both men had some interesting and inspirational things to say. The people that helped Mike and Steve produce this excellent event included Master of Ceremonies George Huber; Chief Referee Dennis Brady; Referees Don Haley, Mike Overdeer, Larry Miller, Bob Triphahn, Stephanie Whiting, Judy Gedney, Eugene McCullough, Dennis Green, Andrea Sortwell, Craig Safran, Shawn Cain, and Roger Gedney (there may have been others who served in the chair as well); Staff Members Sue Cissell, Kevin Clemens, Denis Huber, Lance Bargatze, Dawn Cissell, Denise Clemens, Ted Zagurski, and Chrissy Barry; Spotter - Loaders Steve Cissell, Terry Besserman, Joe Valencia, Ben Turner, Greg Chrun, and those old Granite City teammates Mark Seago and Curt Mathes. Putting in a tremendous performance as Platform Manager was Rick Fowler. Thanks to you all, and any who were missed.

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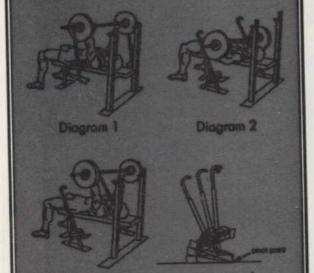


Diagram 1 Diagram 2 Diagram 3 Diagram 4

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AAUPC INTERNATIONAL INVITATION.... *"The AAU is the oldest powerlifting organization with sanctioned meets going back to 1963. With the rebirth of AAU powerlifting in 1995 we have witnessed a tremendous growth in the AAUPC, in membership, in the number of meets held, and in innovative ideas. Our philosophy, that the lifter comes first via the "WE CARE" attitude, and the premise that powerlifting should be FUN has made the AAUPC a leader. The variety of meets that we hold, RAW and OPEN and in particular the major attractions such as the Junior Olympics and the upcoming Walt Disney Resort Meets make lifting in the AAUPC a definite plus. With this in mind, we extend, via personal copies of this letter, to Mr. Grahame Fong, President IPF; Mr. Andrew Cominos, President of the WDFPF; and to Mr. John Schaeffer, President IPA, an open invitation to allow their lifters to participate in the 1996 Junior Olympics in New Orleans, the 1997 Junior Olympics in Charlotte, North Carolina, the 1997 Walt Disney Resort meets and the 1998 Walt Disney International Powerlifting Meets. The purpose of this would be to encourage the growth of international powerlifting, increase communication among the international powerlifting community and most importantly, to allow their lifters to have one helluva good time lifting heavy metal. If the leaders can agree to allow their lifters to come, this could be the prelude to one great international meet when the Junior Olympics are held in Disney in the year 2000!! We are not attempting to make these lifters leave any affiliation to lift at these events, rather we are asking their leadership to freely allow lifters to compete so that they may enjoy lifting in these great events. There are only three requirements: 1. All lifters must be three year drug free and agree to compete under AAUPC rules for these events. 2. All lifters must have competed in a drug tested AAUPC, IPF, IPA, or WDFPF meet outside of the USA, or AAUPC meets within the USA for Americans. Lifters must make qualifying totals when called for. 3. For insurance purposes, each lifter must obtain a AAUPC membership card at the meet site. We will also allow non-affiliated lifters to compete, who meet the above requirements. Our objective is to bring the various groups together and to allow the lifters from all nations to have FUN. We hope that our counterparts will agree."* Sincerely, Joseph Pyra, AAUPC Asst. National Chairman.

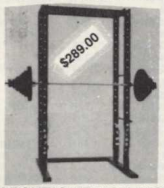
D.H.E.A.... *"Regarding an article published in your July issue of "POWERLIFTING USA" about DHEA. DHEA IS a BANNED substances by the USOC, IOC, IPF, USWF, World Games, NACACI, etcetera."* from Richard T. Herrick, M.D., Chairman: Medical Committees, IPF, USWF, NACACI.

JENNIFER TAYLOR UPDATE... *"I just wanted to thank you for putting in the story about my daughter Jennifer so promptly. Unfortunately, she is still missing and the police suspect she has fallen in the hands of an individual with a long criminal history. I will keep you brief as I gather more information. Right now I am trying to get a photo and information on the suspect. Hopefully, if I get it circulated around enough, somebody might spot him or Jennifer. IThanks again for doing a great job with getting Jennifer's story and photos out. You wouldn't believe the amount of lifters who have called just to show that they care and to offer support."* Scott Taylor

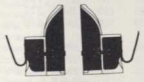
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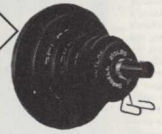
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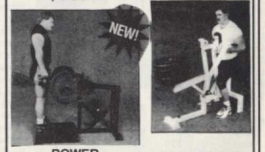
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Submaster		Men	
S.Randall	315	148	
181		Drug Free	
R. Heyd	390	J. Green	400
T.Weekley	365	165	
D.Morris	295	Teen	
Drug Free		T. White	385
G. Gasparian	445	181	
P.Schnell	360	T.Weekly	520
R. Wright	290	Submaster	
198		R. Wright	350
S. Long	410	Drug Free	
Drug Free		R.Wright	350
S.Long	420	198	
M. Thomas	320	B. Denham	
45-49		Drug Free	
M.Thomas	320	D. Noe	580
220		M. Thomas	555
Drug Free		B. Denham	550
T. Goins	365	J. Nichols	500
242		K. Phipps	420
C. Gibson	435	Submaster	
Drug Free		J. Vaughn	530
J. Yaeger	375	S. Wood	475
Submaster		45-49	
G. Legrande	350	M. Thomas	555
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40-44		Drug Free	
W. Ferguson	330	J. Yeager	475
		Submaster	
		G. Legrande	515

Drug Free Best Lifter Deadlift: Donald Noe. Open Best Lifter Deadlift: Tim Weekly. Drug Free Best Lifter Bench : Gagik Gasparian. Open Best Lifter Bench: Joe Huber. 1st Place Deadlift Team: Powerhouse Gym. 1st Place Bench Press Team: Titan Power Team. Referees: Danny McMillan, Jennifer Taylor, Karen Beebe, Scott Wood,Scott Taylor. Scorekeepers & Announcing: Verlinda McMillan and Scott Taylor. This year's event was held at Day's Inn Airport. Lifters showed from several states to compete including Georgia, Pennsylvania, South Carolina, and North Carolina. Some very good lifts were registeredadn six International level referees were on hand to officiate at the event. Needless to say, the judging was very consistent and fair. Special thanks to all who officiated and spotted for doing an excellent job. Big Joe Huber of Pennsylvania wowed everybody with a quick, easy 530. The highlight of the event was Gagik Gasparian, who is a Russian wheelchairathlete. Gagik went home with some new world records after registering a nice 445 bench at a bodyweight of 177 lbs. even! When people complain about how hard they think theyhave it overcoming the odds in the sport they should think about this drug free lifter who is confined to a wheelchair! Gagik is also a great sportsman and a real credit to our sport. Once again, thanks to all who worked at the meet for doing a great job, and thanks to all of the lifters who put on a great show of sportsmanship (and did some nice lifts as well). (Thanks to Scott Taylor, APA President, for provding the results of the meet)

AAU N. New Jersey High School
22 Apr 96 - Hopatcong, NJ

Women	SQ	BP	DL	Total
114				
J. Ferrara	110	70	190	370
123				
M. Freira	155	100	225	480
C. Ramila	110	65	170	345
132				
R. Gomes	155	85	210	450
M. Torres	145	60	210	415
Men				
123				
M. Costa	275	175	280	755
W. Rawa	180	120	245	545
132				
J. Canizales	280	165	355	800
148				
T. Gurgo	350	215	440	1005
L. Lawson	225	200	405	830
J. Runyun	235	165	315	715
Raw				
P. Pellegrino	235	195	290	720
J. Runyun	235	165	315	715
165				
M. Bauer	305	290	325	920
A. Nunas	265	180	365	810
T. Delmauro	275	180	330	785
T. Cunha	245	175	340	760
Raw				
M. Bauer	305	290	325	920



Donald Noe won the Drug Free Best Lifter Award with a 580 deadlift weighing 190. (S.Taylor)

181				
R. Haley	360	250	420	1030
J. Akambi	320	185	405	910
J. Castanheira	300	190	335	825
S. Billis	240	175	315	730
198				
J. Cunha	370	245	440	1055
T. Piegaro	365	215	420	1000
F. Castillo	275	190	350	815
220				
J. Smith	380	220	450	1050
M. Tower	350	270	390	1010
M. Greenberg	310	200	290	800
Raw				
M. Tower	350	270	390	1010
M. Greenberg	310	200	290	800
242				
S. Thompson	340	215	450	1005
L. Cucuccio	275	170	440	835
Raw				
S. Thompson	340	215	450	1005
275				
B. Schmidt	345	330	440	1115
M. Caetano	345	275	480	1100
Raw				
B. Schmidt	345	330	440	1115

Best Light Female Lifter: Melissa Freira. Open Best Light Male Lifter: Tony Gurgo. Open Best Heavy Male Lifter: Joe Cunha. Raw Best Light Male Lifter: John Runyun. Raw Best Heavy Male Lifter: Bill Schmidt. First place team trophy: 58 pts. Queen of Peace High School; Second place team trophy: 19 pts. Joe's Gym Surfbreakers (sponsoring Basking Ridge HS). This was our first attempt at holding a state high school championship. About six schools attended, with Queen of Peace dominating the event. While it was not a numerical scoring, it was expected to have had a ball, especially the Queen of Peace cheering squad. I'm sure the word will get out that this is a meet for teenagers to attend. There were many state records set and a few American Teenage records. I'm sure that those lifters were both surprised and happy at the prospect of taking records home. There were several outstanding lifters. On the ladies side was Melissa Freira taking the Best Light Female Lifter Trophy. This 16 year old pulled 225 and almost got 240, not bad at 120.5 bwt! Al 121 bwt Marco Costa set four American 18-19 Teenage Records with 275 175 280 755. Congratulations. Several lifters lifted in both the open supportive gear division AND the RAW divisions. The supportive gear lifters did not always win. Matt Tower won both these divisions in the 220 class as did Bill Schmidt in the 275 class. In all about 25% lifted RAW. In the 148, Tony Gurgo won the Best Light Male Lifter Trophy and I believe that if this young man stays with Powerlifting, New Jersey will produce yet another national champion. He had to be the guttiest lifter at the meet with a 1005 total. The most polished lifter, training always shows, was Rocky Haley, coached by his father. He too will someday be an outstanding New Jersey lifter. The meet was a success due to the efforts of many people, whom I wish to thank. Many thanks to Mr. Steve Trimper, Athletic Director who so kindly allows us to use the Hopatcong High School. Thanks to Mike Juskus who arranges for spotters and helps set up the meet. Thanks to Chuck and Jim for spotting and to Wayne the janitor. To our State Chairman Ted Giantini who greatly helps with every aspect. To Dennis Villano, State Referee, and Joe's Gym standby. Many thanks to National Referee, Rudy Garcia, and his wife Dorothy who drove up from Virginia to lend a hand. To the editor of the AAUPC newsletter, Pat Cuntrera, who as a National Referee, did double duty as platform manager. Thanks to Mary Ann Ryan and congratulations to Laurie Giantini on passing her referee test. Thanks to Pete Varney, one of Joe's Gym new recruits for spotting. To my wife and head bean counter, Gloria Jean for keeping score. A hearty thank you to the high school coaches for bringing their teams. A sincere thank you to anyone I may have forgotten. But most of all a very warm thank you to ALL the lifters, without whom there is no meet. God bless. See you in New Orleans, AND at the TEENAGE NATIONAL CHAMPIIONSHIP with a bench and deadlift meet in DISNEY WORLD!!!! MAY 30 -JUNE 1, 1997!!!! (thanks to Jumpin' Jersey Joe Pyra for results)

Nordic Junior Champs (kg)
27 Apr 96 - Pietsarsaari, Finland

52 kg.	SQ	BP	DL	Total
Hvidt-DEN	130	95	150	375
56 kg.				
Sehlberg-SWE	210	147.5	190	547.5
Haaparanta-FIN	175	107.5	182.5	465
60 kg.				
Airio-FIN	197.5	135	217.5	550
Silta-aho-FIN	205	110	210	525
Mohlin-SWE	180	112.5	190	492.5
67.5 kg.				
Brovold-NOR	235	122.5	235	592.5
Larsen-SWE	210	130	240	580
Guldberg-DEN	200	127.5	195	522.5
Jakobsen-DEN	170	112.5	190	472.5
Kvist-FIN	disq			
Sviland-NOR	disq			
75 kg.				
Thuresson-SWE	262.5	167.5	280	710
Lappi-FIN	225	140	290	655
Rundberget-NOR	235	132.5	245	612.5
90 kg.				
Knutzen-NOR	325!	160	310	795
Leppakangas-FIN	275	185	282.5	752.5
100 kg.				
Gustavsson-SWE	290	180	285	755
Juliussen-NOR	230	180	265	735
Hansen-NOR	282.5	187.5	252.5	732.5
Rasmussen-DEN	275	157.5	282.5	695
Sjoqvist-SWE	disq			
110 kg.				
Nilsson-SWE	350*	180	310	840
Holmberg-SWE	315	200	270	785
Oren-NOR	300	160	265	725
Hakala-FIN	270	160	260	690
125 kg.				
Wiklund-SWE	300	170	300	770
M. Ramo-FIN	290	180	270	740
Kristensen-NOR	255	187.5	260	702.5
125+ kg.				
Laritz-SWE	280	190	320	790
Sirkka-FIN	280	200	245	725



Going for 804... Jon Orr came close at the World Record Breakers Meet (Rich Nay photograph)

* Junior European record. ! Junior world record. Best Lifters: 1. Amit Sehlberg, 2. Patrik Thuressson, 3. Are Knutzen, 4. Joakim Nilsson, 5. Jari Airio. (Thanks to Heidi Orasmaa for providing results.)

World Record Breakers
20 Apr 96 - Richland, WA

Bench Press		132	
Masters		J. Sverchek	159
40-49		J. Earl	137
148		J. Amoya	115
G. Wise	270	148	
E. Robins	242	C. Varella	148
165		181	
J. Kasper	236	L. Donovan	176
R. Schreifels	209	198	
181		C. Dirks	176
M. Beckner		S. Johnson	121
198		Masters Women	
M. Ramos	341	114	
S. Swanson	319	B. Cruz	143
J. Trautman		148	
220		M. Hayes	99
W. Crossen Jr.	451	Open	
J. Paggett	358	123	
242		G. Morgan	297
R. Nelson	407	M. Bowen	225
B. Dooley	402	181	
S. Schwartz		A. Berry	385
275		G. Phillips	380
J. Weisheimer	424	198	
50-59		E. Sim	446
148		B. Davis	429
J. Bebe	319	242	
181		A. Diaz	418
J. Reynolds	303	Deadlift	
198		Novice	
M. Urrutia	303	132	
220		M. Flowers	242
S. Sandberg	402	W. Crossen III	236
242		165	
G. Nelson	462	S. Sharkey	407
R. Hodge	374	G. McKenna	385
275		M. Marchek	358
T. Dunn	352	181	
D. Johnson	336	B. Dirks	440
60-69		198	
181		J. Welcome	551
R. Phillips	248	R. Trewin	518
H. Wolff	198	220	
198		T. Ramos	529
J. Flowers	137	242	
220		A. Chamberlain	512
J. O'Loughlin	225	275	
242		R. Neff	573
C. Davis	259	Masters	
80 plus		40-49	
181		148	
W. Williams	187	G. Wise	429
Novice		E. Robins	407
132		165	
W. Crossen III	181	R. Schreifels	402
148		181	
J. Cranston	275	D. Hall	551
J. Womack	242	220	
J. Schumacher		L. Peratrovich	523
165		R. Flowers	402
R. Bish	303	242	
R. West	259	C. Shanks	666
S. Sharkey	236	50-59	
M. Marchek	214	220	
J. Kelly	181	S. Sandberg	628
181		60-79	
D. Ramos 380		181	
S. Olson	347	R. Phillips	485
D. Rhynes	341	198	
S. Needham	341	J. Flowers	270
M. Dalton	308	Women	
N. Walker	286	114	
T. Anderson	270	C. Robins	264
J. LaSalle	248	132	
B. Dirk	242	J. Svercheck	330
198		148	
K. Yocum	308	L. Little	253
D. Johnson	220	165	
242		L. Minor	253
A. Adalsteinsson	391	181	
M. Chamberlain		L. Donovan	330
275		198	
A. Lambert	479	C. Dirks	325
R. Neff	451	Masters	
A. Adalsteinsson	385	148	
W. Pontius	369	M. Hayes	225
SHW		Open	
P. Newman		148	
Women		J. Cranston	473
97		220	
D. Palk	181	B. McCanse	606
105		242	
E. Day	105	B. Mikesell	655
114		M. Camlin	650
D. McClatchy	143	275	
123		A. Adalsteinsson	666
S. Radcliffe	171	A. Lambert	600
		SHW	
		J. Orr	782

(Thanks to Gus Rethwisch for providing the results)

TOP 100

For standard 123 lb./56 kg. USA lifting in results received from June 1995 through May 1996.

	SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1	540 Buterbaugh, D..10/26/95	374 Buterbaugh, D..11/11/95	501 Milian, E..6/3/95	1234 Milian, E..6/3/95
2	470 Kendricks..11/11/95	360 Wright, C..4/13/96	501 Connolly, S..5/25/96	1212 Buterbaugh, D..10/26/95
3	468 Milian, E..6/3/95	308 Lee, A..7/15/95	496 Weiss, D..10/28/95	1196 Connolly, S..5/25/96
4	451 Young..7/22/95	308 Unten, K..3/2/96	490 Boudreau, C..7/21/95	1179 Arenberg, J..7/22/95
5	429 Connolly, S..12/10/95	297 Arenberg, J..7/22/95	468 Arenberg, J..7/22/95	1157 Boudreau, C..7/21/95
6	425 Sutherland, J..3/23/95	297 Morgan, G..4/20/96	462 Smith, J..7/15/95	1151 Weiss, D..7/15/95
7	418 Boudreau, C..7/21/95	292 Allen, R..6/25/95	460 Snell, K..3/23/96	1130 Snell, K..3/23/96
8	415 Smith, J..3/9/96	292 Higgins, F..11/11/95	451 Durachta, T..8/12/95	1124 Young..7/22/95
9	415 Snell, K..3/23/95	286 Orozco, T..8/5/95	450 Kendricks..3/16/96	1107 Smith, J..7/15/95
10	415 Johnson, A..4/13/96	286 Schulz, N..10/28/95	435 Sutherland, J..3/23/96	1102 Lee, A..7/15/95
11	413 Arenberg, J..7/22/95	275 Deverse, P..11/9/95	430 Gosling, J..11/5/95	1100 Gosling, J..11/5/95
12	410 Jackson, B..6/3/95	275 Nguyen, P..12/2/95	429 Wynn, M..3/30/96	1100 Sutherland, J..3/23/96
13	407 Wynn, M..3/30/96	270 Weiss, D..7/15/95	424 Young..7/22/95	1070 Jackson, B..6/3/95
14	405 Gosling, J..11/5/95	270 Miscione, P..7/29/95	420 Trammer-Bey..10/14/95	1070 Kendricks..11/11/95
15	402 Durachta, T..6/17/95	265 Gosling, J..11/5/95	413 Chang,Y..4/20/96	1052 Durachta, T..6/17/95
16	402 Weiss, D..7/15/95	265 Keefer, F..11/18/95	410 Chen, D..3/8/96	1041 Wynn, M..3/30/96
17	402 Lee, A..7/15/95	265 Portnoy, P..3/9/96	405 Jackson, B..6/3/95	1030 Weisberger, A..5/31/96
18	402 Simmons, O..12/2/95	264 Milian, E..6/3/95	405 Keefer, F..11/18/95	1025 Kelli..12/3/95
19	391 Kelli..12/3/95	264 Catroni, L..12/2/95	402 Kelli..12/3/95	1025 Higgins, F..5/10/96
20	385 Wittern..11/11/95	264 Connolly, S..12/10/95	402 Higgins, F..5/10/96	1003 Stanfill, B..3/23/96
21	380 Cremeens, S..4/27/96	264 Stanfill, B..3/23/96	402 Weisberger, A..5/31/96	980 Trammer-Bey..10/14/95
22	380 Weisberger, A..5/31/96	260 Vierra, L..12/23/95	400 DiDonato, A..10/22/95	970 Johnson, A..4/13/96
23	375 Flaherty, R..12/2/95	255 Jackson, B..6/3/95	400 Schlesinger, B..3/8/96	953 Wittern..11/11/95
24	375 Brown, A..3/8/96	255 Snell, K..3/23/96	400 Wrinkle, J..3/23/96	915 Cremeens, S..4/27/96
25	370 Jackson..3/16/96	250 Surita, D..9/10/95	400 McKenzie, R..4/20/96	910 Colon..11/4/95
26	365 Kennedy..8/11/95	250 Gentry, D..4/20/96	396 Hallman, C..3/30/96	935 Brown, A..3/8/96
27	365 Colon..11/4/95	248 Young..7/22/95	396 Cremeens, S..4/27/96	930 DiDonato, A..10/22/95
28	363 Stanfill, B..3/23/96	248 Weisberger, A..5/31/96	391 Lee, A..7/15/95	930 Chang, Y..12/16/95
29	352 Soukup, G..7/29/95	245 Chang, G..7/29/95	391 Davis, J..4/20/96	922 Kennedy..8/11/95
30	350 Morici, N..3/3/96	245 Sutherland, J..12/2/95	390 Colon..11/4/95	920 Flaherty, R..12/2/95
31	350 Lee, T..3/8/96	245 Williams, L..3/9/96	385 Wittern..11/11/95	920 Davis, J..4/20/96
32	350 Veigle..3/16/96	245 Schomaker, M..4/13/96	380 Morici, N..5/19/96	915 Chen, D..3/8/96
33	347 Higgins, F..10/14/95	245 Sanchez, F..5/11/96	375 Smithhart, M..3/9/96	915 Schlesinger, B..3/8/96
34	345 Trammer-Bey..10/14/95	242 Boudreau, C..5/6/95	375 Veigle..3/16/96	910 Morici, N..3/3/96
35	341 Schlegel, B..6/24/95	240 Peak, B..8/95	375 Horsemanko, G..3/30/96	910 Veigle..3/16/96
36	341 Kemper, T..4/20/96	240 Kunkel, B..3/16/96	375 Harrison, L..4/13/96	900 Fox, B..4/6/96
37	340 Chang, Y..12/16/95	235 Calhoun, B..9/16/95	375 Jones..5/25/96	898 Lamb..6/17/95
38	340 Fox, B..4/6/96	231 Smith, J..7/15/95	374 Madigan, C..8/12/95	892 Hallman, C..3/30/96
39	336 Davis, J..4/20/96	231 Soukup, S..8/16/95	374 Stanfill, B..3/23/96	890 Lee, T..3/8/96
40	336 Waller, L..4/20/96	231 Simmons, O..12/2/95	370 Hanville, J..12/2/95	890 Kunkel, B..3/16/96
41	335 Jackson..11/11/95	231 Kelli..12/3/95	370 Pyfer, C..3/16/96	880 Harrison, L..4/13/96
42	335 Richards, R..4/13/96	230 McAndrew, E..10/28/95	365 Fox, B..4/6/96	876 Schlegel, B..8/26/95
43	330 Lamb..6/17/95	230 Hoch, R..12/2/95	365 Dancer, T..4/20/96	870 Hanville, J..12/2/95
44	330 DiDonato, A..10/22/95	230 Falagrady, B..1/27/96	363 Lamb..6/17/95	870 Williams, L..3/9/96
45	330 Schneidmill..11/3/95	230 Woods, J..2/10/96	363 Kennedy..8/11/95	870 Howerin, J..4/13/96
46	330 Chen, D..3/8/96	230 Ortiz, M..3/9/96	363 Schlegel, B..8/26/95	865 Simmons, G..6/17/95
47	330 Morrow, J..3/30/96	230 Herrera, J..3/31/96	363 Jeffrey, L..3/9/96	865 Galant, A..1/11/95
48	325 Camilo..9/15/95	230 Bedford, D..4/13/96	360 Flaherty, R..12/2/95	865 Blackburn, K..2/17/96
49	325 McCarter, C..3/8/96	230 Edwards, J..4/13/96	360 Blackburn, K..2/17/96	860 Jones..5/25/96
50	325 Hallman, C..3/30/96	230 Robinson, C..5/19/96	360 Howerin, J..4/13/96	859 Cane, D..4/20/96
51	320 Hanville, J..12/2/95	225 Herman, T..8/5/95	358 Smith, D..10/21/95	855 McCarter, C..3/8/96
52	320 Stein, E..2/17/96	225 Simpson, T..3/30/96	358 Cane, D..4/20/96	855 Richards, R..4/13/96
53	320 Harrison, L..2/24/96	225 Smith, L..4/13/96	358 Brown, M..4/20/96	855 McKenzie, R..4/20/96
54	320 Mobley, S..3/16/96	225 Bowen, M..4/20/96	355 Lee, T..3/8/96	843 Kemper, T..4/20/96
55	320 Zima, I..3/23/96	225 Hills, J..4/27/96	355 Richards, R..4/13/96	840 Schneidmill..11/3/95
56	320 Austin, M..4/20/96	220 Durachta, T..6/17/95	355 Usery, J..4/20/96	840 Usery, J..4/20/96
57	319 Hetzel, M..8/11/95	220 Simmons, G..6/17/95	352 Cross, M..10/26/95	837 Morrow, J..3/30/96
58	319 Galant, A..11/11/95	220 Burgamy, L..11/18/95	350 Gehman..11/4/95	832 Hetzel, M..8/11/95
59	315 Kunkel, B..3/16/96	220 Vella, R..11/19/95	350 Diamond, M..11/18/95	830 Pyfer, C..3/16/96
60	315 Odom, J..3/23/96	220 Lippert, J..3/2/96	350 Woods, J..2/10/96	826 Smith, D..10/21/95
61	315 Usery, J..4/20/96	220 Brown, A..3/8/96	350 Ortiz, M..3/9/96	826 Brown, M..4/20/96
62	314 Cane, D..6/25/95	215 Day, B..10/7/95	350 Williams, L..3/9/96	821 Mobley, S..7/21/95
63	314 Elwyn, S..4/13/96	215 Trammer-Bey..10/14/95	350 Kunkel, B..3/16/96	821 Jeffrey, L..3/9/96
64	310 Schleisinger, B..3/8/96	215 Rodriguez, J..4/21/96	350 Hopkins, J..4/20/96	821 Yee, T..5/31/96
65	310 Panks, B..3/8/96	214 Tate, T..5/31/96	350 Lynch, R..4/20/96	815 Stein, E..9/16/95
66	310 Hayes, A..4/20/96	210 Kovacs, M..3/16/96	347 Simmons, G..6/17/95	815 Jarboe, J..3/9/96
67	305 Taylor, G..2/24/96	210 Lawry, N..3/16/96	347 Coon, W..9/16/95	815 Chevalier, W..4/13/96
68	305 Chevalier, W..4/13/96	210 Determan, L..4/6/96	347 Galant, A..1/11/95	810 Smithhart, M..10/14/95
69	303 Lawson..2/24/96	210 Johnson, A..4/13/96	345 Brown, A..1/27/96	810 Bowshier..1/13/96
70	303 Jarboe, J..3/9/96	210 Howerin, J..4/13/96	345 McCarter, C..3/8/96	810 Gennusa, M..3/8/96
71	303 Tate, T..5/31/96	209 Altavilla, J..9/10/95	345 James, J..3/8/96	805 Phachansiri, S..9/24/95
72	300 Martinez, A..6/3/95	205 Blackburn, K..2/17/96	345 Johnson, A..4/13/96	805 Jackson..11/11/95
73	300 Blackburn, K..2/17/96	203 Lamb..6/17/95	343 Stein, E..8/19/95	800 Panks, B..3/8/96
74	300 Howerin, J..4/13/96	230 Kennedy..8/11/95	341 Hetzel, M..8/11/95	800 Kovacs, M..3/16/96
75	300 Jones..5/25/96	203 Hudson, J..10/7/95	341 Bowshier..1/13/96	800 Zima, I..3/23/96
76	297 Simmons, G..6/17/95	203 Wynn, M..3/30/96	341 Jarboe, J..3/9/96	800 Horsemanko, G..3/30/96
77	297 Tschumperlin, S..4/20/96	200 Griffin, T..6/3/95	341 Kemper, T..4/27/96	800 Hills, J..4/27/96
78	295 Smithhart, M..7/8/95	200 Saggs, M..7/22/95	340 Calhoun, B..7/15/95	799 Cross, M..10/26/95
79	295 Phachansiri, S..9/24/95	200 Andrews, R..8/5/95	340 Walker, J..2/10/96	797 Maynard, C..12/9/95
80	295 Walker, J..2/10/96	200 Coon, W..8/12/95	340 Gennusa, M..3/8/96	795 Dancer, T..4/20/96
81	292 Kelly, R..7/25/95	200 DiDonato, A..10/22/95	340 Seymer, J..3/8/96	795 Lynch, R..4/20/96
82	292 Smith, D..10/21/95	200 Lalich, M..1/21/96	340 Chaillet, E..3/9/96	793 Lawson..2/24/96
83	292 Bowshier..1/13/96	200 Lutkins, K..3/9/96	340 Mobley, S..3/16/96	790 Hayes, A..4/20/96
84	292 Menear, B..3/96	200 Cruz, P..4/27/96	340 Zima, I..3/23/96	788 Menear, B..3/96
85	292 Brown, B..4/20/96	198 Galant, A..11/11/95	335 Kirkbride, J..7/22/95	785 Martinez, A..6/3/95
86	292 Steinbrink, N..4/27/96	198 Morrow, J..3/30/96	335 Maynard, C..12/9/95	785 Walker, J..2/10/96
87	290 Gennusa, M..3/8/96	198 Menear, B..3/96	335 Stametz, B..2/24/96	785 Cruz, P..4/27/96
88	290 Lajoy, D..4/13/96	195 Williams, G..12/16/95	335 Chevalier, W..4/13/96	782 Coon, W..9/16/95
89	290 Williams, S..4/20/96	195 Smithhart, M..3/9/96	330 Casillas, M..6/3/95	782 Tschumperlin, S..4/20/96
90	286 Blaize, M..8/19/95	195 Reed, R..3/9/96	330 Miller, S..6/3/95	782 Waller, L..4/20/96
91	286 Jeffrey, L..3/9/96	195 Jackson..3/16/96	330 Phachansiri, S..9/24/95	780 Camilo..9/15/95
92	286 Nelson, K..4/27/96	195 Colon..3/16/96	330 Schneidmill..11/3/95	780 Ortiz, M..3/9/96
93	286 T. Devoltz, 5/10/96	195 Fox, B..4/6/96	330 McDaniel, W..2/24/96	777 Calhoun, B..9/16/95
94	285 Gingerelli, A..3/3/96	195 Saggs, M..4/26/96	330 Hodges, M..3/23/96	771 Parrish, C..4/96
95	285 Burton, M..3/8/96	195 Torrence, D..5/5/96	330 Panks, B..3/8/96	770 Ruffener, M..2/17/96
96	285 Pfyler, C..3/16/96	192 Czupil, J..10/29/95	330 Brown, K..3/8/96	765 Brown, K..3/8/96
97	285 McKenzie, R..4/20/96	192 Davis, J..4/20/96	330 Stabb, N..3/16/96	760 Blaize, M..8/19/95
98	285 Cruz, P..4/27/96	190 Faust, S..12/2/95	325 Martinez, J..7/29/95	760 Seymer, J..3/8/96
99	281 Stephens, S..2/24/96	190 Chang, Y..12/16/95	325 Lawson..2/24/96	760 Stabb, N..3/16/96
100	281 Sarris, M..5/11/96	190 Cunningham, T..1/96	325 Molina, J..2/24/96	760 Elwyn, S..4/13/96

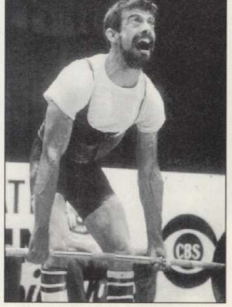
PL USA Top 100
Achievement Awards



Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is $6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for $21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send $6 per certificate or $21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 7 1/4% tax).

NEXT MONTH... TOP 132s

Corrections... Ken Snell notes that there was an error regarding the results of the 1995 Florida State Deadlift Championships. "The results stated I was in the 114 lb. class when I pulled 430, when actually I was in the 123 lb. class. So my #4 ranking in the deadlift in the July 1996 PL USA TOP 100 114 lb. class should be eradicated." We make errors in keyboarding contest results and in compiling our ranking lists, and some material is submitted to us with errors to start with, but we are happy to note such mistakes in future issues of the magazine. Send any corrections you find to "ERRORS", Box 467, Camarillo, CA 93011



Master Power... Ernesto Milian leads the 123 lb. total ranking.

Gain up to 50% More Lean Body

A study conducted by four Southe demonstrated what top bodyb

Mass with Giant Mega Mass 4000

rn California Exercise Scientists uilders have known all along.

You wanted proof? Now you've got it. A team of scientists conducted a study of 62 people who followed an eight week bodybuilding workout program. One group supplemented their diets with Giant Mega Mass 4000 — the other did not. The following results were reported by one of the principle investigators, Dr. Paul Ward.



Dr. Paul Ward
Bio-mechanics & Sports Performance Scientist

SUBJECTS: Sixty-two men, 18-35 years of age, recruited from local colleges, universities and fitness centers, volunteered to be subjects. The study was conducted at a Southern California College Research and Fitness Center in accordance with current human use protocol and college policies and practices.

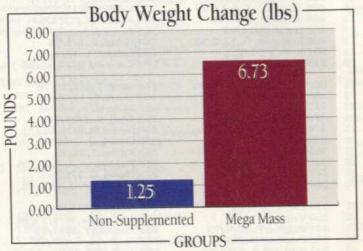
MEASUREMENTS: Body composition measurements (underwater weighing), torso and limb measurements, lung function tests, strength measurements, diet analysis and full body photographs were administered before and after training.

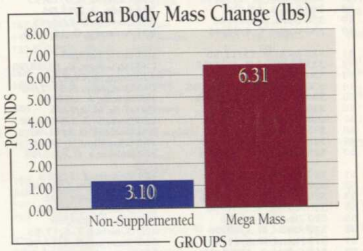
TRAINING: Subjects were randomly assigned to two groups, both of which participated in the same supervised bodybuilding program. One group received the Mega Mass 4000 supplement (approximately 2000 calories per day added to their normal daily diet), while the other group consumed their normal daily diet.

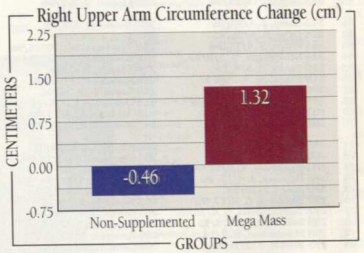
The supervised weight training program lasted for eight weeks with training sessions occurring four days each week. The exercise program involved free weights and machines and consisted of performing four sets of eight repetitions at 70% maximum strength (4 x 8 x 70% 1RM) for each exercise not including warm-up sets. The four-day weekly routine involved training the legs, upper back, biceps and abdominals on days 1 and 4; while the shoulders, chest, triceps and abdominals were trained on days 2 and 5. Days 3, 6, and 7 were rest days. The training program was carefully supervised by the research and fitness center staff.

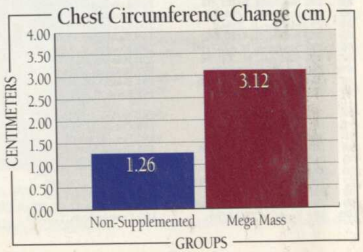
UNIVERSITY STUDY: RESULTS & CONCLUSIONS

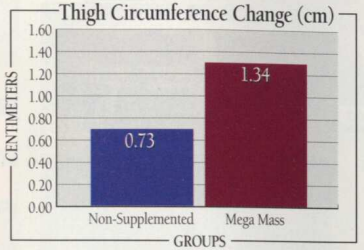
1. The data indicated that a diet supplemented with 2000 calories per day of the Mega Mass weight gaining supplement, clearly increases body weight and muscle mass when combined with a well-designed total-body weight training program. The Mega Mass group literally gained more than twice the amount of lean body mass than the group that trained equally hard but did not take the Mega Mass supplement.
2. The Mega Mass group produced significant changes in upper arm, chest, forearm and thigh circumferences.
3. The Mega Mass supplemented group increased strength in all the exercises analyzed including the leg press, bench press and lat pulldown.
4. Weight training without nutritional supplementation with Mega Mass produced much smaller gains in body weight, lean body mass and strength.
5. The results of this study strongly suggest that gains in body weight, muscle mass and strength are significantly improved by consuming the **Giant Mega Mass 4000** nutritional supplementation combined with a vigorous weight training program.

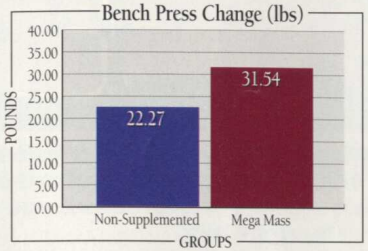


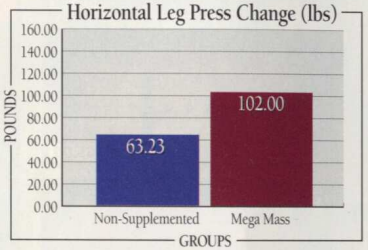


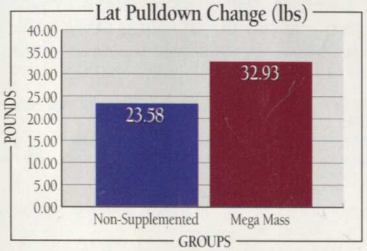












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Marathon offers you two complete lines of quality lifting belts: the top-of-the-line ***Custom Series,*** *and the economy* ***Challenger Series.*** *Marathon belt features include:*

- ***Made from the world's finest leathers, for total and safe support***
- ***Made to legal thicknesses***
- ***Smooth-operating roller buckles for easy on and off***
- ***The ultimate fit because holes are grouped closer together***
- ***Highest quality stitching for durability and style***
- ***Available in 18 colors and combinations***
- ***100% Guaranteed against normal wear and tear for the life of the belt***

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Marathon Custom Lifting Belts are the top-of-the-line competition belts preferred by powerlifters throughout the world. The Custom Series offers you the highest quality materials and craftsmanship, with six rows of decorative stitching, to give you unequalled support and durability.

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Style C *Double thickness smooth leather. Available in single or double prong.* ***$65.00***

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Style E *Double thickness with smooth leather outside, suede inside to prevent slipping. Available in single or double prong.* ***$65.00***

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We enjoy helping you with the sport of powerlifting.

Sincerely,

John Inzer

John Inzer
Owner

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