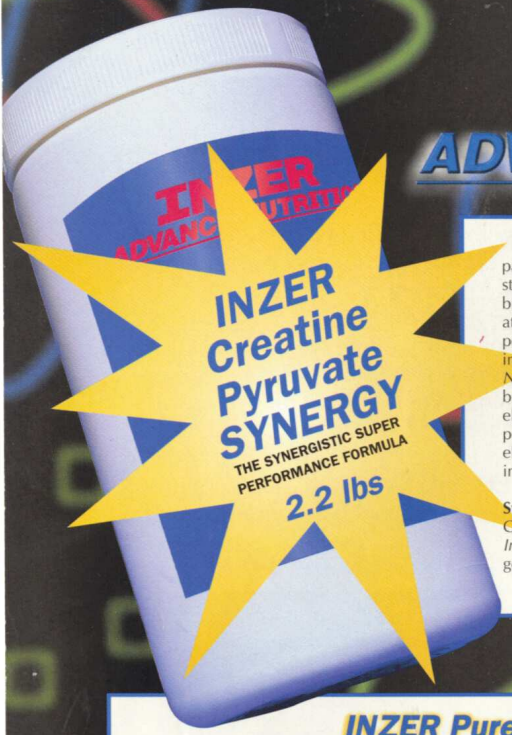
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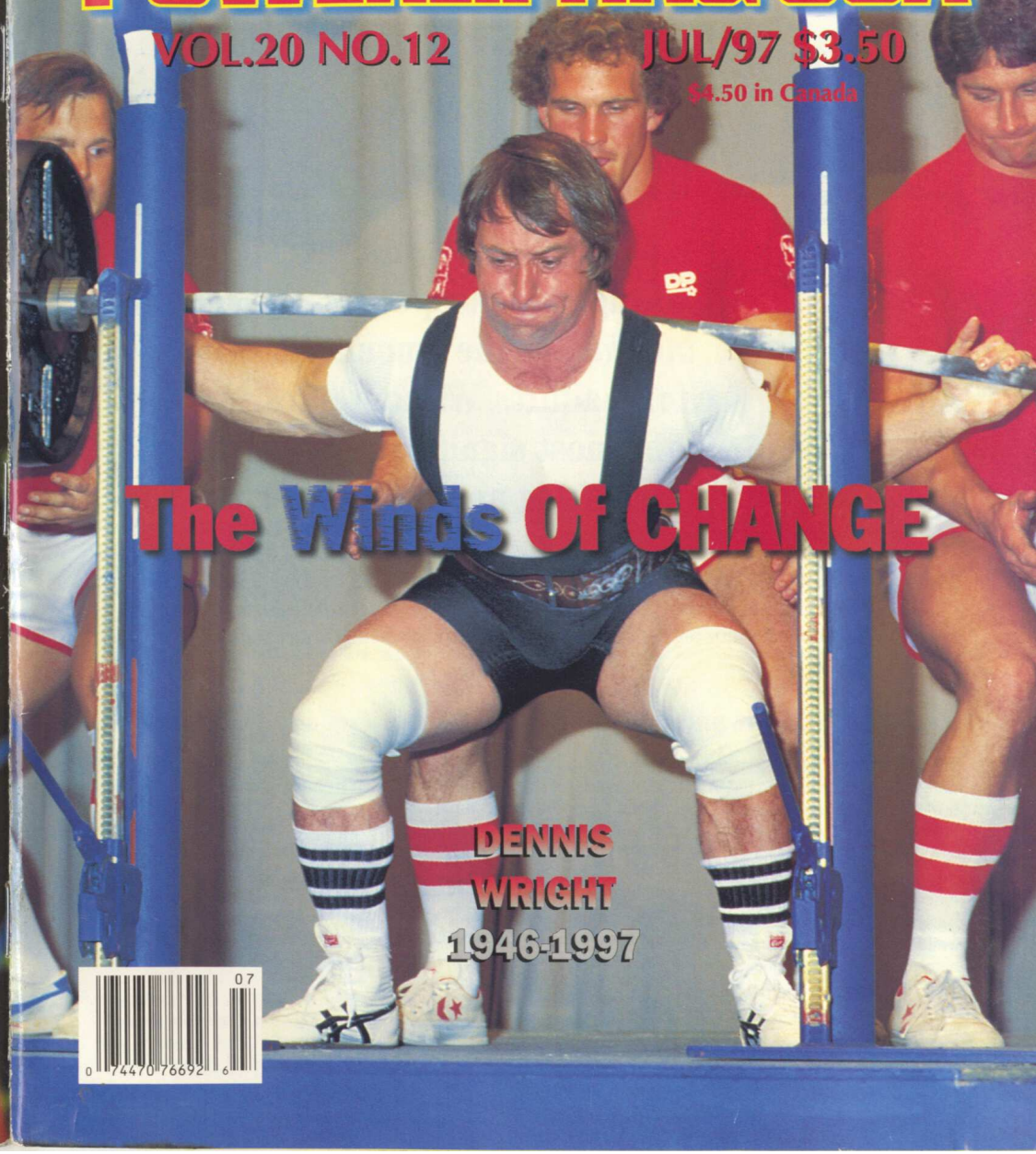
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ON THE COVER.... '84 World Champ Dennis Wright at the site of one of his early great performances, the World Series of Powerlifting in Auburn, Alabama. Dennis was found dead of a gunshot in his truck recently. For further details, see page 8

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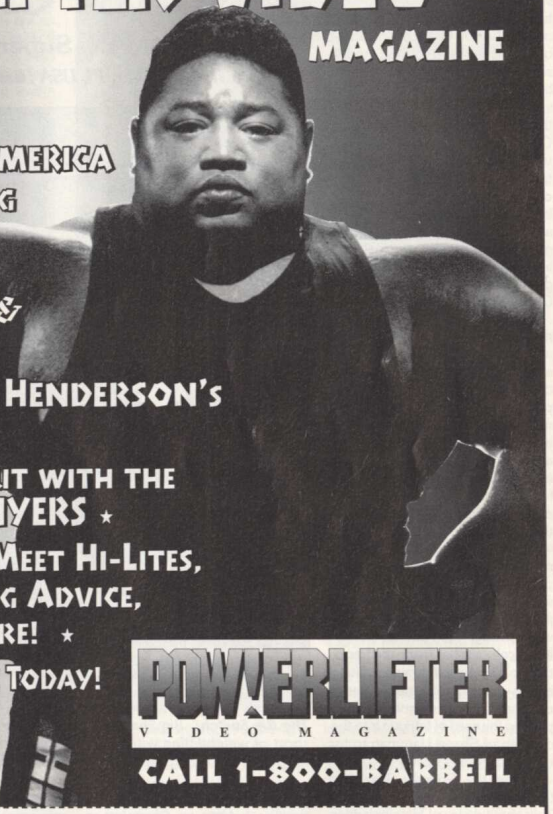
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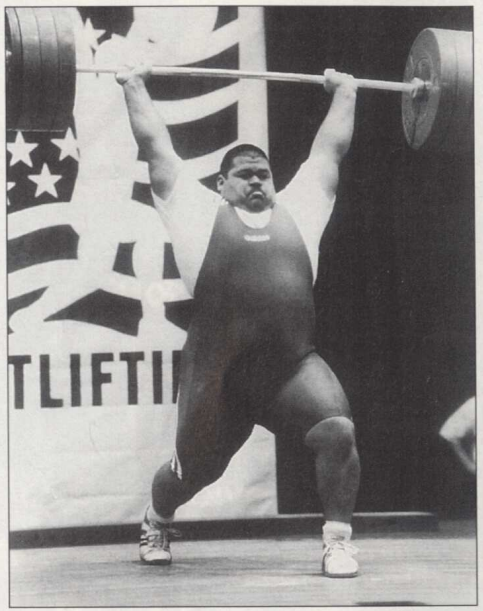
POWER PROFILE

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

WINDS OF CHANGE

SHANE HAMMAN - Super Quintathlete

by Herb Glossbrenner, PL USA Historian/Statistician



The Big Switch... *Big Shane made the successful move to his new sport of weightlifting with astonishing speed. Above, he clean and jerks his way to a surprise win at the '97 USWF Sr. Nationals (Klemens)*

It has been said that like the swing of a clock's pendulum, eventually, history will repeat itself. Those of us in the Iron Game owe much of our great heritage to Paul Anderson. The Dixie Derrick's strength, both physical and spiritual, was inspiration to many of us. The fact that the first king of power won an Olympic Gold medal, and captivated thousands of awe struck spectators around the world, was secondary to a lifetime spent preaching the gospel. Human strength has a divine purpose that transcends great personal achievements, to influence others to emulate lives of great strength, as intended by the Divine Creator.

Witness the coming of the "renaissance man" - Marcus J. Henry, whose awesome potential tugged at the heartstrings of our imaginations. He was, first and foremost, a powerman who had dreams of dominating other arenas of strength combat. His accomplishments were amazing. He failed to live up to the expectations of others, but twice tested his skills on the Olympic platform. When Henry abandoned the iron sports for a try at pro wrestling, I, ae countless others, resigned myself to the fact we'd probably never again see a big man with such strength and athleticism, at least not in our lifetime. Brother, was I wrong! Another powerlifting colossus has made the transition to Olympic style weightlifting and is making big strides. Yes, I confess. I'm the culprit who implanted the seed of intrigue into the cranium of Shane Hamman to try out his overhead skills.

I met the "Friendly Grizzly" at the 1995 APF Seniors in Dallas. Talk about de ja vu! His similarities to the late great Paul Anderson must be more than just a coincidence. It was downright uncanny! He'd driven over from Oklahoma with his father to relax and enjoy the competition from a spectators point of view. After a brief introduction and exchanging a hearty handshake, I managed to coax him to the rear of the lifting venue to test his flexibility and body alignment. I was amazed to see that he possessed not only these attributes, but was loaded with fast twitch muscle fibers. I'd dropped my ink pen and finagled him into crouching down and picking it up for me to see how flexible those monstrous knee joints were. He easily could sit in the low squat position holding an Olympic bar overhead in the wide gripped snatch position. As a final gesture to prove his explosiveness and leaping ability, he popped up like a jack-in-the box, touching the basketball rim. At 5'9, 380 lbs., this made my eyeballs bulge. "You could be a top W/L'er if you wanted to!" A broad grin spread across his face. He answered in his slow Oklahoma drawl, "I think I'd like that!"

It was less than a year before, at the time, that the legendary Paul Anderson had passed on to a greater reward. Little did I know that a reincarnation of his legacy would be passed on.

It began for Shane Justin Hamman on June 20, 1972. He was born in Oklahoma City, tipping the scales at 9 lbs. 2 oz. His father and mother, Joe and Carol, had two older boys. At the age of 13, Shane weighed 160 lbs. He was chunky, but had plenty of muscles underneath. During the 9th and 10th grade he played school football, adequately filling the position of nose guard on the starting Jr. Varsity High School lineup. They moved to Mustang, OK when Shane was age 7. His father opened a retail grocery store specializing in produce. Shane took a liking to the veggies and stoked his furnace with copious quantities. By age 14, he'd filled out to a hefty 220 lbs. By age 16 he tipped the Fairbanks at 260 lbs. It was obvious even in his younger years that he possessed a great deal of athletic ability. He played soccer for 8 years at a local youth organization. He wrestled his senior year in high school and by this time was up to 290 lbs. He picked up a copy of *POWERLIFTING USA* magazine at age 16 which awakened a dormant force that lay within - POWER! The genetics for great strength was passed down from his maternal great grandfather, Perry Allen Sanders.

Perry worked for the railroad in Arkansas. It was the early 19th century. He was short and very stocky (like Shane). Legend has it that powerhouse Perry could shoulder two railroad ties and carry them whenever the horses needed a rest.

Back in 1987 when he was a sophomore in H.S., Shane SQ'ed 500 at age 15. The "Super Genes" of Great grandpa Perry were stirring. Shane admits that *PL USA* was his catalyst of inspiration. Hamman graduated from high school in 1990. He found a place to train in Oklahoma City called "The Gym." It was a 30 minute/20 mile drive from Mustang. There he met such powerlifters as Jack Pugh, Charles Wodraska, and Ty Stapleton. They immediately recognized that big Shane was a "find." He was plenty strong, so they recruited him for competition. He trained for nearly a year and did a few BP meets. In his first competition, he managed 365. Six weeks before Shane was to enter his first 'full' meet, "The Gym" went belly up. He had to find another place to work out. His options were limited, so he went to Gold's Gym to lift. There were no powerlifters, there so Shane trained solo using their power rack.

His first P/L meet was May 5, 1991 - The NASA Rose Rock Champs. He wore no supportive suit, nor knee wraps. At the age 18, he did a 777 SQ, 435 BP, and a 633 DL for an 1846 TOT. Not bad! His SQ style drew attention. His style was to drop or "free fall" into a rock bottom low position and rebound upright like a shot from a cannon! At the NASA Natural Nationals on March 8, 1992, he took 2nd to big Victor Kennedy. The OK teenager set a new AR (teenage) SQ record - 832, added a 440 BP and tugged up 672 for 1945. The day following his 20th birthday, Shane went to Las Vegas to compete in the NASA Worlds. Covering this event for *PL USA* I wrote in the Sept. '92 issue, "Leviathan Shane Hamman seemed destined for the biggest drug free total of the day. He set NASA Jr. W/R SQ's of 870.8 & 906.7, quite a drug free load; popped a 474 BP. His W.C. bubble popped when his called for 705.4 DL opener slipped from his grasp. He couldn't pull the stubborn mass of iron and bombed." He'd hoisted more than this in training, but had trouble occasionally holding on. Ticked off, he went to the NASA Jr. Nationals one week later and vindicated himself. He duplicated his 411 KG. (906.7) NASA Jr. W/R again, BP'ed 462 and pulled 688 - TOT 2058! He progressed steadily! At the USPF OK State Meet in Norman on Feb 27, 1993 Hamman uncorked a big 2120 TOT via 900, 500, 720 for 3 P/R's. He figured he could make a good showing at the USPF Seniors. He knuckled down and applied some "elbow grease." Shane was never one to shy away from hard work. It paid big dividends. He celebrated his 21st Birthday by lifting that day at the big Seniors in Greensboro, NC. What a Super day it was for Shane. He rattled off all 3 SQ's in his "free fall" bungee style. Opening at 848, he next popped two IPF Junior W/R lifts: 903.9 and 942.4! Sailing along with no mistakes, he hit 479 then P/R BP's of 501 and 507! With each DL 661, 683 and finally 694 he broke Austrian Karl Saliger's JWR TOT 3 times: 2110 - 2132 - 2143! Nine for nine, a perfect day. What a birthday present to himself. His first USPF Sr. National Title. Runner-up was Native American, Harold Collins (2088) who tried futilely to win. His last ditch effort was not to be. Collins went to the IPF Worlds that year when Shane was unable to participate.

So, in the short time of two years active competition and only his 7th "full" 3 lift competition he was USPF Sr. National Champ. Quite impressive to say the least. His family had been very supportive from the get go. His eldest brother, 4 years older than Shane, is 280. He's strong and has done 600 SQ, 315 BP and 600 DL, but has never entered competition. The middle brother (Shane's the youngest) is a more normal 180 lbs. He doesn't lift, and does tire building for a living. Shane lives on a farm with no livestock but many pets, all fowl: 3 peacocks, 10 ducks, 5 pheasants, and 5 geese. Sometimes, especially around the Christmas holiday, they've found a partridge roosting in their pear tree. They also have 50 chickens. If all of them produce an egg on one particular day, Shane indulges in the biggest omelet for breakfast that you could possibly imagine (no yolking, folks)! Shane has a special pet named GATOR. He's half pot-bellied pig and part warthog (big tusks). He stands mid thigh to Shane.

Gator is quite energetic. He has a two acre fenced in area in which to run. Shane contends that he keeps in shape and there is not an ounce of fat on his porky body (I mean Gator, not Shane)! On a full gallop the dust flies and the fowl scurry. Feathers are flying everywhere.

Since he is almost as wide as he is tall, everyone I'm sure is interested to learn of Shane's eating habits. You may find this a bit of an anomaly but Shane DOES NOT LIKE MILK! I will later tell you about his beverage of choice at the appropriate time. Seriously, he indulges in a rather modest breakfast (believe it or not) of 3 eggs, 4 pieces of bacon, and 3 pieces of toast. He washes this down with 32 oz. of orange juice. When I interviewed Shane for the substance of this article, he just finished supper. Shane admits that his food is not eaten on a regulation size plate but is more like a tray (visions of a horse trough danced in my head)! He finished off a pot of Hamburger Helper (prepared Oklahoma style), corn on the cob, and for dessert, a lime pie with strawberries on the side... Mmmm... good! He would not admit to several heaping helpings, but referred to them as moderate portions.

The 1994 Senior Nationals for USPF were held July 31 in Houston, TX. This was where Shane gained great notoriety. For those of you who missed Marty Gallagher's article STAR OF THE SHOW in the Oct.'94 *PL USA*, check it out. In a nutshell, the highly touted Anthony Clark went head to head with Shane. Coming in with a huge 1025 SQ under his belt, Clark was in a different arena. Clark opened at 881, lost balance, repeat - pinned. A do or die gut buster kept Anthony in the match. Enter Hamman. His "drop squats" were deep and rapid fire 903, 959 and finally 986 to beat Fely's long standing IPF W/R. Clark took the BP kudos in his specialty lift, His 683 lift beat Kazmaier's IPF W/R - 661 and William's 22 yr. old A/R of 675 in one stroke. Shane's 104 SQ lead dissolved. He stopped @ a 518 BP! Now Clark was in front by 61. Shane DL'ed 661, then 699, with one lift remaining. Clark a did 672 opener, but missed 733, but it was a misload and he got two more tries. He couldn't finish. Hamman pulled 738 to lockout, got the signal, then his grip popped loose, and he dropped it. So close! Clark had won but declined to go to the Worlds. Hamman, now on the World Team, got his golden opportunity on Nov. 20 in Johannesburg, South Africa. The IPF officials had never seen a "suicide squat" before. Shane got 903. His 964 was turned down. The officials blinked, and missed it! Evidently they thought it was high! Shane missed his 3rd. The new BP rule caused his missed 501 BP - but he made it, then lost a judgement call on 518 - uneven. Saliger, AUT, the eventual winner, went 9-9 for 2204, well ahead. Hamman made all 3 DLs, finishing w/722. Patro, SLO, pulled 799 to squeeze Hamman into 3rd on bwt. USA had two SH's. Jeff Lewis at 470 and 45" thighs were just too big for IPF judges. Jeff zeroed w/826, 843, and 843! Tough day for the USA.



Powerlifting Proportions... *even while standing in the Number One spot, Shane is not quite as tall as his weightlifting opponents: DeMartini (left) and Ingalsbe (right) in this Bruce Klemens photograph*

The 1995 USPF Seniors in Baton Rouge on July 23 was plenty hot. Shane had a great day. He easily outdistanced big Jeff Lewis. Lewis trying to keep pace with a SQ of 920, passed, then stumbled w/ 970. Shane exploded out of the hole w/926, then 964, but pulled a quad on that attempt. The fervent crowd wanted him to break Lee Moran's SNMR and A/R 1000.4 (set at '84 Srs. 10 yrs. prior). Kirk Karwoski had made 1003 @ 275 and Shane wanted to duplicate or exceed that. Using his head, he wisely declined his 3rd, not wanting to risk injury. Shane continued with no misses, BPing a 551 P/R and had a 55 lb. lead, then he finished w/3 DL's - the final 733 a P/R for 2248. Lewis pulled 655, couldn't move 722, nor an impossible 793 to win. He had 2nd with 2216.

It looked as though Shane was right on target and ready to claim gold at the IPF Worlds on Nov. 19, 1995 in Pori, FIN. It was a very exciting battle between Hamman and the powerful Ukrainian, Yuri Spinov!

Spinov dunked a great 914, but missed 936. Shane bottomed out w/925 & 959, both fast and explosive, but he stumbled w/975. Spinov, a weak bencher, pressed 435 and failed twice at 451. Shane notched 512 after a missed opener, then missed 523. He had a 121 lb. lead going into DL. After a nice pull on 672, on 710 his grip popped loose - repeat good. Spinov yanked up 771, 793 and finally pulled long and hard 832 which tied Shane at 2182. Hamman lost the match only as heavier man. It was a big disappointment to him.

As a preparatory test prior to this event, on Sept. 16, Shane yo-yo'd 900, then explosively hit a 1000 lb. SQ at Inzer's G.B.A in Dallas. After the disappointing loss at the Worlds, he wanted to make a big half ton plus officially. He trained hard and prepared for his most supreme effort.

He aimed for the USPF Jr. Nationals on March 10, 1996 in Philadelphia. It would be his last chance to set IPF under 23 (Junior) World Records. Six weeks away, he figured his limit single was around 980. His SQ workouts went as follows: 1st week: 225x5, 315x5, 405x5, 500x3, 600x3, 700x2 sets

of 6. Shane would put on his suit and wraps when he got up to 600. 2nd week: up to 750 for 2 sets of 5. 3rd week: up to 800 2x4. 4th week: 840x3 sets of 3. 5th week: up to 880 for 3 reps. 6th week: all sets - 225x5, 315x5, 405x5, 500x3, 600x3, 700x2, 825xl, 925x2!

The weekend before his last big power meet, Shane went to the USWF Sr. Nationals to observe his first weightlifting (overhead lift) competition. At the power meet in Philadelphia, there were 3 Category II referees judging. He hit a 942 opener and went straight to 1008. Down and up, 4-5 inches below parallel. Three white lights, a unanimous decision, it was an official IPF W/R. Shane went on to try 1036, but couldn't recover. He went on to hit a 529 BP and 722 DL for 2259, breaking his own IPF Junior (20-23) W/R TOT. He submitted to and passed the strict IOC drug test (urinalysis) with flying colors. Shane went to Germany for the FIBO exhibition. He and Hollywood James Henderson (the BP king - 705 - no shirt) hit it off and became good chums. Shane went from the exhibition to the Women's World Weightlifting Championships in Warsaw, Poland. He cheered on Loreen Briner, a USA team member, who coincidentally trained at his gym, along with 5 or 6 kids who took up W/L later on. He had pretty much made up his mind and took a month off to clear the cobwebs and made a bold decision. Shane decided to drop P/L and turn to W/L. At the gym, USA Stars in Norman, OK, Steve Miller - a top Ozark weightlifter of the '70s - who trained there volunteered to help Shane make the transition from POWER to OVERHEAD!

Miller, 45, started O/L in 1973 while serving in the U.S Marines. Stationed in Hawaii he learned the overhead skills under the tutelage of the legendary Tommy Kono. Miller @ 220 reached top lifts of 308 SN & 369 C&J in the early 80's.

Shane was an untapped source of great determination and unbridled power. From the very onset it was difficult to control his great strength. He had the speed, but lacked the finesse. His initial efforts were comparable to a "bull in a china shop"! He manhandled the weights and hoisted the barbell in a rudimentary manner.

As I mentioned earlier, his body proportions are nearly identical to the legendary Paul Anderson: Height - 5'9", Bdwt. - 370, Chest - 64 (was 66" when he was P/L'ing) Waist - 46, Neck - 22, Upper arms - 21", Forearms - 18" (flexed goose-neck style - 16-17" straight), Calves - 22" (baby cows), Thighs - 37"! A gymnast training at their facility taught Shane to do a standing back flip. (An athletic 16 year old tried the same stunt and broke his arm!) Such an athletic feat for a 370 pounder is amazing! Raised as a devout Christian Shane, is the Assistant Youth Pastor at his church - Chekinah Fellowship Pentecostal. He admits that one of the major reasons he got into lifting was greater opportunity to preach the gospel (shades of Paul Anderson!).

After learning the lifts, Shane entered his first overhead competition. The USWF Oklahoma State Meet in Enid, Oct. 11, 1996 was the beginning. He came up winning the Supers with respectable lifts of 330 SN & 396 C&J for a 727 biathlon TOT. Hamman got 418 to his chest, but injured his wrist adjusting for the jerk. This hampered his training for the American Open Championships, the last big meet of the year - Dec. 7, 1996 in Shreveport, LA. There Olympic Team Member Tom Ingalsbe (6'5" - 330) won. Shane finished in 3rd place and weighed 347. He snatched 308, 330 and 347, a P/R. After a 386 CJ opener, Shane cleaned 407, then 413, only to miss the jerks because of his injured wrist. On 1/18/97 at the TX State in Arlington, he repeated his 347 SN and hit a 402 CJ - 749 TOT. This qualified him for the Sr. Nationals to be held in MN in late April.

On his way home Shane met Bob Morris, of the OTC coaches at Colorado Springs (W/L mecca in U.S). He invited Shane to visit the training Center at Colorado Springs. He stayed for 3 weeks. It was a big help in improving Shane's technique. The easy going big fellow got along well with everyone. National Coach Dragomir Ciroslian was licking his chops and recognized a rare talent. Shane was given a training routine to follow (Miller and Shane used it, making some modifications) as well as few beat up York and Eleiko rubber bumper plates to take home,

(article continued on page 98)

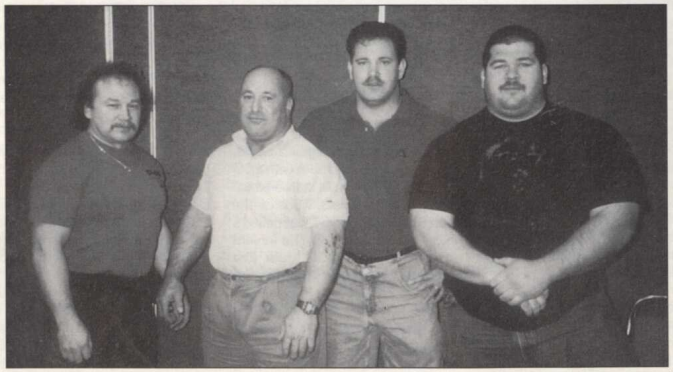
The Winds of Change for Dennis Wright: "On 12 May 1997, we lost one of the truest strong men this sport has ever known. Dennis Wright, at age 50, was found dead in his truck along I-40 in Little Rock, Arkansas. He was my mentor and powerlifting hero. If it weren't for Dennis, I would have never started squatting or deadlifting. You see, I met him in a tiny gym in Miami, OK. He told me the only way to cure by back injury (compressed T-7 & nerve damage to my right arm) was to build a big back and hips. 2 1/2 years later I lifted at the Oklahoma State meet alongside my mentor and hero Dennis Wright.

If you ever met Dennis, you would never forget his cocky, confident, but warm presence. He was one of a kind. His whole life evolved around pure strength. This man would take a challenge at the drop of a hat, whether it meant clearing out a bar of rednecks in Missouri with his son Rusty at age 45, or squatting 705 with only knee wraps and a belt for 5 reps, 1 1/2" below parallel at age 49 (on his birthday).

The one thing that stands out about his lifting that I have never seen in any other lifter including Eddie Coan, Mike Bridges, Gene Bell, Rickey Crain, or even Kirk Karwoski or Shane Hamman - is the way this man walked to the squat bar - no fear, a bit of a smile, a confident, cocky, arrogant way. He was a true master of Power. He was a true champion - always there to help those who were willing to put out what he did.

Dennis leaves behind his wife of 32 years, Louise; his two sons - Rusty (32) and Joey (30); his beautiful daughter Denise (24), and 3 grandchildren. He also leaves a lot of friends who will keep in their hearts what he stood for in years to come. God Bless You Dennis. We'll miss you, but will never forget you!" *Hugh Dunagan, Danny Berry, Jack Pugh, Danny Burton, and all his buddies and friends*

EDITOR's NOTE: Dennis Wright was a potent national challenger since the early '70s. He was a Junior National and Senior National Powerlifting Champion and he won the IPF World Championship for the 198 lb. class in 1984. His influence on lifters in Oklahoma and beyond was enormous. Walter Thomas and Dennis was several incredible battles over the years, and Walter reportedly credits Dennis with the drive that drove him to a couple of his world titles. He wasn't through yet, as he was hoping to enter the Sr. Nationals this year and break the IPF world record in the squat at 198. His friend Scott Bryan related several stories to us about how tough-minded Dennis was. This issue of *POWERLIFTING USA* is dedicated to an intensely powerful man - DENNIS WRIGHT.



***Dennis Wright**... in what may have been the final powerlifting-related photograph ever taken of him, at the APF Oklahoma State Meet this year, he was flanked by Oklahoma greats Rickey Dale Crain (left) and, at right, Hugh Dunagan, and Shane Hamman. (Herb Glossbrenner photograph)*

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)

Doug Heath Squat Routine

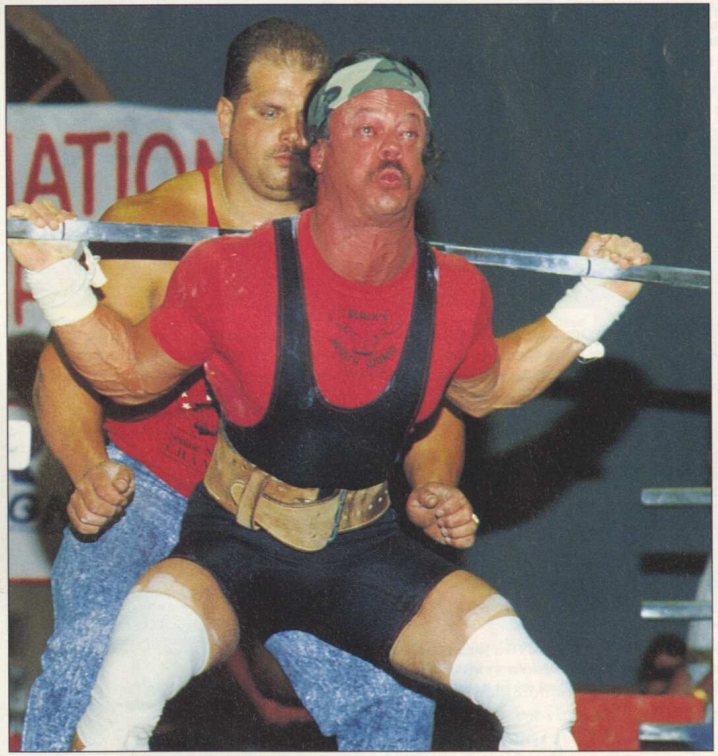
This squat routine is designed to be performed twice in a 3 week period of time. Use Mondays and Thursdays, if possible. Example: Workout #1 - Thursday; Workout #2 - Monday (11 days later); Workout #3 - Thursday (10 days later). This cycle is designed for 10 workouts. It will take 15 weeks to accomplish as you only squat 2 out of every 3 weeks. Lay out the cycle so that your last squat workout is on Monday, 12 days prior to the contest, on Saturday. An example of dates would be as follows: Contest date - Saturday November 8th. Last squat workout - Monday October 27th. First squat workout - Thursday July 24th.

What I'm attempting to accomplish by squatting every 10-11 days, rather than the more popular versions of once, or even twice a week, is to avoid overtraining. This routine gives me ample time to heal up physically and gear-up mentally for the next workout. With just 3-4 extra days to heal and prepare, my body feels so much fresher and my mind is so much more eager to train. This may seem a bit "unconventional" but, hey, sometimes "unconventional" is just what you need to get your lifts to take off.

This routine is based on a hypothetical lifter who has a contest best squat of 500 lbs. At the completion of this training cycle you can expect an increase of 3-5 percent. In this case 515 to 525 lbs.

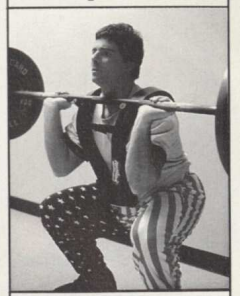
As for equipment, there are so many brands of suits, wraps, belts, shoes, etc. My advice is to be sure of what equipment the particular federation you are competing in allows, and then use everything they deem legal. An example: if your chosen federation allows groove briefs and double ply squat suits, then by all means use them. If you don't you will not be on even ground with your competitors. Look for hip and glute support more than anything else in a squat suit. What good is a squat suit that is so tight in the thighs that it cuts off circulation in the legs, and yet offers little support in the hips and glutes? You would be far better off with a suit that is as tight as possible in the hip & glute area and not quite as tight in the thigh area. Support in the bottom of the squat is what you are looking for.

If I may, I'd like to personally thank my training partners. You can talk about suits, wraps, special squat bars, special squat racks, whatever ... but I don't feel anything is more important to consistent success in powerlifting than good consistent training partners. Mark Fleming, Matt Painter, John MacLeod and Phil Gariand have put up with my bullshit and "firefighter's work schedule" for years and I hope they know how much I appreciate them!



***Doug Heath** recently broke the 600 lb. barrier in the squat in the 132 lb. class at a competition in Ohio*

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Dr. Jack Barnathan
Director, New York Center for Strength & Performance

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I just received my copy of the *Sports Supplement Review*, and I wanted to compliment you on what a great job you did. While I haven't digested all of the information yet, it is quite an impressive piece of work!

Bill Tapp
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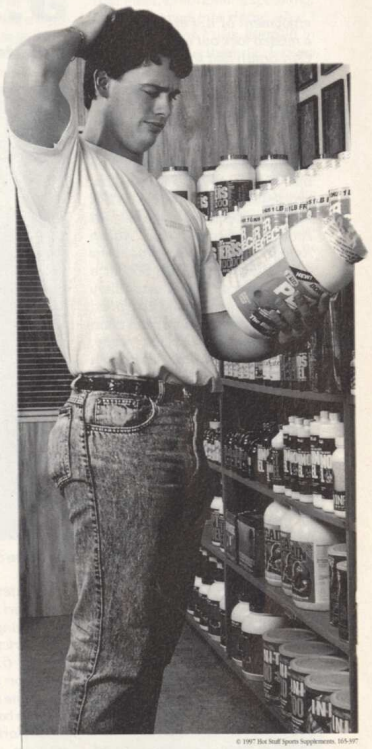
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So, you decide to study the ads in the muscle magazines, and you end up even more confused. Each substance you read about sounds like just the thing you need. Things like Vanadyl Sulfate, Creatine, Whey Protein, Yohimbe, Aminos, Oriental Herbs, and on, and on. Which ones are right for you? Do you take this or that? You'd even like to try them all, but you just can't afford them. WOW!! Why is buying supplements so darn confusing?

You're working out hard. You want your progress to continue, and you just know supplements will help. But which ones? If you're like most people, you end up trying some of this and some of that—spending lots of money and hoping. . . just maybe. . . sooner or later, you'll hit the winning combination. It must be out there. Right? But, all that ends up happening is the more you look, the more frustrated you get.

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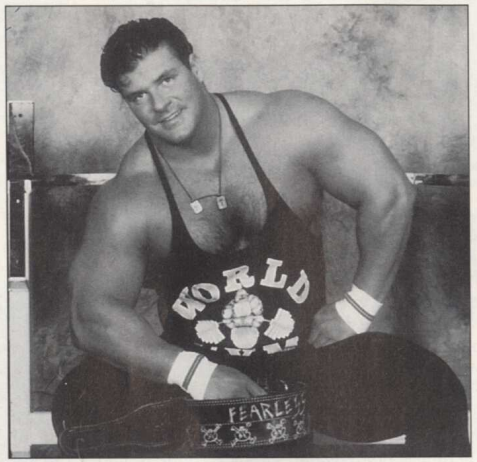
INTERVIEW

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

(this extensive interview is continued from last month issue, page 92)

J.M. Blakeley

as interviewed for PL USA by Mike Lambert



***Part One** of J.M.'s interview in the Jun/97 PL USA drew a lot of interest!*

enjoyment of it. I ended up with a missed lock out at 601. Referee Carl Smith had the bar pulled by the spotters on uneven extension. I was working my way up with it, and I definitely think I could have locked it out, but I didn't get the opportunity due to my right arm fading a little bit on me. Then I did it. I dieted all the way down to 220. I went to an IPA meet, a national qualifier, at Kenny Leistner's and Ralph Raiola's gym in Oceanside, New York. I ended up with 560 at a bodyweight of 219. It was a very big day for me, as I had just killed myself to make weight, and I had a real nice meet. I felt really, really good about that one. Then I did the Ohio State full meet. Of course, I took some token lifts. It was the APF Ohio State meet by Dean Glitt in Chillicothe and I got a state record 615 at 241. Then I went to Jamie Harris' meet in Pittsburgh, PA. At that IPA Monster Bench Press, I ended up with a tricky 629 lbs. at 241. The Grimwoods were there and they actually weighed out all the plates. I wanted exactly 630, which was my goal for the day, and they got as close as they could. The face value of the bar was 625, which is what I was credited with, but the actual weight was 629 exactly. From there I went out to Kenny Lain's meet, the only non-sanctioned meet I went to that year. It was the Baddest Bench in Texas. I wanted to go, because I wanted to meet Ken. I ended up with a nice 620 at 240 lbs., and I missed a 650 lockout because I just wasn't strong enough. I just couldn't squeeze it, but, damn, I came close. Again, I locked my left, and couldn't squeeze out my right. I started working on that specifically in training. I went back to an IPA meet at Iron Island Gym in Oceanside, New York and got a real satisfying 645 at a bodyweight of 239. This is something I am very proud of. I brought my strength up, and that was my goal for the 242s. I had achieved it and I felt great about that. Then I finished out the year going over to Vienna, Austria, for Carl Smith's EPC/WPC/APC World Cup for Bench Press. I did it for fun, and enjoyment, and to get some international competition. Boy, was I surprised by how strict the judging was over there, amazingly strict. I ended up with my opener - 611, and I thought I was good for about 650, and they talked me into trying to break the 300 kilo barrier, 661. I gave it two good efforts, but they pulled them both on uneven extension because, again, the right was dragging a little bit. I think I could have squeezed the last one out, but they're so very strict over there that they pulled the weight right off me. That's a synopsis of what happened last year for me.

ML: I hear you've done some sports modeling - for what kind of products, and how did you get into that line of work?

***JM:** As far as the sports modeling, I've done a good bit of it. I live in Columbus, and I've made a lot of good connections here with some people who've been very good to me. I've modeled for stock shots. In fact this month's issue of MUSCLE & FITNESS has me on page 140 at the bottom of an article about Bodybuilding and the Mind. I didn't have anything to do about writing it, I'm just there at the bottom to add color. I've had a couple of stock photos in MUSCLE & FITNESS. I've had lots of shots in all the muscle mags in advertisements for different clothing companies, like NO LIMITS. The Michael Scott Agency is up in Delaware (OH) and I'm pretty good friends with those guys and they try to squeeze me in whenever they can. I get in catalogs of weight belts, the GNC catalog, stuff that's related to fitness. Usually I model when I'm a little lighter, down in the 220s or light 242s. I don't do too much modeling at 290. I do it for fun - it's a blast. I have a good time with it. I think it's good for the sport, promoting a positive, clean-cut image. We've got enough bad guys in Powerlifting, tough guys. I'm as tough as I need to be, but this is a blast, and it makes me some extra money. I got into it because of the people I know at the gym - boy, that's where a lot of people have helped take care of me. It's another one of the things that I do. I do a lot of live staging, escorting models on and off stage in a tux. I've even done some character gigs - including Tarzan - at some corporate picnics. The money's good, I have a blast, and I love dealing with people. It's a good deal.*

ML: You're on sabbatical from your Ph.D. work in Exercise Physiology at Ohio State - what are your plans once you get your Doctorate?

***JM:** Yes, I am on sabbatical from my Ph.D. in Exercise Physiology right now. What do I plan to do when I attain my Doctorate? First things first. I need to pursue this dream of power right now. I can finish my doctorate at any time, but I have some youth left, and I have chosen spend that on trying to be the best, and I think that it's a wise choice that I've made. A lot of people disagreed with that earlier on, but now that I'm doing a lot better they seem to be coming around - as if, maybe we shouldn't have sold you short, maybe you can be the best in the world - go for it.*

I've done everything but my dissertation. I've gotten all the course work done, and I learned everything they had to teach me. I took all the courses. All they wanted me to do then was finish my project. Now, I could not spend 16 hours a day in the lab and in the library and still compete at the level that I'm at. So, I had to make a choice. I chose on the side of youth. I also chose on the side of my dreams. This is something I've wanted to do since I was a young man and throughout my whole adult lift, I wanted to be a strong, powerful person. I've admired that, and I just had to give it a try. I'm so glad that I did, not because things are working out, but because - King or Clown, win or lose - I can say that I stood toe to toe with the world's best, and I gave it my best shot. I was there! I'm very proud of that. Whether I set records or not, I made the right choice. I did what I felt was right, and that was to go after my dreams. What I'll do afterwards, who knows, but there's a lot of good options out there for me. Ideally, I would like to bridge the gap between research on strength and actual practical applications. There's an unsettling lack of knowledge about strength. We have great knowledge about aerobics, fitness, cardiovascular exercise and not a great body of knowledge about strength and power. I'd like to do some research about strength and power at a major university, and maybe be the strength coach there also, because I love doing that, and teach classes on the side as well.

ML: Were you powerlifting training philosophies applicable when you served as Assistant Strength Coach for the Ohio State Football Team. Who are some of the great Ohio State athletes you've worked with?

***JM:** That was a time when I learned a lot from the athletes, a lot from Steve Bliss - our Head Strength Coach, and a lot from our assistant coaches. It was a growing period for me. I was getting an influx of information from everywhere. I was in school, learning in classes about physiology and how the body works. I was learning about how to deal with athletes while training the guys, I was learning about my own physical training. I learned about the tremendous powerlifting tradition here in Columbus. You can't live in Columbus and not know about powerlifting, because a lot of people here powerlift, moreso than I've seen anywhere else. Definitely, some of the powerlifting philosophies were applicable to the strength coaching job at Ohio State, but some of them were not. A lot of things weren't applicable because of the recovery demands that the athletes had to deal with.*

I worked with a lot of great athletes - not to name drop, but a number of pros came back to visit, and I got exposed to a lot of great training ideas. One thing that I learned from a particular athlete, Chris Spielman, back in 1987/88, was intensity. I watched him train, I helped train him, I watched him play, I saw how he got prepared. From him I learned focus, I learned determination, I learned the value of having a single purpose. He was absolutely driven to do one thing, - play professional football. Everything he did was a means to that end.

ML: What image would you like to project to the general public, as a powerlifter?

***JM:** I'd like to project a more athletic image to the public. I'd like to project a more intelligent image to the public, a more well-spoken image. I'd like to project a more accessible image, meaning being likable, as a sport and as a personality. Powerlifting is Fun! I want to get people involved. I want to project confidence without coming off cocky. You've got to believe in yourself if you're going to put yourself under a big pile of metal. I want people to know about powerlifting's positives. I'm tired of all the negatives. We're not just muscleheads, were not just fat slobs; there's plenty of guys out there who are athletic, intelligent, and well-spoken, and I think that's an image we need to project to the public to get more people involved and interested in what we're doing. Powerlifting is a blast. It's a wonderful sport for self-image, it's a wonderful sport for personal satisfaction, and I certainly think it can be accessible to the public, but the athletes themselves need to go a long way in projecting a more positive image. A "Bad Boy" image sells a little bit, but too much "bad boy" is not going to work.*

ML: You've been to some of the biggest bench meets in the world - which ones stick out in your mind and why?

***JM:** I'm very grateful for some of the special invitations to so many great meets. I definitely talk to each meet director who invites me, in person, and thank them. All of them stand out in my mind, because each one was a building block. I learned something from each meet, but one that sticks out in my mind, clearly, mostly because of the emotional impact it had on me was John Inzer's Greatest Bench in America. Some of the biggest names in bench pressing were there, and some of the biggest names in bench pressing were noticeably absent. It was a wonderful time, an absolutely first class meet, all the way. Every athlete was treated like they were a "somebody". I did very well at that meet. Emotionally speaking, I was so tuned into doing what I had to do that I was literally in tears between attempts. I knew that was my day to hit 700. That was my first time to attempt it, and I did miss it, and I know why I missed it - from reading some of my mental training books. I wasn't mentally prepared to hit it. I was physically ready, but not mentally ready. What a wonderful experience it was, and part of that was because I was so physically "on", and a lot of it was because John just put on a hell of a meet. To pull off a gathering of so many great athletes with so much on the line, and so many great benches were attempted - I don't know if anyone will ever be able to pull that off again. It was wonderful to get some first hand experience in knowing who some of these great benchers really are. I learned a lot at that meet simply by watching people.*

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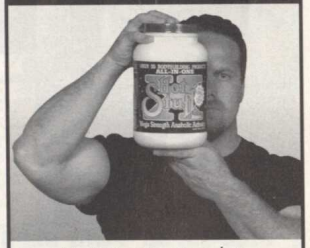
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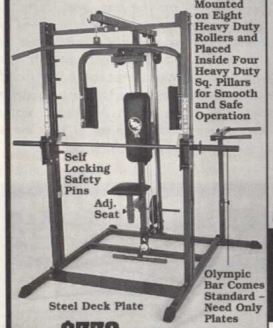
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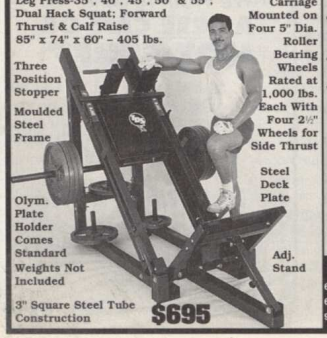
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THE SEVENTEENTH SENIORS

by PL USA Historian/Statistician Herb Glossbrenner

The 17th Seniors became the 5th time TEXAS played host - ('66 & '71 Dallas, '74 - Ft. Worth & '76 Arlington). This time it was Corpus Christi (Gauglerland). The A.C. worked okay - first time in 3 yrs. the lifters weren't miserable from the heat. Judging was tight, but consistent. Borderline SQ's weren't passed, even for big names! Big auditorium, good crowd - well organized. There were 69 entries.

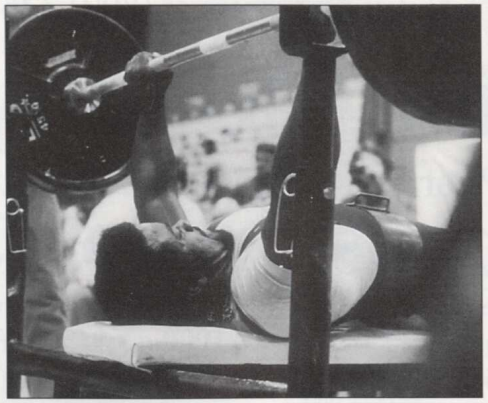
114 LB CLASS - *CHUCKY'S PRETENSE - THREE ATTEMPTS!* - A Juniors SQ casualty (402) Brad Sanders, USAF, started at 100 lbs. less here - SQ'd 303, missed 325 & 341. BP - 203, DL - 451, TOT 959 (3rd). He dared to attempt 518 to get 2nd - didn't budge. Feisty newcomer Doug Heath, 25, Columbus, OH had won Y Nats @ 123 - REDUCED & PRODUCED - got runner-up here: 374 SQ, 214 BP, 418 DL - 1008 TOT! He went 6/9, missed only 3rds.

Dunbar, the 4'6" champ was apathetic. He needed 3 tries at his 479 SQ opener to satisfy the judges. The wake up call shocked him into reality. He blasted a 518 W/R 4th - not accepted 2-1! Benched 303 twice, failed a W/R 319 (too heavy today). DL 358 - missed 385. Got it on 3rd - too late (clock expired)! 1140 TOT 4th Srs. Win!

123 LB CLASS - *EARNING THE THRONE - ERNIE ALL ALONE!* - Gant went back up to 132. Lech didn't show. Ernesto Milian had his own way - and took a solo flight - to land the title. Ernie on automatic pilot missed only 3rd SQ (457) and his final DL (534) - 1218 - was CHAMPION! A CPA studying to get his law degree, Ernie earned his golden opportunity of a shot at the World title. Interesting to note that today, 15 yrs. thereafter, Milian - now age 49 - ranks as USA's No. 1 123'er (on both '95 & '96 ranking list). He's living proof why this LEAN MACHINE has earned ESTEEM!

132 LB CLASS - *GANT NOT VICTOR (DESPAIR NOT - PARADOX)!* - Handsor, MI, hit 1320 in APR, but didn't come, leaving a 3 man class. Losing wt. again might have affected Lamar (the Czar). "Plastic Man" was unable to "stretch" into a big lead after the first two lifts. He proved that he's mortal after all. With only openers he prepared for his favorite lift leading by a mere 5 lbs. (804 to 799)!

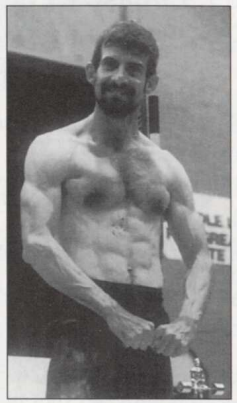
Nicknamed "Shorty Bear" by his friends at Coffee's Gym (where he trained) in GA, Victor Williams worked up a head of steam to stay right with Gant - SQ - 485, BP - 314. Ignoring a queasy stomach, Victor pulled 3 good DLs - and finished at 540. His 1339 TOT was a good result - silver medal as it turned out. In 3rd, Francis Ruettiger (IL) placed



Joe Bradley *got his lifts together in 1981 for the victory at lightweight.*

2nd in 1980. His 1278 TOT here consisted of only 3 - 9 attempts (a 1st day's trend at this meet)! 479 - SQ - 297 BP. In the DL, Francis failed a 501 opener - jumped to 529, but missed again. Back to the wall he made it on a 'do or die' 3rd. Whew! He had coach Ernie Frantz concerned! Gant took no risks - pulled a 551 opener, clinching his 6th Srs. victory. His huge jump to 639 W/R - too much today - slipped loose twice - 1355!

148 LB CLASS - *BRADLEY'S DAY - ALMOST JAY!* - Hoosier, Jim McCarty, the '80 Juniors winner hit 1526 at the IN State meet, sold gym, moved to Colorado Springs, CO to train at OTC for W/L and took a yr. off P/L. This year's Juniors winner was Pokey Brunson who



Most Muscular *... Ernesto Milian*

stayed home but his runner-up there, Bob Wahl of OH came. In fact, there were 3 from Ohio. Besides Wahl, there were Warner and Finch. The nine man start list was trimmed to 6 almost immediately. Reed, Wahl and Warner went out on the SQ. Clyde Wright of Washington DC was projected as having a good SHOT at TOP SPOT. Clyde was '79 Srs. champ! He SQ'ed 600 on a clutch 3rd - but hurt his back. He couldn't continue! Ray Verdonck ('80 Sr. champ @ 132) had gained wt. He missed 2 SQ's and 3rds in both BP & DL - 1355 for 5th - a good showing in tough company. Jeff Bolin, one of the Frantz's team (Aurora, IL) made big jumps, missing 2 SQ's, 2 BPs. He pulled 573, missed 600 - 1416 w/4 attempts for 4th place! Ohio's Jim Finch, with a short torso & long legs, was tough. He got started in P/L and hit 1280 in Sep.'80. On Feb. 8th he did 1485 - astounding progress. Jim SQ'ed 545, missed 595 twice. He averted a BP bomb and finally got 319. Jim outpulled everyone in his class - 595 before missing 617, 1460 - 3rd place!

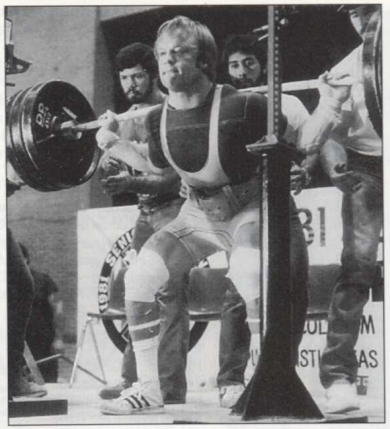
Two men fought gallantly for the championship title. Joe Bradley, up to 148 now, had hit a 633 SQ & 1603 TOT in APR. He looked like a shoe-in to win his first Srs. title after two years straight unable to get off the starting blocks (bomb in SQ '79 & '80)! Jay Rosciglione, a St. Louis cookie cutter (family bakery business), didn't come with the intention of getting 2nd. There was no mercy from the judges. Bradley opened extra safe (had learned his lesson) with 578. His 611 was high; 3rd missed. The door was left open just a crack. This was all Rosciglione needed. Rosciglione dunked 567, missed 600, then nailed it perfectly. Jay BP'ed flawlessly, had all 3 - 341! Bradley notched a big 402 lead of 975 to 942. Bradley DL'ed cautiously: 545 then 578 and failed 600. TOT 1554. Rosciglione made his move - 562, assured 2nd. Jay was heavier (148.3 - 145) and went straight for the win - 617! Each time he pulled it up so close, but missed! Bradley finally had his 1st Srs. title and had his World's opportunity!

165 LB CLASS - *GAUGLER - THE MIND BOGGLER!* - Only 5 top guns came to shoot it out here. Rick Gaugler, the defending Srs. & World Champ, had revved up his super engine. WITH NO HITCHES... NEVER ONCE! His MARK IS ON TARGET for a BRIDGES RECORD HUNT! This was the DAY HE'S NOT CRAMPING ... Did AMAZING...FANTASTIC!

CRAIN also CAME and was GAME! But ALAS AND ALACK ... Was in PAIN (BAD BACK)! Rickey gave it a try SQ - 683 hard w/ insufficient depth (3 times). Not fully PREPARED - SAT BACK & RELAXED and SOLD HIS WARES! Jim Rouse was primed to up his W/R BP and give Gaugler some inspiration, but drew reds on his 573 SQ tries. The judges said TOO HIGH - BYE-BYE! George Herring, an IMPORTANT GEORGIAN, was one of the three remaining survivors. He nailed openers. Despite having a DAWG DAY afternoon, he aspired for big lifts - tried 628 SQ, 391 BP, 639 DL on 2nds & 3rds - too much today - 1521 3rd place! Mike Facteau (4th in '79 Srs. @ 148) blew out his squat suit - good 600 despite it. He missed 617, then stormed back w/ 628 - good job! Notched a 380 BP after 1st miss - 391 too much. Rushed, insufficient warm-up, DL'd 622 anyway - good, but tore a rhomboid (found out later) 699 no go - passed his last. His 1631 wrapped up 2nd place, but he paid the piper doing so!

Gaugler punctuated his superstar status with further grandeur! His 705 SQ - duck soup! Up to 727 to beat Bridges' record (722)! Came up twice easily - not passed! Blasted 3 BP's - 451 was perfect! A 644 DL gave him 1802 and the win. He blew up 683, had 1840 - a new TOT record. A final easy 705 (703) WR gave him another WR Total of a stupendous 1862! Rick waived his world team berth to IND. Milian got to go because of it.

181 LB CLASS - *BRIDGES WON! ONLY A TON - HO HUM!* - Rickey Smith of Shawnee, OK barely got one SQ, token BP'ed (inj. coming in), but made big 683 DL opener. Attempted 727, missed then passed. Paul Aston and Bill Ellis were representing the host city of Corpus Christi. Paul made only openers: 1669 - 6th! He tried big lifts such as 694 SQ, 451 BP, 655 DL which could have earned 3rd. Bill Ellis had great expectations. He tried some big numbers, too: SQ 705 then missed 727 & 733. He nailed 402 BP then pulled 639-1747 - 5th! He missed his final lift trying to catch Bruce Takala. Bruce lost a 699 SQ once by the clock. He was at 1758 - fourth place. An old friend, Tony "tell it like it is" Carpino came in CRIPPLED - struggled w/wts. he had TRIPLED! Nevertheless, he missed only a 446 BP try, went 8 for 9 got 1785 for 3rd place solidly! Returning from shoulder and leg injuries, tough as nails, was Jim Grudzien. He peaked perfectly got a fine 1824 total and runner-up! His only miss all day was a final pull with 733. Ten times bodyweight TOT for GRINNIN' Jim!



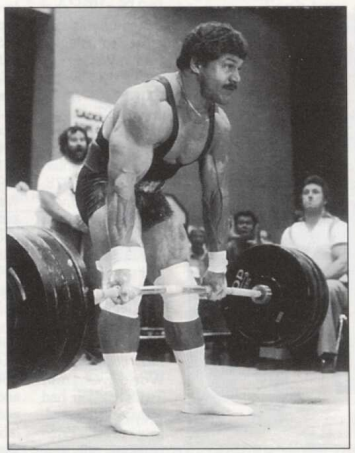
Rick Gaugler *had a day to remember in his hometown.*

Mike Bridges had difficulty with HIP LOCK (no BIG SQUAT)! He had to repeat his 744 opener three times to please the three in the chairs. Mike was RED HOT & DISTURBED, but SAID NOT A WORD! He sizzled in BP - 1st 473 a push toy. Next 2 W/R shoves 518 (WR was 517) then 523. Whoops! His 523 was light on the scales (521). MacDonald's A/R record was 522. He tried 529 on 4th to settle dispute - missed! DL performed in smooth sumo stroke (like his SQ but in reverse gear). 666 had the win, 738 next - misgrooved, 777 W/R try. Only a 2006 TOT (an off day for Mike) - still impossible for anyone else to approach! It was the 4th straight Srs. win for Mighty Mike.

198 LB CLASS - THOMAS - SEVEN TIMES IN 3 CLASSES - The bombout bug bit 5 fatally! Noonan, GA, Black, OH, Sanger, TX and former champ Estep got negative calls for SQ depth. Bill Ennis, CA SQ 722 and BP'ed 468 but couldn't hang onto 666 - 683 - 705 DL's! Six men remained. On this day GNARLY GIL THOMPSON was no CHARLEY BRONSON! A token 501 DL gave him 1559 way back in 6th. In later years, he became a BP phenom! Tony Johnson of TX in FEB did 1923 @ 220 - reduced here. Two big 760 SQ tries not passed kept him in 5th - 1741! Rich Woods of CA was back for another SHOT. Got 3 SQUATS - 694; got only 1 lift in BP & DL - 1835 for 4th position. A TERRIFIC TRIO battled for the title. Ernie Frantz was in his vintage year (47) was at the top of his game. Anello was defending champ. He was reliable as the moon over Miami (Ohio, that is). His grip slipped in '79 pulling up the winning lift. The previous year he hung on to win a lighter bwt. tie over Jerry Jones. The pick of the litter was Walter Thomas, healed from his back injury. With a full years rest, he was up to a full 197.3 with his strength at max capacity. They went at it: Anello who had SQ problems finally got his 661 approved. BP's better - 451 for 2nd. He pulled 755 with his famous camel bump style - had 1868 in 3rd - waited! Ernie Frantz was tough as nails and built like a THICK BRICK HOUSE. He needed two 744 SQ's, which he didn't get. His 473 BP, 733 DL opener gave him 1912 - the runner-up position. Walter Thomas coasted flawlessly to a 7th Sr. National Championship title and totaled 2000 even. He became the heaviest man to do a 10 times bodyweight TOT. He was so far ahead that it was hopeless for Anello to try to win (he needed 892).

220 LB CLASS - *A BASH FOR CASH!* - The incessant desire for a 10th World title pushed Larry Pacifico to his limits. What had once been so easy for him to dominate and win was now a hapless struggle. In 1980 we saw the beginning of the end of a legend. Nothing is everlasting, not even a man synonymous with the word "Powerlifting" for the past decade. In 1980, Larry saw his Seniors chances slip away. A judgmental error snuffed him. What seemingly was merely a temporary setback was compounded. It was a tragic mishap I witnessed on October 4, 1980. It was a date I could never forget. Only 28 years earlier to the day I'd lost my father. Here in a tragic mishap, Larry cut off a finger BP'ing. It was reattached and he qualified @ 220 in Feb. - 755, 529, 655 - 1940. He pulled an abductor in SQ there, missed HIPC - and was here! He looked sharp today - buried 782 - hard. 804 was too much. Zapped a 518 BP - missed 540 and pulled a lat trying a 3rd. Opened @ 777 DL - stuck. Took more rest and let time expire. Again, no lift. Zero! Two strong Ohio men, John Florio & Jack Sideris, as well as squatting legend Jerry Jones, couldn't satisfy officials on SQ depth - gone, also. Phil Bradshaw had the "high sign" on Buddy Duke "the GA peach" - posted 1807 - 4th as lighter man. Buddy gambled big leaping from 677 to a 755 DL wanting 3rd - didn't get it! Ray Moran of MI rode his 722 SQ 3 times before registering it. He pumped 451 and pulled 705 for 1879 for the bronze.

Jim Cash & Fred Hatfield had made great strides in one short year. Dimiduk, reigning Srs. & World Champ, improved to 2039 and beat Hatfield on bwt. at HIPC 4. Fred SQ'ed a W/R 843 SQ there. Mark was up to 242. Chip McCain hit 2039 also, but tore a quad - was recuperating and absent. Cash pulled a W/R 815 DL in Jan. He was well prepared. Fred had awesome potential. His 826 SQ finally approved on 3rd, then BP - 485. Cash got 2nds: 782 SQ, 468 BP - trailed by 60 on S.T. (1311 to 1251)! A game of chess: Fred DL - 705, no problem. He gambled on 744 - almost! Lost grip at top - ditto w/755 - finish of 2017. Cash made two sizable deposits: 749 - 782. Checkmate! Jim won the game. Up to 804 - coming up - feet slid - hesitated - gutted it up - fantastic. A first Sr. National title for Conan Cash. Hatfield, a great sportsman, was the first to offer a handshake & warm congratulations.



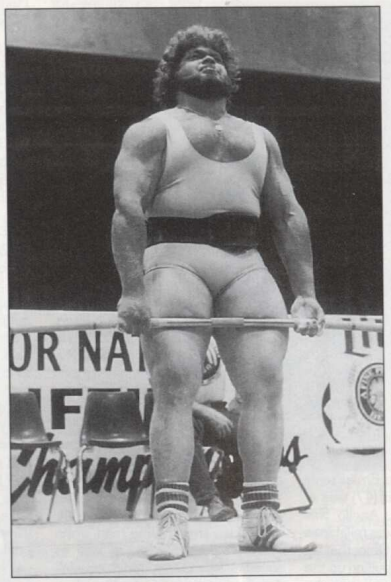
Jim Cash *with 804, always a magnificent deadlifter.*

242 LB CLASS - *OH - DANNY BOY!* - Two primetime players weren't in the lineup. Kingpin Kuc had retired (again) and McCormick had beefed up to 275. Resolute in their unpopular but consistent calls were the officials. Ohioan and title threat Dave Schneider - got no breaks - did 804 - 821 and finally 859 SQ - all judged to be inadequate. What a shame! Popular Texan Bennett Clayton met the same fate. Steve Miller met his waterloo in BP. His 479 opener, a minor infraction, then missed 501. He didn't hear his name called for 3rd - called for time. He protested, to no avail. Marv Phillips was back in Srs. action - 810 SQ - 1923 TOT - good comeback. Glen Stevans averted his bomb jinx - 1934. He even tried lifts which could have given him 2072! Dimiduk hit an even ton - got 7th. Mark valiantly tried an 810 DL to pocket the silver. Veteran Carlton Snitkin of CT was back - better than ever - 2017 & 6th. Later in the year, he caught fire - 2121 - good lifting for the 1971 242 World Champ! Bill Davis was in 2nd place going into the DL. He twice missed a 22 lb. increase - 2028 for 5th position. He'd be back! Mark Schellen, teen champ, mixed it up with the big boys. The chipmunk-cheeked one did very well. Mark tried the 788 DL and he needed to move into a 3 way tie and nab 2nd - 4th overall - 2039.

Three men jockeyed for sole position of top spot. It was all decided on last attempts. Steve Wilson and Dan Wohleber were the powerful brutes from Ohio. Wohleber was the SQ & DL sensation from Cleveland. Wilson, 3rd in '80, had torn a bicep at the Worlds, was

back, healed, and better than ever. The 3rd factor was Mark Chaillet, the MD D/L specialist now working as a manager of one of Pacifico's Health Spas (Kokomo, IN). Let the combat begin!

Wilson got a desperation - 777 3rd SQ to stay in. Chaillet got the 777, and on a 2nd took a big risk - 815 - didn't get it! Wohleber, psyched like crazy, was dramatic with his SQUAT DROP explosive style. Danny got an 826 opener - reds! Dumped his 2nd! Back to the wall he went up to 870 - W/R (867.75 on scales) in the groove - GOOD! Dan tried 903 - 4th, too much and dislocated his shoulder! Chiropractor popped it back in - tender! The BP was his weak link anyway and was hampered further. He managed 380 - 3rd. Chaillet BP 473 (2nd attempt). Wilson jumped into a huge lead: hard 551 2nd - passed 3rd. Subtotals: Wilson (1328) Chaillet & Wohleber were tied with 1251. Mark was lighter wan. The DL became a mad scramble. Big Steve Wilson pulled 733 then 771, missed at 793 (could have won). Wilson had 2066. Wohleber opened at 749 to move into 2nd. Chaillet countered at 777. Now he was 2nd. Danny wanted the win - went straight to 815 and pulled it smoothly! Chaillet, lighter man, duplicated the same 815 - good. He and his handlers celebrated prematurely thinking he had it won. Danny came right back and reeled in 821 - back in front. Chaillet had one lift left - last chance. With his energy drained he missed!



Danny Wohleber... a mass of synchronized synapses

Wohleber was champ (2072), Chaillet 2nd (2066), and Wilson 3rd (2066). An incredibly exciting competition with tremendous depth and a breathtaking conclusion. What more could you ask for? Dan Wohleber brought honor and glory to Black's Health World.



Paul Wrenn had a spectacular day at Superheavy.

275 LB CLASS - *IN A BASKET - HACKETT* - This class was introduced as an interlude SHW in 1978. Bill Kazmaier was first Srs. champ in this category. For two years, Larry Kidney of CA had been champ. With the weight class now recognized by IPF, this year's winner could be a World Champ! Twice Kidney had withstood the challenge of ME's Ernie Hackett. Hackett hoped that "third time is a charm" would be his winning motto. In Feb., Ernie made an official W/R SQ - 903, and w/804 DL had a W/R total - 2215! Terry McCormick was also a big threat. At HIPC 4, he'd beaten Kidney with a W/R 843 DL. Texas stud, 3 times Srs. & World Champ, Doug Young had come out of retirement. He qualified w/2033 in Feb., got hurt and wasn't here - big disappointment. A NEW DUDE, BOB DEMPSEY (4th - 2066), tried 777 DL (TO IMPROVE INCREMENTALLY). He wanted the bronze - missed twice. Ebony superman, Dave Shaw, earned 3rd. He fell behind Dempsey - regained it - up 11 (2077) after 788 DL; tried a P/R 810 - stuck. A strained thigh adductor hampered McCormick. He SQ 744 then twice tried 788 bravely. Re-injured, he withdrew. The Hackett - Kidney rematch saw Larry unintimidated! Larry finished a hard fought 870 3rd SQ. Hackett got an 865 opener and completed W/R 909 twice, but it wasn't passed. Hackett hit a P/R 529 BP. Larry (a bit off) managed 540, failed 551 - 3rd. Kidney had a 16 lb. lead going into DL. Larry promised he'd pull a big one - made 760 twice, but couldn't complete 782 - 2171! HACKETT RATCHETED 760, then 788 (the winning lift) - 2182 total! Tried 826 to surpass his own W/R total - too heavy!

SHW CLASS - *PRAYED WITH WIFE (IT'S ALL PAUL) DAY OF HIS LIFE!* - Bill Kazmaier of AL made the highest SH TOT of all time in Jan. (2425) Pursuing the WSM & a pro football career possibility kept him away. A trio of Titans went after it. Defending champ Doyle Kenady (299) was in top shape. Dave Waddington (309) cracked the thousand SQ barrier June 13 (1003) and had totaled 2313! On this day, neither man had a prayer because the SPIRIT OF THE LORD burned in the heart of Paul Wrenn, the 340 lb. TN evangelist! For the first time in Srs. history, all 3 men SQ'ed over 900. Kenady strained up a limit of 914. Waddington opened highest - 936 - good enough! Wrenn smiled and buried 3 big ones: 903 - 953, and finally a W/R 975. Undisputable! The crowd went berserk. Waddington wanted the limelight. He tried 981, dumped it, then timed out on final. Wrenn, an unstoppable steamroller - BP 540 - now 6 for 6 - no misses! Kenady reached 545 - Waddington maxed at 551. Subtotals: Wrenn (1515), Waddington (1488), and Kenady (1460). Dave had a 733 DL coming up, but he tore his hand and had to bow out. Now there were two! Paul pulled a slow 777. Doyle zapped a big opener of 821! Wrenn pulled 826 powerfully. Kenady was forced to 881 - two shots to win. Paul waited him out. Twice to his knees - no further. Doyle 2281 - 2nd. WRENN WINS - 2342! Paul tried 887, oh so close. A stunning win.

1981 Senior Nationals
11-12 Jul 81 - Corpus Christi, TX

114	SQ	BP	DL	TOT
Eunbar, C	479	303	358	1140
Heath, D	374	214	418	1008
Sanders, B	303	203	451	959
123				
Millan, E	440	264	512	1218
132				
Gant, L	501	303	551	1355
Williams, V	485	314	540	1339
Ruettiger, F	479	297	529	1278
148				
Bradley, J	573	402	578	1554
Rosciglione, J	600	341	562	1504
Finch, J	545	319	595	1460
Bolin, J	501	341	573	1416
Verdonck, R	529	330	496	1355
Wright, C	600			
Warner, J				
Wahl, R				
Reed, K				
165				
Gaugler, R	705	451	705	1862
Facteau, M	628	380	622	1631
Herring, G	578	363	578	1521
Crain, R				
Rouse, J				
181				
Bridges, M	744	523	738	2006
Grudzien, J	688	429	705	1824
Carpino, T	683	435	666	1785
Takala, B	672	402	683	1758
Ellis, B	705	402	639	1747
Aston, P	650	418	600	1669
Smith, R	562	143	683	1388
Wright, D	749	462		
198				
Thomas, W	771	485	744	2000
Franz, E	705	473	733	1912
Anello, V	661	451	755	1868
Woods, R	694	457	683	1835
Johnson, T	683	396	661	1741
Thompson, G	589	468	501	1559
Ennis, B	722	468		
Estep, R				
Sanger, G				
Black, J				
Noonan, R				
220				
Cash, J	782	468	777	1028
Hatfield, F	826	485	705	2017
Moran, R	722	485	705	1879
Bradshaw, P	733	402	672	1807
Duke, B	683	446	677	1807
Pacifico, L	782	518		
Jones, J				
Sideris, J				
Fiorio, J				
242				
Wohleber, D	870	380	821	2072
Chaillet, M	777	473	815	2066
Wilson, S	777	551	771	2066
Schellen, M	788	490	760	2039
Davis, B	799	485	744	2028
Snitkin, C	782	473	760	2017
Dimiduk, M	804	451	744	2000
Stevans, G	749	479	705	1934
Phillips, M	810	451	661	1923
Miller, S	744			
Schneider, D				
Clayton, B				
275				
Hackett, E	865	529	788	2182
Kidney, L	870	540	760	2171
Shaw, D	782	507	788	2077
Dempsey, B	804	523	738	2066
McCormick, T	744			
SUPERHWT				
Wrenn, P	975	540	826	2342
Kenady, D	914	545	821	2281
Waddington, D	936	551		

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The WDFPF Worlds... A Chronology of Champions *as told by Herb Glossbrenner*



The First *Non US WDFPF World Champion was Allen Gutteridge of Great Britain, who won a tough battle with Ken Westbrook of the USA at the '89 WDFPF World meet.*



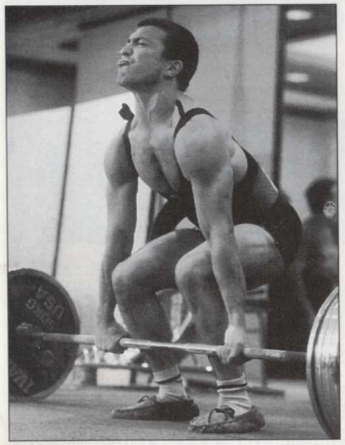
Sergey Alexeev *of Russia shakes hands with Bull Stewart after his WDFPF victory at the 1994 Championships held in Fridley, Minnesota*

114	TOT	SQ	BP	DL
88-Castro, H	1036	352	209	474
89-Catalfamo, J	1047	396	236	413
90-Borgue, K	1030	413	204	413
91-Nguyen, D	1080	407	231	440
92-Nguyen, D	1047	407	231	407
93-Nguyen, D	1047	396	242	407
94-Nguyen, D	1113	435	226	451
95-Jackson, W	925	314	176	435
96-Snyder, S	970	341	203	424
123				
88-Hoff, R	1069	423	242	413
89-Hoff, R	1102	424	248	429
90-Giannino, A	1078	369	251	457
91-Pattaway, D	1201	473	214	512
92-Weiss, D	1063	374	248	440
93-Weiss, D	1107	396	253	457
94-Lee, A	1102	402	275	424
95-Weiss, D	1113	380	236	496
96-Weiss, D	1151	380	259	512
132				
88-Olson, B	1096	407	281	407
89-Gutteridge, A	1256	440	319	496
90-Suttles, T	1306	468	303	534
91-Holloway, S	1179	407	242	529
92-Vincent , B	1300	496	264	540
93-Borgia, T	1151	435	253	462
94-Olson, B	1311	507	308	496
95-Olson, B	1322	523	308	490
96-Olson, B	1295	501	308	485
148				
88-Benemerito, R	1421	523	325	573
89-Benemerito, R	1383	529	303	551
90-Benemerito, R	1466	551	314	600
91-Fronzaglia, D	1388	512	341	534
92-Kupperstein, E	1372	534	275	562
93-Beatty, D	1405	534	303	567
94-Posokhin	1438	529	308	600
95-Benemerito, J	1444	534	319	589
96-Conyers, A	1703	633	402	666
165				
88-Beavers, M	1432	567	363	534
89-Bridges, B	1576	534	369	672
90-Beavers, M	1631	644	374	611
91-Blindt, A	1510	562	341	606
92-Beavers, M	1609	628	402	578
93-Benemerito, R	1587	633	358	595
94-Benemerito, R	1620	600	347	672
95-Tonge	1322	496	292	534
96-Beavers, M	1471	551	314	606
181				
88-Schmidt, B	1609	617	369	622
89-Bridges, M	1785	622	424	738
90-Kalic, F	1581	606	347	628
91-Jones, G	1719	677	391	650
92-Jones, G	1708	683	396	628
93-Wagner, R	1725	733	363	628
94-Jones, G	1736	661	396	677
95-Benemerito, R	1763	661	358	744
96-Benemerito, R	1752	661	385	705
198				
88-Henton, G	1653	655	385	611
89-Shannon, B	1758	650	402	705
90-Keyhea, V	1752	672	336	744
92-Keyhea, V	1890	705	407	777
92-Scialpi, S	1796	711	341	744
93-Seldal, R	1692	633	374	683
94-McMurren, J	1102	385	308	407
95-McAuliffe, J	1697	650	446	600
96-McAuliffe, J	1807	712	458	639
220				
88-Cain, S	1736	666	418	650
89-Ladnier, J	1752	672	446	622
90-Austin, W	1791	755	352	683
91-Siapanides, C	1791	722	363	705
92-Cain, S	1747	683	413	650
93-Scialpi, S	1785	722	352	711
94-Morton, J	1829	677	407	744
95-Morton, J	1934	722	424	788
96-Morton, J	1934	760	407	766
242				
88-Stewart, A	1929	760	462	749
89-Stewart, A	1885	705	468	711
90-Pridgeon, R	1747	677	385	683
91-Stewart, A	2000	788	457	755
92-Stewart, A	1984	60	462	760
93-Stewart, A	2006	804	486	716
94-Stewart, A	1962	755	391	815
95-Beechy	1631	617	407	606
96-Stewart,A	2061	810	429	821
275				
88-Welch, G	2099	854	501	744
89-Surell, E	1906	859	424	622
90-Stewart, A	1995	771	462	760
91-Gjermo, B	1906	760	446	699
92-Barbara, P	1934	782	451	699
93-Kirilov,A	1818	727	374	716
94-Nazarov, V	1736	683	413	639
95-Lelato, A	2000	777	507	716
96-Best, N	1906	760	485	661
319				
92-Dempsey, B	1879	766	479	633
93-Peaks, M	1752	688	424	639
94-Moore, B	2050	788	534	727
95-Moore, B	1857	705	551	600
96-Phillippi, H	2132	810	518	804
SHWT				
88-McCain, D	1956	826	479	650
89-McCain, D	2083	865	512	705
90-Hall, M	1873	804	529	551
91-Dempsey, B	2006	804	473	727
92-Thomas, H	1780	777	358	644
93-Binkowski, J	1918	826	462	628
94-Alexeev, S	2094	881	485	727
95-Henry, M	2336	953	518	865
96-Moore, B	2017	760	551	705

Sites:

88-Reading, ENG	25 JUN
89-Chicago, IL USA	17-18 JUN
90-Meaux, FRA	30 JUN-JUL 01
91-Bendigo, AUS	09-10 NOV
92-Derby, GBR	26-27 SEP
93-Chilliwack, CAN	09-10 OCT
94-Moore Lake, MN USA	17-18 SEP
95-Sussex, ENG	28-29 OCT
96-Chicago,IL USA	24-25 AUG

104 CHAMPIONS: USA - 92, GBR - 4, FRA - 3, RUS - 2, WAL - 2, CAN - 1. MOST PROLIFIC CHAMPIONS: (1.) Stewart, B (USA) - 8. (2.) Benemerito, R (USA) - 7. Nguyen, D; Weiss, D-Olson; B & Beavers, M (all USA) - 4 ea. Jones, G & Morton, J (USA) - 3.



Adrian Blindt... *fierce champ from Great Britain*



Nazarov, *an early competitor with US lifters in Russia, won a WDFPF title at 275. (Schprintz)*

More From Ken Leistner

Our office has received a lot of phone calls regarding the very extensive activity that has transpired among the former ADFPA, USPF and IPF. Frankly, Ralph and I have helped out, or had our crew help out at local and national level meets for the various organizations, but we have not run a USPF sanctioned meet since April of 1983, have nothing to do with the IPF, and do not deal with the administrators of the ADFPA/USA Powerlifting, or whatever they are and/or will be called when all the lawsuits are filed and settled.

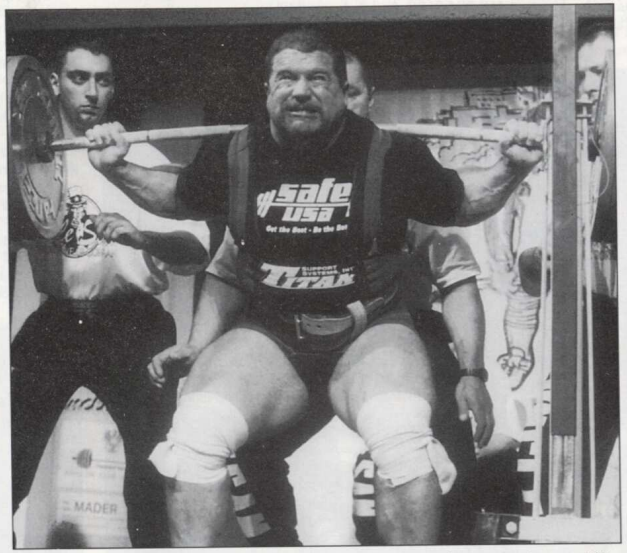
Welcome, as always, to the wacky world of powerlifting! Years ago, *PL USA* noted the various problems between and among organizations and, obviously, it is still ongoing. There are two prominent schools of thought: that there should be one major organization that can encompass and serve the majority of lifters and another that states that there should be as many organizations as the sport will accommodate as, obviously, they would not exist if there was not a need for them. Although I don't know any of the IPF administrators, I noted in the early 1980's that the United States, at that time, had not only the best lifters in the world and in that specific organization, but that we were the driving force of the entire sport of powerlifting. We had more participants, we had *PL USA*, we had the world champions and team titles, and if equal and fair representation were to be utilized, we should have had a heck of a lot more to say about things. The expression I used fifteen or more years ago in the pages of this magazine was, regarding the IPF, that it was a "case of the tail wagging the dog." Then IPF President Heinz Vierthaler, I was told by intermediaries, was not pleased with the remark. Is that the case today?

As I don't pretend to be on the "inside," I know what every other reader of *PL USA* knows, which may not be much. It certainly seems that while the world scene has changed with more foreign participation, the US certainly remains a major, if not the major player. That a "palace coup" may have been attempted is assumed by some and again, I don't know the real facts. I do know however, that many of the administrators who are bitching and moaning about the state of the sport and the perceived actions of others, seem to have forgotten that it is the lifter, the grass roots lifter, not the few champion lifters, who they are supposed to represent. Give me guys like Bill Clark and day. Instead of seeing how he can "guide the sport into the future" or "emblazon a trail to the Olympics," Bill was, and remains, a man who is in the sport for all of the right reasons. It would be nice if others in a position of power could say the same and then probe it.

Mr. Clark was a lifter who was one of the first to establish odd lift and powerlifting meets, doing this in his home area of Missouri. He became very well known for involving the prison population in mail meets and having excellent contests within the walls of the prisons, often bringing in top level performers to compete against the prison populations. He worked tirelessly for the sport and was one of it's first and most effective administrators. I met him once, while living in Missouri and was impressed with the fact that everything he did seemed to be with the lifter in mind. He was and, I imagine, remains very low key relative to blowing his own horn. He quit the sport in disgust a number of years ago, helped along by a few serious injuries and has recently returned with the AAU. I think he and the late Jim Witt truly epitomized the type of leaders this sport needs.

Remember, a David Stern (NBA Commissioner) or a Pete Rozelle type is not what's needed. Ninety percent of all lifters will never win more than a local title at best, local meaning the meet held near their home town, not a state title. They are the sport and the "march to the Olympics," the quest for television money, and so-called public acceptance and recognition have almost nothing to do with the man or woman who works hard all day only to come home and either rush out to the gym or head for the basement to lift prior to having dinner and then helping the kids with their homework. For some reason, the emphasis of many administrators is still one that caters to the elite of the sport.

This is blue collar stuff. I know that powerlifters come in all shapes, sizes, occupations, and cultural perspectives but think about what we do and try to describe it as anything other than "regular guy or gal" activity. I like rugby and played it for a number of years and had hoodlum friends like Joe Tutts who was one of the ultimate intimidators, on or off any athletic field (Joe wound up running security for Led Zeppelin's American stints), but most of the men were college educated, often professionals or high powered career guys who had the exposure to rugby while in college. Trust me, rugby is not played within the streets surrounding Malverne High School. Powerlifting has lots of attorneys and doctors, but there are an awful lot of waitresses, mechanics, and in one meet I was at, a homeless guy who lived out of his car and who canvassed the audience for entry money and someone's extra lifting suit. We need administrators, no matter what organization one aligns with, that understand that they are not there to make money for themselves (if there ever is a television contract who in the sport will make that money as the in-between man or woman, the expert commentator, the technical advisor, etc.?), not there to garner all expenses paid trips to the worlds or nationals (with or without spouses), not there for any reason other than to make lifting enjoyable and easy to do week to week for every participant.



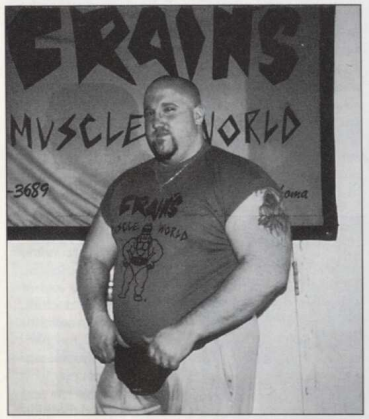
Elite Lifters*, like IPF World Champ Kirk Karwoski, are the focus of many eyes in powerlifting*

The Iron Island meet scheduled for September 6th has been canceled so that it does not interfere with the APF Amateur (drug tested) Nationals to be held the following weekend in Revere, MA. Dr. Ken and Ralph Raiola of Iron Island Gym are also supporting this meet with their participation and help, as they are very much behind the "amateur" concept of competition.

POW!ER SCENE

The date: October 4th. The place: Pittsburgh -- Jamie Harris will be there, going for an 800 lb. bench. -- Steve Goggins will be there, going for an all-time deadlift record. -- Kym Allen may be there, too, aiming to break Tamara Grimwood's 405 lb. women's world record bench. -- Anthony Clark may be there, going head to head with Jamie, for Bench Wars supremacy. -- Big Jim Williams and Big Don Reinhoudt, powerlifting greats of yesteryear, have accepted invitations to serve as referees. -- *POW!ERLIFTER* Video will be there, videotaping all the action. -- Mark and Ellen Chaillet will be there, helping run the meet. -- Rickey Crain will be driving in from Oklahoma to check it all out.

If you're anywhere near Pittsburgh the first weekend of October, and you're a powerlifting fan, don't miss what should be the most exciting, big name meet of the year. The IPA World Bench Record Breakers Meet will be October 4th, and for more info, call Jamie or Michelle Harris at 412-384-9602. And that goes for all of you who want to lift in the meet too.



***Big Jamie Harris** will be hosting a big meet Oct. 4th!*

And speaking of huge powerlifting extravaganzas, we finally got our footage of John Inzer's Greatest Bench Press in America. This is the first time, and only place, you can see the action from the most spectacular powerlifting meet ever held. Anthony Clark, Kenny Patterson, Jamie Harris, Greg Warr, Jesse Kellum, Shane Hamman, and John Inzer himself, along with other top lifters, put on some great performances. Check it out in our current *POW!ERLIFTER* Video.

As for John Inzer, he's been off the competition platform since the GBA, but he hasn't been taking it easy. John recently began Inzer Advance Nutrition, and they've developed a very hot new product, Creatine Pyruvate. Squat record holder Steve Goggins (1032 at 242) has been using the Synergy product and says his recovery times are much faster, his pain threshold is up, and his soreness level is way down. For the end results, how it affects his lifting numbers, we'll see how Steve does at the APF Seniors and then at the big IPA meet. He's looking to break his 1032 record in the squat, and to hit a bench in the 540-550 range. As for the deadlift, he'd like something over 850.

Steve's 33 years old, and he's been doing this for 15 years. He originally started powerlifting to add size and strength for football. Steve's from right outside Dallas, and I want to know why Texas produces so many great lifters. Anthony Clark, John Inzer, Steve Goggins, Ken Lain, the Warmans -- it seems as though Texas is overrepresented.

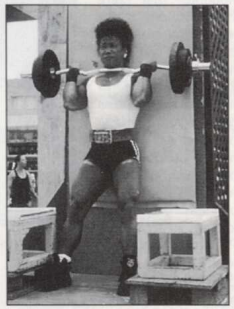
Nevada's top lifting star, Nikki Avey, is out of action for a while. Nikki had a biking accident and broke her arm, separated her shoulder, tore a pec muscle, and took 20 stitches. Her powerlifting, Olympic lifting, and judo training are all awaiting her recovery. Best wishes for a speedy and complete recovery, Nikki.

Out here in sunny Southern California, the start of Summer means the start of strict curl season, and Kevin Meskew just held the year's first event, drawing nearly 60 competitors. *POW!ERLIFTER* Video host Chuck LaMantia announced the action, sporting his new look. Very aerodynamic. It's great to see Chuck back at the mike; I've gone to many powerlifting meets and he's still the best m.c. and announcer I've heard.

The GOLD's Gym team -- GOLD's Nuggets -- headed by Jack Armstrong, had a great performance, with three first place finishes. Jack was first in the 220 lb. class with a 125 lb. curl, Mario Mendoza was first in the 246 lb. class with a 182 lb. curl, and Dawn Riehl set the women's all-time record, with a 116 lb. curl, weighing 136.

The next strict curl is in July, so if your summer vacation brings you out here, go for it. For more info, call Muscle Beach at 310-399-2775.

That's it for this month's lifting scene; we'll be back next month, with a suntan and more lifting action. See you then. *Ned Low*



***Dawn Riehl**... all time curl record!*



***Built for Speed**... Chuck LaMantia's new hairdo.*



***The Winning Gold's Nuggets Curl Team of Gold's Gym**: left to right - Jason Conto, Mario Mendoza, Dawn Riehl, Jack Armstrong, Darryl Porter. (all photographs courtesy Ned Low)*

INTERVIEW

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

RUDY GARCIA

THE AAUPC OFFICIAL OF THE MONTH

as interviewed for PL USA by Pat Cuntrera



***Rudy Garcia** presenting John Jame with his state powerlifting record certificate*

PC: Could you give the readers some background information on yourself?

***RG:** My name if Rudy Garcia, First Sergeant in the U.S. Army with 19.5 years of service. I am originally from Key West, Florida, and now live in Colonial Heights, Virginia. I have lived in Europe, North Africa, Texas, South Carolina, California and Virginia during my career.*

PC: How did you get involved in Powerlifting?

***RG:** In 1991, I was approached by the Director of Recreation at my base in Germany, and I assisted her in organizing her first meet. Also, in 1991, I organized a meet for a friend in Northern Germany.*

PC: Could you name some of the contests you have held?

***RG:** I was the co-organizer for the meets mentioned above. The 1991 Dexheim Military Championships, and the Monchen-Gladbach Open Invitational. I have also organized the AAUPC Virginia State Powerlifting Championships, the Fort Lee East Coast Military and Open Championships, the Fort Lee Thanksgiving Open Championships and the Fort Lee East Coast RAW Open Championships.*

PC: What do you consider to be your greatest accomplishment in this sport?

***RG:** I coached and led the Bad Kreuznach Military Community Powerlifting Team to three consecutive Armed Forces and Fifth Corps Championships in Germany, 1990-1992.*

PC: Why did you choose to give your time to the AAUPC?

***RG:** It is an organization that is about lifting first.*

PC: Could you tell the readers a little about your ideas on how to run a quality meet?

***RG:** To hold a quality meet, you need to be organized! Lay out your plan, follow it, and critique every contest. Then adjust your plan and go through the whole thing again. Surround yourself with quality help. Give of your time to other organizers and they will reciprocate. Good trophies attract lifters; quality contests bring them back. Be polite to everyone, be patient, and above all ENJOY yourself!*

PC: Is there any advice you would like to give a lifter entering his or her first meet?

***RG:** For new lifters, I recommend that you start at a small local meet held by an experienced organizer. Bring your training journal and lots of questions. Lift RAW the first time and have a good time.*

PC: If you could change one thing about this sport, what would it be?

***RG:** I would like to invent an automatic trophy presenter and tabulator! I hate tabulation and figuring out who gets what. It is so tedious. Seriously though, I would like to see all meets standardized and all platforms raised as they are in international competition. This adds class to the contest and gives more control to the Head Referee.*

PC: What are some of your interests outside of powerlifting?

***RG:** There is life outside of Powerlifting?! Computers, bodybuilding, my wife, travelling, cooking, reading and writing are a few of my interests.*

PC: What is your ultimate goal in this sport?

***RG:** To sit in the Head Chair at the Olympics.*

PC: Would you like to make any final comments?

***RG:** I think our sport is in the beginning of a rebirth. If we all bring one other person into our sport every year for the next five years and each of them does the same, you will really see our sport take off. There is no other sport where one can attain the level of longevity you find in this sport. Anyone can do it regardless of age or gender. It has enormous benefits to our quality of life and is one of the most natural of the sports. The human body was meant to do all the things we do in our sport; push, pull, and carry large heavy objects on our backs. I only hope we can convince the other 99 % of the folks how great Powerlifting is.*

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Dr. JUDD

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I believe that the greatest gift that God has given us is our brain. Thomas A. Edison once said, "The only reason we need a body is to carry the brain around." In other words, your brain and/or your mind is your dominant force. It is a powerful instrument, far more than most people realize, and far more so than is your body. In fact, it is the body that serves the mind, not the other way around.

Once man learns enough to unleash the reservoir of power in his mind, there is no telling how great he can become. I've seen athletes turn their entire careers around once they've discovered the powers of their minds. It's amazing, and at times even scary, to see an individual go from nowhere to world-class status in less than a year, simply because of mental control. It's hard to comprehend, but I've seen it happen more than once. Without question, the powers of the mind are simply awesome.

As you are probably aware, your brain functions a lot like a computer. Well, that's kind of an understatement. Actually, your brain is a lot more sophisticated than any computer man has ever slapped together. In order to construct a computer as complicated and sophisticated as your brain, IBM would need a chamber as big as the Empire State building to house it, and enough electricity to light up New York City for a week to run it for an hour. It's mind-boggling (no pun intended) when you think about it. Brain researchers estimated that even the most accomplished individuals of our time don't use more than a fraction of their brains' potential. "If man used the full potential of his brain, he would most likely cross the parameters of mortality. He would become godlike." says Dr. Steven Burnhard, a leading neurophysiologist. Now, that's certainly a provocative thought. What a gift God has given us - this mind of ours.

Since your brain is a computer, and it is programmed by words, thoughts and experiences, then it is imperative that every word, thought and action be a concise, positive affirmation. I do not think that I can emphasize that point enough. Keeping with the mind-computer analogy, we are then the sum product of the events we experience. The environment in which we function, the people with whom we interact, and the thoughts which we entertain are all data constructs by which we are programmed. Therefore, the environment in which we function should be stimulating and progressive: the words and thought we entertain should be powerful and positive. There is no way around it, because computer (brain) performance is directly related to computer input. Program yourself to be positive and you'll be positive. It's just that simple.

Unfortunately, that's easier said than done. Especially in our society. There is no doubt that America is the greatest country in the world. There is no other country that is even close. We are number one in the world in health care, medical sciences, social health reform, military sciences, aviation, cybernetics, agriculture, communications, space science, bionics, immunology, entertainment, biomechanics, physics, and the list goes on and on and on. We've done incredible things in the field of cybernetics. For God sakes, we've put a man on the moon. That's still a fantasy for almost every other country in the world. Our "Space War Technology" is just as impressive. That was certainly evident in the Middle East War. The missiles we've created are smarter than most people in the world. They know how to get from one place to another after being told, that's for sure. Think about it. We were making surgical strikes with our "smart missiles" from as far as 26 miles away. It was a vulgar display of power. Hell, we even televised the war. I'm sure the other countries in the word were thinking "Damn, this can't be possible. This is incredible, awesome, frightening." It is incredible, but America has always been known for making the impossible possible. I don't know if you're aware of this, but our biochemists have actually created life. It's a single bacterium phagocytic cell that engulfs oil. That's right, oil. They manufacture the cell in a lab, dump it on an oil spill and presto, no oil.

Here is something else that will probably freak you out. The bionic man is no longer a pipe dream. In fact, the dream of a bionic body is already somewhat of a reality. Doctors have successfully replaced the heart, pancreas, kidneys, limbs, blood vessels and hip joints with synthetic devices. Other equally impressive man made body parts have also been developed and manufactured such as electronic ears, electronic limbs, polymer blood vessels and artificial blood. Even more encouraging is the fact that improvements and breakthroughs in the field of biomedical engineering are coming fast and furious. Developments barely dreamed of a decade ago such as electronic restoration of some sight to the totally blind, or the creation of a substitute lung, may be realities within the next few years. With the help of new materials and techniques derived from aerospace engineering, polymer chemistry and bioelectronics, recent advances have been so extraordinary that some scientists claim that within a decade, biomedical engineering will be able to make us better than normal - a la the six million dollar man. Not only that, but they're going to be able to do it without altering normal appearances, and in many cases, will be able to improve your appearance.

And how about genetic engineering? What we are doing in this field is absolutely mind boggling. Believe it or not we are at a threshold in biotechnology where our scientists will not only be able to create a near perfect human being, but will be able to create an individual with tailor made looks, intelligence and character traits. I'm speaking of designer human beings. In fact, with the help of biotechnology, parents, single ones even, will be able to choose the exact type of child they want. They could have a genius, an athlete, a beauty queen whatever they want. Isn't that amazing.

This process has already been used to eliminate diseases of a hereditary nature and has allowed scientists to select desired genes for newborns and that's just a fraction of the seemingly impossible things that we are doing in America. When AIDS is finally cured it will be an American who will cure it. I guarantee it.

You would think that with all of the incredible discoveries and accomplishments that American's have made we would be the proudest and most positive country in the world, but we're not. In fact, we are probably one of the most negative countries in the world. I hate to say this, but we seem to be a country that thrives on negativity.

Where do we get all of the negative thinking, thinking that limits us, thinking that tells us we can't? Thinking that keeps us from fulfilling our dreams, thinking that keeps us from growing, from living. Where do we learn to think like this?

Actually, that type of thinking is just about everywhere you look in America. Our culture is constantly teaching us to be suspicious. Not to trust ourselves. Not to believe. To be afraid of everything! You can't turn on your television set without hearing about someone being robbed, raped or shot. Our news programs are constantly bombarding us with negative news. You never hear about all the good things that are happening in our country. And the talk shows are a real joke. I've never seen so much garbage. They have everything on these shows, necrophiliacs, witches, vampires, space aliens, transsexuals, killers, drug dealers. It's a circus. I saw one show where this guy was surgically changed into a female and then back to a male. Is that crazy or what? These aren't normal Americans. They don't reflect the American population. If you watch these shows day in and day out, you start thinking that they are normal, and that their behavior is acceptable.

Here is something that really scares me. The *National Enquirer* is the number one selling news source in America. Can you believe that? The combined sales of the *New York Times*, *Time* magazine and *NewsWeek* don't even approach the sales record for the *Enquirer*. Worse yet, a study conducted at the University of Florida revealed that over 80 percent of the people who read the *Enquirer* actually believe the stories are true. You know, stories like Elvis is alive and he's dating Princess Di.

I know it's crazy, but stuff like this has an impact on people. After your brain has been bombarded by this negativity for an extended period of time you start thinking and acting negative yourself.

Next month I'll give some shocking statistics about attitudes and achievements of Americans, along with documented studies which prove the effect of one's self image upon his/her accomplishments. Now that's certainly a provocative thought.

Judd Biasiotto Ph.D.
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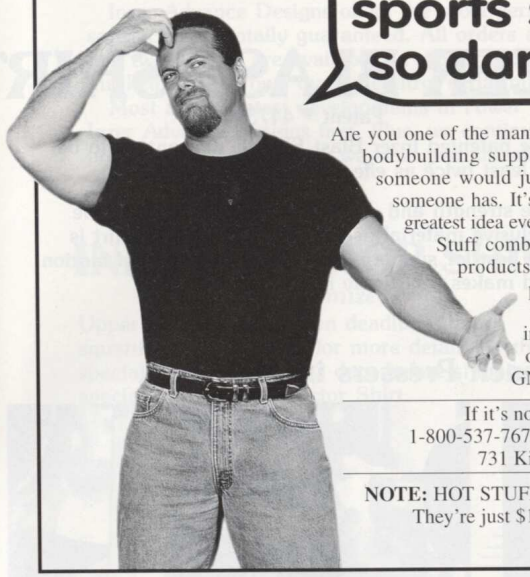
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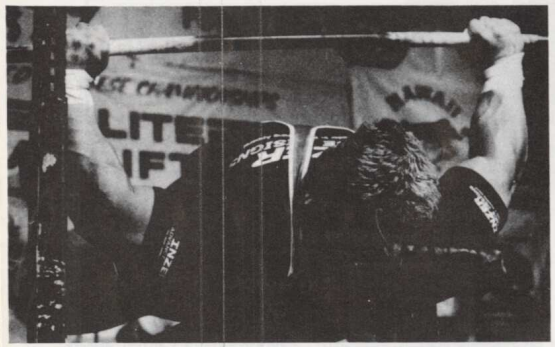
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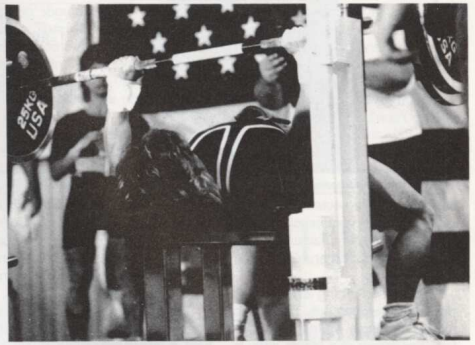
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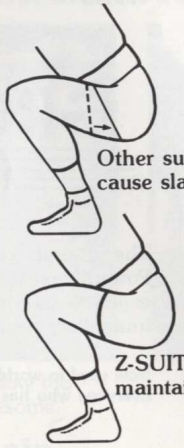
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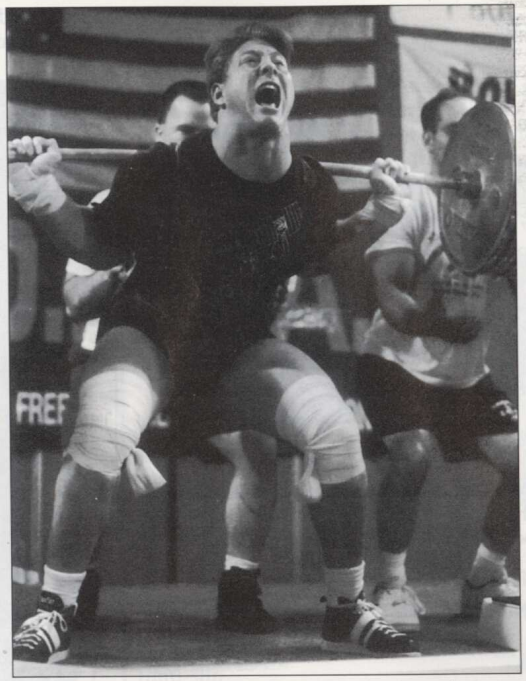
INTERVIEW

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

NICK BEST

as interviewed for PL USA by Fred Rice

The experience of Nick Best should provide some real inspiration for younger lifters who want to gain size and strength. Nick started lifting for football when he was a 15 year old high school sophomore and weighed 135 lb. At 6 feet 2 inches tall he was still slender as a 185 lb. senior. He kept trying to put on weight and size, but was a hard gainer. He managed to get his weight up to 215 lb. for his defensive tackle position at Sonoma State College. If you've seen Nick you know that he is a very solid 270 lbs. now, but still has to eat everything in sight to maintain this weight. He concentrates on a "seafood diet" - if he sees food, he eats it! In the area of strength he has made impressive gains which are detailed below. He broke the 2000 barrier in the total last year with an 800 plus squat and in February benched 567. These numbers were accomplished drug free. At his February meet he was suffering from the flu, but would not even take legal over the counter medications.



***Nick Best**... a drug free champion who continues to make steady progress*

FR: GIVE US SOME PERSONAL INFORMATION ABOUT YOURSELF, INCLUDING YOUR AGE, YOUR WORK, HOBBIES, ETC.

***NB:** I am 28 years old and live in Rohnert Park, California with my wife Melissa, who also does competitive lifting. She won the ADFPA California states in 1995 and 1997, and has squatted 314 and deadlifted 308 at 129 bodyweight. I deliver goods for Aggio's Produce, which is owned by my buddy Kenny Aggio. My hobbies are powerlifting and learning computers.*

FR: HOW DID YOU GET INVOLVED WITH USA POWERLIFTING (THE ADFPA)?

***NB:** In 1991 I competed in the USPF California state championships, winning the natural division. A friend of mine told me about a new gym opening up called The Weight Room where I met Doug Carroll, an excellent 220 lb. lifter who became the California state chairman of the ADFPA. He introduced me to the organization, and I did my first ADFPA meet in November of 1991.*

FR: WHAT ARE YOU VIEWS ON DRUG USAGE AND DRUG TESTING?

***NB:** The possession of steroids is a felony in the United States. They also have a lot of bad side effects, and when you use them it's not really you lifting the weights. Taking them shows that you can take a drug and get stronger, not that you know what you're doing in your training. If you know what you're doing you can get stronger without the drugs, although it will take longer to do so. I was out of meet tested by Dennis Brady before the WDFPF worlds last year, and I would like to see a lot more of this being done. I would also like to see out of meet tests conducted by officials knocking at lifters' doors to increase the element of surprise.*

FR: DO YOU USE ANY SUPPLEMENTS OR FOLLOW ANY SPECIAL DIET?

***NB:** As far as supplements are concerned, I take 36 grams of creatine monohydrate and one-half tablespoon of glutamine per day. As far as food is concerned I eat a great deal of good food - tuna, rice, etc. - and because I am trying to fill into the 275 lb. class, a great deal of bad food as well - cookies, ice cream, whatever I can get my hands on.*

FR: WHAT ARE YOUR BEST LIFTS?

***NB:** My best total to date at 275 is 2039, which was done 2/2/97 while I had the flu. At that meet I did my best squat, 810 lb., and my best bench, 567 lb. My best deadlift is 694, which I did at the 1996 ADFPA nationals. In the 242 lb. class my best lifts were 727 squat, 485 bench, and 655 dead lift, with a total of 1857.*

FR: WHAT ARE YOUR GOALS IN POWERLIFTING?

***NB:** I want to total over 2200 lb. and in doing so break John Kuc's ADFPA total record, and I would like to get the American record in the bench. One of my other goals is longevity. Bull Stewart and Anthony Conyers have set amazing examples as they are both putting up huge totals at 39 years of age. I would also like to go to the IPF worlds and win that. And I'd like to do good by the sport that I love.*

FR: WHAT IS YOUR TRAINING PROGRAM?

***NB:** My basic training program is as follows: Saturday, squat and deadlift; Sunday, chest and back; Tuesday, shoulders and arms. As for the Saturday workout, I only deadlift every other week, because I'm one of the people that has a problem with overtraining the lower back very easily. In a 10 week cycle going into a meet I deadlift 5 times, making twenty pound jumps each week. I squat every Saturday, but never go above triples in order to save the lower back, and always use suit, belt, and wraps. The Saturday assistance work includes heavy leg presses 2x10, hack squats 2x6-8 with no equipment, leg curls, leg extensions, and Roman Chair sit-ups with weight. A lot of training success comes from the ability of the person to push himself, and I have a great training partner, Bruce Lee, that helps me do this (Bruce just broke the 2000 barrier himself). On Sunday I bench - always with the shirt, an Inzer extra high performance size 56 - making 5 lb. jumps each week and, as in the squat, I do not go above triples. My assistance work on this day includes 2 sets of inclines and lats, weighted dips, and 1 set of flat presses and incline dumbbell presses. On Tuesday I'll do 3 sets of dumbbell militaries, 1 set with the Hammer strength machine, 2 sets of side lateral raises with dumbbells, 2 sets of cable side lateral raises, and 2 sets with a rear deltoid machine. You have to balance out your shoulders because a big part of your bench press is in your shoulders. Then I do close grip benches, 4 sets of triceps pushdowns, and 6 sets of biceps.*

FR: WHAT ARE SOME OF THE TITLES YOU HAVE WON AND RECORDS YOU HOLD?

***NB:** I won the ADFPA Nationals and the WDFPF Worlds in 1996. I have won the ADFPA California States the last four years in a row, once at 242 and three times at 275, and have been Best Lifter every year. As for records I hold the California state records in the squat at 242 with 727 and at 275 with 810, in the bench press at 275 with 567, and in the total at 242 with 1857 and at 275 with 2039.*

FR: HOW DO YOU FEEL ABOUT UNIFICATION OF THE SPORT, AND DO YOU THINK IT WILL HAPPEN?

***NB:** I felt really good about it before the March meeting in Chicago with the USPF, which I attended as an athlete's rep, but now I do not think unification will happen, and one reason is that too many people want to stay in authority. I'm all for unification because when I'm national champion I want to be the national champion, not one of many. And unification would enable us to get more corporate sponsorship and the financial support for our sport that we need to get to the Olympic level.*

FR: ARE THERE ANY OTHER COMMENTS YOU WOULD LIKE TO ADD?

***NB:** I would like to thank a lot of people, especially my wife Melissa for putting up with all of this; my best friend Anthony Bock for his support; Coach Dick Curtis for teaching me that everything will come with time, and if you put out the effort good things will happen; Sam Edgmond for teaching me to be a nice person and kind to other people; Pete Alanz for making a great suit and supporting me; Bull Stewart, Ray and James Benemerito, and Greg Jones for their advice; my training partners Bruce Lee and Tony Falbo; the people at Gold's Gym in Santa Rosa; Kenny Aggio for putting up with me in my grumpy moods; my parents; and Fred Rice for doing this interview with me.*

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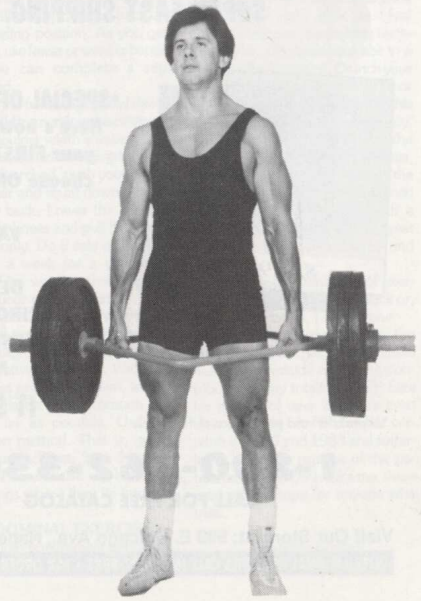
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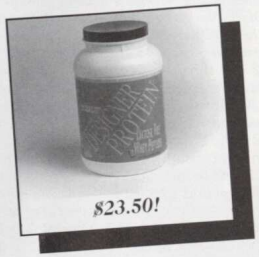
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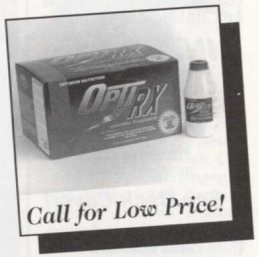
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TRAINING

Training for the Back

as told to POWERLIFTING USA by Louie Simmons

Many lifters train with a bad back. They often ask me what to do to decrease their chances of getting hurt while squatting or deadlifting.

I fractured my fifth lumbar vertebra twice. In 1973, I pulled a 670 deadlift at 181. Shortly thereafter, I broke the vertebra while doing bent over good mornings. In 1983, I broke it again falling off my ice-covered porch. This time the doctor said he wanted to remove two disks, fuse my back, and take off a bone spur. I declined.

Having successfully come back from both injuries, I have discovered many ways to work around a bad back or prevent our lifters from getting one.

Back in 1973, my knowledge was limited. During 1974 I was on crutches on and off for 10 months. One of my most important discoveries was chiropractors. Because of my inactivity, my spinal alignment was terrible. I had misgivings about going to a chiropractor, but my doctor wanted me to go in for traction for a couple weeks. I hate hospitals, so I finally broke down and went to a chiropractor. To my surprise, my back was much better after a few adjustments, and I was able to start training again, but my problems came back, and my back still hurt all the time.

In 1975, my back was still fragile. That's when I started doing reverse hyper-extensions. Through the motion of rotating the sacrum in a safe way and the blood-pumping action, my back was quickly rehabilitated to the point that I pulled 710 in 1977 at 198.

We picked up a lot of exercises as the years passed, and after breaking my fifth lumbar vertebra again in 1983, my rehabilitation was much faster. This time I used acupressure and acupuncture to speed up the healing. I also received oxygen injections directly into the muscle, which helped greatly.

Aside from progressive medical help, we have found an array of back and ab exercises that have all but eliminated our low back ailments.

BACK EXERCISES - Good mornings done while seated on the floor are effective. Sit on the floor with an empty bar across the shoulders. Now bend forward as far as possible. Breathe normally. In other words, relax! Don't arch the back to return to the starting position, but rather push with the heels. Your flexibility will increase rapidly.

Training the deadlift in the sumo style will eliminate a great deal of back trauma. Mariah Liggett would train sumo and pull conventional at meets. She pulled 484 at 132.



***Keeping a strong back healthy** is vitally important to your powerlifting success.*

Reverse hypers are the best exercise for lower back problems I have ever seen. People with bulging or herniated disks can do them without pain. They rotate the sacrum in a very safe way with virtually no compression on the lower spine. At the same time, they build the glutes and hamstrings.

Dragging weights has a positive effect on the lower back. One of the most effective lower back therapies is walking. It is the most natural way to rehabilitate a bad back.

HAMSTRING EXERCISES - Whenever you have a tight lower back, you will also have tight hamstrings. A weak back is almost always accompanied by weak hamstrings.

A calf/ham/glute machine will bring up your hamstrings considerably. Laura Dodd was tested at the Ohio State University Kinesiology Laboratory and was found to have a hamstring to quad ratio of 60:40. This could explain her 567 squat at 165.

A highly advanced exercise is the glute/ham raise. While kneeling on a padded bench, with your feet hanging off the end of the bench, have a partner sit on your ankles to hold you down. Lower yourself slowly without bending at the waist until your chest touches the bench. Now leg curl yourself back up. Let me recommend two ways to work up to a full rep. The first is to lower yourself slowly and hold for 3-6 seconds at various positions of this movement. This is very taxing on the hamstrings and glutes. It builds the top and mid portion of the exercise. You can lower all the way down until your chest comes in contact with the bench, then use your hands to assist in the raise until your hamstrings and glutes can curl you up the rest of the way.

The second method is to now lower yourself down to elastic bands located midway between the top and bottom positions. This will help reduce your bodyweight while you are lowering yourself, and it will help spring you back up to a kneeling position. As you get stronger, use fewer or weaker bands until you can complete a rep unassisted.

Doing the following special deadlift will build tremendous hamstrings. Use a shoulder width stance with a wider than shoulder width grip. With your back arched, push your glutes to the rear and squat down. *Never* bow the back. Lower the bar just below the knees and pull it up with the legs only. Do 2 sets of 20 reps 4 times a week for a couple of weeks. Use weights that are 30-40% of your max deadlift.

A great exercise for hamstrings is the pull-through. Face away from a low-pulley machine. Grab a single handle between the legs. Walk out a few feet and squat down, letting the handle be pulled through the legs as far as possible. Use the repetition method. That is, go to failure on each set; 3 or 4 sets is plenty. This exercise will build the hamstrings where they tie into the glutes.

ABDOMINAL EXERCISES - Ab strength is extremely important in preventing back injury. Leg raises done while hanging from a chin-up bar are effective. Raise the feet until you touch the bar you are hanging from. These are great for strength and flexibility.

Do sit-ups while holding a ball or cushion between the thighs. This will realign the lower back. It also helps decrease the pressure on the back by increasing abdominal pressure.

Learn to use your abs correctly while wearing a lifting belt. You must push out against the belt. It is very important to push out to the sides, or exert outwardly with the obliques. This will start the action of straightening out the legs.

We do a great deal of ab work standing up, and why not? When you fight, wrestle, play ball, and - of course - lift weights, you are standing up, not sitting.

Try this standing ab exercise: Stand facing away from a lat machine. Grab a triceps rope and hold it behind your head. Hold the ends of the rope against your chest. Now bend forward until your chest is close to your knees and crunch your abs. Use light weights for high reps or for a certain length of time. We will start our workout by doing 3-5 minutes of this exercise to warm up our abs and lower back. By adding weight, you will quickly see how weak your abs are. Just compare the weight on the machine to your bodyweight and it will open your eyes.

Attach a strong strap from your power rack to the front of your belt and lean back until there is no slack in the strap. Now slide your feet forward until you are leaning backward. This will place your abs in a pre-stretched position. Crunch your abs while holding a medicine ball or cable device behind your head. This will work the abs very effectively. Hook the strap on the side of the belt to do oblique work. As a bonus, hook the strap to the rear of the belt, and with your body inclined forward, perform deadlifts with a barbell or dumbbells; this is great for lower back, hamstrings, and glutes.

This is just a partial list of exercises that will help fix a bad back or, more importantly, prevent one.

Doing special exercises like the ones listed above has kept our lifters healthy at Westside and greatly contributed to my totaling USPF Elite for a span of over 24 years even after breaking my fifth lumbar vertebra in 1973 and 1983 and suffering a complete rupture of the patella tendon in 1991. Like me, there may still be hope for anyone who tries.

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STARTIN' OUT

A special section dedicated to the beginning lifter

Using The Warm-Up Room

as told to Powerlifting USA by Doug Daniels

In many of my articles, I've described the warm-up room at a power meet as one of the most disorganized, confusing, free-for-all places in sports. The problem many lifters have is how to survive and thrive in the warm-up room and not get lost in it and suffer the consequences. I've seen lifters lose gear, fail to get proper warm-ups and even miss their openers because they got lost in the mess. Warm-up rooms will always be a challenge, especially at large meets with not equally large accommodations "in the back", but there are guidelines lifters can follow to reduce the chance of getting lost. All that hard training can be for naught if the warm-up room is not approached optimally. A balance between etiquette and every man for himself must be achieved.

My first suggestion is to check out the warm-up facilities as soon as you get to the contest area to see what you are up against. Some meets have multiple platforms where you can warm-up, some just have one area. The size and quality of such facilities varies greatly. Better meets have a closed circuit TV monitor in the warm-up room so lifters can keep track of what is going on the platform during the meet, but these are exceptions. The quality of the equipment varies as well. You have no control over these factors, but at least you can know what you are dealing with before hand.

I also recommend attending the rules briefing before the meet even if you are an experienced lifter. They should be able to provide you with information on flight order, time between the squat and the bench, etc. and the time the meet will start. This information will make your planning on when to start warming up easier and more accurate. I will not deal with what warm-ups to take or their timing. You can refer to articles I have written on the subject in previous issues of *PL USA*.

Once you enter the warm-up room to prepare for the meet, find a platform that is either open or occupied by lifters of your own strength level. Sometimes this is hard to tell, but you obviously don't want to share the warm-up platform with lifters "repping out" with six 45 pound plates on each side of the bar when your max is 315. The weight changes would be very time consuming, not to mention that you may raise the ire of a very strong, angry competitor. In addition, look for a platform that is not overloaded with lifters already set to lift. Just ask if you can get in. Many lifters are looking for other lifters to help with the weight changes. If you came with some helpers, they can pitch in to help change the weights. One every important thing to remember is to keep the platform clear of loose weights and make sure the collars are on tight. Also be alert in spotting other lifters on the platform, you and they can get hurt easily because of someone tripping or another mishap.

Get a chair to sit on while you're waiting. Locate your lifting gear nearby and keep an eye on it. If you brought your own chalk or baby powder, keep it out of everyone else's view. These things tend to disappear throughout the day. For the same reason, keep your spare belts and suits in your car or hotel room. If you keep them with you, they could disappear along with everything else.

Establish some kind of order with the other lifters when taking warm-ups. If you are behind and will lift soon, ask the other lifters to allow you to take an extra attempt or two between theirs. Also respect this request from other lifters. Have your warm-ups laid out in advance to save time.

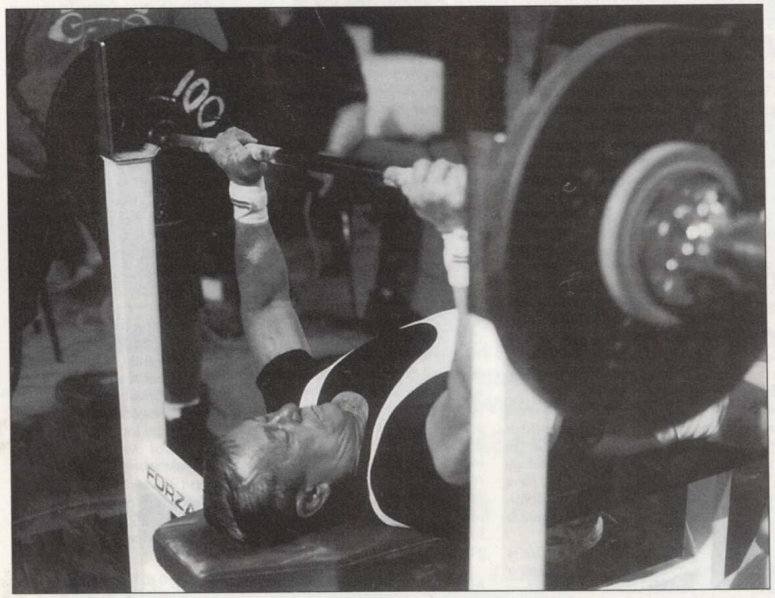
Have a partner keep track of how the meet is running. Sometimes lifters get lost in the warm-up room while the bar is getting loaded on the rack for their attempt in the meet area. If this happens to you, and you're not ready yet, just pass on that attempt and take the same weight again on the next attempt. Taking the attempt before you are ready exposes you to injury as you are not in either a physical or mental condition to lift effectively. Chalk it up to experience and get ready properly. Missing your opener does not mean life or death.

If you must strip to put on your squat suit, I suggest going into the washroom as many meets have lifters of the opposite sex present. Women lifters have to be aware that some male lifters may chose to get dressed in their gear right there. A little etiquette and decency is needed here.

If you're done lifting, your best bet is not to loiter in the warm-up room. Go into the contest area and leave extra room for the competitors who have yet to lift. Some warm-up facilities can get very hot and smelly as the day goes on. The fewer lifters back there, the better. Collect all your gear and garbage before you leave.

The warm-up room can be a very wild place, but if you approach its use effectively, your results at the meet will not be adversely impacted. We all spend a lot of time and money preparing ourselves for competition. Don't blow it all by getting lost in the warm-up room.

Doug Daniels



***Success "In the Front Room"** means you managed to get in a suitable warmup sequence in "The Back Room"*

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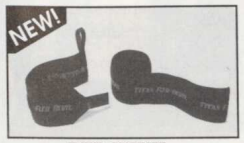
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EPF European Championships

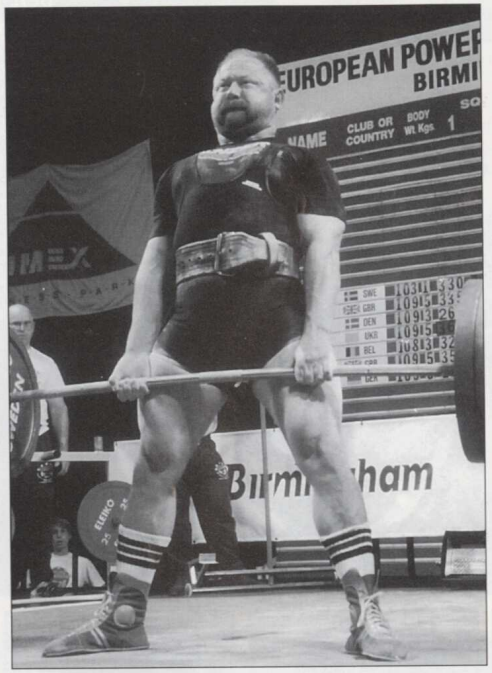
as told to POWERLIFTING USA by Peter Thorne

20th EPF Men's Europeans
10,11 May 97 - Birmingham, GB (kg)

52 kg	SQ	BP	DL	TOTAL
Stanaszek/POL	275.5	172.5	140	587.5
Zharavliev/RUS	210	115	200	525
Clay/GB	200	112.5	205	517.5
Klein/GER	195	137.5	185	517.5
Twarog/POL	182.5	85	192.5	460
56kg				
Brandzog/NOR	237.5	125	217.5	580
Pavlov/RUS	232.5	150	195	577.5
Nemeth/AUT	205	117.5	240	562.5
Vatiuk/UKR	197.5	132.5	202.5	532.5
Morozow/LAT	195	112.5	215	522.5
60kg				
Elyn/BEL	257.5	145	247.5	650
Sidorow/RUS	230	160	230	620
Tromp/NDL	245	145	215	605
Simes/GB	225	140	225	590
Richard/GB	225	137.5	215	577.5
Celis/BEL	185	132.5	225	542.5
Wihok/SLO				
67.5kg				
Baranov/RUS	270	160	282.5	712.5
Wilczynski/POL	275	145	287.5	707.5
Hypolite/GB	267.5	165	250	682.5
Batcheler/GB	235	135	260	630
Olech/POL				
75kg				
Soloviez/UKR	297.5	205	280	782.5
Bazaev/UKR	300	180	292.5	772.5
Nemtsev/RUS	300	182.5	280	762.5
Theys/BEL	270	180	282.5	732.5
Schurr/GER	260	147.5	287.5	695
Verbeke/BEL	252.5	140	295	687.5
Sahlgren/DEN	235	155	140	630
82.5kg				
Kurtiak/UKR	290	187.5	320	797.5
Fedenko/RUS	295	197.5	300	792.5
Szymowiak/POL	280	187.5	320	787.5
Thornton/GB	300	185	297.5	782.5
Theuser/CZE	300	185	290	775
Carter/GB	290	175	307.5	772.5
Nochnoi/RUS	287.5	205	270	762.5
Valentinsen/NOR	295	187.5	280	762.5
Hanswijck/BEL	280	177.5	267.5	725
Sliz/SLO	270	142.5	260	672.5
Haas/AUT	225	135	205	565
90kg				
Stiklestod/NOR	340	192.5	325	857.5
Dykhanov/RUS	325	197.5	312.5	835
Gundersen/NOR	307.5	195	300	802.5
Hansburg/GER	300	180	315	795
Krokkee/NET	310	205	240	755
Kristensen/DEN	270	185	270	725
Singer/AUT	255	195	260	710
Isahanov/LAT	155	140	160	455
100kg				
Christoffer/NOR	357.5	232.5	327.5	917.5
Markovsky/RUS	370	212.5	320	902.5
Soloviov/UKR	350	240	305	895
Watt/GB	357.5	202.5	320	880
Osterbauer/AUT	290	170	262.5	722.5
Ukhach/UKR				
110kg				
Ivanenko/UKR	675	225.5	340	937.5
Henry/GB	375	205	322.5	902.5
Ljungberg/SWE	345	210	315	870
Schmid/GER	322.5	195	332.5	850
DeGrawe/BEL	352.5	200	290	842.5
Rodney/GB	335	172.5	305	812.5
Simon/DEN	265	177.5	250	692.5
125kg				
Davidsen/NOR	380	232.5	357.5	970
Podtyany/RUS	370	212.5	340	922.5
Krendl/AUT	350	2002.5	327.5	880
Mayrheter/AUT	340	190	327.5	857.5
Bowring/GB	320	230	307.5	857.5
Wamsteker/NET	310	197.5	285	792.5
Sorig/DEN	315	207.5	270	792.5
125+kg				
Naleihin/UKR	395	230	387.5	992.5
Spinow/UKR	425	197.5	355	977.5
Jansen/NET	372.5	247.5	247.5	967.5
Gadiev/RUS	370	257.5	340	967.5

Team Champions: Ukraine 66 pts, Norway 59 pts, Russia 57 pts, Great Britain 48 pts, Belgium 37 pts, Poland 35 pts, Austria 34 pts, Netherland 27 pts, Germany 27 pts, Denmark 17 pts, Latvia 9 pts, Sweden 8 pts, Szech Republic 6 pts, Slovania 1 pts.

Best Lifter: Stanaszek 586.03, Naleikin 581.75, Soloviev 559.64, Christoffersen 558.84, Elyn 558.61, Davidsen 552.8, Baranov 552.61, Ivanenko 552.46, Stiklestad 548.97, Kurtiak 539.82, Brandzeg 530.81



Rugged Vladimir Ivanenko *of the Ukraine with a 749 lb. deadlift try.*



Alexei Sidorov *of Russia with a new European Junior Record bench of 160 kilos in the 60 kilo weight class.*

The EPF celebrated its 20th annual European Men's Championships May 8-llth in Birmingham, England. (The EPF, European Powerlifting Federation, is the IPF's governing body in Europe). Birmingham, a source of coal and iron, was at the center of the industrial revolution. Birmingham, an inland city, was linked to Britain's major ports by a network of canals. Today the canals are used by dinner boats, boat tours and pedestrians who enjoy a walk along the canals to their in-town destinations. Crossing streets can pose a challenge to Americans as the cars are coming from the opposite direction to which we are accustomed to look. I did surprise one motorist and scared myself enough to ensure I looked both ways before crossing. The city is a mix of the old and new and a delightful place to visit. The downside for the visitor today is the British economy which is currently doing very well. The British pound is expensive trading at almost two US dollars to the pound.

The venue for the European Championships was the National Indoor Arena. This is a spacious building with well designed seating. Meet Director Ralf Farquharson did an excellent job. A huge TV screen was used. These big projection screens, in my view, are a must for a spectator friendly contest. The opening ceremony featured a West Indian steel band, two dance troops and only a modest number of brief speeches from local dignitaries and powerlifting officials. The weather, like the results of the competition, provided surprise. It snowed (the first time in 35 years) on the first two days of the May contest. Thankfully it melted quickly.



Markovsky of Russia *opened with 815 (all photos courtesy Thorne)*

When the meet started the question was who would get second place behind the always strong Russian team? It seems the Ukrainians posed a similar question. "Who would win the battle for second place behind the Ukrainian team?"

Poland's Andre Stanaszek took the 52kg class title and the best lifter award with his 587.5 total. Stanaszek set a new world record in the squat with a 275.5kg squat, breaking his own mark by .5kg. This was the only world record for the contest. He then made two failed attempts with 147.5kg in the deadlift in a try to set the 52kg total record, which is his. In the 56kg class came the first indication that things might be different then expected. Pavlov of Russia missed his 202kg final deadlift for first place and had to settle for silver. Norway's Roy Brandzeg posted 580kg total for the gold and the win by 2.5 kgs.

Belgium's tough 60kg lifter Wim Elyn had the day to himself with a 650kg total for the gold. Wim is a true tough guy who de-fuses bombs for the Belgium Army when he is not powerlifting. Wim spent his time before the meet planning to beat Stanaszek for the best lifter award. Wim explained to me that with the new Wilkes Formula he felt he could beat Stanaszek. However a missed third squat and two failed benches netted him fifth place in the meet - by formula.

Russia finally posted its first gold in the 67.5kg class with Victor Baranov's 712.5 kg total. In the 75kg class the battle was between two Ukrainian lifters for first and second. Dimitriv Soloviev bested his countryman Sirajoutdi for gold.

In the 82.5 class it was Ukraine again as Vasiliy Kurtiak bested Russia's Fedenko for the gold. In the 90kg it was Norway's turn as Erik Stiklestad went 9 for 9 to beat out Russia's Dykhanov for the gold. Dykhanov failed on four of his attempts. There were few 9 for 9s in the contest as slightly over 30% of all the lifts failed to pass the judge's scrutiny. Three lifters bombed including Ukraine's 100kg lifter Volodimir Ukhach. Only two lifters went 9 for 9. The other lifter with a perfect day was Benny Verbeke from Belgium who placed 6th in the 75kg class.

In the 100kg class it was Christofferson bringing Norway the gold again by beating Markovsky of Russia. Soloviov of the Ukraine took the bronze medal. In the 110kg Vladimir Ivanenko of the Ukraine posted 937kg total for the win. Great Britain's Henry Clive settled for the silver. Coming into the 125kg class there were no lifters from the Ukraine. It was Norway's turn as Sturla Davidsen took top honors posting a 970kg total and a 47kg win over Russia's Maxim Podtynny. There were only four lifters in the supers. The much larger Yuriy Spinov outweighed his countryman Victor Naleiken by nearly 15kgs. However it was by the same 15kgs that the great Spinov was out-totaled by Victor Naleiken's winning total of 992.5kgs. Naleiken got the gold medal and he was runner up to Stanaszek for "Best Lifter Award". Jansenvan of the Netherlands took third by bodyweight over the heavier Russian Gadiev who ended in fourth place. Ukraine was the winning nation with 66 points and Norway took second place with 59 team points pushing the favored Russian team with 57 points into a surprising third place finish.

The accommodations were fine and the venue was excellent. The spotters and loaders were quick and efficient in their work. There was some disappointment with the turnout of only 72 lifters for this event. A few nations reported last minute difficulties and did not attend. In spite of the excellent job by Ralph Farquharson and a fine venue the spectator attendance was light. I am sure the weather played some small part in the light turnout.

This was the 20th anniversary of the European Championships. The first event was held in Birmingham at the town hall in 1978. The E.P.F. with the sponsorship of INZER ADVANCE DESIGNS produced "THE HISTORY OF THE E.P.F. 1978 to 1997". This is a "20th Anniversary Souvenir Edition" containing the results of ALL the championships over the past 20 years and pictures of some of the competing athletes from the various contests. To obtain this special Anniversary Souvenir Edition send $20.00 US Dollars to: B.P. SPORTS, 21 Greville Smith Ave., Whitnash, Leamington Spa, CV31 2HQ, England, FAX# 44-1926-770-251. (Thanks to Peter Thorne for report)

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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: You don't have to publish this in *POWERLIFTING USA*, but I would like to get your opinion on the subject of bicipital tendon surgery.

My bicipital tendons have been killing me for many years and I have tried everything short of steroids, which I will never use. My sports injury books make a repair job sound like a very simple operation involving re-attaching the long head of the biceps below the groove.

I once read of a professional bodybuilder who had this done and it was a four hour operation. The question to you is: just how serious of an operation is this, and after sufficient therapy, what is the expected percentage of loss of strength in lifts such as the bench press, overhead press, curls etc.? Is this operation worth having? **George J.**

DEAR GEORGE: *I don't have a good opinion of bicipital tendon surgery. I've found that tenodesis of the long head of the biceps tendon is not all it's cracked up to be. The long term results are actually quite poor, even though in the short term there is a definite relief of pain and inflammation.*

Before you go through with any surgery, I would recommend you have the inflamed areas injected; but not just with cortisone, which while relieving inflammation, can also be catabolic and, therefore, ultimately counter-productive.

At present I recommend a "cocktail", containing testosterone enanthate or cyplonate, testosterone propionate, triamcinolone acetonide or methylprednisolone acetate, and lidocaine with epinephrine. I advise physicians to inject the "cocktail" in and around the injured area (depending on the structures being injected). This combination has anti-inflammatory, anti-catabolic, anabolic and proliferate properties. There are no significant side effects of the injections. As far as side effects from the testosterone injections you can relieve your mind by reading the study that is recently out about the use of supraphysiological doses of testosterone in normal men. (1)

As well, there should be no moral or medical objections to the use of testosterone or some of the other appropriate anabolic steroids for the treatment of moderate to severe musculoskeletal problems. The steroids are used for treatment of disease and not for enhancement of strength or athletic performance. These compounds, however, should not be used by competitive athletes who participate in drug tested sports as their use may result in a positive drug test.

If you can't find a physician to administer these injections or if you wish me to see you in person, feel free to make an appointment at my clinic in Ontario, Canada. You can FAX me, and I can send you further details and give you an idea of the fees involved.

Mauro Di Pasquale M.D.

(1) Bhasin S, Storer TW, Berman N, et al. The effect of supraphysiologic doses of testosterone on muscl esize and strength in normal men. N Eng J Med 1996; 335 (1):1-7

PUBLICATIONS BY MAURO G. DI PASQUALE, B.SC., M.D., MRO, MFS.

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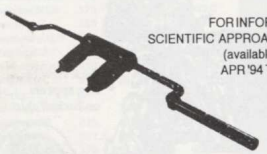
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1997 USPF Senior National Powerlifting Championship Preview (Official sanction #008296), Philadelphia Airport-Marriott, Philadelphia, Pennsylvania, July 11-13, 1997

The competition setting for the Senior's this year will again be the luxurious Philadelphia Airport Marriott, in Philadelphia, Pennsylvania. This location was also the sight for both the 1997 Junoir & Master national championships, Moreover, the Marriott is an excellent venue location, and is **connected** directly to the Philadelphia International Airport; thereby, providing easier accessibility for all those attending the competition. No transfers to hotels via shuttles after a long flight – just walk off the airport concourse directly into the hotel. On the other hand, if you're driving, the Marriott is located conveniently off the I-95 corridor. Easy access whichever way you decide to travel. In addition, the hotel also offers direct indoor access to center city Philadelphia/Atlantic City/New York City via the Airport High-Speed Rail Line.

The city of "brotherly love" also offers a wide variety of historical and tourist attractions. For example, Independence Hall, the Liberty Bell, Betsy Ross House, Franklin Institute, Philadelphia Museum of Art, Rodin Museum, Afro-American Museum, U.S. Mint, Academy of Natural Sciences, Academy of Music, Penn's Landing Waterfront, a wide variety of shopping, and fine dining restaurants, as well as all major professional sports entertainment. Delaware Avenue, located on Philadelphia's waterfront, adjacent to the Benjamin Franklin Bridge, offers a multitude of night club and restaurant entertainment. This location is the hottest spot in town during the weekend.

Additionally, our competition equipment is the best in the sport. A spectacular 20'x20' rear projection screen will be used for spectator viewing, as well as a computerized scoring system to keep the competition moving smoothly and quickly. Sorinex electric squat stands and heavy-duty competition bench press will be used on the main lifting platform, along with calibrated chrome Ivanko Barbell plates and Power Bar. The warm-up area will have three fully equipped platforms, along with two televisions, for both scorekeeping and viewing the competition platform. Also, Chiropractic, Massage & Physical Therapist care will be available each lifting day. Carbohydrate drinks will be provided each day at no charge to the lifters. Finally, our administrative support and platform staff for the competition are veterans and do an absolutely superb job! They are be best in the sport today!

This competition will feature the best lifters from all federations within the United States; therefore, making it a truly legitimate National Championship. **Additionally and most importantly, IOC/USOC guidelines for urinalysis drug-testing will be enforced at this competition.** These procedures are conducted in a highly professional manner, by a certified and reputable staff and laboratory selected by the USPF Sports Medicine Committee. **Finally, a Strength Symposium, featuring IPF World Champion and World record holder, Dr. "Squat" Fred Hatfield, has been scheduled following the USPF National Committee Meeting on Thursday, July, 10, 1997.** Admission is $20.00 per person. Bring your questions, and meet face-to-face with the world's foremost authority on strength training and powerlifting!

As anticipated, the feed back received from lifters around the country has been tremendous. And, I anticipate that each weight class will be an absolute all out battle. There will be no walk away titles this year. Powerlifting fans should prepare for the following to take place:

In the 114 lb. class, Brandon Green, from the University of Arkansas Monticello, will be the favorite this year. He has explained to me, that a 500+ deadlift will be ready to go. He is looking break John Redding's long standing USPF American Record mark of 485 lb., which powerlifting fans, was set way back in 1980. The great thing about this young Razorback, is that he is only 24 years of age. Brandon's competition for this class, will come from his cousin, 1997 USPF Junior National Champion & High School National Champion, Trey Cunningham from Pineville, Louisiana. Trey will definitely be in the hunt and can definitely pull the upset, by the time the last deadlift falls to the platform. He is presently under the watchful eye of Wade Hooper, the new Northeast Louisiana State University Strength Coach. Unquestionably, Wade will have this young man ready. Former USPF Jr. National Champion, Tony Jenkins, from Auburn University, will be also lifting, and wants to rebound from his defeat at the Junior Nationals this year in Philadelphia, where he came in under trained and not prepared. All three of these lifters, are more than capable of winning this class, and totaling 1100+ lbs.

In the 123 lb. class, crafty veteran and two-time Senior National Champion, Jon Arenberg from California, will be back to defend his title. However, three-time Senior National Silver-medalist, Greg Young from Dallas, Texas, is tired of being the bridesmaid and will definitely be ready to win it all this year. Sinh Connolly from Hawaii, will also be back to avenge last year's bomb out and could surprise these two, and swipe the title right out from both their grasp. Sinh is full of talent, and has the superior deadlift of all class, with a 500+ pull. 1997 USPF Jr. National Champion, Bruce Darling from Michigan, will assuredly be in the running and should not be counted out. Finally, Dave Weiss, ADFPA National Champion, will be a definite factor, if he decides to show! Unquestionably, "The Slice", has the numbers to make it happen, but will he allow political boundaries to prevent him from being able to take the walk to the big dance, the IPF Worlds? We will have to wait and see! Gentleman, I can assure you, be ready for a battle, if he accepts the invitation.

The 132 lb. class, will feature colorful Tim Taylor, who will be back to defend his crown. However, it is not out of the realm off possibility, that Lamar Gant, one of America's greatest powerlifters, will come back out of retirement, to lace'm up for one more ride to the IPF World's. If Lamar does show for the competition this year, will Taylor drop to the 123's, or will he finally square off and challenge his boyhood idol and powerlifting's living legend? Further, 1996 USPF Junior National Champion & USPF Jr. World Team member Robert Wood of Louisiana, will make his second trip to the USPF Senior Nationals and will give Taylor a real run for the title this year. Robert's lifting has improved tremendously since the IPF Junior Worlds, in Vaasa, Finland, last August, where he had an excellent performance, by going 8/9, and placing fourth, just missing the bronze medal. Multi-National ADFPA & World WDFPF champion Brad Olson from Wisconsin, could definitely challenge for this title as well. The powerlifting preacher, has the numbers to become a USPF Champ, if he so desires! Not with standing, Chris Byrnes from, Sydney, New York, will be on location to take a run at both Joe Bradley's USPF American Record and Magnus Carlsson's IPF Men's Open World Record in the bench press. This will be Chris's first appearance on the national scene, and we anticipate his arrival.

The 148 lb. class, will be led by newly crowned champion, Wade Hooper of Louisiana, who will again battle Tony Conyers for the title this year. If it was not for Tony missing weight at last year's USPF Senior Nationals by .1 kilos, the story may have been a lot different for Wade last year. Also, Tony's miscalculation in making weight, really through him a curve, because he was also going for the USA's triple crown in Powerlifting. (USPF, ADFPA & APF Senior National titles in the same year) I believe the only other lifter to have done this was 123 lber, Dave Pattaway. Nevertheless, Tony had to lift in the 165 lb. class, and

From Grahame Fong: (regarding the written assurance that the USPF Sr. Nationals will be the qualifying meet for the IPF Men's Worlds that Robert Keller noted in the previous piece) "I have written to Keller advising him: 1) The IPF will recognize the team entered by its USA affiliate which is currently the USPF. 2) My personal position is that the USPF Senior Nationals is the only qualifier for the IPF Worlds - I cannot speak for the IPF Executive. 3) I did not give an assurance re the USPF Senior Nationals. On the contrary I stated quite clearly that I was not giving an assurance.

My letter to Mr. Keller follows. How he manages to turn a specific statement that "I did not give you an assurance" to a claim that I have given a written assurance is beyond me." Regards *G.F.*

(this is a letter FAXed to Robert Keller on April 22, 1997) "Mr. Keller, The IPF's position is that it recognises the team entered by its USA affiliate which is currently the USPF. I advised that my personal position is that the USPF Senior Nationals is the only qualifier for the IPF Worlds, I cannot speak for the IPF executive. I did not give you an assurance - I stated my personal position. Throughout this exercise, it has been very apparent that your prime concern has been the running of the USPF Nationals. You have the gall to challenge me to "pass, run, or fumble" when you have not supported me in any way as far as unification with USAPL is concerned.

I don't appreciated being used to achieve your purpose, but if you are going to use me to add credibility to your contest, at least have the decency to quote me correctly. I also don't appreciate being advised that you expect me to give you what you want so that "lines of communication remain open for unification and not further diminished." The implied threat is not lost on me and does nothing to reassure me that you support my objectives in anyway." *Grahame Fong*, IPF President.

The 33rd annual USPF Senior National Powerlifting Champions, scheduled for July 11-13 1997, at the Philadelphia Airport-Marriott, is fast approaching and looks to have the greatest culmination of lifting talent the United States has seen in over a decade. Official reports indicate some of the ADFPA/USA Powerlifting Federation's top level lifters, will cross-over an compete at this year's competition. Yes, powerlifting enthusiasts, maybe we will finally see and have a National Championship with the nation's best Powerlifters on the same platform, regardless of federation. Pipe dream, hopefully not! The history and prestige of this National Championship speaks for itself! Except no imitations! Rest assured, this competition will be the premiere contest to lift in this year. **Moreover, as far as the unification controversy goes, so that there is no further confusion as to where to qualify for the IPF Worlds, Grahame Fong, IPF President, has assured both me, and the USPF, in writing, that the (... USPF Senior Nationals is the only official qualifier for the IPF World Powerlifting Championships.)** If you have any further questions regarding this matter, you may contact me directly.

The competition setting for the year Seniors this year, will again be the luxurious Philadelphia Airport Marriott, in Philadelphia, Pennsylvania. This location was also the sight for both the 1997 USPF Junior & Master National Championships. **Moreover, as far as the unification controversy goes, so that there is no further confusion as to where to qualify for the IPF Worlds, Grahame Fong, IPF President, has assured both me, and the USPF, in writing, that the (...the USPF Senior Nationals is the only official qualifier for the IPF World Powerlifting Championships.)** If you have any further questions regarding this matter, you may **contact me directly.**

lost a close battle to Dan Austin, thereby giving Wade a clear ride to his first ever USPF Senior National and IPF Senior Men's World Powerlifting titles. From this, several questions need to be answered; 1) Will Tony come back and try for the triple threat again this year? 2) Who will he decide to go against? Hooper, or will he go up a weight class and square off against nine-time IPF World Powerlifting Champion, Dan Austin, who, by the way, he has never beaten? We will have to wait and see! With these three lifters, no telling what could happen! Moreover, another lifter to look out for, is Scott Siegel from North Carolina, who has measurably, and steadily improved and moved up the ranks over the past three years. Scott can definitely break through this time, if both Wade and Tony are not prepared, and make any type of mistake. If this is the case, I can guarantee you, Scott will be standing right there to take advantage of it! Scott is a tough and rock-solid lifter with the attitude, determination and tenacity to eventually take this title. It is only a matter of time!

In the 165 lb. class, Dan Austin from Mississippi, will be making his fifteenth Seniors appearance, and if he wins, will be going for his tenth IPF Men's World title, this November in Prague, Czech Republic. If he is successful in winning this year's worlds, he will then move by the "great one" Larry Pacifico, on the all-time list for the second most, IPF World Championship titles by an American powerlifter! Wow! Ten IPF World titles, can you believe it! Movies are made about people performing feats like this! Nevertheless, if Mr. Conyers comes to face Dan, instead of Hooper, he will no doubt be ready, as this may be one of the few remaining opportunities to face Dan, one on one. Tony has beaten everyone else, except for Dan, and if this matchup occurs it will definitely be worth the price of admission. Watch, wait, and see! Last year's USPF Senior's third place finisher, James Benemerito continues to improve, and will also be a threat, if either lifter falters. Nevertheless, look for James to give both Tony and Dan a challenge this year! He is the "young Lion" in this weight class, and is approximately one-two years away, from emerging as the best 165 lber in the world. Mark it down folks, it will happen! Multi-ADFPA National & WDFPF World Champion, Martin Beavers from Washington State, could be the surprise entrant into this class. If this happens, unquestionably look for Mr. Beavers to seriously challenge for this title! Power fans, let me tell you something! He can do it! Can you imagine this 165 lb. lineup; Austin, Conyers, Benemerito, and Beavers? OUCH! Were not over folks, what happens if Sean Scully's USA dream team pick, Naval Commander David Ricks comes back out of retirement? I wonder if Sean Scully has contacted him yet? Not with standing, you still have four-time USPF National Collegiate Champion, Calvin Dial from Louisiana Tech University, and U.S. Marine Chris Turner, from California, maybe in attendance. Chris, by the way, came within a whisker hair of beating Beavers at the ADFPA National last year! He is a tough lifter with the attitude to make things happen! What happens if Rickey Crain from Oklahoma, decides take one more shot? He definitely is capable! You know he is in shape, especially after the huge total he posted at the IPA Nationals last year in Maryland! Biasetti from Connecticut, will be in attendance, as well as Senior's veteran, Andy Hamel from the state of Vermont! Derek Ito, 1996 IPF world bench press champion from Hawaii, will be on hand to try and break James Rouse's IPF world bench Press mark of 473 lbs. He was ever so close last year. Look for it to go this time! Troy Culbertson from Texas, was your 1995 Senior's Champion, and is always capable of an IPF World Record tug in the deadlift. No question, we have the best talent in the world in this weight class! I wonder who will be left standing, if all of these guys decide to show!?

This year's 181 lb. class, will have Robert Wagner, Strength & Conditioning Coach at the University of Pennsylvania, leading the way! His performance at the USPF American Invitational in February, where he finished 7/9, with a conservative 1720 total, proves that he is on course to win this title this year! Furthermore, Rob has dropped down a weight class, and once he gets his leverage back in the Squat, his best lift, he will no doubt go way over 1800! Look for him to be the man to beat at the IPF worlds as well! Now people are going to say: "What about ADFPA multiNational & WDFPF World Champion, Ray Benemerito?" "What is he going to do?" Quite a few people have asked me if I knew! Well, the last time we spoke, he was still undecided! Somebody persuade him to come and lift with the big boys! I will clarify; Raymond's indecision rests with his unwavering support for the ADFPA, and the present political climate existing between the two lifting organizations! It's obviously a tough decision; however, hopefully he will not allow "powerlifting politics" to be the source for missing this contest! On-the-other-hand, with the fact that there is no chance at all for a WDFPF title this year, will Ray finally take a shot at an IPF Senior Men's World Powerlifting Championship instead, or will he sit this year out? Moreover, if he decides to lift will he face either Wagner or Bell? Can he even make the 181 lb. class? We will have to just wait and see! Nonetheless, I have none Ray for quite some time, and which ever decision he makes, will be what is right for him, and the lifting organization he presently represents. Count on it! Last year's Champion, Ty Stapleton from Oklahoma, will definitely be right in the middle of things, and definitely can not be ruled out to win it all again! He was ever so close to breaking Mike Bridge's IPF World record mark in the Bench Press at this meet last year. Unquestionably, this year it will go for sure! Mike Danforth from Maine, 1995 Senior's winner, will be waiting in the wings if either of these lifters falter. Mike is a very tough opponent, and had a difficult time challenging for the title at last year Seniors, due to missing several critical lifts. Regardless, he will a contender for the title again this year! Nathan Andrus from Louisiana, Russell Laitris from Connecticut, and Jamie Schupbach of Ohio, could be back to test the waters again! Nathan has finished second the last two years in both the 1995 USPF Seniors, and the ADFPA Nationals in 1996. Russell is a three-time USPF Junior Champion and Jamie made his USPF Seniors debut last year, by finishing with a terrific third place. One last person, Greg Jones! Hopefully, Mr. Jones will he be back this year to challenge for this title! He is one lifter, who does not allow politics to dictate to him what venue, federation or competition, to compete in. I like the way he goes about his business regarding "Powerlifting Politics". He passes through these ridiculous invisible boundaries, which inevitably only drags our sport down the tubes! Nonetheless, if Greg shows up to lift this year, he will be ready to go up against anyone, from any federation.

In the 198 lb. class, five-time IPF World Champion, Gene Bell will leads the way! Undoubtedly, he will be the man to beat in this class, but will face extremely stiff competition in the likes of Ray Benemerito. Raymond is confident and predicts a 2000 total at 198 this year! With a total of 1901 at 181 lbs already, it definitely may go this year! Nonetheless, Mr. Benemerito definitely has credentials to match "the great one". But, Gene is no mere mortal, and will not duck any contender. During his career, Gene has beaten all comers. And, unquestionably will rise to the occasion one more time, as he has done so many times in the past! Will the torch be handed off to America's next great middleweight? **We know Gene will be there! How about you Ray, will you except our invitation? Enough said, See you two in July!** Moving on, I was talking on the phone the other day to a lifter from the state of Georgia, who told me, "George Herring is back training and getting ready for the Seniors!" "What?! Now wait a minute, there is some truth to this, because the Georgia "Bull Dawg" was on hand and lifted at the USPF National Bench Press Championships in Portland, Oregon in February of this year, and did pretty well. He finished third! Nevertheless, whether or not George decides to make his way back, rest assured and as always, "Mr. Herring" will be right in the middle of it! Moreover, it also has been related to me that, Mike Barber from Colorado, will also be making his way back as well. Let me tell you something, Mike is a tough customer and has never taken a back seat to any lifter. Unlike the rest of these competitors, Mike has never been to a World Championship and is hungry to win this one. He definitely wants to compete against the World's best lifters! Wait, two more lifters to go! Where is Sly Anderson who lifted at the 1996 USPF Master's Nationals? Lt. Colonel Scully, lets get him back into the fold! I won't go into particulars; however, all of Sly's past performances speak for themselves! Finally, Joe McAuliffe, also from New Jersey, is an ADFPA multi-National & WDFPF World Champion and like 1996 ADFPA teammate Ray Benemerito, is in the same boat! NO WDFPF affiliation for the ADFPA, and no shot for a 1997 WDFPF world title! Nevertheless, maybe he will finally show his talent at this competition? Or, will he pass? Our invitation is always open! APF National Champion, Mike Mastrean from Pittsburgh, showed up last year, but had some difficulties with the squat. Nevertheless, if Mike corrects his problems in his squat from last year; look out, because he can bench press and deadlift with the best of them! Tony Succarotte from Delaware, like Mastrean, was unable to get a squat in last year, but look for Tony to put the finishing touches on his "comeback" at this year's competition with a spectacular performance! What a lineup if it happens! Who is man enough to put it on the line to face Mr. Bell? Benemerito, Herring, Barber, Anderson, McAuliffe, Mastrean, and Succarotte! Nasty! Who is your pick? Mine, of course, is Gene!

The 220 lb. class is definitely up for grabs this year! 1995 Seniors Champ, Anthony Harris from Hawaii, will be leading the way, but will definitely meet with opposition if ADFPA & WDFPF Champ James Morton from Delaware, decides to lift! Will James maybe join his ADFPA teammates and take "the big plunge" this time around, or will he stand-by and watch from the stands like last year? We will have to wait and see! Mr. Morton, we await your arrival! Unquestionably, James has both the talent and ability to beat any lifter out there, regardless of federation affiliation! So why is he holding back? Hopefully not politics again! Dave Audet from New Hampshire, who squatted an easy 800 last year at this meet, will most probably be back, and at only twenty-four years of age, looks to me to be a Srs. Champion of the future in this class. Ever improving and consistent Phil Leader from Louisiana, keeps punching his total up, meet after meet, year after year, and is now within striking range to possibly pull the upset of the year off! Look for him to go 1900+ in the total, for sure! Kent Johnson from Virginia, was my pick last year to win this class, but finished third instead. He was "a bit off the mark," and as his final total and placing reflected it, Kent was definitely not at his best! However, look for him to rebound this year, and prove to the lifting community that he can win this title! Make no bones about it! Kent "Iron-Man" Johnson will be ready to go this time around! Rumors have circulated that Scott Smith from Illinois will be back in three-lift action at a slim and trim 220 this year! This talented young man will be the lifter to beat this year, if his injuries have healed! Jeff Douglas from Louisiana will return again this year, for that long awaited Seniors victory and another shot at the IPF Worlds, where he won the silver medal in his first trip in Pori, Finland in 1995. Boys, I'm telling you, there definitely must be something in that Louisiana swamp water that works! Robert Eucker, former IPF Jr. World champion, should not be counted out either, if his leg injury has healed! This guy, when he is healthy, can move some iron around and is one of the best young Jr. Lifters the USA has seen in a while. As always, another outstanding line-up in this class!

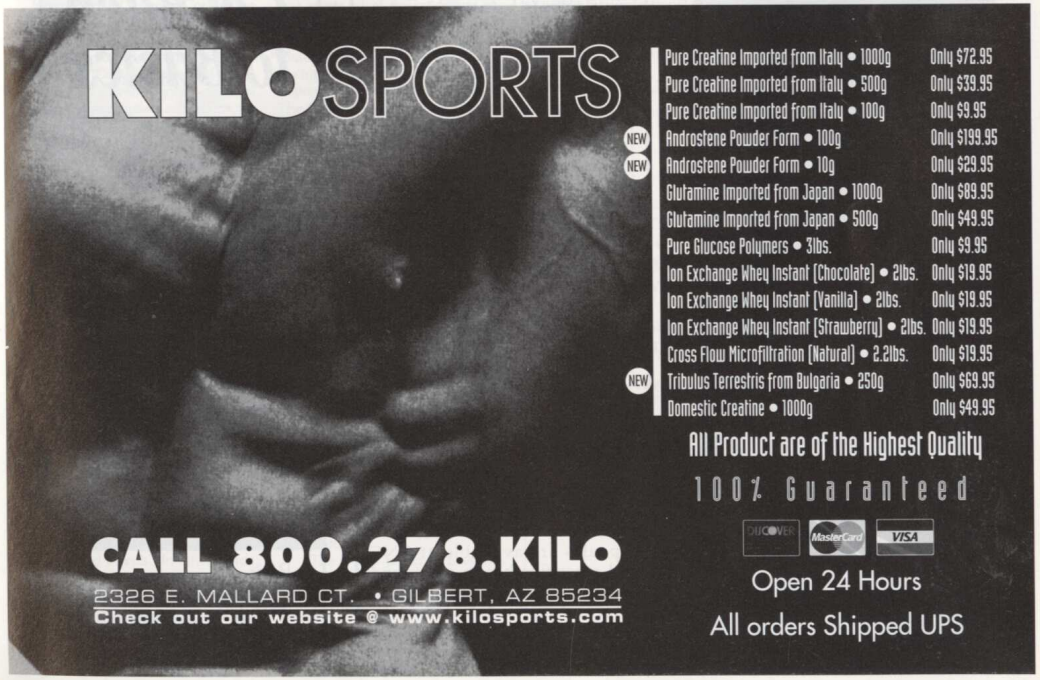
The 242 lb. class is probably the only class in this competition where a lifter comes to place second. Why? Well, if you cannot answer this, it is because you have either been asleep all last year, or you have been taking aerobic lessons, like Mike Sedario, my friend and old training partner has been! Either way, Ed Coan has "moved in and taken up residence in this class for a while." Nevertheless, presently there is only one lifter that can challenge Ed for this title, and that is none other than the ADFPA's franchise lifter, Andrew "Bull" Stewart from Washington State. With this being the case, there is a possibility "The Bull", with political and ideological differences aside, will finally come and lift against the best lifter in the world. If this "engagement" comes to fruition and is successful, it would arguably be one of the greatest matchups ever! The USPF's franchise player vs. the ADFPA's franchise player! This is what true powerlifting fans have wanted to see since 1984, the year of "the split and separation", the "divorce of powerlifting"! It is to be hoped that a new "matrimonial agreement" can be arranged so that we can see these matchups continue in the future. This will only "inspire our youth" to continue to "cradle" the sport of powerlifting, until "death do us all part"! In any case, look for it to happen this year! Powerlifting fans, would it not be awesome to see these two lifters finally square off to determine who the "Real Champion" is for the United States in this class! If not, the sport of powerlifting would literally be denied its greatest match up ever! I will keep you advised! Let me see if I can make this happen! Larry Brown, former USPF National Jr. Champion, from New Jersey, will be back in the saddle after several years off, and if he is in form, will be in the placing when the class finishes.

In the 275 lb. class, we did not see the much anticipated match-up between Capt. Kirk Karwoski and Phil Farmer last year! Nevertheless, Phil has positively assured me that he will be attending this year's competition and will be ready to go against Kirk! These two lifters are evenly matched, and could push each other to limits, as I stated in this article last year to "where no man has gone before"! This match-up, which has been a year in the making, will provide as much excitement as the previous class! You may never see it again! Nonetheless, Kirk has been the mainstay in this weight division for the last several years and has never really had anyone challenge him for the title. Nonetheless, Phil Farmer will definitely change that scenario this year, and will be ready to challenge "the Kirkster" for his title! Count on it! Nevertheless, if this duel takes place, powerlifting fans may again witness "Captain Kirk" push that great squat of his "into maximum warp drive" one more time. If this happens, the rest of this class may be history! Competitors in this class "running on impulse power" better get the hell out of the way! Nick Best from California was "best" at the ADFPA Nationals & WDFPF Worlds last year, and now wants a crack at "the big time" on the IPF platform. Nick is another young and upcoming lifter, with all the right levers to move some really heavy iron. Look for him to be the "sleeper" in this class. You can not count him out! Look for him to finish in the top three this year. Furthermore, with another year or two under his belt with IPF rules, he will challenge for this title, for he has only just tapped his potential!

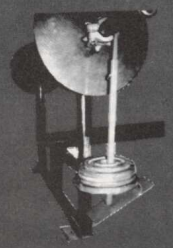
The super-heavy weight division is "loaded" and will be "stacked to the max" this year, with possibly the following lifters appearing! Powerlifting fans, witness this line-up! Hamman, Binkowski, Phillipi, Culnan, Lewis, Reeves and Gillingham! With all of them having an equal chance in winning this class! Your guess is as good as mine! Nevertheless, leading off first with a slight edge, due to lifting in more USPF Senior Nationals, is Super Squat Phenom, Shane Hamman from Mustang, Oklahoma. Shane took a one year lay off from powerlifting to try Olympic Weightlifting for a while; however, looks to now be back into powerlifting and reports indicate that he has been "tearing it up" in training! It is also my understanding that he recently won the USWF Olympic lifting Nationals! Way to go Shane! If he finally does decide to return to powerlifting in July, look for Shane to squat an unheard of 1050 lbs., or something near it! His 1008 lbs., at the Feb 1996 USPF Juniors, in Philadelphia, was ridiculously **deep** and easy and now with a year-and-half of rest under his belt, should be now primed and ready to make a triumphant return to the platform! Hopefully, a year-and-half lay off from competition will not affect him! Jeff Lewis is the largest man in powerlifting and tips the scales at four hundred plus pounds plus! When they coined the phrase "Big Daddy" and "Big Man", they were definitely speaking about Jeff. Further, Mr. Lewis was not present last year, due to being married; however, this young newly-wed will be ready to crank it up and lift some serious iron in Philadelphia this year! Look for a 1000+ pounds in the squat from Jeff as well! He was ever so close to beating Shane in Baton Rouge, Louisiana two years ago! Joe Reeves from Rhode island will return as well, and will definitely be ready to avenge his bomb out from last year, where he had the possibility of taking the title! Next is Brad Gillingham from Minnesota, who looks to be the superheavyweight of the future. With one more year of training under his belt, he will be unbeatable, if he is not already! In Aug 1996, I had the opportunity to coach Brad, at the IPF Pan-Am Championship in Hamilton, Ontario, Canada, where he won the Gold Medal. He has the same attributes and physical tools Bill Kazmaier has, if not more! Mark it down, Mr. Gillingham is the real deal! Look for around an 848 lb. pull in the deadlift this year! Next comes John Binkowski and Mark Phillipi, who are both training partners and Strength & Conditioning coaches at UNLV. I am not sure if they are planning to compete, but if they do, both lifters will be right in the middle of it! Finally, Sean Culnan from New York, silenced his critics and showed up to win this title last year, and will again be the man to beat. Unquestionably, he is fully capable of defending this title, but will definitely have his hands full with probably the toughest class of the meet. If he wins this year, he will have proved to everyone that he truly is the best Superheavyweight in the land! As a side note, James "Hollywood" Henderson from Florida, **has confirmed that the will be in attendance for this competition.** He plans on doing "no less than 722 lbs., without the aid of bench press shirt!"

Well, that wraps it up for this report. If you have any questions or concerns regarding the competition, please feel free to contact me directly at the following telephone number: 215.542.4941 or E-mail: rhk@bellatlantic.net or my address at P.O. Box 829, Ambler, Pennsylvania 19002-0829. Thank you for your continued support of the USPF and we look forward to seeing you at the competition.

Best Regards, *Robert H. Keller*,
Competition Director,
USPF Region II Chairman



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Diagram 1 Diagram 2

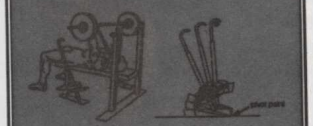


Diagram 3 Diagram 4

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The International Powerlifting Association - Truly a "Lifters for Lifters" Organization By EJ Hollingsworth

Well it's been about ten years since the last shake up in the Powerlifting Community. Sadly, with all of the changes which transpired over the past ten years of abundant and varied association "renewal," nobody seems to have learned or gained anything. Powerlifting is no further ahead than it was when the United States Powerlifting Federation (USPF) was the only association that ruled this country's Powerlifting scene.

As you all may recall, the American Powerlifting Federation (APF) was the first of many upstart Powerlifting associations to spring up hoping to offer an alternative to the USPF. The APF's members goal was to breathe life into Powerlifting for those lifters who looked to the horizon for a way to end divisive politics, subjectivity in judging, and favoritism. A diversity of organizations arose over the past ten years for these and many other reasons; the American Drug Free Powerlifting Association (ADFPA), for example, as the drug-free organization.

As a sidebar, there have been numerous articles and comments about the dissolution of the USPF, or should I say the USPF merger with which organization/s I am not quite sure. It is my understanding that the pretense for this merger of Powerlifting organizations is to create the illusion of a strong allied front to the International Olympic Committee hoping to cajole the IOC to, yet again, consider Powerlifting as an Olympic sport. If memory serves me correctly, IOC recognition and Olympic status not to mention national media coverage was an interest, albeit unsuccessful to the Powerlifting community when there was only one association, the USPF, more than ten years ago. I would like to see Powerlifting as an Olympic sport as much as the next Powerlifter, but maybe the illusion of an allied American front isn't really the answer. Maybe the IOC just doesn't think that Powerlifting will sell enough products - who knows.

But, the issue of Powerlifting gaining IOC recognition is not the impetus for writing this letter. Powerlifting is one of a myriad of microcosm sports which is not televised, is not an Olympic sport, and the athlete earns no purse for winning. Ask any Powerlifter why he or she competes and the answer will be "Because I love it... I love the camaraderie... Anyone of any age can participate." Powerlifting is a very personal endeavor and accolades are generally appreciated only by the lifter and a handful of family and friends. In other words, no body wins anything except self respect, the thrill of athletic achievement, and perhaps a trophy. Only a handful of exceptional athletes win national, perhaps world, respects and recognition from other athletes in the microcosm.

In short, the reason for today's eclectic collection of Powerlifting organizations is that the lifters were, and still are, looking for a place to call home. They are looking for an association where they can feel like an integral part of the organization and the sport, where they can be assured that they will be judged fairly, a place free from the ugly, divisible politics that seems to have stricken every sport and walk of life, they are looking for objectivity - not the rampant subjectivity. They are looking for consistently well run meets with top quality equipment. Lifters show allegiance to whichever association that they feel is consistent with their beliefs and where they feel confident that they will be given a fair shake.

Some of the nation's most talented lifters paid close attention to the trials and tribulations of these many associations through the years and came to the conclusion that none of them has successfully attained the predetermined goal for their association/s. Out of their perception that there is still a need for an association that meets all of the guidelines so dearly sought after by this country's Powerlifting community, a handful of some of the nation's best lifters started the International Powerlifting Association (IPA) about three years ago. The IPA motto "Lifters for Lifters" sums up the Association's credo. The IPA is not trying to take the Powerlifting community by storm by selling false hopes - it is merely offering the lifter an opportunity to become personally instrumental in the success of the organization, fair and subjective judging sans politics and favoritism, separate drug tested and non-drug tested division, quality meet sites and excellent lifting equipment. The rules are the same but the personality is altogether different.

The IPA has received its share of bad press, mostly due to ignorance about the Association. The Association continues to hurdle the inequities placed in its path by those who are not a part of the organization and whose apparent minimal curiosity has not even prompted them to attend an IPA sanctioned event. In the IPA lifters judge lifters, and no lifter is favored over another for any subversive reason.

The IPA is proud to have the allegiance of many of Powerlifting's greats, as competitors and some as Executive Committee Members. Among these Powerlifting greats are: Mark Dimiduk, Steve Goggins, and Dave Waterman. The IPA is excited to announce that the quintessential strong man, Don Reinhoudt will be making is lifting comeback at the IPA Senior Nationals this November 1997 in Washington, DC. This is what the IPA is all about - Lifters for Lifters.

The birth of the IPA came out of a perceived need for a Powerlifting Association which coupled all of the above mentioned attributes plus varied divisions to accommodate for all lifters - drug tested and non drug tested. In light of this, the Association offers three divisions from which lifters can choose. The Professional Division is open to all lifters, regardless of their totals and it is **not drug tested**. The Amateur Division is open to all lifters who have not yet achieved a *professional status total* AND the division is **strictly drug tested**, by Quest Diagnostics (the same drug testing facility used by the ADFPA). The Elite Amateur Division is for those drug-free Amateur Division lifters who total a professional status and who are willing to subject themselves to a drug test every time he or she competes.

These are multiple divisions which fall within the Professional Division including: Open, women, submaster (33-39) and the master divisions. The Amateur Division and the Elite Amateur Divisions include: Teen, junior, open, women, submaster, master, and police, and physically challenged divisions. Records are kept for each of the three overall divisions.

For the first time ever, $10,000.00 was awarded among the best overall Professional lifters at the 1996 IPA Senior Nationals. The Nationals attracted a total of 235 lifters to the three day meet. Unfortunately, some late entry competitors had to be turned away due to the sheer volume of lifters. The IPA anticipates that the 1997 Senior Nationals will be an even greater success as a portion of the three-day meet will be set aside to hold the National Powerlifting Championships for Special Olympians. The 1997 IPA Senior Nationals will be held in Maryland, just outside of Washington, DC on November 21-23 at the Ramada Conference and Exhibition Center in New Carrollton, Maryland.

Those involved in the IPA are truly Powerlifting humanitarians. Their heartfelt loyalty to the sport can be seen through their tremendous volunteerism to the IPA "cause." It becomes glaringly apparent through the number of people who selflessly and freely volunteer their time at the various IPA functions that the originators of the IPA weren't too far off in their belief that lifters want to be an integral part of their Association. The IPA exists to make Powerlifting all that it can be for the lifter, for everyone from the novice lifter to the most seasoned lifting great - Lifters for Lifters.

For more information about the IPA, call (301) 423-8888.

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IPFPan AM Championships (kg)
17-18 Aug 96 - Ontario, Canada

Women	SQ	BP	DL	Total
44 kg				
G Ufret PUR	102.5	55	130	287.5
A Santiago GUA	87.5	35	125	247.5
48 kg				
A Delmore USA	132.5	92.5	140	365
52 kg				
S McDougall CAN	60	52.5	90	192.5
60 kg				
R Kelly USA	125	62.5	135	322.5
C Spence CAN	110	57.5	137.5	305
67.5 kg				
G Guilemete CAN	165	87.5	162.5	415
M Wolf CAN	122.5	62.5	150	335
A Ward BAH	142.5			
75 kg				
U Kruger CAN	152.5	82.5	175	410
D Thorman CAN	147.5	82.5	172.5	402.5
C MCIntosh BAH	137.5	70	162.5	370
82.5 kg				
P Sanford CAN	130	60	145	335
K Perry USA	127.5	55	142.5	325
90 kg				
N. Newbold CAN				
Men				
52 kg				
M. Carlos GUA	125	80	155	360
56 kg				
O Garcia GUA	125	70	170	365
60 kg				
E Lopez GUA	120	90	145	355
67.5 kg				
A Clarke BAH	240	165	235	640
K Scisney USA	225	142.5	220	595
B Brothers CAN	205	120	222.5	547.5
A Lemas GUA	175	110	195	480
75 kg				
W Stabey GUY	240	135	250	625
J Butt CAN	225	152.5	242.5	620
FMajor BAH	220	150	205	575
R Fry USA	200	145	220	565
N Belcid GUA	165	102.5	227.5	495
A Conley USA	125	55	132.5	312.5
82.5 kg				
W Forsey CAN	245	172.5	277.5	695
G Gray CAN	252.5	165	255	672.5
RPfuhl USA	120	75	160	355
90 kg				
R Wagner USA	342.5	187.5	280	810
M Lange CAN	287.5	150	257.5	685
W Orbaugh GUA	200	150	220	570
100 kg				
K Woodside BAH	337.5	210	347.5	895
M Giffin CAN	270	195	272.5	737.5
S Mann USA	280	177.5	260	717.5
H Ross GUY	245	167.5	277.5	690
110 kg				
T Bruner USA	290	205	295	790
T Redgrift CAN	250	195	275	720
125 kg				
E Brost CAN	335	247.5	325	907.5
S BrownCAN	282.5	185	265	732.5
JRaynor USA	300			
125+ kg				
B Gillingham USA	342.5	260	365	967.5
B Rolle BAH	320	205	317.5	842.5
B Dugay CAN	282.5	190	282.5	755



USA Team for the IPF Pan-Ams... *back row (left to right) Steve Mongone, Wes Littlefield - Asst. Coach, Tim Bruner, Brad Gillingham, Joe Raynor, Rick Pfuhl, Adam Conley, Robert Keller - Head Coach; front row, Keith Scisney, Karen Perry, Reni Kelly, Ron Fry. Not pictured: Steve Mann, Robert Wagner. (courtesy Rob Keller)*

From DAN WAGMAN: "After reading Robert Keller's letter in the June issue of *PL USA*, I believe it's time to provide you with my observations of what has been going on in the unification process. I would first like to make it overly and abundantly clear that what has transpired at the meetings in Chicago and Philadelphia, Robert Keller's letter in *PL USA*, and the lawyer's letter threatening the IPF on behalf of the USPF **DOES NOT** reflect the opinions of all the USPF EC.

For the meeting in Chicago a conference call was scheduled so that all of the USPF EC could participate in the unification process. This conference call was canceled because Dave Jeffrey wanted to have a quorum. It is my contention that he did this in an attempt to stack the deck in his favor because he was and is keenly aware that not all of us on the EC believe that the advancement of our sport should be held up any longer. This action is in violation of our by-laws and raises severe questions regarding the legitimacy of Jeffrey's election as USPF President.

Regarding the meeting in Philadelphia at the Masters Nationals, Jeffrey wanted to have an opportunity to present the USA PL proposal. No formal discussion took place and the by-laws were once again violated in several respects. In essence, the meeting turned out to be an anti IPF and USA PL rally.

Regarding Robert Keller's statements in *PL USA*, I don't intend to respond to his inflammatory lies in detail because all of you can easily see what actually transpired by consulting previous issues of *PL USA* and the IPF and ADFPA/USA PL web sites. Here you can read reprints of documentation from those involved on the issue of unification. I do need to point out, however that Keller's lies regarding Don Haley, an IPF official, are in clear violation of the IPF Constitution and have brought us yet another strp closer to being expelled from the IPF.

The letter sent to Grahame Fong by attorney Louis Priluker does not represent the USPF. There was absolutely no discussion among USPF EC members regarding this letter! Personally, I believe it to be completely out of line and clearly reflects a high degree of ignorance on the part of the lawyer and the person(s) hiring him about the USPF's duty to abide by certain IPF rules governing member nations. Further, such action is in violation of USPF by-laws and should result in disciplinary action.

With all of the violations regarding our by-laws, it is my duty as an EC member to seek disciplinary action and file the appropriate reports with State and Federal authorities. In the final analysis, be reassured that there are some of us on the USPF EC who view the advancement of our sport and unification as infinitely more important than petty organizational concerns and personal interests. Further, we believe that we have a duty to abide by our by-laws. When this most fundamental process of democracy is not adhered to we live in anarchy. This simply cannot be tolerated." *Dan Wagman*, Ph.D., C.S.C.S., USPF Executive Committee Member

USPF Vermont State Championships
5 Apr 97 - St. Albans, VT

Women	SQ	BP	DL	TOTAL
123				
J. Cummings	250	125	300	675
132				
C. Bright	100	60	140	300
148				
W. Stimets	210	100	260	570
Men				
132				
J. Laird		150	315	0
148				
T. Goad	190	250	330	770
165				
A. Hamel	550	345	515	1410
S. Hutchins	475	310	525	1310
C. Marcinkowski	450	210	485	1145
J. Brasseur	290	230	340	860
G. Manske	245	235	345	825
T. Lebel	145	125	225	495
181				
H. Prescott	435	310	500	1245
J. Barrows	420	300	510	1230
R. Wilson	260	210	320	790
198				
K. Lawson	525	325	515	1365
C. Shedrick, Jr.	540	290	530	1360
T. Williams	475	270	460	1205
D. Currier	350	250	400	1000
M. Costello	300	200	330	830
220				
G. Boyde	675	365	650	1690
J. Rogers	500	430	490	1420
J. Goulet	470	340	450	1260
P. Marro	470	300	470	1240
A. Bright	395	250	350	995
R. Camber		275	400	
242				
V. Smith	515	340	535	1390
J. Mitchell	460	360	480	1300
Z. Passman	450	290	465	1205
275				
S. Fassett	600	385	550	1535
T. Lamb	550	435	515	1500

Our best female lifter was 25 year old Jennifer Cummings who totaled 675 pounds in the 123 pound class. Our best male lifter was 29 year old Glenn Boyde with a 1690 total in the 220s. The first place team was Northern Power from the Collins - Perley Sports Center of St. Albans, Vermont. The second place team was A.R.T's Gym from Wilder, Vermont. The top four masters (40 - 49) were Sheridan Fassett, Carl Marcinkowski, Pat Marro, and Alan Bright. The top two grand masters (50-59) were Joseph Mitchell and Mike Costello. The top gold master (60 - 61) was Richard Wilson. The top submaster (35 - 39) was Vern Smith. Many thanks to all of our volunteers. The referees were Bruce Bolt, Glen Doten, Wayne Smith. Spotters were Scott Christiansen, Greg Jedlowski, Mike Thomas, Gene Trombly, Mike Williams. Announcer was Debbie Johnson. Scorekeepers were Tammy Smith, Bill Perkins and Jerry Shepard. Our sales people were Dan Edson, Chris Johnson, Justin Lussier, Ashley Smith, and Casey Smith. T - shirt was designed by Jay Cummings and Claire Trombly. A special thanks to J.C. Image for the t-shirt donation and to Melanie Viens of Simple Pleasures for the food donation. And to the many members of the Collins - Perley Sports Center weightroom for the donations of food. (Thanks to Meet Director, Jackie Simonsen, for providing the results of this contest)

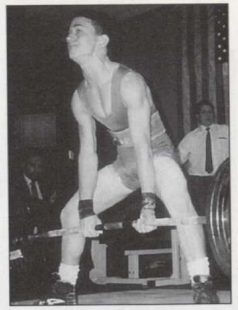
NASA Okla. Regional
7 Dec 96 - (kg)

Bench Only		187		
205		C. Cardin		170
S. Ford	127.5	170.80		
315		K. Nottingham		150
B. Briggs	195	154.30		
205		M. Welch		97.5
S. Morgan	172.5			
154.30				
R. Ellis	125			
Powerlifting				
170.80	SQ	BP	DL	TOTAL
A. Gonzales	205	127.5	195	527.5
250.20				
J. Anderson	220	147.5	222.5	590
227				
J. Hoffman	65	227.5	310	602.5
250.20				
M. Wagner	292.5	182.5	290	765
138.80				
M. Cothem	117.5	115	150	382.5
187				
A. Quinn	265	157.5	237.5	660
187				
R. Woods	222.5	142.5	217.5	582.5
315				
B. Dauenhuer	230	135	245	610
Power Sports				
88				
T. Peters	0	35	65	10

(Thanks to NASA for providing the results of this competition to POWERLIFTING USA Magazine).

USPF Junior Nationals
14-16 Feb 97 - Philadelphia, PA (kg)

Junior Women	SQ	BP	DL	Total
14-15				
44 kg				
L Reece	67.5	30	90	187.5
52 kg				
B Earnshaw	90	32.5	82.5	205
56 kg				
J Gibson	90	37.5	100	227.5
60 kg				
L Parker	97.5	40	100	237.5
67 kg				
A Doucette	75	32.5	77.5	185
SHW				
R Reynolds	97.5	47.5	107.5	242.5
16-17				
44 kg				
M Hemfeldt	60	52.5	90	202.5
J Almond	55	27.5	82.5	165
56 kg				
K Griffith	77.5	55	80	212.5
60 kg				
K Bush	127.5	75	155	357.5
K Peelish	80	40	115	235
A Minchin	67.5	50	95	212.5
67 kg				
K Kelly	130	92.5	142.5	365
B Manker	130	55	150	335
90 kg				
A Chan	102.5	40	120	262.5
M Abell	87.5	42.5	112.5	230
SHW				
C Moretto	90	52.5	112.5	255
18-19				
52 kg				
S Richmond	92.5	45	92.5	230
56 kg				
L Jeffrey	130	80	147.5	357.5
SHW				
K McClellan	210	87.5	210	507.5
20-23				
48 kg				
C Johnson	97.5	47.5	110	255
60 kg				
R Temple	95	52.5	110	257.5
67 kg				
J Scanlon	112.5	80	140	332.5
C Boone	85	45	112.5	242.5
75 kg				
A Morley	127.5	72.5		
82 kg				
J Jasper	142.5	80	150	365
90				
B Parr	145	70	147.5	362.5
Junior Men				
14-15				
52 kg				
L Jackson	105	55	75	235
L Lopez	67.5	37.5	80	175
60 kg				
B Kwedar	125	67.5	142.5	335
T Buggs				
67 kg				
J Norman	127.5	87.5	157.5	372.5
P Gennaro	125	80	150	355
C Smith	135	85	135	355
P Mitchell	112.5	62.5	130	305
C Fischer	90	55	120	265
A Mattingly	95	47.5	107.5	250
75 kg				
B Tenhoppen	147.5	85	152.5	385



Trey Cunningham, 114 lb. 16-17 Jr. National Champion for '97

B Burgess	132.5	57.5	167.5	357.5
A Conley	147.5	57.5	140	345
90 kg				
E Cridge	215	130	217.5	562.5
C Johnson				
T Tapp				
125 kg				
W Lewis	142.5	65	147.5	355
SHW				
J Lee	90	65	137.5	292.5
16-17				
52 kg				
T Cunningham	182.5	87.5	182.5	452.5
C Thomas	105	57	135	297.5
56 kg				
B Perez	127.5	77.5	137.5	342.5
P Murphy	117.5	52.5	152.5	322.5
O Detvongsa	95	72.5	147.5	315
T Cotton	90	40	135	265
60 kg				
P Cummings	145	80	180	405
A Kopanski	137.5	87.5	177.5	402.5
J Overmyer	137.5	72.5	177.5	387.5
M Reyna	130	100	145	375
67 kg				
J Jarboe	157.5	98	172.5	425
S Decourcey	142.5	82.5	172.5	397.5
A Brewer	150	95	150	395
C Stevenson	132.5	67.5	157.5	357.5
C Patterson				
J Posey				
75 kg				
J DeNofa	182.5	102.5	205	490
G Smith	185	92.5	207.5	485
W Boyd	187.5	90	192.5	470
C Scaiffe	142.5	82.5	175	400
E Timko	142.5	82.5	167.5	392.5
B Daniels	125	82.5	152.5	360
82 kg				
K Semon	205	122.5	205	532.5
S Gavin	200	120	212.5	532.5
O Oliver	192.5	110	187.5	490



Outstanding Lifter Andy Lambert *is trained by world record holder Jeff Magruder. Here he tries a 777 lb. squat. (photos courtesy Rob Keller)*

F Dawson	137.5	105	185	427.5
W Leland	150	97.5	175	422.5
O Williams				
M Coyne				
90 kg				
J DeCaire	220	102.5	212.5	535
T Youngblood	165	112.5	205	482.5
A Celious	167.5	110	202.5	480
E Moore	162.5	112.5	177.5	452.5
C Holmes	165	105	167.5	437.5
E Ellis	170	82.5	182.5	435
B Lugo	145	92.5	130	380
D Fuller				
R Newman				
100 kg				
S Soliman	227.5	115	212.5	555
B Davis	202.5	122.5	230	555
F Simmons	200	120	217.5	537.5
L Lambert	187.5	115	192.5	495
C Robison	170	100	185	455
J Aiono	165	82.5	175	422.5
110 kg				
T Kinder	220	130	230	580
M McFarland	192.5	102.5	197.5	492.5
M Fonua	157.5	115	205	477.5
M Melvin	165	100	182.5	447.5
M Malleo	135	117.5	182.5	435
A Langston	175	75	165	415
125 kg				
A Reihner	232.5	115	230	577.5
D Harden	165	105	205	475
C Cusic	170	97.5	187.5	455
M Morrone	125	117.5	207.5	450
T Avery	137.5	77.5	155	370
SHW				
S Lewis	207.5	142.5	215	565
R Wallace	210	142.5	195	547.5
B Mogg	137.5	85	102.5	325
18-19				
67 kg				
B Pester	160	130	207.5	497.5
J Johnson	122.5	95	182.5	400
75 kg				
M Lipinski	182.5	150	200	532.5
I Dunlap	175	135	210	520
S Jones	180	100	227.5	507.5
C Peterson	172.5	120	195	487.5
A Halko	152.5	132.5	197.5	482.5
82 kg				
S Jenkins	182.5	102.5	197.5	482.5
A Sperando	125	102.5	180	407.5
R Nargi	142.5	100	147.5	390
N Ballard	172.5			
90 kg				
D Soliman	255	132.5	272.5	660
E Steiner	255	152.5	250	657.5
D Follansbee	250	140	242.5	632.5
J Rzucidlo				
100 kg				
C DuBose	287.5	167.5	287.5	742.5
J Fields	250	182.5	250	682.5
S Floyd	187.5	105	222.5	515
F Wittenberg				
110 kg				
J Heofangle	222.5	140	275	637.5
20-23				
52 kg				
A Jenkins	15592.5		182.5	430
56 kg				
B Darling	142.5	100	170	412.5
60 kg				
J Stuckey	175	95	187.5	457.5
67 kg				
D Mangum	145	145	160	450
R Orrell				
B Chisholm				
R Harris				
75 kg				
E Thomas	257.5	142.5	287.5	687.5
C Johns	262.5	150	275	687.5
B Farmer	192.5	115	232.5	540
T Tolbert	102	182	102	387.5
82 kg				
F Fragoso	262.5	165	293	720.5
T Wolf	242.5	157.5	247.5	647.5
90 kg				
F Smalls	270	175	285	730
K Klahold	275	167.5	280	722.5
R Zsido	232.5	157.5	237.5	627.5
J Smith	220	145	232.5	597.5
S Annarelli	197.5	142.5	240	580
M Bonura	160			
100 kg				
S Hampton	305	185	277.5	767.5
S Mann	275	185	272.5	732.5
A Rivano	235	190	265	690
S Pena	220	170	220	610
110 kg				
D Shiffer	305	210	317.5	842.5
D Oliek	212.5	152.5	305	670
125 kg				
A Lambert	347.5	230	320	897.5
R Williford	307	237.5	297.5	842.5
S Quimby	282.5	200	297.5	780
R Lawless	277.5	195	280	752.5
SHW				
Bicenhour	320	185	270	775
Senior Men				
1997 American Invitational				
67 kg				
M Cagiola	222.5	152.5	220	595
75 kg				
T Axelrod	135	102.5	182.5	420
J Hill				
82 kg				
R Wagner	305	187.5	287.5	780
A Biasetti	272.5	147.5	262.5	682.5
M Malozi				
100 kg				
T Frezzo	245	165	282.5	692.5
B Foster	242.5	147.5	255	645
J Justis	210	152.5		
J Green				
P Grohoski	285	195		
110 kg				
W Droesser	300	207.5	282.5	790
J Malone	260	185	272.5	717.5
S Goggins	365	65		430
M Reese	242.5			
SHW				
H Henderson	60	282.5		342.5
Senior Women				
52 kg				
E Torres	115	57.5	125	297.5
56 kg				
J Lippert	92.5	97.5	145	335
75 kg				
K Team	135	87.5	145	367.5
Masters Men				
75 kg				
RFernandez	142.5	87.5	182.5	412.5
100 kg				
J Znaczko	160	120	210	480
40-49				
110 kg				
M Spahr	255	182.5	245	682.5
125 kg				
J Sullivan	150	150	215	515
50-59				
67 kg				
L Joanis				
82 kg				
R Dennison	195	107.5	245	547.5
E Lusk	80	85	115	280
J Miltsopoulos	70	155		225
L Epshteyn	160	95	205	460
Masters Women				
40-49				
67 kg				
C Craft	100	50	137.5	287.5
75 kg				
60-69				
R Bowles	125	90	147.5	362.5

CREATINE

MONOHYDRATE, C.P*

*(C.P.-CHEMICALLY PURE 99+%)

250 GRAMS-$19.99 !!

500 GRAMS-$37.99 !!

1 KILO-$73 !!

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*OUR CREATINE MONOHYDRATE,C.P., IS OF THE HIGHEST QUALITY. THE MANUFACTURER OPERATES A FDA-APPROVED cGMP PLANT THAT MANUFACTURES UNDER PHARMACEUTICAL CONDITIONS ! OUR U.S. MADE PRODUCT CONTAINS NO ANIMAL BYPRODUCTS

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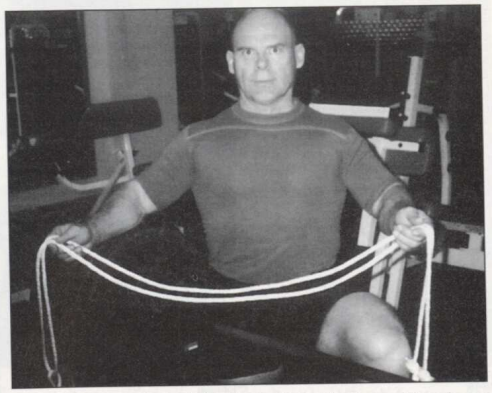
(DIRECT INQUIRIES TO CURT MATHES, MS,CSCS USWF CLUB COACH)

ADFPA Massachusetts Open High School/ 3 Mar 97 - Taunton, MA

Teen Women	SQ	BP	DL	TOTAL
104 lb. Class (16 - 17)				
K. Greenthal	97.5 *	37.5 *	107.5 *	242.5 *
116 lb. Class (18 - 19)				
K. Duborsky	82.5 *	35 *	112.5 *	230 *
A. Levesque	65	27.5	82.5	175
129 lb. Class (14 - 15)				
A. Monty	55	35 *	72.5	162.5
(16 - 17)				
M. Sarris $	130 *	62.5 *	142.5 *	335 *
A. Wenig	100	45	120	265
139 lb. Class (14 - 15)				
K. Steele	77.5 *	37.5 *	95 *	210 *
(16 - 17)				
K. Tooley	47.5	25	87.5	160
E. Smith	67.5			
154 lb. Class (18 - 19)				
A. Weinberg	125 *	52.5 *	142.5 *	320 *
Unlimited (14 -15)				
E. Reynolds	85 *	57.5 *	95 *	237.5 *
Teen Men 123 lb. Class (14 - 15)				
T.K. Lee	100 *	57.5 *	120 *	277.5 *
(16 - 17)				
C. Fitton	92.5 *	47.5 +	95 +	235 +
132 lb. Class (14 - 15)				
A. Rivera	142.5 *	97.5 *	172.5	412.5 *
(16 - 17)				
M. Dunham	142.5	72.5	172.5 *	387.5
J. Johnson	110	65	155	330
B. Maxfield	100			
148 lb. Class (14 - 15 yrs.)				
J. McGettrick	155	67.5	172.5	395
J. Thifault	142.5	67.5	185 *	395
T. LeRoy	130	57.5	170	357.5
R. Driskell	137.5	70	117.5	325
C. Tosti	100	75	142.5	317.5
J. Torres	107.5	85		
(16 - 17 yrs.)				
J. Oliveira	162.5 +	97.5 +	210 +	470 +
B. McCarty	137.5	77.5	175	390
T. Rose	120	95	170	385
C. Perrira	127.5	90	140	357.5
(18 - 19 yrs.)				
T. Dias	110	82.5	142.5	335
165 lb. Class (14 - 15 yrs.)				
T. Lawton	150	102.5	162.5	415
T. Gaspar	155	67.5	182.5	405
T. Pigeon	142.5	110 *	152.5	405
C. Doherty	137.5	72.5	182.5	392.5
B. Borden	92.5	70	132.5	295
(16 - 17 yrs.)				
G. Paslakos $	225	132.5 *	232.5 *	590 *
R. Ballard	227.5 *	105 +	212.5 +	545 +
A. Lefaivre	170	125	207.5	502.5
M. Bourque	182.5	92.5	187.5	462.5
R. Matias	137.5	102.5	182.5	422.5
A. Vieira	137.5	75	187.5	400
M. Draper	155	72.5	152.5	380
M. Braga	145	77.5	152.5	375
A. Thurston	110	70	160	340
S. Tome	90	77.5	160	327.5
N. Horrigan	100	70	137.5	307.5
(18 - 19)				
J. Milligan	147.5	110	137.5	307.5
J. McManus	152.5	85	192.5	430
181 lb. Class (14 - 15)				
M. Stackpole	155	100	185 *	440 *
J. Laubinger	155	102.5	125	382.5
D. Knight	122.5	97.5	147.5	367.5
D. LaCroix	125	67.5	140	332.5
R. Pacheco	75	70	115	260
R. Turner	80	62.5	115	257.5
E. LeDrew	127.5	85		
(16 - 17 yrs.)				
A. Viera $	205 +	102.5	197.5	505 +
P. Lawton	165	115	215 +	495
J. Mearn	165	122.5	182.5	470
S. Cameron	147.5	92.5	192.5	432.5
B. DeMalia	152.5	85	192.5	430
T. Kelly	160	92.5	170	422.5
J. Twomey	107.5	95	135	337.5
198 lb. Class (14 - 15)				
M. Mastro	150	102.5	192.5	445
S. Sorel	165	87.5	160	412.5
St. Jean Milone	102.5	105	145	352.5
(16 - 17 yrs.)	115	62.5	137.5	315
J. Mulhern	215	95	215 *+	525
N. Brisson	205	105	192.5	502.5
C. Medas	182.5	102.5	195	480
D. Lalli	182.5	110	1*8*5	477.5
J. Williams	190	80	192.5	462.5
J. Bussiere (18 - 19 yrs.)	137	107.5	150	395
B. Landolfi 220 Lb. Class (14 - 15 yrs.)	177.5	112.5	200	490
C. Parent	160	67.5	177.5	405
C. MacDonald	162.5	67.5	162.5	392.5
K. Fernandes	147.5	70	160	377.5
C. Vickers	100	90	172.5	362.5
P. Barret (16 - 17 yrs.)	107.5	62.5	137.5	307.5
S. Koulopovlos	182.5	117.5	205	505
S. Milani	215	105	182.5	502.5
P. Noblin	170	125 *	187.5	482.5
242 lb. Class (14 - 15 yrs.)				
J. Thomas	175	100	187.5 *	462.5 *
G. Cader	140	100 *	172.5	412.5
C. Aschiero	125	82.5 +	137.5	345
J. Santos Teen Men 242 lb. Class (16 - 17 yrs.)	137.5	65	115	317.5
C. Nickerson	245 * +	120	240 * +	605* +
B. Castiglioni	192.5	110	205	507.5
J. Wells	180	112.5	210	502.5
T. Andrew	170	105	175	450
T. Finacom	150	60	227.5	437.5
M. Perrotta 272 lb. Class (16 - 17 yrs.)	150	112.5	172.5	435
D. Ward	207.5	110	205	522.5
J. Avellino Supers (16 - 17 yrs.)	162	95	182.5	442.5
J. Christie	227.5	150 *	212.5	590
M. Zawolinski	172.5	137.5	200	510

BEST LIFTER: TEEN WOMEN - M. SARRIS ($). TEEN MEN - G. PASIAKOS (LIGHTWEIGHT 114 - 165) ($). A. VIERA (HEAVYWEIGHT 181 - SUPERS) ($). STATE /MEET RECORD *. WARRIOR WEIGHTLIFTING CLUB RECORD +. TEAM STANDINGS: WOMEN: 1ST. CUTTING EDGE 15 PTS, 2ND. TAUNTON HIGH SCHOOL 13 PTS., 3RD. BELLINGHAM/ POWERLINE IV 8 PTS. MEN - 1ST BELLINGHAM/POWERLINE IV 62 PTS., 2ND WARRIOR WEIGHTLIFTING CLUB I 60 PTS. 3RD. TAUNTON HIGH SCHOOL 17 PTS., 4TH WARRIOR WEIGHTLIFTING CLUB II 15 PTS., 5TH SHREWBURY HIGH SCHOOL 14 PTS. THE 1997 ADFPA MASSACHUSETTS OPEN HIGH SCHOOL POWERLIFTING CHAMPIONSHIP WAS A FANTASTIC EVENT THIS YEAR, WITH 93 HIGH SCHOOL/TEENAGE POWERLIFTERS PUTTING ON A GREAT SHOW OF STRENGTH AND SPORTSMANSHIP. EVERY YEAR THIS PL MEET TRIES TO IMPROVE AND GENERATE INTEREST IN THE SPORT OF POWERLIFTING. FOR MANY OF THE YOUNG POWERLIFTERS THIS WAS THEIR FIRST MEET AND HOPEFULLY THEIR MOST MEMORABLE CONTEST. GOOD LUCK IN THE FUTURE. YOU ALL CAME OUT WINNERS. AS ALWAYS THIS PL MEET WAS A COMMUNITY EFFORT. WITHOUT FRIENDS, INDIVIDUALS, AND BUSINESSES, THE VERY HIGH CALIBER OF THIS "DRUG FREE" POWERLIFTING MEET WOULD NOT HAVE BEEN POSSIBLE. IT IS MY GOOD FORTUNE TO BE ABLE TO CALL THESE INDIVIDUALS MY FRIENDS. REFEREES: SUSAN ELWYN, JOANNE SHEAR, JOE WENCUS, BOB MOORE, DAVE RODERICK, DENNIS BRENNICK, LARRY LARSON, PAUL A. COULOMBE, AND DR. MARK LOGAN. PLATFORM MANAGER: JIM "CROW" CROWLEY (NO MISLOADS DURING THE ENTIRE TWO DAY MEET). SQUAT SPOTTERS: JOE PAULO, BILL MACOMBER, BOB ROBINSON, MIKE CUSTER, MIKE KELLY, JUNIOR WETHERELL, AND TIM NIXON (NO INJURIES OR DROPPED BARS). BENCH PRESS SPOTTERS: STEVE WHITE, BRAD GOMES, NEAL MORRISON, AND DENIS SCULLY. DEADLIFT LOADERS: ED ALMEDIA, BEVE TODORSKY, GEORGE MELO, SEAN MCNEARNEY, AND JAMIE BERUBE. HEAD TABLE: RICK - O, MIKE SAULT, JAY PAULO, AND TOM HOYE (NO LIFTER OUT OF ORDER) EXPEDITORS: STEVE MCGONIGLE AND BRIAN NICHOLS. ROGER SARAIVA, CAROL ZOPATTI, SLIM WETHERELL. COMPUTER PROGRAM: BILL MILOT (GREAT HELP IN THE RUNNING OF THE MEET. THIS PROGRAM DISPLAYED LIFTER'S STANDING, ATTEMPTS, PLACE, AND TOTAL ON TWO PORTABLE MONITORS). TIMERS: JOE D'CONNELL AND STANLEY JAGIELSKI. T - SHIRT & PROGRAM TABLE: PAT SAULT, KIM LIMA, AND MISS PAM. DOOR: ALLEGRA DUTZMANN. MEDICAL STAFF: DR.. MARK LOGAN, PAT VOLTA RN, AND TOM HOYE ATC. VIDEO: MUSCLE INC. BRUCE "ONE MAN GANG" LYNCH, CASEY MEDAS, AND ERIC HAYSTON. CONCESSIONS: COYLE & CASSIDY ATHLETIC ASSOCIATION (CCAA) BOB SYLVIA, PAUL THOMPSON, BOB "PAUL" VIERA, MR. & MRS. PAUL BOURQUE, AND PARENTS. JAMIE ROBINSON - OWNER R & R GYM AND ROSS ARNOLD OF CROSS TRAINERS FOR PROVIDING THE IVANCO WEIGHTS (THANKS). SPECIAL THANKS TO JIM RUSCONI, COACH MARK MOSHER, JACK LEDDY, BILL TRANTER, GREG KOSTAS, AND MIKE DONLY. I WOULD LIKE TO EXPRESS MY APPRECIATION AND THANKS TO ALL THE PEOPLE WHO HAVE WORKED SO HARD TO MAKE THE 1997 ADFPA MASSACHUSETTS STATE OPEN HIGH SCHOOL POWERLIFTING CHAMPIONSHIP A SUCCESS. STAY STRONG AND COMMITTED IN PROMOTING "DRUG FREE" POWERLIFTING! (H. WALDRON - DIRECTOR).

NEW PRODUCT



THE ROPE: *"Don't be fooled by its simplicity! The Rope will work your muscles like nothing else! There is no loading and unloading, so workouts can be done faster. Muscles are worked over a greater range of motion and more intensely than with weights. Strength gains can come very fast. The Rope can be used almost anywhere. It folds up and will fit in a briefcase with room for your papers too. The Rope can be used alone or worked into your weight program."* For further information on The Rope see the ad on page 78 or contact W. Kit Price at the Body Hobby Shop, 2204 Wilson Street, San Angelo, Texas 76901

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HEPBURN CHALLENGES THE WORLD



Canadian Doug Hepburn challenges · · · · · · · · · · · · · · · worldwide to an invitational series of 5 all round strength lifts in defence of his title of world's strongest. . . . His challenge is presented under the auspices of the World Elite Weightlifting Association.

5 LIFT SERIES QUALIFYING POUNDAGE:

1. one arm dumbell press 200 LBS
2. squat 800 LBS
3. two arm curl 260 LBS
4. press off rack 450 LBS
5. hold out at side 110 LBS

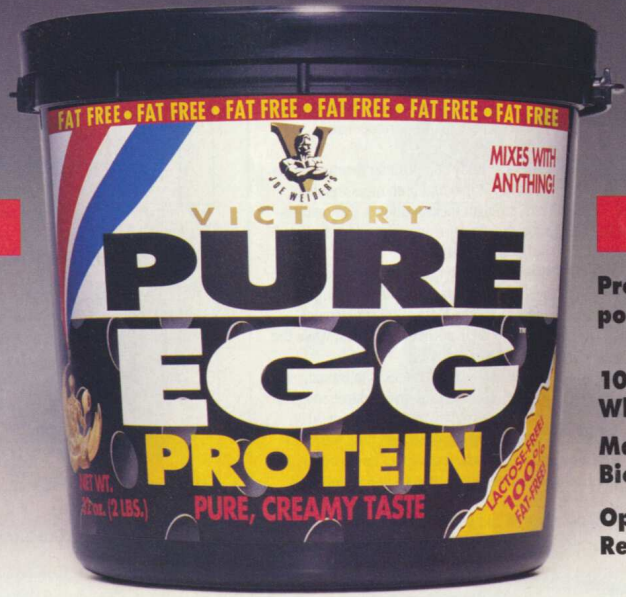
All contestants are requested to comply to the following terms — No belt, or wraps, loose fitting sweatsuit only to be worn. Must be lifetime drug free. Polygraph requested as arranged by W.E.W.A. upon acceptance of entry form. Birth certificate required. VHS video documentation of the above 5 qualifying lifts endorsed by 3 witnesses presented with entry form. All qualifying lifts to be performed with internationally accepted calibrated bars and plates.

Entry form with rules available at
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40 East 4th Avenue, Vancouver, BC Canada V5T 1E8

PRESIDENT

Ordinary Egg

7 grams of Fat, 0 grams Carbohydrates, 7 grams Protein



EACH SERVING CONTAINS

- 20g of protein
- No Fat
- No Lactose
- No Aspartame
- No Cholesterol

PLUS

- Protein-sparing polysaccharides and 100% Pure Egg White Protein for:
- Maximum Biological Value
- Optimum Nitrogen Retention

Extraordinary Egg

20 grams of protein, No Fat, No Lactose, No Aspartame, No Cholesterol

PURE EGG from Victory contains only protein from 100% egg whites. Each serving provides 20 grams of protein that mixes easily into a delicious shake. Egg whites are one of the best overall sources of protein because of their high ratio of essential to nonessential amino acids. More than 20% of the aminos in PURE EGG are branched chain amino acids (L-leucine, L-isoleucine and L-valine) which are particularly important during and after those ultra intense workouts.

To enhance protein synthesis, PURE EGG also includes a special carbohydrate/polysaccharide complex, something other protein products don't offer. The presence of polysaccrides means less protein gets used for energy.

That means more nitrogen is available for your muscles. And, it's a proven fact that a positive nitrogen balance is necessary for muscle repair.

What you won't find in PURE EGG PROTEIN are ingredients you don't want. PURE EGG is completely fat-free with zero cholesterol; lactose-free and contains no aspartame. It's that simple!

Mix PURE EGG PROTEIN with milk, water or your favorite juice. Available in creamy, natural vanilla and delicious chocolate flavors.



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As with all supplements, this product will not promote faster or greater muscular gains. This product is, however a nutritious, lowfat food supplement which, like other foods, provides nutritional support for weight training athletes.

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.

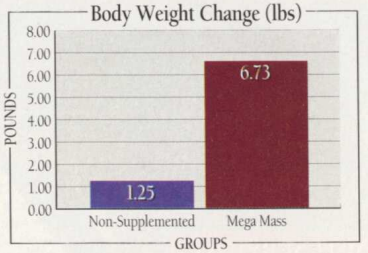
MEASUREMENTS: Body composition measurements (underwater weighing), torso and limb measurements, lung function tests, strength measurements, diet analysis and full body photographs were administered before and after training.

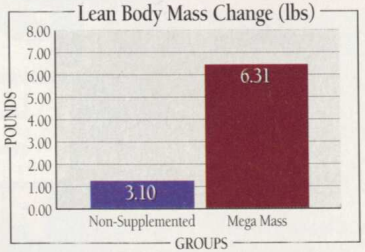
TRAINING: Subjects were randomly assigned to two groups, both of which participated in the same supervised bodybuilding program. One group received the Mega Mass 4000 supplement (approximately 2000 calories per day added to their normal daily diet), while the other group consumed their normal daily diet.

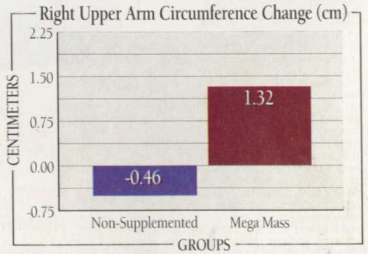
The supervised weight training program lasted for eight weeks with training sessions occurring four days each week. The exercise program involved free weights and machines and consisted of performing four sets of eight repetitions at 70% maximum strength (4 x 8 x 70% 1RM) for each exercise not including 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.

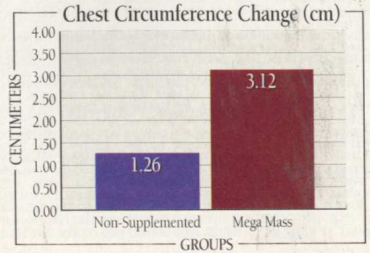
UNIVERSITY STUDY: RESULTS & CONCLUSIONS

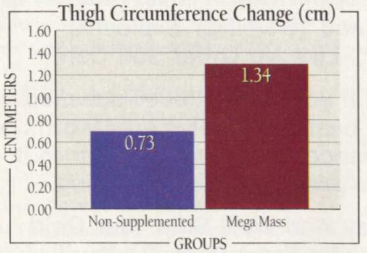
1. The data indicated that a diet supplemented with 2000 calories per day of the Mega Mass weight gaining supplement, clearly increases body weight and muscle mass when combined with a well-designed total-body weight training program. The Mega Mass group literally gained more than twice the amount of 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.

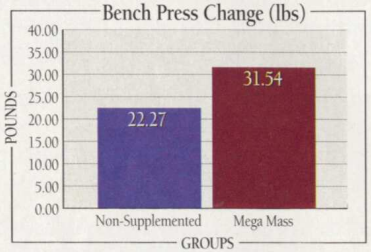


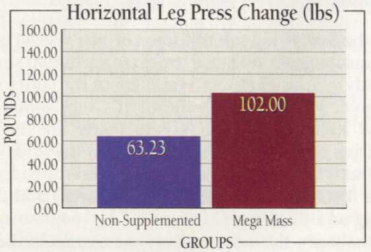


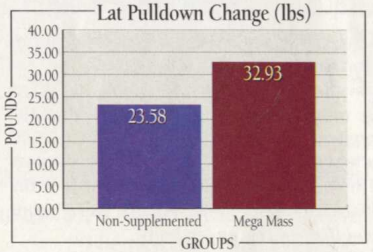












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Every Time You Put On A Gold Medal™ SuperSuit® You Literally Wrap Yourself In Power, And Experience the Best Squatting Suit Ever Made!

Announcing Marathon's Gold Medal™ Super Suit® —The First Anatomically Correct Lifting Suit Designed To Deliver Explosive Strength To Your Body's "Axis Of Power" Like No Other Suit Can.

And It Comes With An Unheard-Of Guarantee: If you're not 100% satisfied with your Gold Medal™ SuperSuit®... if it's not the best suit you've ever worn...or if it doesn't give you repeated high performance...then you may return it for a complete refund of every penny you paid, including shipping.

All Suits Shipped 2nd Day Air! Order Today And We'll Ship Your Gold Medal™ SuperSuit® By Second Day Air At No Extra Cost, So You'll Be Squatting Even More Weight Just A Few Short Days From Now!

You'll feel the difference the moment you put it on. It's tighter. Stronger. And much more durable.

Then, go ahead...do a few reps with it on. You'll feel how it literally wraps you in power. You'll realize the difference throughout the full range of the squat—from the very beginning of the lift, to the tremendous support you receive at the bottom of the lift, to the finish of the lift—a never before felt type of squat support, and without any undue discomfort in the upper body.

This is the kind of strength, support, and comfort that you've never gotten from any other lifting suit. Bottom line: You'll squat better in this suit than in any other suit. Period.

Why? Because you're wearing the *new* Gold Medal SuperSuit, Marathon's newest technological development in the science and art of powerlifting suits—a science that originated with Marathon over 17 years ago and has been continually advanced by Marathon ever since.

And we back this suit up with the only true performance guarantee ever offered to you on a lifting suit. That is, if this is not the best lifting suit you've ever worn, just return it for a full refund.

As you'll see, the Gold Medal SuperSuit sets a new standard in powerlifting performance, just as Marathon's lifting suits have done for years.

Why the NEW Gold Medal SuperSuit Is Different From All Other Lifting Suits Ever Made

Without a doubt, Marathon's new Gold Medal SuperSuit™ is the most technologically superior suit you can buy. It's the first lifting suit utilizing our new special fabric, which is anatomically designed to deliver maximum strength to the body's "Axis of Power" throughout the entire range of the squat. What does this mean? It's very simple.

What we've termed the Axis of Power are the three critical areas of your body that are used in the squat (and, for that matter, the deadlift also). These three areas are: 1) the lower back; 2) the gluteus and hip area; and 3) the hamstring and thigh area.

Quite simply, the more support you can get in the Axis of Power, the more you can lift. That's because the power-knit™ fabric literally wraps each of these critical areas in power. This is what the Gold Medal SuperSuit's fabric was anatomically designed to do...to provide you with never before realized support in these critical areas.

Let us show you why. . . .

The First Fabric With "Memory"

Over the years, the lifting suit market has been plagued with polyester substitutes of varying degrees of quality. Those fabrics are not designed for the purpose of powerlifting. As a matter of fact, once they stretch they tend *not* to come back to their tight fitting shape. Therefore, their use is limited as is their wear potential—no matter how many seams these manufacturers put in their product.

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."

Marathon®
Distributing Company

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Marathon®
YOU'VE GOT ONE LIFE TO LIFT—MAKE THE MOST OF IT WITH MARATHON!

And what makes it so special is that is has memory. It will return to its original tight fit rep after rep, workout after workout, to give you the high performance squatting ability that you need for powerlifting. Other lifting suit fabrics *don't*. In fact, once they stretch, you lose any tightness you had.

Furthermore, our power-knit™ fabric is put together with the most advanced sewing techniques and equipment and the strongest possible seams. There's simply nothing else like it!

An Unheard-Of TRIPLE GUARANTEE

At Marathon, we've decided to give you an unheard-of TRIPLE Guarantee that puts our money where our mouth is. It's this...

1) The Performance Guarantee—The first (and probably never matched) *performance-based guarantee* for a lifting suit. Simply put, if you're not totally satisfied with the Gold Medal SuperSuit—if you don't find that it's the best suit you've ever worn, if it doesn't give you repeated high performance, or if you're not satisfied with its construction—you can return it within 45 days for a complete refund of every penny you paid, including shipping.

2) 2nd Day Air Delivery Guarantee —We guarantee that your Gold Medal SuperSuit will be shipped to you by UPS Second Day Air (Blue Label) *at no extra charge,* so you'll be squatting even more weight just a few short days from now.

3) Shipment Guarantee—Furthermore, we guarantee that if we can't fill your order by shipping the size you need when you order, we'll give you an automatic 25% discount off the price when your suit is shipped.

Order Yours Today!

With our Triple Guarantee, you have nothing to lose by ordering your suit today. And since we'll send your suit by Second Day Air, you won't even have to wait to try it.

To order, simply call the toll-free number shown below, or fill out the order form. If you phone in your order today, you'll have your suit within 2-3 days. And not a moment too soon.

1-800-321-5064

Clip Order Form and Mail Today!
Marathon Distributing Company
1229 Via Landeta
Palos Verdes Estates, CA 90274
1-310-519-7111



Marathon's Gold Medal™ SuperSuit® $39.95
"The new standard of lifting excellence."

Please rush me the following:

☐ ***GOLD MEDAL™ SUPER SUIT®*** ☐ *Black* ☐ *Navy Blue* ☐ *Royal Blue* ☐ *Scarlet Red*

Color: *Indicate 1st, 2nd and 3rd choice by numbering the boxes.*

On all orders please include height, weight, chest, waist, and thigh measurements so we can fit you properly. If you're certain of your size (indicate in appropriate column of order form) sizes available are from: 24-52 in even sizes.

Size: *To insure proper fit please include measurement on all orders.*

☐ *Male* ☐ *Female* *Height*____ *Weight*____ *Chest*____ *Waist*____ *Thigh*____

Item	*Size*	*Qty.*	*Price*	*Ext*
			Add California Sales Tax if Applicable	
DISCOVER MasterCard VISA	*Checks, Money Order, C.O.D.*		*Shipping*	*$5.00*
	All Prices Subject to Change Without Notice		*TOTAL*	

Name _____ *Check here if new address* ☐

Address _____

City _____ *State* _____ *Zip* _____

☐ *Discover Card* *MC* ☐ ☐ *VISA Card No.* _____ *Exp. Date* _____

Signature _____ *Phone* ( ) _____

Check, Money Order, MasterCard or Visa must accompany orders. Overseas orders add 25% for surface freight, 40% or local air freight rate, whichever is greatest. California residents add 7¼% sales tax, L.A. County residents 8¼% sales tax. Add $5.00 Shipping. C.O.D. Accepted.

Something Amazing Happened on the Way to the Platform and Its Just as True Today as When It First Happened Two Years Ago.

They Threw Away Their Favorite Kneewraps And Switched To Marathon's New Kneewraps—Just Before The Competition!

DATELINE: LAS VEGAS, NV—1989 SENIOR NATIONAL MENS AND WOMENS POWERLIFTING CHAMPIONSHIPS. As you know, it's simply unheard of for world class powerlifters to change *any part* of their equipment just prior to a competition. But that's exactly what happened here at the Senior National Powerlifting Championships when George Zangas—owner of Marathon Distributing Company—introduced the amazing DOUBLE GOLDLINE™ SUPERWRAP® 10 kneewrap to many of the lifters before their warm-ups.

Just imagine the best male and female powerlifters in the country putting on Marathon's new **DOUBLE GOLDLINE™** kneewraps, doing a couple of warm-ups and immediately throwing away their "trusted" kneewraps—the ones they came prepared to compete with!

Why did they throw their old wraps away? Simple. These experienced lifters *instantly* recognized the superior performance and quality of the **DOUBLE GOLDLINE™**. So they decided to use them in their three squat attempts during the actual competition!

The end result: Believe it or not, the **DOUBLE GOLDLINES™** allowed them to squat more weight, with better form!

These amazing results have led **Marathon Distributing Company** to make the following guarantee: If you don't find **Marathon's DOUBLE GOLDLINE™ SUPERWRAP® 10** to be the best kneewrap you've ever worn, just return them and **Marathon** will promptly refund *every penny you paid* — including shipping and handling charges — with no questions asked!

What Makes This Kneewrap So Special?

Here's why **Marathon's** new **DOUBLE GOLDLINE™ SUPERWRAP® 10** is so powerful.

- **THE BEST PERFORMING KNEEWRAP EVER!**

Marathon Distributing Company has developed a special manufacturing technology that not only provides the most outward tension, but also the greatest "comeback"™ of any wrap on the market! This exclusive "comeback"™ quality gives the **DOUBLE GOLDLINE® 10** kneewrap its superior performance and is the key to greater squatting.

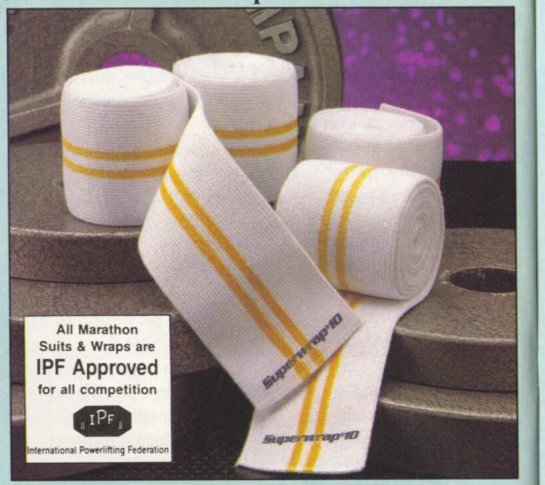
- **LONG LASTING, HIGH-QUALITY!**

The high quality materials used in the **DOUBLE GOLDLINE™** kneewrap will provide consistently higher performance—better than any other kneewrap available!

- **UNEQUALLED COMFORT!**

An added plus is that the **DOUBLE GOLDLINE™** kneewrap not only out-performs and out-lasts other kneewraps, but is actually more comfortable to wear because of the specially designed fabric we use.

With all this, it's no wonder that after the competition the competitors said the **DOUBLE GOLDLINE™ SUPERWRAP® 10** is the best performing kneewrap they've ever worn!



*The **DOUBLE GOLDLINE™ SUPERWRAP® 10**: The best-selling kneewrap in the world since the day **Marathon** introduced it. Look for the **Marathon** trademarks! Don't accept substitutes!*

DOUBLE GOLDLINE™ Superwrap® 10

A product of Marathon Distributing Company

As mentioned earlier, **Marathon** guarantees your satisfaction or your money back! So send for your pair of **DOUBLE GOLDLINE™ SUPERWRAP® 10** today. You've got nothing to lose, and your squatting ability will improve like never before.!

1 pair $17.95 2 pair $31.95

To order your **DOUBLE GOLDLINE™ SUPERWRAP® 10** kneewraps, just call TOLL-FREE 1-800-321-5064 for immediate service. MasterCard, Visa and C.O.D.'s are accepted. If you wish to order by mail, use the convenient order form on the following page.

Marathon® Distributing Company

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High Performance Kneewrap

Superwrap® 10 Goldline™

A product of Marathon Distributing Company

All Marathon Suits & Wraps are IPF Approved for all competition
IPF
International Powerlifting Federation

The only kneewrap that out-performs the original GoldLine™ Kneewrap is our own new DOUBLE GOLDLINE™ Superwrap® 10. Goldline features heavy gauge material that gives you greater rebound for squatting the heaviest weights. Outstanding durability and comfort are also hallmarks of this top performing kneewrap.

1 pair $15.95 3 pair $39.95 (you save $7.90)



Superwrap® 10

Superwrap® 10 is the original breakthrough in strength and knee joint protection. It gives you great rebound for explosive starts for squatting the heaviest weights.

1 pair $13.95 3 pair $34.95

Superwrap® 2

Superwrap® 2 designed for long-lasting wear and for squatting heavy weights.

1 pair $11.00 3 pair $28.00

Superwrap® 3

Made from a strong elastic material with a soft cotton lining so that the wrap will not pinch the skin.

1 pair $11.00 3 pair $28.00

HEAVY-DUTY HIGH PERFORMANCE

WristWrap™

A product of Marathon Distributing Company

Marathon introduces, for the first time, a full-length (36"), high performance wrist wrap with velcro® bindings.

For benching, squatting, or deadlifting, nothing matches the support of the new full-length, heavy-duty wristwrap, and the convenience of velcro® tie downs.

HEAVY-DUTY HIGH PERFORMANCE WRISTWRAP
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THE ORIGINAL HIGH PERFORMANCE WRIST WRAP
1 pair $9.95 3 pair $23.95



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- Excellent for the **overload training** necessary for developing "the big bench"
- **Proven** in world record-setting competition to be the finest bench shirt ever made
- **Guaranteed** against blow-outs a full 5 weeks from the date received
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The Blast Shirt $38.00

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Palos Verdes Estates, CA 90274

Marathon DISTRIBUTING COMPANY INCORPORATED
1(310)519-7111

C.O.D.

Name _____ *Check here if* ☐ *new address*
Address _____
City _____ *State* _____ *Zip* _____
☐ *MC* ☐ *VISA Card No.* _____ *Exp. Date* _____
Signature _____ *Phone ( )* _____

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Item	Size	Qty.	Price	Ext
			Shipping	$5.00
			Add California Sales Tax if Applicable	
			TOTAL	

All Prices Subject to Change Without Notice.

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*

Introducing

USA POWERLIFTING

Formerly the ADFPA

The news is out—the ADFPA is now called USA Powerlifting. But what does that really mean for you, the lifter? Good question. Let us try and answer that for you.

* WHAT'S CHANGED? *

1. Our name - in order to expand powerlifting into the mainstream environment, unify the sport in the country and one day be a part of the Olympic Games, your representatives agree that the name "USA Powerlifting" is more indicative of how we all want the sport to grow.

2. Our drug-testing - there will no longer be polygraph testing at meets. Instead, we will only use urinalysis to keep the sport clean! We have chosen to do this in order to comply with IPF and IOC requirements. Meet directors will be required to test at least 10% of their total entry. And we will continue to perform out of meet testing. Last year, we performed 1,000 tests in total. That's dedication to drug-free lifting!

* WHAT'S THE SAME? *

1. Our drug-free philosophy - as always—and even more so now with stricter testing in place—we will continue to support drug-free powerlifting.

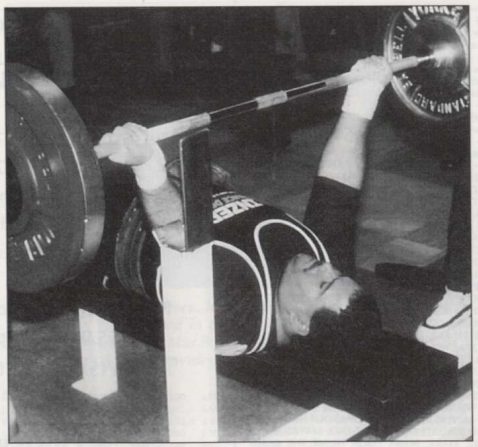
2. Our dedication to you—the drug-free athlete - as always, our number one priority is you—the lifter—which means quality meets, an extensive schedule of national championships and elected officials that are always there for you.

For more information, please contact: USA Powerlifting National Office, 124 West Van Buren Street, Columbia City, IN 46725, (219) 248-4889

ADFPA Top Gun Bench Press
9 Feb 97 - Kingston, PA (kg)

Women		198 Master (50-54)	
154		W. Hocher	112.5
M. Borzok	87.5	198 Law & Fire	
Men		G. Heim	135
132 Junior		220 Open	
D. Bedford	115	D. Longenecker	220
148 Open		J. DeFoor	195
T. Nappi	145	D. Teets	182.5
148 Teen		D. Mozeleski	170
A. Pisa-14	92.5	220 Teen	
148 Law & Fire		A. Kern	157.5
R. Burnett	125	220 Master (40-44)	
148 Master		W. McFarland	—
R. Burnett-44	125	220 Master (45-49)	
165 Open		T. Mott	165
J. Masher	192	220 Submaster	
W. Lee	167.5	K. Kurpell	165
165 Lifetime		F. Romanelli	—
D. Goldberg	150	220 Lifetime	
165 Teen		K. Kurpell	165
G. DePascale	120	D. Paul	165
165 Submaster		220 Junior	
D. Wilcox-38	130	J. Johnson	160
165 Master		220 Law & Fire	
R. Lambert	130	T. Roefard	180
165 Junior		242 Master (40-44)	
C. Kerschner	147.5	T. Smoyer	187.5
181 Lifetime		242 Master (45-49)	
D. Forry	160	R. Tomasetti	145
B. Ecker	155	242 Lifetime	
T. Anderson	127.5	J. Pundon	197.5
181 Law & Fire		G. Budwash	—
J. Fatta	162.5	M. Mann	—
R. Rasamny	142.5	242 Open	
181 Master (40-44)		M. Moran	222.5
B. Gelzheiser	147.5	J. Svalina	200
R. Rasamny	142.5	E. Stallings	172.5
181 Master (45-49)		242 Submaster	
J. Nealis	142.5	K. Villano	175
181 Master (54-59)		E. Miller	165
J. Monk	85	275 Open	
181 Teen		K. Johnson	227.5
R. Walker	115	M. Andrews	—
198 Open		B. Riley	—
S. Hartlaub	182.5	275 Master (40-44)	
C. Zupko	162.5	L. Farmer	202.5
198 Lifetime		S. Borushko	182.5
S. Hartlaub	182.5	275 Master (45-49)	
C. Zupko	162.5	T. McCarthy	167.5
198 Submaster		275 Lifetime	
P. Gallagher	180	B. Riley	—
198 Master (40-44)		SHW Open	
S. Pattison	167.5	M. Brody	217.5
198 Master (45-49)		D. Hulslander	217.5
L. Frailey	152.5	J. Long	202.5
C. Buckbee	147.5	SHW Submaster	
		J. Long	202.5

The Top Gun Championships were held in Independent Fire Hall. This fine contest was hosted by the Power Gym, Inc. and yes, we do have bragging rights to four Penn state champions and one American record holder. The crowd of lifters as well as the spectators were appreciative to see such fine lifting. Truly inspiring was Michelle Brozok, who incidentally was the only lady lifter, press a very impressive 214 lb. Much excitement was evident with lifters from Pittsburgh, New Jersey, Connecticut, Maryland, and Virginia as well as great local talent. Judging was tough but fair; thanks to Joe Lutkowski, Jr., Jamie Granko, and Bob Krukowski. We thank them for their excellent calls, which sometimes are not as welcomed as would be. Some of these judges are current state record holders who have shown tremendous dedication to the great sport of drug free powerlifting. We are most thankful to the spotters/loaders: Jason Mattioli, Jay Gonzalez, and Big John Voytko who were flawless as always. The set up crew was well represented by Ed McIntyre, Paul Duffy, Bob, Jr., and Lil Joe who I must say are the best! Donna Ondush and Toni Granko deserve special mention for the great announcing and smooth running of the meet. Toni has been a staunch supporter of drug free powerlifting, and we hope and pray that she continues to help run the meets. (Toni actually runs the meets.) Joe "Moe" Moceyunas, co-owner of the Power Gym, assisted in putting on about 20 shirts this day (ouch!) Joe Moe is truly an asset to this great sport and never hesitates to support the young lifters as well as the old (like me). Hope that your fingers heal. Wishing you well. Stay drug free and strong. (Thanks to the Power Gym, Inc. for providing the contest results.)



Master Lifter Tim Smoyer *benches 413 the hard way at the ADFPA TOP GUN Bench Press Championships. (Power Gym photograph)*

ADFPA St. Luke U.M.C. Open
2 Feb 97 - Omaha, NE

Women	SQ	BP	DL	TOTAL
116 High School				
M. Bodlak	280*	130*	300*	710*
122 High School				
N. Helmick	245*	115	245*	605*
139 High School				
J. Mollner	245*	115	230	590
154 High School				
J. Snowden	280*	135	280*	695*
E. Fine	195	125	210	530
154 (35-39)				
S. Shaw	220*	100	215	535
Men				
123 High School				
J. Walvoord	—	160	300	—
132 High School				
J. Kempf	275	205	345	825
C. Edgar	275	145	250	670
J. Koehler	225	105	240	570
165 High School				
M. Borden	350	245	375	970
181 High School				
N. Divine	430	235	385	1050
M. Borden	345	255	330	930
D. McIntyre	300	220	365	885
198 High School				
C. Holcomb	520	360	530*	1410
220 High School				
A. Hoffman	400	340	420	1160
C. Fox	425	330	315	1070
J. Calabro	340	250	375	965
C. Nelson	225	165	315	705
S. Young	—	275	—	—
275 High School				
J. Zemek	425	225	350	1000
220 Open Lifetime				
M. Taylor	500	400	580	1480
242 Open Lifetime				
R. Ward	645	390	625	1660
C. Anglemeyer	580	365	515	1460
275 Open				
D. Carlisle	485	300	535	1320
198 Lifetime Submaster (35-39)				
D. Brown	415	275	435	1125
220 Master (50-54)				
B. Maltby	465	335*	455	1255*
198 Lifetime Master (55-59)				
U. Kanto	380*	250	535	1165

* state record. (courtesy Rev. Chad Anglemeyer.)

Tri State Spring Classic
13 Apr 97 - Wintersville, OH

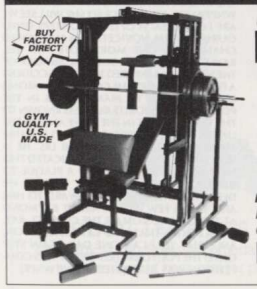
Wornen		Submaster	
114		Jeff Peshek	500
Abby Ramnytz	80	Master	
148 LB		C. Adomaitis	465
Novice		Steve Borushko	405
Dan Guthrie	300	Open	
Josef Schaffer	300	Jeff Good	500
Russ Clawson	210	Jeff Peshek	500
Lee Pigman	205	Steve Dorbish	420
Open		Jeff Yoder	
Josef Schaffer	300	SHW	
Michael Kinnick	290	Open	
PaulYoby	260	Mark Brody	500
165 LB		Deadlift	
Teen 17-19		Women	
Rich Purucker	365	11 4 LB	
Novice		Abby Ramnytz	175
Jon Little	245	123 LB	
Open		Debbie Teague	190
Rich Purucker	365	132 LB	
Jon Little	245	Master	
181 LB		Frank Principati	320
Submaster		Open	
Tim Richards	405	Frank Principati	320
Open		148 LB	
Karl Kopczynski	415	Novice	
Tim Richards	405	Lee Pigman	370
198 LB		165 LB	
Novice		Teen 13-16	
Shawn McGhee	435	Derek Knack	390
Bob McGrail	285	198 LB	
Brent Clark	205	Teen 13-16	
Submaster		Nick Baechel	475
Bob McGrail	285	Ryan Anderson	400
Master		Novice	
John Phillips	300	Bob McGrail	500
Open		Submaster	
Shawn McGhee	435	Bob McGrail	500
JeffFarelli	400	Master	
Duane Fryberger	315	John Phillips	450
220 LB		220 LB	
Novice		Novice	
Mark Kemats	285	Jason Cochran	530
Submaster		Mark Kemats	460
Mark Lyden	340	Submaster	
Master		Bob Williams	440
Mike Smead	400	Master	
Mike Schwartz	330	Mike Smead	600
Open		Mike Schwartz	600
Ralph Young	500	John Schempp	530
Rusty Bluck	430	242 LB	
Jason Cochran	410	Novice	
Bob Williams	395	Dan Barwick Jr.	580
242 LB		Master	
Novice		Rick Shultz	625
Jim Dickenson	375	Open	
Robert Dowd	240	Robert Dowd	385
Master		275 LB	
Chuck Evans	350	Novice	
Rick Shulz		EricKramer	505
Grandmaster		Steve Borushko	405
Frank Gallagher	365	Open	
Open		Jeff Yoder	525
Jason Prater	475	SHW	
Sean Mason	450	Teen 17-19	
Dan Berwick Jr.	440	Don Morgan	600
275 LB		Submaster	
Novice		Mike Hershberger	740
Jeff Good	500	Open	
Eric Kramer	275	Mike Hershberger	740
		Mark Brody	510

Thanks to the following people for helping to make this meet a success: Simon DiDomenico, Eric Smith, Sean Mason, Dale West, Bob Kerns, Janice Fishl, Phyllis DiDomenico, Missy Huggins, Tim Balato, Brandt Brown, Michelle Gafolli, Chris Vich, and Bob Merriman. (the results of this competition were provided to *POWERLIFTING USA* magazine courtesy of Meet Director Kerry DiDomenico)

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- Arm, Leg & Dip Attachments
- Low Row Foot Brace
- Selectorized Stack Available

WNPF Lifetime Drug-free Nationals
23 Mar 97 - Newark, NJ

Bench Press				
Men 165				310
W. Lee	355			
Open 181				
K. Lee	420n			
Jackson	405			
Green	370			
Kinney	360			
33 - 39				
K. Lee	420			
Rivers	350			
40 - 44				
Green	370			
50 - 54				
Mitsopoulos	350			
198 (17 - 19)				
Cardona	420a			
Open				
Bossi - bl	480a			
Patrick	435			
Cardona	420			
Raw 242				
Serritella	315n			
Open				
Kibbe	495			
45 - 49				
Bravo	410			
55 - 59				
Serritella	315			
Raw 275				
Cinelli	310			
Open				
Dolci	450			
Lowery	425			
40 - 44				
Dolci	450			
Morgan	370			
Women's Powerlifting				
123	SQ	BP	DL	TOTAL
(17 - 19)				
Aguila	205	105	225	535
Men's Powerlifting				
Open 165				
Hall	330	270	415	1015
Raw				
Rodriguez	315a	265a	315a	895a
Open				
Watson	500	330	530	1360
Motichka	450	300	605	1355
Catina	500	280	520	1300
Rodriguez	315	265	315	895
Kafetzis	430			
33 - 39				
Catina	500	280	520	1300
Rivers	440	350	460	1250
40 - 44				
Motichka	450	300	605	1355
45 - 49				
Scaranda	410	250	510	1170
Open 198				
Ironfield - bl	600	375	580	1555
Wilson	475	340	600	1415
Cedeno	425	315	625	1365
33 - 39				
Ironfield	600	375	580	1555
220 (40 - 44)				
Menendez	560	325	530 n	1415
50 - 54				
Cote	135	430 n	135	700
242				
Bravo	135	410 n	405	950
275				
Raw				
Cinelli	430a	310a	470a	1210
a/n				
Open				
Watkins	625	425	645	1695
Bailey	600	420	580	1600
40 - 44				
Watkins	625	425	645	1695
Morgan	580	370	600	1550
45 - 49				
Cinelli	430	310	470	1210

BL - BEST LIFTER, A - AMERICAN RECORD, N - WNPF NATIONAL MEET RECORD. 47 LIFTERS AND FINISHED IN 5 HOURS INCLUDING TROPHY CEREMONY. THE JUDGING WAS TIGHT AS USUAL AND THE SPOTTING WAS EXCELLENT. WE HAD NUMEROUS RECORDS BROKEN BY SOME OLD AND NEW WNPF MEMBERS. IN THE 123 WOMEN'S DIVISION, VERONICA MADE EASY LIFTS ON HER WAY TO A 535 LB. TOTAL. SHAWN HAIL WON HIS FIRST WNPF DRUG FREE MEET IN THE 165 OPEN CLASS. IN THE 181s, WE HAD RODNEY WATSON AND 40 YEAR OLD PETE MOTICHKA BATTLE TO THE LAST DEADLIFT, WITH RODNEY COMING OUT AHEAD BECAUSE PETE MISSED A 620 DEADLIFT. IN THE RAW DIVISION, GIOVANNI RODRIGUEZ TOOK HOME HIS FIRST TITLE AND FOURTH PLACE IN THE OPEN. PETE CATINA WON THE SUBMASTERS CLASS WITH A 1300 LB. TOTAL. IN THE 198 OPEN CLASS, MARK IRONFIELD FROM MASS. ATTEMPTED A BIG 710 LB. SQUAT TRYING TO BREAK THE RECORD OF TEE MEYERS. MARK CAME UP ABOUT HALFWAY AND STALLED OUT AT THE END. MAYBE NEXT TIME, MARK. MARK TOOK HOME THE BEST LIFTER AWARD WITH A 1555 LB. TOTAL. BILL WILSON FROM NJ TOOK SECOND WITH A 1415 TOTAL WITH ERIC CEDENO RIGHT BEHIND HIM WITH A 1365 TOTAL. ERIC PULLED 625 LBS. ON HIS SECOND ATTEMPT, LOST HIS BALANCE AND WALKED WITH THIS WEIGHT IN HIS HANDS. HE TOOK IT OVER AGAIN AND PULLED IT EASILY. THIS GUY IS STRONG! RALPH MENENDEZ WON THE 220 MASTERS DIVISION AND HIS TEAM TOOK HOME THE TEAM TITLE ONCE AGAIN. ROLAND COTE TOOK A TOKEN SQUAT AND DEADLIFT, AND BROKE THE NATIONAL RECORD IN THE BENCH PRESS WITH A LIFT OF 430 LBS. ROLAND WAS SAVING HIS DEADLIFT FOR THE ADFPA MEET IN CT IN THE NEXT FEW WEEKS. GOOD LUCK, ROLAND. RAY BRAVO, LONG TIME SUPPORTER OF THE WNPF (SINCE 1988), TOOK A TOKEN SQUAT AND ONE DEADLIFT TO SECURE THE MASTERS DIVISION. HE ALSO BROKE THE BENCH PRESS RECORD IN HIS CLASS TODAY. TOM CINELLI WON THE RAW DIVISION AND SET NEW RECORDS IN ALL THE LIFTS AND HE ALSO WON THE MASTERS 45 - 49 DIVISION. CONGRATS TOM! GREG WATKINS, FROM LANCASTER, PA, WON THE OPEN AND MASTERS DIVISIONS. WITH A 1695 LB. TOTAL, GREG IS BECOMING A FORCE IN THE WNPF. HE IS FINALLY GETTING HIS TECHNIQUE RIGHT IN ALL THREE LIFTS, AND HE'S IMPROVING IN ALL THREE LIFTS. WALTER LEE TOOK THE 165 LB. CLASS AND ALMOST FORGOT TO COME BACK AND GET HIS TROPHY. WALTER CAME AFTER THE TROPHY PRESENTATION AND PICKED UP HIS AWARD. IN THE 181s, CALIFORNIA'S KINGSTON LEE BEAT KEVIN JACKSON (BUFFALO, NY), ALL GREEN (NJ), AND KENNY KINNEY ALSO FROM NJ WITH A LIFT OF 420 LBS. SEE YOU IN CALIFORNIA IN JUNE, KINGSTON! JOHN (MAGIC MAN) MITSOPOULOS WON THE MASTERS 50 - 54 DIVISION WITH A LIFT OF 350 LBS. IN THE 198s THE EVER IMPROVING PAUL BOSSI FROM NH OPENED UP WITH 480 LBS. AND TOOK 500 LBS. TWICE. PAUL WILL BE THE SECOND MAN TO BENCH 500 LBS AT 198 LBS. SOON. HERMAN PATRICK TOOK SECOND AND THE TEENAGER FROM CALIFORNIA, RANDEL CARDONA, TOOK THIRD IN THE OPEN AND FIRST IN THE TEENAGE DIVISION. PAUL KIBBE BENCHED 495 LBS. ON HIS OPENER AND MISSED 515 TWO TIMES ON HIS SECOND AND THIRD ATTEMPTS. IN THE 275s, JULE DOLCI WON THE OPEN AND MASTERS DIVISION OVER THE IMPROVING DWAYNE LOWERY FROM BUFFALO, NY. L.C. JENKINS WON THE SUPERS WITH A 420 LB. BENCH. WHAT A BATTLE IN THE 181 CLASS IN THE DEADLIFT. WHOEVER PULLED THE MOST WOULD WIN THE TITLE AND BEST LIFTER. JACKSON HIT 605 ON HIS SECOND ATTEMPT, WITH A MISS AT 615. MOTICHKA HIT A 605 ON HIS SECOND ATTEMPT AND MISSED 620 ON HIS THIRD. KAFETZIS HIT A 580 ON HIS SECOND AND MISSED A 625 ON HIS THIRD. JACKSON WON IT ALL. PERRY THOMAS FROM DELAWARE PULLED 650 ON HIS FIRST ATTEMPT. HE WAS HOPING FOR SOMEWHERE AROUND 700 AT THIS MEET. MAYBE NEXT TIME, PERRY. GEORGE ARTHUR TOOK THREE CHANCES AT 620 AND FINALLY STAND IN THE MEET ON HIS LAST ATTEMPT. WE HAD AN UNFORTUNATE MISUNDERSTANDING WITH A FINE LIFTER AND HER COACH. THIS PARTICULAR LIFTER THOUGHT ONE OF OUR OFFICIALS WAS TRYING TO BOMB HER OUT OF THE MEET. AND THIS WAS NOT THE CASE AT ALL. WE MUST REMEMBER THAT IT TAKES TWO OR MORE OFFICIALS TO TURN A LIFT DOWN AND THIS OFFICIAL WAS THE ONLY OFFICIAL TO GIVE HER A WHITE LIGHT ON ANY OF HER ATTEMPTS! THE WNPF WILL NEVER, EVER SINGLE OUT A LIFTER AND TRY TO DISQUALIFY SOMEONE FOR ANY REASON. THIS SERVES NO JUSTICE TO THE FEDERATION OR THE LIFTER. I HOPE THIS LIFTER WILL GIVE THE WNPF ANOTHER CHANCE SO SHE WILL SEE WE ARE FAIR TO EACH LIFTER WHO STEPS ONTO OUR PLATFORM, NOVICE LIFTERS AND WORLD CHAMPIONS! ONE MORE NOTE FOR ALL. RAYMOND JONES, A LONGTIME MEMBER OF THE WNPF, WAS INJURED IN A CAR ACCIDENT A FEW DAYS BEFORE THE CONTEST. RAYMOND IS NOT KNOWN TO MANY LIFTERS IN THE POWERLIFTING WORLD, BUT HE IS KNOWN TO THE 165 LB. LIFTERS IN THE WNPF AND TO THE LIFTERS IN THE NJ AREA. RAYMOND IS A FINE MASTER LIFTER, TOTALING 2,500 LBS. HE IS VERY LUCKY TO BE ALIVE. WE DEDICATED THIS MEET TO HIM. WE PRESENTED A PLAQUE TO HIS TEAM MEMBERS TO GIVE TO HIM. WE DEDICATED THE BEST LIFTER AWARD TO HIM AND SAID A FEW WORDS ABOUT RAYMOND AT THE CONCLUSION OF THE CONTEST. RAY, WE ALL HOPE THAT YOU GET BETTER SOON, AND THAT YOU CAN ONE DAY AGAIN STEP ONTO THE PLATFORM. (REPORT OF THIS COMPETITION WAS SUBMITTED BY THE WNPF)

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Super Bowl Bench Press & Deadlift
27 Jan 97 - Hamden, CT

Bench Press		308	
165		R. Rohmer	270!
S. Cannady, Jr.	245	Deadlift	
181		148	
N. Wellwys	245	M. Biga, III	375*
J. Steele	225	181	
		M. Biga, II	465!

! world record. * state record. The Super Bowl Bench Press and Deadlift had a total of six lifters. There were two world records and three state records set. The contest was held in honor of Sam Cannady, Sr., who was the Master of Ceremony. Sam has been lifting for the last 63 years as a bodybuilder and powerlifter. He is 78 years old and has cancer. Sam left the Hospice Hospital for the meet. He presented the awards to the lifters. In the bench press Ron Rohmer, who lifted in the 65-69 age group set a new world record in the 308 lb. class with 270 lb. In the 165 Sam Cannady, Jr., lifted a 245 lb. lifting, making his father very happy. In the deadlift Max Biga, II, set a new world record in the 50-54 age group of the 181 lb. class with a 465 lb. lift. North Haven Sergeant Wayne Richie from the Connecticut Army National Guard made an American Flag presentation included the Musical Show on the Flag and a lecture on patriotism and the history of the American Flag. (courtesy Joe Steele)



Super Bowl Sunday Lifters.. *left to right, Max Biga III - 148 lb. winner with a new state record in the deadlift; Sam Cannady Sr. - who presented the awards; Max Biga II - 181 lb. winner with a new APA world record. (photo provided courtesy of Meet Director Joe Steele)*

Finnish Championships
1 Mar 97 - Setkamo (kg)

Men	SQ	BP	DL	TOTAL
56 kg.				
T. Haaparanta	180	107.5	192.5	480
M. Kytola	175	95	205	475
P. Rimpi	165	107.5	170	442.5
J. Koivisto	155	87.5	185	427.5
60 kg.				
A. Sirvio	225	151	230	605
S. Nieminen	200	117.5	225	542.5
M. Hellen	202.5	120	210	532.5
J. Silta-aho	200	107.5	215	522.5
T. Kirsita	162.5	107.5	200	470
A. Keranen	180	122.5	—	—
67.5 kg.				
S. Selkainaho	242.5	165	255	662.5
J. Peltoniemi	237.5	130	230	597.5
R. Peltoniemi	205	132.5	230	567.5
A. Oksanen	—	—	—	—
75 kg.				
J. Laine	308	187.5	275	770
I. Lappi	225	145	300	670
J. Kvist	250	152.5	262.5	665
P. Pitkanen	260	145	252.5	657.6
M. Parviainen	235	160	260	655
H. Hakala	240	160	240	640
J. Kyntaja	245	145	240	630
M. Turpeinen	—	—	—	—
82.5 kg.				
M. Vierikko	260	180	315	755
S. Mantyla	290	162.5	292.5	745
A. Houlman	295	170	280	745
P. Anttila	300	172.5	270	742.5
K. Kehanen	267.5	167.5	287.5	722.5
T. Heikkinen	280	157.5	282.5	720
R. Sauren	250	170	277.5	697.5
T. Kohtamaki	255	160	265	680
H. Pikkarainen	230	160	270	660
P. Taavitsainen	240	150	270	660
E. Remes	—	—	—	—
90 kg.				
J. Kenttala	267.5	192.5	327.5	787.5
H. Malinen	280	180	310	770
H. Hagfors	270	172.5	310	752.5
J. Hietamaki	275	177.5	300	752.5
P. Arola	270	190	282.5	742.5
A. Ainali	—	—	—	—
100 kg.				
J. Ranta	325	195	332.5	852.5
O. Rintanen	305	200	310	815
J. Westerberg	295	202.5	282.5	780
T. Jalonen	280	180	285	745
J. Kivisto	280	175	260	715
J. Niskanen	260	175	230	665
H. Winter	—	—	—	—
110 kg.				
A. Turtiainen	366	222.5	347.5	935
O. Lehto	305	215	330	850
K. Vilppola	280	207.5	312.5	800
L. Tholix	300	195	302.5	797.5
J. Karkkainen	300	167.5	300	767.5
J. Keskinen	—	—	—	—
M. Smura	—	—	—	—
A. Heikkinen	—	—	—	—
125 kg.				
J. Ramstedt	340	245	317.5	902.5
A. Kokkonen	310	261	290	860
J. Rantanen	290	237.5	280	807.5
K. Kongas	282.5	165	290	737.5
125+ kg.				
K. Aho	300	210	290	800
M. Tanskanen	285	195	280	760
Women				
44 kg.				
A. Prinkkala	140	62.5	156.5	357.5
V. Viitasaari	120	75	156	350
48 kg.				
R. Koskinen	167.5	83	157.5	407.5
52 kg.				
L. Jokitalo	155	70	168	392.5
M. Sirrkia	130	80	157.5	367.5
L. Alho	115	60	140	315
T. Lampiluoto	110	65	120	295
M. Tuomi	90	40	125	255
56 kg.				
E. Nikander	160	105.5	177.5	442.5
P. Savola	150	75	160	385
R. Heikkila	125	77.5	175	377.5
I. Vaulakorpi	140	67.5	140	347.5
M. Rantamaki	130	72.5	137.5	340
H. Lindvall	110	55	120	285
P. Kuikka	85	65	110	260
T. Rytkonen	90	55	105	250
60 kg.				
H. Laitinen	160	97.5	187.5	445
J. Liimatainen	140	77.5	162.5	380
M. Salminen	120	80	152.5	352.5
P. Makila	120	72.5	135	327.5
T. Saukkonen	115	70	127.5	312.5
M. Ratilainen	107.5	55	132.5	295
R. Pihlaja	107.5	55	120	282.5
J. Linnila	90	52.5	122.5	265
T. Kettunen	—	—	—	—
67.5 kg.				
P. Haapoja	175	95	200	470
S. Tahvanainen	145	70	160	375
P. Pippuri	107.5	67.5	135	310
S. Rauhamaki	112.5	60	135	307.5
75 kg.				
E. Ketonen	180	105	177.5	462.5
S. Rajahalme	157.5	85	142.5	385
P. Orpana	130	82.5	130	342.5
R. Pirkkio	125	60	127.5	312.5
82.5 kg.				
H. Koponen	155	112.5	162.5	430
S. Kokkonen	100	65	135	300
90 kg.				
T. Rantanen	177.5	132.5	200.5	510

(Thanks to Heikki Orasmaa for the meet results.)

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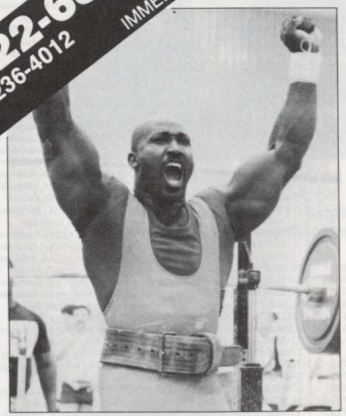
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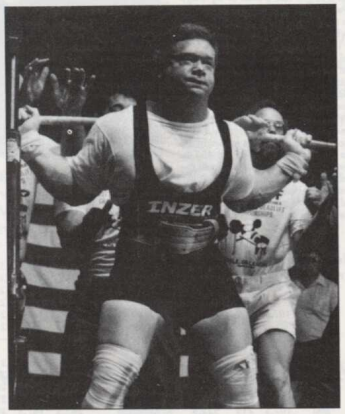
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4 Jan 97 - Salem, OR

Bench Press			
Men			
148 Novice			
K. Phanekham	250		
J. Riley	240		
181 Novice			
M. McClenathan	330		
J. Hoiby	315		
R. Harris	295		
S. Manley	290		
N. Luu	250		
R. Straker	170		
198 Novice			
D. Jacobson	345		
N. Zweigart	285		
J. Snow	275		
220 Novice			
J. Allen	375		
P. Cicero	365		
242 Novice			
J. Heikes	425		
J. Clarke	425		
J. DeBus	365		
R. Cuddeback	300		
T. Fryar	280		
275 Novice			
J. Gettings BL	475		
S. Kent	435		
S. Adams	410		
308 Novice			
A. Bond	470		
SHW Novice			
J. Lassen	400		
148 Master (40-49)			
S. Weingust	320		
F. Evangelista	310		
R. Schreifels	225		
220 Master (40-49)			
G. Harris	360		
242 Master (40-49)			
R. Nelson	410		
D. McIntosh	410		
D. Frosland, Jr.	390		
275 Master (40-49)			
J. Welsheimer	—		
SHW Master (40-49)			
J. Grendahl	500!		
181 Master (50-59)			
H. Neal	260		
198 Master (50-59)			
Sekermestrovich	390		
220 Master (50-59)			
J. McCaffery	385		
J. Young	325		
242 Master (50-59)			
G. Nelson BL	460		
M. Fryar	290		
275 Master (50-59)			
B. Isley	330		
165 Master (60+)			
J. Schall	205		
181 Master (60+)			
D. Frosland, Sr.	230		
220 Master (60+)			
J. O'Loughlin	225		
148 Open			
S. Weingust	320		
165 Open			
r. Bish	—		
198 Open			
G. Warrington	—		
220 Open			
E. Sim	430		
242 Open			
R. Wade	510		
SHW Open			
J. Covert	640		
132 High School			
K. Song	130		
148 High School			
D. Clausen	150		
165 High School			
D. Licausi	260		
181 High School			
A. Larsen	305		
J. Duncan	60		
198 High School			
J. Keller	275		
J. Duncan	190		
220 High School			
D. Johnson	260		
M. Sova	260		
242 High School			
C. Erhardt BL	365		
J. Smith	305		
148 Master (40-49)			
F. Evangelista	405		
R. Schreifels	405		
165 Master (40-49)			
A. Green	470		
181 Master (40-49)			
D. Anderson	540		
R. Hasegawa	500		
A. Hatch	465		
198 Master (40-49)			
M. Davis	440		
220 Master (40-49)			
J. Capello	620		
242 Master (40-49)			
R. Nelson	200		
275 Master (40-49)			
J. Welsheimer	485		
SHW Master (40-49)			
J. Grendahl	550		
198 Master (50-59)			
K. Tuten	520*		
D. Livesay	450		
220 Master (50-59)			
J. Young	550		
D. Cheek	470		
242 Master (50-59)			
M. Fryar	550*		
4th attempt	570*		
242 Master (60+)			
J. Schall	340		
181 Master (60+)			
220 Master (60+)			
J. O'Loughlin	255*		
220 High School			
B. Grendahl	455		
242 High School			
B. Strvisksma	320		
132 Novice			
T. Smith	365*		
4th attempt	380*		
148 Novice			
J. Riley	400		
181 Novice			
M. McClenathan	525		
N. Luu	405		
R. Straker	385		
198 Novice			
J. Rictor	550		
M. Wechter	540		
M. Miller	530		
J. Snow	450		
220 Novice			
J. Allen	525		
242 Novice			
T. Fryar	630		
R. Cuddeback	510		
J. DeBus	540		
SHW Novice			
J. DeLeon			
Women			
105 High School			
D. Black	60		
148 High School			
B. Demin	190		
K. Piercealll	170		
S. Brinkley	135		
165 High School			
E. Doyle	65		
181 High School			
H. Talmadge	80		
198 High School			
N. Burton	100		
148 Submaster			
J. Bauer	165		
198 Submaster			
A. Johnson	185		
97 Open			
B. Campbell	130		
114 Open			
S. Radcliffe	160		
A. Ingalls	110		
123 Open			
S. Olson	150		
132 Open			
A. Hughes BL	200		
148 Open			
B. Demming	190		
D. Myers	180		
148 Master (40-49)			
B. Dean	140		
132 Master (50-59)			
D. Williams	90		
Deadlift			
Men			
165 Open			
R. House	580*		
181 Open			
S. Manley	505		
198 Open			
D. Hatch	500		
242 Open			
J. Clarke	600		
275 Open			
B. Mikesell	675		
SHW Open			
J. Lassen	710		
Women			
105 High School			
S. Brinkley	290		
M. Minor	260		
165 High School			
T. LaCourse	230		
181 High School			
H. Talmadge	220		
A. Moore	190		
123 Open			
S. Olson	260		
148 Open			
D. Myers	370		
165 Open			
C. Caswell	280		
L. Dalling	250		
114 Master (40-49)			
C. Hatch	230		
148 Master (40-49)			
B. Dean	300		
132 Master (50-59)			
D. Williams	190		
4th attempt	200*		

* state record. ! world record. One-hundred forty-nine lifters showed up in spite of the flu, snow, mud slides, and avalanches. Welcome to the Great Northwest. In the deadlift John Larsen pulled a 710 at SHW for an Oregon state record. Brent Mikesell came within a hair of locking out 755. He only has three fingers on one hand. Richard House, who is trained by Gus Rethwisch, pulled 580 at 165 lb. In the ladies' division Shannon Brinkley of Burns, Oregon, pulled a state teen record of 290 at 148 lb., and Bronwhyn Dean pulled 300 at 148 in the masters 40-44. Dan Andersen was best lifter for the master men with 540 at 181 (45-49). In the high school men's Ben Grendahl was best lifter and pulled 455 weighing 224 at age 16. In the novice division Troy Fryar pulled a 610 at 242 and was best lifter. In the bench Jim Covert benched 640 at SHW. George Nelson did 460 at 242 (50-54) and was named outstanding lifter. Gustavo Barrington set a junior American record with 515 at 198. Chris Erhardt did 375 at 17 years of age and weighing 242. He was named best lifter for the high school. Bett Deming did 190 at age 17 in the 148 lb. for an American record. James Gettings benched 475 in the novice division 275. Thanks to Scott Safe of Safe USA, John Inzer of Inzer Advance Designs, Rich Crain of Crain's Muscle World, Roy Allen of Muscular Development, Steve Blechman of Twin Labs, John Buckley of Elite Sales, Paul Perkins of Mulligan's Sports Bar, Lon Thomas of Thomas Distributing, Giorgio Usai of Forza Strength Systems, Neal Spruce of Apex Fitness Systems, Mike Lambert of Powerlifting USA, Joe Morrow of Pepsi, Dr. Randall West, George Nielsen of Nellog, and Skip Sandburg of Tri City Fence. The judges were Terry Luehrs, Rick Brun, Nate Bolleck, and Gus Rethwisch. All are national judges, and September Johnson is a state judge. Tim Koertze was a very capable MC. Tonya Williams was the scorekeeper, and Bill Reynolds, Albie Mushano and Chad Johnson were great spotters. (Thanks to Gus Rethwisch for the results.)

Pump Total Fitness Bench Press
19 Jan 97 - St. Johns, MI

148		P. O'Malley	—
P. Sneed	300	242	
M. Young	250	D. Currie	450
165		L. Hasles	425
J. Simpson	300	B. Amundson	335
D. Schafer	295	SHW	
K. Koneval	280	D. Pinagel	520
181		T. Hassellbeck	475
K. Paskes	315	J. Shell	425
M. Huotari	270	M. Buschle	375
198		M. Kalendy	—
J. Wagner	325	W. Ailles	325
M. Freeman	305	Masters	
B. Boyes	300	J. Ellsworth	395
220		T. Hassellbeck	475
M. Swift	460	M. Forsythe	365

(Thanks to Pump Total Fitness for providing the results of this competition to *Powerlifting USA*.)

Canadian Deadlift Championships
15 Dec 96 - Waterloo, Quebec

181 Junior		A. Skinner	490
R. Gravel	400	257 Submaster	
165 Open		S. Nazarov	640
C. Dallaire	647.5!	165 Master	
181 Open		G. Lebreque	455
A. Skinner	490	181 Master	
220 Open		M. St. Laurent	575!
R. Taylor	525	275 Master	
D. Berube	625	D. Chasse	550
275 Open		Women	
D. Chasse	550	123 Open	
165 Submaster		L. Landry	335
C. Dallaire	647.5!	SHW Submaster	
181 Submaster		P. Lepine	300

! indicates a WPA/CPA world record. Meet Director: Marcel St. Laurent. (Thanks to Marcel St. Laurent for providing these results to *PL USA*.)

NASA Virginia Regional
30 Nov/1 Dec 96 (kg)

Bench Only			
M1/170		187	
T. Shiley	142.5	G. Martin	155
205		205	
R. Brown	137.5	R. Cash	172.5
N/154		JR/315	
L. Johnson	115	J. Gregory	150
205		M5/227	
R. Cash	172.5	B. Page	167.5
P/154		N/280	
L. Johnson	115	G. Hoppe	195
187		315	
T. Grady	177.5	J. Allen	185
205		P/250	
R. Nash	172.5	B. Hammel	180
PN/170		SHW	
G. Young	132.5	R. Whitley	185
SM1/154		SM1/280	
L. Johnson	115	G. Hoppe	195
170		SHW	
R. Bernhard	160	R. Whitley	185
		SM2/250	
		W. Mullins	185

M1/205	SQ	BP	DL	TOT
K. Cassell	250	157.5	250	657.5
R. Brown	215	137.5	225	577.5
M2/187				
J. Kiser	227.5	137.5	200	565
M3/205				
B. Groves	185	110	215	510
M5/187				
R. Nevins	190	145	220	555
N/154				
L. Johnson	170	115	217.5	502.5
205				
R. Brown	215	137.5	225	577.5
P/154				
L. Johnson	170	115	217.5	502.5
170				
L. Kitelinger	247.5			
187				
T. Graddy	205	177.5	240	622.5
205				
K. Cash	285	152.5	277.5	715
SM1/154				
L. Johnson	170	115	217.5	502.5
170				
R. Bernhard	182.5	160	182.5	525
WP/154				
A. Calidonio	102.5	60	137.5	300

Power Sports	C	BP	DL	TOTAL
P/154				
C. Newcomb	50	127.5	175	352.5
SM/187				
G. Martin	62	155	207.5	425

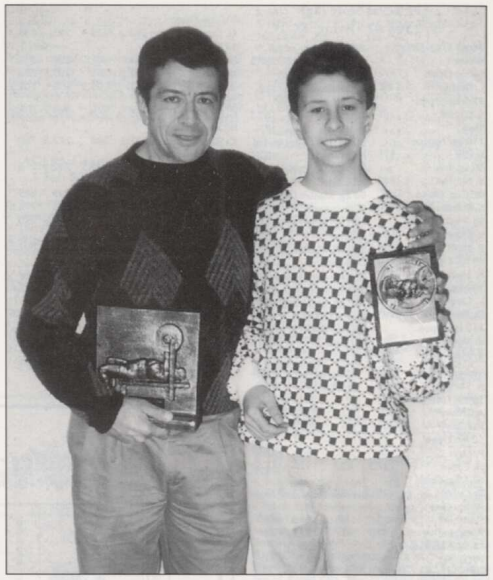
INT/250	SQ	BP	DL	TOTAL
D. Taylor	295	192.5	235	722.5
315				
C. Knowles	275	180	272.5	727.5
M1/227				
B. Page	217.5	167.5	250	635
M2/W. Morris	227.5	180	227.5	635
R. Coppins	195	107.5	210	512.5
250				
R. Hardin	227.5	162.5	232.5	622.5
M5/227				
B. Page	217.5	167.5	250	635
N/227				
S. Neely	235	155	260	650
315				
E. Smith	320	205	327.5	852.5
C. Knowles	275	180	272.5	727.5
P/250				
B. Hammel	227.5	180	205	612.5
280				
T. Tsouroutis	260	197.5	242.5	700
J. Whitten	257.5	167.5		
PN/250				
E. Jones	245	182.5	272.5	700
J. Welmer	262.5	172.5	227.5	662.5
280				
R. Snead	185	127.5	207.5	520
SM1/227				
S. Neely	235	155	260	650
250				
N. Wagner	252.5	150	282.5	685
315				
E. Smith	320	217.5	327.5	865
SM2/250				
W. Mullins				
WSM2/187				
K. McMillion	120	82.5	137.5	340
Power Sports				
BPPN/227				
C. Amstone	0	160	0	160
INT/227				
W. Fenton	80	190	210	480
JR/205				
K. Knott	57.5	132.5	205	395

(Thanks to NASA for providing the meet results).

3rd APA Dr. Martin L. King BP
9 Feb 97 - Hamden, CT

Bench Press			
Women		123	
132		G. Petridis	120
J. Ryan	94!	148	
Men		S. Cannady	245
123 Teen		P. Nova	215
G. Petridis	120	165	
165 Teen		D. Alteri	351
M. Nowman	205	M. Nowman	205
148 Master (50-54)		181	
S. Cannady	245!	A. Petridis	250
181 Master (50-54)		N. Wellins	245
A. Petridis	250	198	
N. Wellis	245	P. Nanfito	385
198 Master (45-49)		R. Airo	315
R. Alteri	360*	242	
242 Master (40-44)		M. Hogan	355
M. Hogan	355	275	
275 Master (55-59)		P. McCartin	330
P. McCartin	330!	J. Thompson	315
308 Master (65-69)		308	
R. Rohmer	272!	T. Pollard	450
275 Submaster		R. Rohmer	272
J. Thompson	315	Deadlift	
		198 Master (50-54)	
		M. Biga	467!

* state record. ! world record. 26 lifters participated. There were 5 world records and 1 state record set. In the women's division Jen Ryan set a world junior record with a 94 lb. lift in the 132 lb. class. In the master's division Sam Cannady, Jr., set a new world record in the 50-54 age group in the 148 lb. class with a 245 lb. lift. In the 198 class Richard Alteri set a new state record in the 45-49 age group with a 360 lb. lift. In the 275 lb. class Paul McCartin set a world record in the 55-59 age group with 330 lb. In the 308 class 65-69 age group Ron Rohmer set a world record with 272 lb. In the special deadlift division Max Biga set a world record in the 198 (50-54) with 467.5 lb. Meet Directors: Joseph Steele and Andrew Bram. Judges: head- Joseph Steele; side- Andrew Bram and Neal Wellins. Announcer: Andrew Bram. (Thanks to Joe Steele for providing these competition results.)



Winning Father/Son Team... at the Martin Luther King Bench Press Championships were (left) Art Petridis - winner of the 181 lb. class, Master (50-54) division, and (right) Greg Petridis - winner of the 123 lb. class, Teenage (13-15) division. (photograph courtesy Joe Steele)

Town Meeting (kg)
25 Jan 97 - Helsinki, Sweden

Helsinki	SQ	BP	DL	TOTAL
K. Raija	170	82.5	150	402.5
A. Leena	115	55	150	320
K. Timo	252.5	172.5	270	695
L. Tapani	270	157.5	257.5	685
Y. Mika	265	140	267.5	672.5
H. Arto	235	190	250	675
R. Pauli	185	120	220	525
Stockholm				
E. Anette	140	62.5	165	367.5
E. Anna-Lena	150	80	172.5	402.5
N. Ola	310	210	300	820
L. Niklas	280	212.5	300	792.5
C. Tommy	275	185	285	745
H. Hans	280	170	270	720
B. Lars	215	132.5	232.5	580
Tallinn				
T. Ants	150	85	170	405
S. Indrek	205	115	197.5	517.5
K. Aarne	127.5	62.5	135	325

(Thanks to Heikki Orasmaa for the meet results.)

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APF Texas State (kg)
1, 2 Feb 97 - Irving, TX

Bench Press Only

Women

60 kg. Open
L. Durbin 80
82.5 kg. Open
S. Stroud 105
Men
110 kg. Novice
L. Eliff 175
90 kg. Junior
B. Blevins 200
67.5 kg. Open
K. Scieneaux 100
82.5 kg. Open
B. Dorety 182.5
B. Hunt 162.5
90 kg. Open
K. Sincerud 155
100 kg. Open
L. Creel 200
D. Bourland 105
110 kg. Open
B. Sargent 205
R. MacDonald 145

125 kg. Open
C. McDonnell 237.5
75 kg. Submaster
B. DelaRosa 125
100 kg. Submaster
T. Howard 182.5
R. Hal 175
82.5 kg. Master (45-49)
J. Owens 137.5
90 kg. Master (50-54)
W. Casto 162.5
90 kg. Master (55-59)
B. Bassman 120
100 kg. Master (40-44)
L. Creel 200
100 kg. Master (65-69)
D. Bourland 105
110 kg. Master (55-59)
K. Anderson 185
110 kg. Master (60-64)
R. MacDonald 145
110 kg. Master (45-49)
P. Crow 182.5

56 kg. Novice	SQ	BP	DL	TOTAL
A. Shearer	100	52.5	112.5	265
56 kg. Teen (16-17)				
A. Shearer	100	52.5	112.5	265
R. Allen	100	45	102.5	247.5
60 kg. Open				
P. Dyer	150	87.5	150	387.5
N. Capps	127.5	62.5	152.5	342.5
67.5 kg. Open				
R. Cavett	125	62.5	137.5	325
75 kg. Open				
S. Stroud	125	120	162.5	407.5
P. Carson	147.5	95	157.5	400
56 kg. Submaster				
P. Casper	105	60	125	290
60 kg. Master (45-49)				
P. Dyer	150	87.5	150	387.5
N. Capps	127.5	62.5	152.5	342.5
Men				
75 kg. Novice				
R. Wilson	140	100	142.5	382.5
82.5 kg. Novice				
D. Steen	210	132.5	237.5	580
B. Frasier	182.5	122.5	192.5	497.5
G. Wagenseller	140	100	175	415
F. Arreguin	102.5	—	—	—
100 kg. Novice				
C. Carter	267.5	172.5	250	690
B. Kuykendall	235	147.5	232.5	615
110 kg. Novice				
R. White	275	150	275	700
A. Colletti	257.5	190	245	692.5
125 kg. Novice				
M. Martin	287.5	220	272.5	780
52 kg. Teen (13-15)				
D. Rains	100	42.5	97.5	240
56 kg. Teen (13-15)				
J. Hopkins	102.5	60	117.5	280
60 kg. Teen (13-15)				
J. Mansfield	122.5	72.5	147.5	342.5
67.5 kg. Teen (18-19)				
A. Crawford	—	—	—	—
82.5 kg. Teen (18-19)				
S. Hurley	157.5	122.5	200	480
100 kg. Teen				
E. Wortner	255	160	265	680
A. Shaw	200	137.5	175	512.5
125 kg. Teen(18-19)				
W. McGaugh	200	92.5	215	507.5
67.5 kg. Junior				
J. Ojeda	120	105	170	395
90 kg. Junior				
J. McCombs	207.5	157.5	205	570
T. Tipton	190	142.5	200	532.5
110 kg. Junior				
B. McMurtre	205	150	242.5	597.5
67.5 kg. Open				
D. Freeman	185	122.5	210	517.5
75 kg. Open				
M. Cortinian	315	190	255	760
D. Newcomer	200	137.5	215	552.5
82.5 kg. Open				
B. Dorety	230	172.5	205	607.5
M. Burns	197.5	162.5	217.5	577.5
M. Butler	210	107.5	222.5	540
90 kg. Open				
T. Adkins	297.5	205	285	787.5
K. Stroud	287.5	200	272.5	760
100 kg. Open				
R. Pierce	320	215	282.5	817.5
J. Althouse	242.5	167.5	245	655
S. Bromley	205	165	207.5	577.5

110 kg. Open				
G. Crowder	330	210	295	835
125 kg. Open				
D. Bowie	320	182.5	305	807.5
J. Kenney	282.5	200	297.5	780
R. Bueche	255	192.5	255	702.5
SHW kg. Open				
G. Frank	365	260	352.5	977.5
90 kg. Submaster				
K. Stroud	287.5	200	272.5	760
100 kg. Submaster				
T. Howard	260	187.5	262.5	710
110 kg. Submaster				
G. Crowder	330	210	295	835
J. Capps	300	192.5	280	772.5
B. Barclay	275	182.5	272.5	730
125 kg. Submaster				
D. Bowie	320	182.5	305	807.5
75 kg. Master (60-64)				
B. Rodriguez	185	125	200	510
B. Cox	102.5	57.5	137.5	297.5
82.5 kg. Master (65-69)				
F. Mullin	195	125	212.5	532.5
90 kg. Master (45-49)				
G. Williams	157.5	95	187.5	440
100 kg. Master (45-49)				
J. Lopez	247.5	147.5	280	675

R. Ellis	227.5	140	220	587.5
S. Johnson	182.5	152.5	225	560
J. Hinson	200	152.5	205	557.5
110 kg. Master (40-44)				
R. Patterson	320	220	300	840
125 kg. Master (45-49)				
A. Wood	220	165	215	600
R. Pourciau	185	140	195	520
A. Munger	115	85	260	460

(Thanks to Radar Capehart for the meet results.)

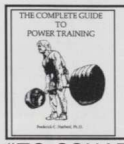
ADFPA Illinois State
19 Jan 97 - Chicago, IL (kg)

Women	SQ	BP	DL	TOTAL
97				
J. Gedney	115	62.5	125	302.5
154				
R. Haas	105	57.5	107.5	270
176				
C. Martin	180	95	180	455
198				
J. Scopacasa	137.5	87.5	112.5	337.5
UNL				
S. Hallen	145	97.5	150	392.5
Men				
114 Open & Submaster				
R. Thompson	142.5	95	205	442.5

132 Teen				
B. Hickey	—	—	—	—
148 Open				
M. Robinson	202.5	135	227.5	565
148 Novice				
M. Berry	190	145	195	530
148 Junior				
A. Yad-GL	160!	130!	170	460!
148 Master 2				
J. Loftus	150	87.5	152.5	397.5
165 Open				
E. Domanski	227.5	127.5	245	600
165 Open				
R. Flores	212.5	132.5	235	580
T. Phillips	192.5	142.5	210	545
P. Kubica	212.5	117.5	205	535
165 Teen 2				
R. Medina	170	127.5	182.5	480
165 Master 4				
R. Flores	212.5	132.5	235	580
181 Open				
D. Wiley	235	157.5	250	642.5
J. Berquist	210	137.5	222.5	570
181 Master 1				
D. Wiley	235	157.5	250	642.5
J. Kinney	175	110	207.5	492.5
181 Master 2				
D. Kalbanter	100	92.5	142.5	335
181 Lifetime				
D. Biesesi	227.5	125	237.5	590

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1990 - 91
O.D. Wilson - Jon Pall Sigmarsson - Magnus Ver Magnusson - Gary Taylor
1992 - 93
Harold Collins - Gary Taylor - Ikka Kinnunen - Magnus Ver Magnusson
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Gary Taylor - Forbes Cowan - Joe Onosai - Magnus Ver Magnusson
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Gerrit Badenhorst, Magnus Ver Magnusson, Joe Onosai, Gary Taylor
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181 Teen 2				
J. Fitzgerald	200	140*	232.5	572.5
181 Junior				
J. Berquist	210	137.5	222.5	570
181 Novice				
J. Berquist	210	137.5	222.5	570
198 Open				
T. Janca	315*	182.5	277.5	775
J. Prusha	275	162.5	252.5	690
T. Olszta	250	150	252.5	652.5
M. Craig	245	142.5	262.5	650
G. Miarka	182.5	140	202.5	515
198 Lifetime				
T. Janca	315	182.5	277.5	775
T. Olszta	250	150	252.5	652.5
M. O'Connor	240	157.5	235	632.5
L. Weiss	227.5	127.5	230	580
198 Master 2				
T. Parks	235	150	217.5	602.5
198 Master 3				
R. Glumac	270	137.5	322.5*!	
730*!				
E. Fink	272.5	107.5	255	635
L. Weiss	227.5	127.5	230	580
R. Fiene	182.5	140	250	572.5
198 Novice				
J. Latronica	257.5	170	262.5	690
G. Miarka	182.5	140	202.5	515
220 Open				
R. Sibigtroth	262.5	200	275	737.5

J. Beatty	265	172.5	292.5	730
B. Ferro	260	175	272.5	707.5
D. Henneberg	247.5	167.5	277.5	692.5
B. Loomis	210	145	215	570
220 Master 1				
B. Ferro	260	175*	272.5	707.5*
220 Master 2				
G. Leininger	215	127.5	245	587.5
B. Dambrawskes	—	—	—	—
220 Submaster				
V. Shenberg	110	90	227.5	427.5
220 Lifetime				
M. Bevins	235	185	272.5	692.5
T. Ray	245	172.5	250	667.5
220 Junior				
D. Henneberg	247.5*	167.5*	277.5*	692.5*
242 Novice				
E. Lusinski	257.5	172.5	265	695
E. Beltran	227.5	145	212.5	585
242 Open				
R. Haas	245	190	237.5	672.5
J. Kreczmer	250	142.5	250	642.5
242 Junior				
J. Kreczmer	250*	142.5*	250*	642.5*
275 Open				
M. Frizzell	300	197.5	250	747.5
C. Verbeck	275	197.5	275	747.5
T. Payne	270	175	247.5	692.5
275 Submaster				
M. Frizzell	300	197.5	250	747.5

319 Open				
L. Karabel	292.5*	247.5*	297.5*	837.5*
T. Ahrens	287.5	227.5	—	—
R. Patterson	—	—	—	—

* state record. ! American record. Best Lifters: Women- Judy Gedney; Novice- John Latronica; Junior- Donald Henneberg; Submaster- Roger Thompson; Master- Rich Glumac; Lifetime- Tony Janca; Open- 1. Tony Janca, 2. Lance Karabel. (Thanks to the ADFPA for providing the results.)

ADFPA Greatest Championships
1 Feb 97 - Rapid City, SD (kg)

Women	SQ	BP	DL	TOTAL
S. Brost-114	100	42.5	122.5	265
B. Howard-123	102.5	52.5	112.5	267.5
K. Dyce-132	100	57.5	120	277.5
R. Catron-132	—	60	140	200
Women Teen				
S. Brost-114	100	42.5	122.5	265
K. Wills-242	90	60	125	275
Men				
114 Open				
T. Carver	127.5	82.5	200	410
C. Robinson	122.5	72.5	152.5	347.5
132 Open				
S. Hansen	162.5	90	200	452.5
148 Open				

J. Amo	192.5	142.5	210	545
S. Hill	170	102.5	202.5	475
165 Open				
P. Bachand	215	127.5	242.5	585
181 Open				
S. Walker	160	145	220	525
T. Mammenga	195	122.5	205.5	523
L. Tucker	157.5	105	172.5	435
198 Open				
J. Timm	242.5	165	260	667.5
T. Schepper	217.5	165	260	642.5
D. Mueller	195	140	200	535
B. Ritter	160	127.5	210	497.5
220 Open				
N. Goncalo	227.5	137.5	227.5	592.5
K. Dary	190	147.5	230	567.5
J. Kronmiller	195	147.5	197.5	540
242 Open				
J. Bloom	220	145	215	580
B. Gassen	215	155	205	575
K. Spell	207.5	—	—	207.5
275 Open				
G. Wagner	320	210	282.5	812.5
E. Harding	227.5	160	260	647.5
319 Open				
J. Hutmacher	—	205	317.5	522.5
Teen (Foster formula)				
C. Robinson-114	122.5	72.5	152.5	347.5
J. Krejci-165	162.5	90	200	452.5
B. Gassen-242	215	155	205	575
T. Mammenga-181		195	122.5	205.5
523				
K. James-165	145	92.5	150	387.5
A. Smith-114	85	65	110	260
A. Snyder-148	87.5	70	137.5	295
J. Schemp-148	87.5	70	137.5	295
Masters				
S. Hill-148	170	102.5	202.5	475
Senior				
S. Merkwan-220	160	165	187.5	512.5

Meet was held in the Howard Johnson Convention Center. As the new ADFPA State Chair putting on his first meet, I want to thank all of the help which included ADFPA Secretary/ Treasurer Andrea Sortwell and Arlyn Dyer of the Weight Room in Rapid City. A special thanks also goes to announcer Dave Alles, sportscaster for Dunammel Broadcasting of Rapid City. The 33 lifters included world record holders Shae Brost and Chad Robinson. Many thanks again to all who participated. (Thanks to Meet Director Steve Howard for meet results.)

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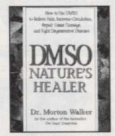
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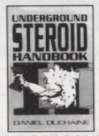
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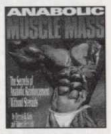
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4th Buckeye Power Day
16 Feb 97 - Wintersville, OH

Bench Press		242 Grandmaster	
Women		F. Gallagher	350
114		242 Open	
J. McVicker	125	C. Piper	430
148		S. Mason	415
H. Scheid	170	B. Williams	390
Men		275 Open	
132 Teen (13-16)		E. Noviski	370
S. Fiorina	200	SHW Submaster	
148 Teen (17-19)		P. Gibson	430
J. Schaffer	275	Deadlift	
148 Novice		Women	
J. Schaffer	275	114	
M. Best	160	J. McVicker	190
165 Teen (13-16)		165 Submaster	
C. Yannon	240	R. Hamsher	445
M. Bean	135	165 Open	
165 Teen (17-19)		G. Page	50
J. Koontz	270	181 Novice	
165 Novice		C. DiSantis	495
J. Little	270	181 Master	
165 Submaster		R. Iona	535
R. Hamsher	260	181 Open	
181 Novice		R. Iona	535
C. Wargo	250	C. DiSantis	495
181 Master		198 Novice	
R. Iona	305	P. Robinson	500
198 Teen (13-16)		C. Cline	500
S. Vucco	260	198 Submaster	
R. Limperos	230	M. Johnson	515
198 Novice		198 Master	
C. Cline	370	B. Bean	580
P. Robinson	330	220 Novice	
198 Submaster		M. Kemais	450
M. Distaulo	430	220 Master	
198 Master		M. Schwartz	580
B. Bean	365	J. Schempp	525
220 Teen (13-16)		242 Novice	
S. Degennaro	170	R. Dowd	390
220 Novice		242 Submaster	
M. Kemats	315	C. Piper	660
242 Teen (17-19)		242 Open	
E. Kratsas	245	C. Piper	660
242 Submaster		275 Novice	
C. Piper	430	M. Stas	475
B. Williams	390	275 Open	
		E. Noviski	560

I would like to extend a special thank you to the following people: Mike Highfield, Sean Mason, Tom Doran, Eric Smith, Bob Kerns, Mike Best, Mikey Palios, Simon DiDomenico, Phyllis DiDomenico, Bob Merriman, Missy, and Janice. Thanks to sponsor Big Al Salvini's Get Strong Gym Wear. (meet results provided by Kerry DiDomenico)

7th Upper Ohio Valley
2 Mar 97 - Wintersville, OH

Bench Press			
Women			
E. McClurg	255		
Men			
114 Teen (13-16)			
A. Bryan	85		
123 Teen (17-19)			
D. Rowland	210		
148 Novice			
J. Cotton	230		
148 Open			
B. Clark	250		
165 Teen (17-19)			
C. Havelka	245		
165 Novice			
M. Webb	300		
J. Little	275		
M. Wilson	200		
165 Master			
J. Brunton	250		
181 Teen (17-19)			
E. Kovach	250		
181 Master			
R. DeAmicis	270		
181 Grandmaster			
P. Brown	290		
198 Teen (13-16)			
J. Haser	165		
198 Teen (17-19)			
S. Kinney	360		
N. Fowler	270		
198 Novice			
M. Bryan	390		
R. Hiltz	340		
198 Submaster			
M. Bryan	390		
R. Frame	270		
220 Teen (17-19)			
M. Roberts	360		
220 Novice			
M. Leikari	330		
220 Submaster			
A. Phillips	250		
220 Master			
K. Burgess	430		
R. Haser	330		
220 Open			
D. Fordyce	370		
242 Novice			
D. Hustack	320		
242 Master			
C. Dobbins	320		
242 Grandmaster			
F. Gallagher	350		
242 Open			
R. Valentine	500		
Deadlift			
132 Novice			
C. St. Peter	350		
181 Master			
R. DeAmicis	470		
181 Open			
M. Staats	490		
198 Teen(17-19)			
S. Kinney	575		
L. Soto	525		
198 Novice			
J. Anadiotis	525		
C. Anadiotis	520		
B. Simashkevich	505		
198 Submaster			
J. Anadiotis	625		
198 Open			
S. Siwiak	630		
C. Anadiotis	520		
B. Simashkevich	505		
220 Teen (17-19)			
M. Roberts	535		
220 Submaster			
A. Phillips	425		
220 Open			
R. Nugent	620		
275 Novice			
A. Wissmen	510		

Thanks to the following people for making this meet possible: Si DiDomenico, Sean Mason, Don Fordyce, Eric Smith, Dale West, Bob Kerns, Phyllis DiDomenico, Caryn Hines, Janice Fishl, Bodyworks Gym, Bob Merimen, Chris Vich, and our sponsor Big Al Salvini's GET STRONG Gymwear. (Thanks to Kerry DiDomenico for providing the meet results.)

Demon Deacon Bench Press
11 Jan 97 - Winston-Salem, NC

Women			
123			
G. Judkins	125		
148			
G. McNiel-BL	205		
165			
D. Cunningham	127		
181			
J. Higgins	130		
Men			
198 Teen			
T. Atkins	325		
148 Open			
D. Allen	275		
S. Jackson	250		
165 Open			
D. Donald-BL	340		
J. Andrews	275		
198 Open			
R. Palgonia	380		
220 Open			
C. Mason	430		
G. Miller	330		
C. Kimbrough	315		
242 Open			
K. Kalama	385		
H. Brim	370		
275 Open			
R. McCaslin	360		
W. Ferguson	360		
181 Submaster			
C. Christakos	275		
220 Submaster			
E. Leupold	375		
220 Master (40-49)			
G. Miller	330		
308 Master (40-49)			
W. Ferguson	360		
181 Master (50+)			
S. Tinga	190		

(Thanks to WFU Strength for these contest results.)

Samson's Bench Press
18 Jan 97 - McKenzie, TN

Women			
D. Wright	180		
M. Overstreet	245		
Men			
Master			
E. Akins	420		
E. Haygood	410		
D. Brown	375		
181 & under (formula)			
K. Perry-148	315		
S. King-174	350		
J. Mathis-133	260		
M. Perritt-165	300		
J. Wray-150	260		
T. Higgs-170	265		
198			
D. Deberry	380		
R. Pearcy	325		
C. Adams	315		
220			
E. Akins	420		
D. Brown	375		
D. Mathews	310		
242			
M. Ulm	460		
R. Cole	405		
J. Cagle	370		
275			
C. Breely	360		
SHW			
M. Barker	500		
B. Deberry	460		
Members only			
Light			
J. Mathis	260		
S. Dameron	245		
Heavy			
C. Adams	315		
B. Craddock	285		

My special thanks go out to all our fine judges and spotters, and they were: Jeff Gooch, Blain Wood, Alan Gooch, Mark Weaver, Steve Dameron, Charla Wolfe, and Jason Gooch. (Thanks to Meet Director Jim Gerhardt for providing the results of this competition to POWERLIFTING USA Magazine.)

USPF Ironworks Gym Powerlifting
7 Dec 96 - Burlington, VT

Women	SQ	BP	DL	TOTAL
Open				
C. Dubray	350	180	405	935
Men				
132 Novice				
J. Laird	225	145	275	645
198 Novice				
M. Hurwitz	205	200	310	715
165 Open				
A. Hamel	560	340	540	1440
181 Open				
D. Lockerby	500	300	510	1310
220 Open				
G. Boyde	735	375	650	1760
T. Holliman	675	445	515	1635
J. Rodgers	490	400	495	1385
242 Open				
J. Whalen	600	410	600	1610
T. Genovese	465	360	570	1395
275 Open				
S. Fassett	595	370	575	1520
D. Hammond	520	350	490	1375
Master				
S. Fassett	575	370	575	1520

Once again Wayne Courcy hosted a USPF sanctioned meet at his gym. The lifting was great and so were all the helpers. December 7, 1996, was once again snowy as has been the case for many of Wayne's meets. The weather did not dampen the lifters' spirits, nor the weights that were lifted by many of Vermont's finest lifters. A big thank you goes to the judges, spotters, and crowd support that was given to all of the lifters. The biggest thank you goes to Wayne Courcy who year after year puts on a meet for the lifters. Job well done. Hope to see everyone next year. (results from Andy Hamel.)

ADFPA New Year's Push & Pull/Raw
18 Jan 97 - Columbia City, IN (kg)

Push & Pull	SQ	BP	DL	TOTAL
Women				
139 Open				
A. Overdeer	150	82.5	150	382.5*
176 Open				
M. Hartle	122.5	65	125	312.5
165 Teen (16-17)				
J Galloway	—	102.5	180	282.5
165 Open				
M. Johnson	202.5	140	235	577.5
181 Teen (16-17)				
J. Savich	—	115	195	310
181 Open				
K. Cook	—	120	227.5	347.5
198 Novice				
D. Leazier	—	120	165	285
198 Open				
D. Stelzer	—	197.5	250	447.5
S. Smith	245	135	250	630
W. Francey	215	167.5*	197.5	580
220 Novice				
K. Slaughter	—	115	160	275
220 Open				
B. Hackworth	—	150	217.5	367.5
242 Open				
M. Robbins	—	177.5	282.5	460
C. Carter	262.5	200*	255	717.5*
275 Open				
M. Hartle	70	200	280	480
319 Open				
R. Foutz	—	162.5	252.5	415
T. Snyder	—	95	225	320
319 Novice				
T. Snyder	—	95	225	320
Raw PL Champs				
148 Open				
R. Wills	172.5	115	205	492.5
165 Master (45-49)				
M. Voland	155	110	182.5	447.5
181 Teen (14-15)				
P. Steelman	160	140!	—	—
198 Open				
P. Dills	215	137.5	220	572.5
220 Open				
D. Barker	250	160	240	650
C. Owens	150	142.5	230	522.5
220 Master (40-44)				
J. Valpatic	207.5	125	237.5	570
242 Open				
G. Kennach	227.5	167.5	170	565
319 Open				
B. Neese	220	187.5	275	682.5
SHW Open				
S. Runyon	307.5	255*	275	837.5*

* state record. ! teen American record. Best Lifter: Push & Pull– Dan Stelzer and Angie Overdeer; Raw PL– Sonny Runyon. (results courtesy of ADFPA)

St. Vincent Christmas Meet
14 Dec 96 - Gulfport, MS

114 Teen (14-15)	SQ	BP	DL	TOTAL
T. Rhodes	231	88	264	584
165 Teen (14-15)				
J. Karelas	429	209	473	1113
148 Teen (16-17)				
T. Caprari	424	220	462	1113
165 Teen (16-17)				
T. Carter	446	220	473	1140
181 Teen (16-17)				
D. Lizana	440	275	402	1118
T. Enroth	418	248	446	1113
198 Teen (16-17)				
J. Gordon	402	347	485	1234
275 Teen (16-17)				
C. Depierne	501	236	446	1184
181 Teen (18-19)				
C. Rhodes	490	231	496	1217
198 Master (45-49)				
J. Wold	440	264	485	1190
SHW Master (45-49)				
J. Lauro	473	314	485	1272
181 Master (50-54)				
J. Barlow	429	347	501	1278
220 Master (40-44)				
T. Syverson	462	314	529	1306
V. Bazzone	391	231	462	1085
275 Master (40-44)				
B. Hughes	507	407	330	1245
220 Master (60-64)				
K. Frances	534	308	600	1443
198 Master (70-74)				
G. Osborn	203	192	303	705
181 Master (45-49)				
D. Rhodes GL	550	325	628	1504
132 Open				
M. Daughtry	203	121	231	567
198 Open				
V. Keyhea	611	352	661	1625
J. Smith	606	418	551	1576
L. Ratcliffe	440	341	501	1284
220 Open				
D. Lott	562	270	551	1383
L. Adams	435	336	501	1272
M. Talerico	374	242	407	1023
275 Open				
G. Moffett	628	314	551	1493

115 Women Master (36-39)

S. Hayes	192	121	259	573
176 Master (45-49)				
M. Hughes	253	121	314	688

GL- guest lifter. Best Lifter: Masters- Karl Frances; Open- Vinson Keyhea; Teen Light- Tony Caprari; Teen Heavy- Chad Rhodes; Team- Rhodes Power Team. MC: Pat Moore. Scorekeeper/ expediter: Jo Moore. Judges: Doc Rhodes, Vinson Keyhea, Chad Rhodes, Larry Tilley, Greg Moffett, and James Lauro. (Thanks to the ADFPA for these results.)

Hanau Championships (kg)
15 Feb 97 - Kirch Gons, Germany

Totals Only		Proft	560
67.5 kg. Women		Franklin	482.5
Hemphill	330	Nolley	400
75 kg. Women		90 kg. Men	
Offutt	267.5	Reed	622.5
67.5 kg. Men		Hemphill	555
Lee	447.5	100 kg. Men	
75 kg. Men		Snadiford	577.5
Holkay	550	Frank	—
Carter	550	110 kg. Men	
82.5 kg. Men		Hermahn	650

Many of these lifters were in their first contest, with other lifters setting personal bests at this contest. Thanks goes to the Kirch Gons Fitness Center for a good meet. (meet results courtesy of Mike Reed.)

All American BP/ DL Classic
7 Dec 96 - New Windsor, NY

Bench Press Only			
Women			
116 Novice			
M. McGready	115		
129 Novice			
M. Hansen	—		
Men			
132 Open			
R. Vella	250		
132 Police/ Fire/ Law			
C. Byrnes	365		
148 Novice			
M. Sola	250		
165 Open			
G. Craig	325		
D. Audette	320		
P. Kerr	265		
165 Lifetime			
B. Faucett	280		
181 Open			
B. Swanson	430		
181 Master (40-44)			
J. Van Allen	390		
181 Master (60-64)			
B. Eccleston	260		
181 Submaster			
W. Mink	300		
P. Carroll	280		
198 Submaster			
R. Ehrhardt	440		
G. Miller	380		
198 Master (45-49)			
M. Makofsky	390		
198 Open			
J. Dalzell	415		
220 Master (45-49)			
R. Viatle	385		
220 Open			
J. Plummer	575		
C. Wallson	420		
220 Novice			
M. Visconti	425		
242 Lifetime			
M. Shaffer	380		
242 Open			
J. Malone	415		
S. Van Brant	400		
M. Murray	360		
242 Master (45-49)			
J. Lyle	330		
242 Master (60-64)			
B. Newell	260		
242 Novice			
G. Tabone	240		
242 Lifetime			
L. Saviano	440		
SHW Open			
D. Alston	415		
SHW Submaster			
R. Smith	435		
M. Tomol	300		
SHW Master (45-49)			
F. Dini	530		
Deadlift Only			
Men			
165 Teen (16-17)			
J. Denofa	450		
165 Open			
B. Moss	480		
198 Novice			
M. Muller	560		
G. Lamparillo	500		
198 Master (40-44)			
P. Foruria	450		
220 Submaster			
C. McElroy	550		
242 Military			
W. Griesbaber	550		
242 Master (40-44)			
M. Bolden	520		
242 Master (50-54)			
J. Dusenberry	535		

Women	BP	DL	TOTAL
139 Open			
T. Johnson	165	315	480
S. Zardezed	120	260	380
154 Open			
T. Feineis	140	250	390
Men			
165 Special Olympic			
B. Lyons	150	325	475
D. DeCamp	185	285	470
148 Lifetime			
D. Dalessandris	240	410	650
148 Submaster			
D. Corsi	265	440	705
165 Submaster			
D. Wilcox	265	405	670
181 Open			
D. Newkirk	—	—	—
181 Master (40-44)			
D. Banik	280	530	810
181 Master (50-54)			
J. Stevens	270	520	790
198 Novice			
B. Lainbousis	265	450	715
V. Ciofalo	275	425	700
198 Open			
L. Fiducia	435	500	935
J. Singler	335	525	860
F. Zardezed	320	510	830
198 Teen (16-17)			
S. Gavin	265	460	725
220 Lifetime			
L. Knowles	370	530	900
220 Master (40-44)			
J. Nyahay	415	375	790
220 Master (55-59)			
E. Brown	315	375	690
220 Police/ Fire/ Law			
D. Wood	315	570	885
220 Open			
J. Plummer	450	575	1025
242 Lifetime Master (40-44)			
C. Slaybaugh	325	590	915
242 Master (40-44)			
D. Cease	400	500	900
242 Master (45-49)			
F. Panazo	305	600	905
242 Teen (18-19)			
T. Greene	320	520	840
SHW Master (45-49)			
F. Filippello	340	475	815
SHW Master (40-44)			
B. Klinger	490	640	1130

(Thanks to the ADFPA for providing the results of this competition to *POWERLIFTING USA*.)

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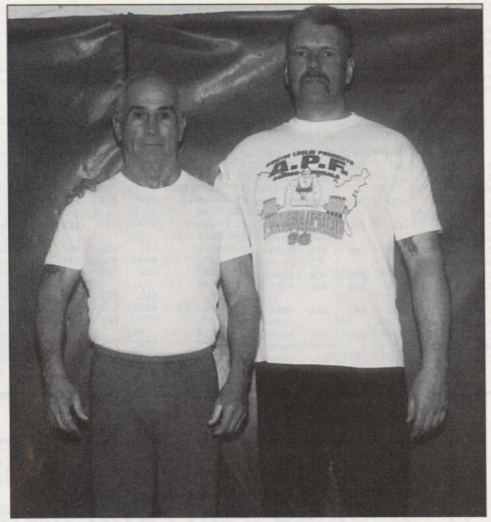
Indiana Open BP/DL Classic
29 Mar 97 - Terre Haute, IN

BENCH PRESS		275	
Women		Mark Vincent	400*
Kim Coy	135	SHW	
Teenage Men (16-17)		Doug Ahr	500*
Andy Gillespie	300*	Travis Besser	340
Teenage Men (18-19)		DEADLIFT	
Sam Gaines	315	Women	
John Batty	290*	Peggy Berry	280
Dan Rector	300	Teenage Men	
Submaster Men		J. Rabensteine	430*
Stiles Corum	500*	Submaster Men	
Rick Wheeler	300	Stiles Corum	610
David Hughes	295	4th	630
Master		John Mazequie	500
Tom McCullough	465	Master	
Melvin Bell	325	T. McCullough BL	700
132		Mike Huddleston	550
Jackson Dowdy	200	148	
148		T. J. Jeffries	400*
T. J. Jeffries	345*	165	
Brett Turchi	240	Shannon Riley	385
165		198	
D. Sanquenetti	300	David Hughes	580*
181		Dave Dillon	550*
Scott Wallace	300	220	
198		Jim Kennedy	480
Dave Dillon	355*	242	
Jason Beai	350*	Clint VanTress	600
220		275	
Tim Guoli	360*	Mark Vincent	550*
242		Paul Harbour	470*
G. Beuchlein BL	570	SHW	
Stiles Corum	500*	Doug Ahr	500
Clint VanTress	465*	Travis Besser	465

*denotes personal best. The Indiana Open Bench Press/Deadlift Classic was held March 29, 1997 at the Terre Haute, Indiana Boys Club. A great facility and a great bunch of lifters provided a great competition with several new personal lifts made. A big thank you for the staff at the boys club for their support and an even bigger thank you for Troy Jeffries and Mike Davis for spotting and loading the entire day!

BENCH PRESS: Kim Coy was the only women lifter, so she easily won her class, but was a bit disappointed with her 135, having done much more in the gym. In the younger teenage class Andy Gillespie set a new personal record with his first 300 bench. In the older teenage class Sam Gaines came from Illinois to win the class with 315. John Batty pr'd 290 for second with Dan Rector third at 300. At submaster Stiles Corum came from Louisville, Kentucky to take the class with a new personal best of 500. Stiles said he had been waiting a long time for that weight and everyone was glad he got it here. Rick Wheeler placed second with 300 at a 178 bwt. with David Hughes third at 295. Tom McCullough took the master class wit*h 465 over Melvin Bell who pressed 325 for second place. At 132 Jackson Dowdy took the class with 200. T. J. Jeffries also got a new pr at 148 with a great 345. He won over Brett Turchi who finished with 240 for the day. At 165 it was David Sanquenetti with a strong 300 for the win. Scott Wallace was unopposed at 181, ending with 300 after missing 315 twice. There was a close competition at 198 with Dave Dillon posting new pr's on his last two lifts, ending with 355 for the win. Second was Jason Beai who also set two new pr's ending with 5 lbs. behind Dave, but still a new personal best of 350! Tim Guoli looked great at 220, and even though unopposed he pushed himself to a new personal best of 360. Tim also served as head judge for the deadlift competition. Thanks Tim. At 242 the big boys came out with Glenn Beuchlein on top with 570 which also gave Glenn best lifter honors for the bench press competition. A fourth attempt at 590 just wasn't there on that day, but it won't be long before 600 will go for Glenn! Second at 242 was Stiles Corum with that great 500 while third place went to Clint VanTress who got a new personal best of 465. At 275 Mark Vincent finally got his 400 for the win. Great lift Mark! Then at SHW there was a lot of beef! These two guys weighed almost 700 together both lifting for the first time and both really nice guys!(W*hat else would I say!) Doug Ahr finished with 500 for the win over Travis Besser who finished with 340. Doug tried 550 twice for a new pr but couldn't quite lock it out. Both of these guys have a lot of potential though and before long I'm sure we'll see some big numbers from both of them.

DEADLIFT: Peggy Berry came to pull 300 and gave it a great effort, stopping just short of lockout. Having to finish with 280; its just a manner of time! Top teenager Joseph Rabensteine pulled strong finishing with a new personal record of 430. Stiles Corum took the submaster class with a strong 610 third attempt, following that with a stronger 630 fourth. Second to Stiles was local lifter John Mazeqie who finished with a strong 500 at 178 bwt. Master lifter Tom McCullough took that class as well as best lifter in the deadlift competition with a strong 700 pull. Tom lost his grip at 725 on his final attempt. Mike Huddleston pulled a great 550 weighing only 181 for second place. 148 lb. lifter T. J. Jeffries continued his winning ways with a great 400 lb. pull at 146! Shannon Riley took the 165's with 385 missing only his final attempt. At 198 it was the great pulling of David Hughes that once again took the class. David pulled a new pr at 198 with a strong 580 for the win. Dave Dillon, lifting in his second competition ever, finished with 550 for second just missing 585 for the win. Jim Kennedy took the 220's with 480 along with Clint VanTress taking the 242's with 600. Both had kind of off days, maybe because of the lack of competition. At 275 Mark Vincent posted another new personal be*lt with a 550 pull missing 600 twice. Paul "Hoss" Harbour was second with another pr of 470. At SHW it was the two "beef Boys" Doug and Travis. Doug pulled 500 for the win over Travis, who finished with 465. Team honors went to the 6th Street Gym of Clinton, Indiana, consisting of Scott Wallace, David Sanquenetti, Jason Beai, Brett Turchi, Jackson Dowdy, and Rick Wheeler. We had a great time in Terre Haute and will return on May 10 for the Western Indiana Championships. Thanks again to all who helped, especially since I just got my arm out of the cast and my wife Susie got one on her arm that same day! (results courtesy Dr. Darrell Latch)



66 year old Frank Richey *with Meet Director Jim Stevenson at the 6th annual Kinross Powerlifting Meet. (photograph taken by Jerry Hessell)*



Stiles Corum *of Louisville, KY with his trophies at the Indiana Open BP/DI Classic. Stiles got a PR 500 BP, pulled the biggest deadlift of the meet with a 630, and took 1st in the Submaster BP and DL. (Darrell Latch)*

Sixth Annual Kinross PL Meet
22 Mar 97 - Kinicheloe, MI

Pure Division	SQ	BP	DL	TOTAL
154				
HALL	305	265	415	985
RICHEY	315	250	390	955
LINTZ	300	215	375	890
170				
FORSHEE	415	280	465	1160
DAVIS	365	250	385	1000
AKANS	290	245	390	925
187				
GODDARD	400	235	460	1095
TIBBS				
205				
BUTLER - EL	675	405	600	1680
BRYANT	495	295	500	1290
SPEARMAN	435	325	525	1285
STEVENSON	500	295	435	1230
PELCHAT	405	295	440	1140
SPEIGHTS	350	325	465	1140
LABAR	385	285	450	1120
REPTIK	300	275	440	1015
JAMES				
227				
TURNER	615	405	615	1635
VASSER - BEY	675	370	570	1615
STALLWORTH	500	360	630	1490
FAULKNER	575	340	550	1465
250				
SACHES	550	325	500	1375
315				
HOLIFIELD	500	420	640	1560
NATURAL DIVISION				
154				
RICHEY	315	250	390	955
205				
STEVENSON	500	295	435	1230
227				
VASSER-BEY	675	370	570	1615
250				
SACHES	550	325	500	1375
SUBMASTERS DIVISION (35 - 39)				
227				
VASSER-BEY	675	370	570	1615
MASTERS I DIVISION (40 & Over)				
205				
STEVENSON	500	295	435	1230
250				
SACHES	550	325	500	1375
MASTERS III DIVISION (60 & Over)				
154				
RICHEY	315	250	390	955

Meet Director: Jim Stevenson. Meet Coordinator: Michael P. Yeadon. For the sixth straight year, the Kinross Powerlifting Club put on it's annual NASA Open. The depth of lifting and the quality of performance was nothing short of tremendous. In the 154 pound weight class, 66 year old Master III Frank Richey from West Branch, Michigan stole the show. Lifting in only his second meet, he put together some fine lifts. Frank, we thank you for coming and hope to see you again. Lifting on short notice, Eric Forshee took first in the 170 pound weight class. 187 pound record holder Tibbs bombed with a 700 pound squat; so it's back to the drawing board for Mr. Tibbs. Showing what a truly good sportsman he is, Tibbs did help many lifters get ready for their lifts. Leon Goddard made some vast improvements in his lifts at this meet setting PR's in the squat and deadlift to take first place in that class. Perfectly executed lifts by Butler-El earned him first place in the 205 pound class and the title of Best Lifter. A tussle between newcomer Bryant and Jeff Spearman found Jeff on the short end of the stick by only 5 pounds and a third place finish. Vasser-Bey's dramatic 675 pound squat in the 227 pound class put him ahead of Turner by 25 pounds at subtotal time. But Turner continued his amazing display- a 615 pound pull gave him the win over the man they call the "Fox." Third place once again came down to deadlifts, with American Bandstand's own 52 year old Roy Falkner vs. MTV's Mr. Grind himself, Carl Stallworth. Roy couldn't match the pulling power of the big youngster, but did set KCF records in all three lifts and a total that I'm sure will stand for many years. KCF Powerlifting Club strong arm Chuck Saches lifted alone in the 250 pound class and gave us a day's work and a job well done. I was glad to see him getting back into the swing of things. Top dog in the bench and deadlift went to 315 pound class winner Holifield who pushed 420 and pulled 640, not to mention having set four KCF records for that class. I want to thank all the workers who made this meet run the way it did, and to Mike Yeadon for his continued sponsorship and promotion of powerlifting here at KCF. (Thanks to Jim Stevenson for providing these contest results)

Midwest Supernatural BP & DL
22 Feb 97 - Tuscola, IL

Bench Press		Deadlift	
Teenage Men		Teenage Men	
Ian Russell	355 *	Ian Russell	500
Women		Submaster Men	
Sue Ramig	145 *	Jim Kennedy	465 *
148		4th	500*
Bill Henning BL	370	Master Men (60 - 69)	
T.J. Jefferies	325	Harry Landers	370
165		(4th)	410 *
James Hall	340	Allen Glass	350 *
Doug Myers	260	(4th)	365 *
181		148	
B. Ratajazyk	370 *	Bill Henning	405 *
Scott Poore	355	165	
198		Doug Myers	355 *
Joseph Gicewicz	240	(4th)	375 *
220		181	
John Oelkers	385 *	B.n Ratajazyk BL	575 *
Tim Guoli	325	198	
Robert Sherer	315	Steve Vollmer	500
Master Men (50 - 59)		Joseph Gicewicz	450
Jim Raburn	200	220	
Master Men (60 - 69)		Robert Scherer	450 *
Allen Glass	255	(4th)	475 *
Master Men (70 - 79)		Tim Guoli	445
T. L. Mackey	250	John Oelkers	445 *
		(4th)	455 *

* Personal Best. The Midwest Supernatural Bench Press/Deadlift Championships were held at Son Light Power Gym in Tuscola, Illinois on February 22, 1997. A good turnout provided exciting lifting which included several new personal records from a number of competitors. BENCH PRESS - In the bench press competition, it was the return of Indiana's premier teenage lifter, 16 year old Ian Russell from Vincennes. Ian benched strong with a 355 personal best, just missing 365 on his final attempt. The lone women's competitor was first time lifter Sue Ramig. This ex - gymnast blew away her first three attempts ending with a new personal record of 145, lifting at a 124 bwt. Winning at 148 and also taking best lifter honors for the competition, Bill Henning finished with 370 after missing that same weight for his second attempt. Bill is an especially good natured lifter, especially since I *picked* on him throughout the competition. Second at 148 was first - timer T.J. Jefferies, who lifts out of Powerhouse Gym in Kokomo, Indiana. His 325 matched his previous best, but more than that gave T.J. some valuable experience for future competitions. James Hall continues his winning ways at 165 with 340. That wasn't much consolation, though, for the $75.00 speeding ticket he got hurrying to get here! Second at 165 was Doug Myers with 260. A third attempt at a PR 285 didn't quite lock out, though it is certainly within Doug's reach. 181 lb. winner Brandon Ratajazyk started a great day of lifting with a personal best 370 on his final attempt. Once Brandon perfects his form, I'm sure 400 will go soon! Second at 181 was Indiana native, Scott Poore, who finished with 355. Scott had the best form of all the lifters in the competition, showing much potential. Joseph Gicewicz took the 198s with 240, just missing the lockout of 270 for his final attempt. Joseph has been losing weight to meet the Marines' requirements, as he attempts to re - enter the service. John Oelkers, lifting in his first competition, finished with 385 for a new personal best along with his first win. A fourth with 405 didn't quite go. Second at 220 was Tim Guoli with 325. A slight shoulder injury on his second attempt caused Tim to pass on his third. Third in this class was Robert Scherer who finished with 315. Robert missed a third attempt of 335, which would have given him second place. Master 2 lifter Jim Raburn, from Hillsboro Health & Fitness took that class with a strong 200 at a 124 bwt. This 54 year old Illinois lifter showed good form as well as plenty of potential for more. Master 3 lifter Allen Glass also looked strong ending with 255 for the win. Soon to be 69 years old, Allen is looking trim and muscular as he prepares for the Muscle Media 2000 Lamborgeni give - away. Seventy one year old T.L. Mackey came to lift and knew exactly what he wanted to do, ending up with 250, just like he said he would. T.L. said he would get 300 before long, and with the way he handled 250, I'd say that time would be real soon. DEADLIFT - In the deadlift competition, Ian Russell continued his winning ways with a strong 500 pull. Ian seemed a little out of the groove on his third attempt with 520 not moving past the knees. I know he was a little disappointed but that 550 will come soon, Ian! Second timer Jim Kennedy showed real power as he took the submaster class with a 465 third and 500 third attempt. Both were new personal records for Jim. Master 3 winner Harry Landers also showed raw power making 370 for his third, then calling for a new personal best of 410 for his fourth. That power returned as Harry pulled the weight to completion! Not bad for a 67 year old black belt karate *kid!* Second at Master 3 was Allen Glass who finished with a PR 350 (which was purposely misloaded by 5 additional pounds). When Allen remarked "that wasn't too bad" I made him go for a fourth (also misloading the bar again). Shoot, Allen only wanted to go up by 5 lbs.; instead he ended up with a new PR of 365, 20 pounds over his previous! At 148 it was Bill Henning also with a new PR of 405. A final attempt of 425 was too much for this day; but hey, this was only the second deadlift competition Bill has ever entered. Doug Myers won the 165s with three new PR's, ending with a fourth attempt 375. At 181 Brandon Ratajazyk showed real determination after missing a third attempt of 575 by coming back and getting it on his fourth. Not only was this a new PR for Brandon, it also helped him to win best lifter honors for the Deadlift competition. At 198 it was Steve Vollmer with 500 for the win. 530 was almost at lockout when Steve gave up, for a new personal record. Second at 198 was Joseph Gicewicz who pulled all three of his attempts to lockout, ending with a new personal best of 450 (sumo style). The final class, the 220s proved the closest class of all, and the most exciting. Coming out on top was Robert Scherer who ended with 450 on his third, making 475 on his fourth for new PR's. Second was Tim Guoli whose third pull was 445 at a 212 bwt. This bested John Oelkers who also pulled 445 on his third, weighing in at 220. John's fourth attempt at 455 was another personal best. Thanks to all who helped, especially to my wife Susan. (courtesy of Dr. Darrell Latch).



Best Lifter *in the Deadlift competition at the Midwest Supernatural BP/DL Championships with a personal best pull of 575 at 181 bodyweight was Brandon Ratajazyk, who also PR'ed in the bench with 370. (photo provided courtesy Meet Director Dr. Darrell Latch)*

NASA Texas Regional PL/BP Championships - Nov/96 (kg)

Powerlifting	SQ	BP	DL	TOTAL
170.80				
E. Jusino	205	115	240	560
187				
S. Ramage	265	192.5	220	677.5
205				
W. Leblue	260	190	255	705
187				
B. Wheeler	115	107.5	175	397.5
205				
J. Difidi	240	150	262.5	652.5
170.80				
J. Werner	180	115	192.5	487.5
205				
L. Johnson	320	205	272.5	797.5
205				
A. Stephenson	250	182.5	262.5	695
205				
C. Billings	252.5	162.5	262.5	677.5
205				
Louis Ciconni	282.5	147.5	245	675
205				
D. Shoultz	175	137.5	200	512.5
187				
J. Cantu	185	130	207.56	522.5
205				
A. Stephenson	250	182.5	262.5	695
154.30				
J. Morgan	192.5	110	172.5	475
205				
L. Johnson	320	205	272.5	797.5
205				
W. Adams	272.5	185	285	742.5
205				
L. Ciconni	282.5	147.5	245	675
154.30				
G. Edwards	167.5	120	182.5	470
205				
S. Kivela	232.5	160	237.5	630
205				
R. Michelotti	155	115	192.5	462.5
Power Sports				
187				
P. Gomez	0	0	245	245
Bench Only				
154.30				
B. McGee	0	145	0	145
187				
S. Ramage	0	192.5	0	192.5
187				
P. Gomez	0	175	0	175
205				
D. Barnum	0	167.5	0	167.5
170.80				
G. Johnson	0	135	0	135
205				
E. Evatt	0	132.5	0	132.5
205				
E. Evatt	0	132.5	0	132.5
187				
P. Gomez	0	175	0	175
205				
E. Evatt	0	132.5	0	132.5
205				
J. Carson	0	152.5	0	152.5
205				
E. Evatt	0	132.5	0	132.5
205				
W. Adams	0	185	0	185
170.80				
K. Murphy	0	150	0	150
Powerlifting				
250.20				
L. Sanders	192.5	137.5	205	535
280				
L. Prince	277.5	195	230	702.5
227				
P. Davis	227.5	122.5	240	590
227				
J. Goodson	295	185	287.5	767.5
280				
S. Kiefer	247.5	165	232.5	645
227				
L. Washington	275	180	277.5	732.5
250.20				
B. Lewis	155	95	205	455
170.80				
M. Wheeler	137.5	62.5	120	320
Bench Only				
280				
L. Prince	0	190	0	190
227				
C.R. Holland	0	182.5	0	182.5
250.20				
R. Moultry	0	205	0	205
250.20				
W. Jones	0	167.5	0	167.5
227				
E. Doublin	0	215	0	215
280				
D. Menchaca	0	225	0	225

(Thanks to NASA for providing these meet results).

Unified Strength Alliance Platform

Each month the Unified Strength Alliance will share news, ideas and upcoming events in this article.

We have meets planned for each month, starting with July 26 being the Beast on the Beach bench/deadlift. Many festivities are planned to coincide with the meet such as a volleyball tournament and awards presented by the Hooter Girls.

In August the PA State Championships will be held in Lancaster by Tim's Gym along with Gary Heisey. This meet has a great reputation. They will have three monolifts and some great awards. This is one of the best run meets I've ever been to.

In September we will have a bench/deadlift meet at St. Mary's Health and Recreation in St. Mary's, PA.

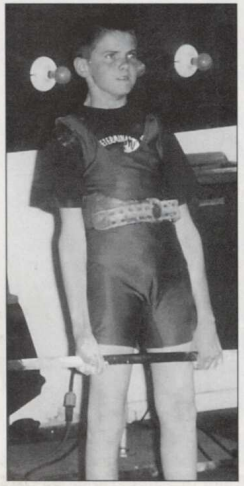
In November in Harrisburg, PA the weekend of Nov. 22-23 will be the Unified Strength Alliance Championships. We have a big meet site and four monolifts to put on what I guarantee to be one of the best meets you could ever go to.

December brings a bench meet at R & A's Fitness Factory in New Holland, PA.

For more information on the Unified Strength Alliance call 1-717-761-3843 or 814-723-3442. If you are interested in presenting a meet or getting involved with the Unified Strength Alliance please call.

Carolina Cup PL/BP/DL Champ.
8 Mar 97 - Florence, South Carolina

BENCH PRESS			DRUG FREE 242		
WOMEN			R. FINLEY		350s
DRUG FREE 123			SUBMASTER OPEN 242		
C. TROUTMAN	135		R. FINLEY		350
DRUG FREE 148			JUNIOR 275 (20 - 23)		
J. FINLEY	75		WASHINGTON		475
SUBMASTER 148			JUNIOR		
J. FINLEY	75		DRUG FREE 275		
NOVICE 148			WASHINGTON		475
J. FINLEY	75		DRUG FREE 275		
SUBTEEN 165 (11- 12)			J. TANCIL		605w
C. FINLEY	85		WASHINGTON		475
DRUG FREE 181			OPEN 275 LB.		
R. SMITH	425		J. TANCIL		605
OPEN 181			WASHINGTON		475
R. SMITH	425		DRUG FREE 275 (40 - 44)		
R. HEYD	390		J. TANCIL		605w
198 (40 - 44)			OPEN 275 (40 - 44)		
J. CHAUVOT	375		J. TANCIL		605w
SUBMASTER 198			RAW 181		
M. SECHREST	425		R. SMITH		415
OPEN 198			RAW 220 (45 - 49)		
W. MURREY	460		B. POSTON		235s
J. COOK	455		RAW 220 (50 - 54)		
M. SECHREST	425		C. SUMMERS		300s
OPEN 220 (45 - 49)			RAW 220		
B. POSTON	260		C. SUMMERS		300
OPEN 220 (50 - 54)			B. POSTON		235
C. SUMMERS	320		RAW 242		
DRUG FREE 220			R. FINLEY		320
(45 - 49)			RAW SUBMASTER 242		
B. POSTON	260		R. FINLEY		320s
DRUG FREE 220			RAW 275		
(50 - 54)			J. TANCIL		550w
C. SUMMERS	320s		WASHINGTON		475
DRUG FREE 220			RAW 275 (40 - 45)		
(40 - 44)			J. TANCIL		550w
D. McMILLAN	510		DEADLIFT		
4TH: 555w			SUBTEEN 114 (11 - 12)		
OPEN 220 (40 - 44)			J. BRIGGS		200s
D. McMILLAN	510		SUBTEEN 165 (11 - 12)		
4TH: 555w			C. FINLEY		165s
OPEN 220 LB.			198 (40 - 44)		
D. McMILLAN	510		J.CHAUVOT		505s
4TH: 555 w			OPEN 198		
C. SUMMERS	320		M. SECHREST		655
B. POSTON	260		SUBMASTER 198		
DRUG FREE 220			M. SECHREST		655
D. McMILLAN	510		DRUG FREE 198		
C. SUMMERS	320		J. CHAUVOT		505
B. POSTON	260		NOVICE 220		
TEEN 242 (13 - 15)			J. BELIN		325
B. CORMACK	280w		SUBMASTER 242 LB.		
SUBMASTER			R. FINLEY		405
			TEENAGE 275		
			T. BOWERS		390
FULL POWER	SQ	BP	DL		TOT
WOMEN'S DRUG FREE					
S. FRAZIER	250 sc	175 sc	335 sc		760 sc
WOMEN'S OPEN					
S. FRAZIER	250 sc	175 sc	335 sc		760 sc
WOMEN'S NOVICE					
S. FRAZIER	250	175	335		760



12 Year Old Johnny Briggs pulled 200 at a bodyweight of 95 pounds.



***Jerry Tancil** (43) gets the "rack" command after making a 605 bench press look easy at the Carolina Cup. (photos courtesy of Scott Taylor)*

TEEN 148				
S. CHAUVOT	260	175	290	725
SUBTEEN 165 (11 - 12)				
C. FINLEY	150 s	85 s	165 s	400 s
TEEN 181				
T. WHITE	365	260	430	1055
OPEN 181				
T. WEEKLY	455	355	515	1325
R. HEYD	345	390	420	1155
OPEN 198				
M. SECHREST	740 n	425	655	1820n
W. MURRAY	575	460	565	1600
J. CHAUVOT	450	375	505	1330
DRUG FREE198				
W. MURRAY	575	460	565	1600
J. CHAUVOT	450	375	505	1330
MASTER 198 (40 - 44)				
J. CHAUVOT	450 s	375 s	505	1330 s
DRUG FREE 220				
J. BELIN				
SUBMASTER 242				
R. FINLEY	465	350	405	1220
DRUG FREE 242				
R. FINLEY	465	350	405	1220
TEEN 275				
J. BOWERS	135	180	390	705
NOVICE 275				
J. BOWERS	135	180	390	705

n denotes North Carolina Record. s denotes South Carolina Record. wdenotes World Record. POWERLIFTING OPEN BEST LIFTER: MARTY SECHREST. POWERLIFTING DRUG FREE BEST LIFTER: WILLIAM MURREY. BENCH PRESS OPEN BEST LIFTER: JERRY TANCIL. BENCH PRESS DRUG FREE BEST LIFTER: JERRY TANCIL. DEADLIFTER OPEN BEST LIFTER: MARTY SECHREST. DEADLIFTER DRUG FREE BEST LIFTER: JOEL CHAUVOT. 1ST PLACE POWER TEAM: MAXIMUM POTENTIAL POWER TEAM. 1ST PLACE BENCH PRESS TEAM: GOD'S SQUAD POWER TEAM. This year's event was pretty successful and efficiently run. This was due to the fine staff of meet helpers provided by Carolina Barbell Club and the professional job done at the score table by VerLinda McMillan and Elsie Barino. Judging was top notch. We received some very favorable comments on the judging of the squat. The lifters liked the consistency of the judging and the fact that you perform a squat that has always been the standard for depth. Some had competed in newer federations where they felt some of the old favorites only had to perform a half squat to be considered for a record. I'm glad they liked doing it the right way. The 11-12 year old category was a big hit. It was fun to see these kids lifting. These kids will grow up to be success stories because they are doing something positive with their time at an early age. Mom and Dad were there to encourage them which makes all the difference in the world. They did some very nice lifting that would make an older teenager take note! Sheila Frazier had a good day setting new South Carolina records on the squat, bench, deadlift and total. She pulled a nice 335 with plenty to spare. William Murray and Marty Sechrest both took home the full power best lifter honors in their respective divisions. Marty just missed a 770 at 197 squat! He was just a hair high and settled for his second attempt with 740. The bench event was very exciting. The big battle was between Jerry Tancil and Danny McMillan. McMillan who is 44 years of age benched 555 for a record attempt at a bodyweight of 207! Tancil at 43 years of age and a bodyweight of 275 smoked 605 and was nearly successful with 610 for a record attempt! Big Maurice Washington was looking good. At 21 years of age the big guy competed without any supportive gear and benched 475 easily. He just missed 500. People have been trying unsuccessfully to talk him into wearing a bench shirt. One can only wonder what he will be benching when he reaches McMillan and Tancil's age? The raw division was dominated by Jerry Tancil who came back to perform raw lifts after a 610 attempt. The guy still had plenty of gas left and ended up with a 550 performed with ease. Obviously, he had much more in him. I think the big man will end up doing 600 without supportive gear. In the deadlift event, 41 year old Joel Chauvot performed a nice 505 at 195.25. He ended up with the drug free best lifter award. Marty Sechrest dominated the Open classes with a nice 655. Special thanks to all of the spotters/loaders, scorekeepers for doing a great job. I would also like to thank the lifters who were very supportive of each other (even those competing in the same class). It was a great day and very enjoyable for all. (Scott Taylor).

APF Tennessee State
15 Mar 97 - Murfressboro, TN

Women	SQ	BP	DL	Total
M. Overstreet	350	230	430*	1010
B. Steele	255	145	250	650
M. Mikels	140	95	160	395
Masters				
R. Perry	430	260	450	1140
S. Mikels	405	275	365	1045
Jr. State 148				
R. Griggs	375	215	425	1015
J. McKinney	265	280	370	915
P. Prater	250	200	320	770
165				
W. Foster	410	315	500	1225
P. Vandiver	380	215	375	970
181				
P. Kerley	505	400	555	1225
J. Walker	420	310	450	970
198				
C. Mains	600	370	560	1530
J. Moore	460	325	515	1300
S. Anderson	435	345	425	1205
K. Tucker	475	250	450	1175
220				
S. Hartsfield	600	410	575	1585
J. Robinson	600	365	475	1440
J. Carter	565	365	555	1385
C. Burns	460	370	480	1310
C. Etheridge	525	340	425	1290
H. Strain	410	290	500	1200
242				
A. Crisler	680	470	650	1800
D. Madison	430	265	450	1145
D. Brown	135	405	135	675
275				
P. McClarty	610	370	575	1555
C. Grazer	525	365	500	1390
Open 148				
S. Seagraves	500	275	450	1225
R. Griggs	375	215	400	1015
J. McKinney	265	280	370	915
165				
B. Tankersley	480	320	520	1320
W. Foster	410	315	500	1225
181				
P. Kerley	505	400	555	1460
T. Locke	440	280	450	1170
198				
C. Rogers	650	365	660	1675
C. Mains	600	370	560	1530
S. Phares	605	315	530	1450
K. Tucker	475	250	450	1175
220				
S. Jenkins	600	410	575	1585
S. Hartsfield	600	410	575	1585
J. Gerhardt	620	390	555	1565
242				
A. Crisler	680	470	650	1800
D. Madison	430	265	450	1145
275				
J. Henley	800	480	670	1950
P. McClarty	610	370	575	1555
C. Grazer	525	365	500	1390
SHW				
M. Barker	525	365	500	1390
Guest Lifter	750	510	500	1760
W. Wessels	920	620	760	2300

*Indicates State Record. Mona Overstreet - DL. Best Lifter: Jr. State - Andrew Crisler. Best Lifter: TN State - Jeff Henley. Team Champion: Power House Gym. Thanks to my wife Mary, and my son Hagan. Announcer: Mona Overstreet. Scorekeeper: Carolyn McAdams. Loaders: Lee Barrett, Seth Kovaskitz, Chad King, Jimmy Knox, Darren Rothrock, Phan One. Judges: Darrell Latch, Mark Phillip, Dwight Hooper, Mike Bell, Donnie Smith. Thanks to Pat Stidham & Charlie Grazer for their help. Thanks to Willie Wessels for coming to Guest Lift, he did some great lifting totaling 2300 lbs. (courtesy Troy Hicks).

To the IPF President from Louis B. Priluker, Attorney at Law: (5/23/97) RE: U.S. Powerlifting Federation v. International Powerlifting Federation. "Please be advised that this office represents the USPF in the above captioned matter. It has come to my attention that the IPF has been attempting to disband, disrupt and/or sabotage the USPF.

Accordingly, although I have the utmost respect for you and your organization, please accept this as formal notice that should the USPF's status be compromised in any way as the result of your or your organization's activities, we shall not hesitate to institute legal action for, inter alia, Sherman Act anti-trust violations, tortious interference with prospective economic advantage and intentional and negligent infliction or emotional distress on the various USPF officials.

Notwithstanding the above, we would much prefer an amicable resolution of this matter which would strengthen and enhance our respective organizations rather than factionalize and diminish them.

I will be out of town until June 3, 1997. I would appreciate hearing from you shortly thereafter." Very truly yours, *Louis B. Priluker.*

ANPPC Drug Free High School
1 Mar 97 - Mt. Vernon, IL

GROUP I	SQ	BP	DL	TOTAL
(13 - 15 year olds)				
95				
V. Schlageter (14)	200*	65	175*	440*
105				
Dan Crocker (14)	155	110	205*	470*
D. DelVecchio (15)	180*	90	175	445
114				
I. Bare (14)	140	85	185	410
123				
T. Watts (15)	220*	120	235	575
132				
D. Westra (15)	200	155	250*	605*
148				
J. D. Barford (14)	175	150	225	550
165				
M. Roesser (15)	240	170	285	695
181				
A. Gentles (15)	435*	150	335	920*
R. Navas (15)	350	115	350*	815
M. Howard (15)	275	180	290	745
J. Ahern (15)	290	155	290	735
198				
J. Gayer (15)	215	215*	230	660
220				
J. McDermott (15)	370*	215	300	885*
R. Copeland (15)	215	170	325*	710
T. Klaybor (15)	275		—	
SHW				
R. Sledge (15)	190	135	190	515
GROUP II				
(16 - 18 year olds)				
132				
J. Del Vecchio (17)	265*	135	330*	730*
C. McGee (16)	230	140	230	600
J. Matney (16)	185		230	415
148				
D. Lowery (16	)265*	225*	295	785*
M. Rotramel (17)	250	145	305	700
C. Williams (16)	225	155	320*	700
B. Penn (17)	185	200	280	665
B. Lake (16)	215		250	465
S. Barkdale (17)				
165				
J. Madejczyk (16)	375	240	400*	1015*
M. Anderson (18)	390*	195	385	970
R. Frazier (16)	315	250*	400*	965
N. Stieber (18)	285	240	350	875
T. Bare (17)	340	185	340	865
S. Smith (16)	225	215	270	710
J. Feldman (17)				
181				
T. McDonald (17)	315	250*	370	935*
L. Judge (16)	340*	235	335	910
J. Lanum (16)	320	230	345	895
R. Juhl (18)	235	210	340	785
M. Andrews (16)	285	155	335	775
M. Lynch (17)	225	165	375*	765
E. Martin (18)	300		375*	675
D. Williams (17)	225	195	250	670
198				
L. Cox (17)	430*	260*	335	1025*
J. Crocker (16)	335	205	335	875
220				
F. Woods (17)	425*	290*	450*	1165*
C. Whitehead (16)	275	200	350	825
242				
M. Novoseletsky (17)	405*	290*	415*	1110*
275				
J. Mays (16)	275	190	440*	905*
D. Hoffman (16)	330*	215	315	860
J. Cox (16)	260	185	340	785
SHW				
E. Vorassi (17)	540*	300*	465*	1305*

*Indicates High School national records. The second annual ANPPC HIGH SCHOOL NATIONALS were held on March 1, 1997 in Mt. Vernon, Illinois. We wish to thank our hosts, the Mt. Vernon High School Weightlifting Club, especially coaches Butch Karras and Aaron Hill. Also, thanks to Art D'Antonio and his team of great athletes from New York; coach Dan Mings of Illinois who had the largest contingent of lifters at the meet; coach Mark Steward of Indiana and his athletes; and all the other coaches and athletes who helped make this a very exciting and eventful meet. Thanks also to all the assistants, who helped with the judging, spotting and loading; and to the audience of parents and friends, who added to the excitement and enthusiasm. The lifters were separated into two (2) age groups: group one (13 -15 year olds) and group two (16 - 18 year olds). Both groups including all standard powerlifting weight classes as required. Group one, all 13 - 15 year olds, got off to a great start with Vinny Schlageter setting the standard for all lifters, with a phenomenal 200 squat at only an 84 bodyweight. Vinny set records in the squat 200 lb. and deadlift 175 lb. and his total 440 lb. in the 95 lb. class. Dan Crocker, at 105, recorded a 205 deadlift and 470 total for first place in the 105 lb. class. Dave Del Vecchio took second place with a 445 total, while setting a new record 180 squat. Ian Bare, one of the youngest and most enthusiastic lifters, got good scores in each lift, taking first place in the 114 lb. class. Traven Watts excelled in taking the 123 lb. class, matching the record 220 squat and getting a 575 total. Doug Westra won the 132 lb. class recording a 250 deadlift and 605 total. J.D. Barford took the 148 class with all good lifts and a 550 total. Matt Roesser took the 165 class with a 695 total. Alex Gentles beat all competitors in his group with an unbelievable and perfectly executed 435 squat at only 167 bodyweight. Alex won the 181 class with a record 920 total. Randy Navas finished second with a record 350 deadlift and 815 total. Mikel Howard finished third with the best bench and a 745 total. Jason Ahern finished fourth with a 735 total. Jason should have dropped that extra two pounds - he would have easily won the lower weight class. Josh Gayer won the 198 class with a record 215 bench and a 660 total. Joey McDermott took the 220 class while recording a 370 squat and record 885 total. Reece Copeland was second with a record 325 deadlift and 710 total. Tyson Klaybor at 275 did not lift. Russell Sledge completed this group with a 515 total. Group two, all 16 - 18 year olds, provided even more excitement and great lifting. James Del Vecchio won the 132 class with a record 265 squat 330 deadlift and 730 total. Cory McGee was second with a 600 total. Josh Matney who missed the bench finished third with a 415 total. David Lowery excelled in the 148 class setting records in the squat 265 the bench 225 and total 785, for first place. Mark Rotramel and Cody Williams finished with 700 totals, taking second and third respectively. Ben Penn finished with 665 for fourth. Brad Lake with 465 finished fifth. Shaun Barksdale did not perform. Jason Madejczyk beat out a very competitive 165 class with a record 400 deadlift and 1015 total. His teammate Marty Anderson recorded a great 390 squat and 970 total for second place. Ron Frazier was a close third with a record 250 bench a matching 400 record deadlift and a 965 total. Nick Stieber 875 total, Travis Bare's 865 total and Shea Smith's 710 total were fourth, fifth, and sixth respectively. Jeffrey Feldman did not lift. Trevor McDonald won the 181 class with a record 250 bench and 935 total. Lincoln Judge took second with a record 340 squat and 910 total. Jon Lanum took third with all good lifts for a 895 total. His teammate Rustin Juhl took fourth with a 785 total. Mike Andrews' 775 total, Matt Lynch's 765 total, Eric Martin's 675 total, and Darren Williams' 670 total finished fifth through eight in this class. Lynch and Martin while finishing sixth and seventh, both set the deadlift record at 375. Laith Cox performed great as usual, with a record 430 squat, a record 260 bench and 1025 total, winning the 198 class. Joe Crocker finished second with all good lifts and a 875 total. Frank Woods won the 220 class with all record lifts, 425 squat, 290 bench, 415 deadlift, and 1165 total - great lifting. Cole Whitehead was second with a 825 total. Mike Novoseletsky had no problem in taking the 242 class with all record lifts: squat 405, bench 290, deadlift 415, and 1110 total - alone, without a coach, he was great. Jonathan Mays won the 275 class while recording a 440 deadlift and 905 total. Doug Hoffman 860 total was second. James Cox 785 total was third. Ed Vorassi was a super, superheavy - weight, with all record lifts: 540 squat, 300 bench, 465 deadlift, and 1305 total. Surely, he was top lifter of the meet. Thanks to all who participated. Great lifting by all the athletes! Thanks again, to the coaches, judges, loaders, spotters, lifters, audience, and supporters of drug free sports training for everyone, especially high school athletes. See you next year! ANPPC Chairman. (thanks to ANPPC for the meet results)



***Edwards County High School Team** at the ANPPC Drug Free High School Nationals included, front row, left to right, Brad Lake, Ian Bare, and Cody Williams; middle row, Travis Bare, Josh Gayer, Mark Rotramel, Lincoln Judge, Darren Williams, Cole Whitehead, Mike Andrew, Jonathan Mays, Eric Martin, and J.D. Barford; back row, Reece Copeland, Matt Lynch, Nick Stieber and Shea Smith. (courtesy Coach Mings)*

WDFPF NEWS UPDATE - NEW ZEALAND TO SEND TEAM TO TABER...

"We are pleased to announce that New Zealand is to become the latest nation to affiliate to the WDFPF. Following compliance with WDFPF drug control rules, it is hoped that a team of five lifters will attend the World Teen/Junior/Masters Championships in Taber, Canada at the end of August.

Discussions are currently under way with Hafiz Salman Butt, President of the Pakistan Powerlifting Federation, with a view to tying up their drug control arrangements. This process is expected to be completed well in time for Pakistan to be represented at the WDFPF Open Worlds & Congress in England in October.

We are also pleased to report progress in WDFPF affiliation in Russia, where the RDFPA, under the guidance of their President, Vladimir Pilipenko, is in the process of negotiating the services of another drug test laboratory. Once this matter has been satisfactorily concluded, we look forward to their sending a team to the World Open & Congress, and possibly to the North Sea Cup (European Championships) & World Bench Press championships in Knokke-Heist, Belgium. In the meantime Mr. Pilipenko is currently assisting the WDFPF with the recruitment of lifters from Tadzhikistan. We look forward to welcoming their lifters and officials later this year.

The drive within the WDFPF to affiliate new nations continues apace. The enlargement of the world-wide drug-free powerlifting movement is a great and noble objective, and one in which we invite all genuine supporters to share. Any lifters or officials from nations not currently represented within the WDFPF are cordially invited to contact the President, Andrew Cominos for discussions. You can fax (England) - 1637 - 860 - 828.

U.S.A. P.L. Corner

The USA Powerlifting (formerly 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 USA Powerlifting (formerly 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 Craig Safran, PO Box 4065, Bayside, NY 11360.

Unification is for you - the powerlifters. You have been reading for months now about the attempt at unification. But your organization needs to hear your voice. If you are a USA Powerlifting member, let us know how you feel. Or, if you're a USPF member reading this, and you feel strongly about unification, we urge you to make your voice known and let your leadership know how you feel.

Are you qualified? - Now is the time to start picking meets to qualify for the vast assortment of the upcoming USA Powerlifting (formerly ADFPA) National meets. This year's men's Nationals promises to be one of the best ever with rumors of many lifters moving up weight classes and hitting big numbers! You, too, can qualify at any sanctioned USA Powerlifting (formerly ADFPA) meet. To find a meet near you, see the coming events section in this magazine or call the USA Powerlifting (formerly ADFPA) National office af (219) 248-4889,

USA PL National Meet Qualifying Totals

Men's Contests	*114*	*123*	*132*	*148*	*165*	*181*	*198*	*220*	*242*	*275*	*319*	*SHW*
National's	845	955	1070	1275	1400	1500	1575	1625	1665	1700	1760	1760
Lifetime's	760	860	965	1145	1260	1350	1420	1460	1500	1530	1585	1585
Collegiate's	655	760	885	1025	1075	1145	1250	1275	1290	1305	1325	1325
Teen 14-15	585	680	730	825	875	925	950	975	1020	1045	1070	1070
Teen 16-17	630	730	800	925	995	1035	1070	1135	1150	1190	1215	1215
Teen 18-19	645	750	875	1015	1065	1135	1240	1265	1280	1295	1315	1315
Junior	695	810	940	1095	1200	1250	1365	1380	1400	1425	1450	1450
Master's	A Total in a Sanctioned Meet											
ADFPA High School	A Total in a Sanctioned Meet											

Women's	*97*	*104*	*111*	*116*	*122*	*129*	*139*	*154*	*176*	*198*	*198+*
Nationals-open &life	496	535	562	617	639	694	739	766	777	876	876
Collegiate's	365	385	410	420	435	455	485	520	575	640	640
Junior	360	380	405	420	435	455	485	525	585	655	655
Masters 39-44	347	369	391	402	419	441	468	507	562	628	628
Master 45 or over	A Total in a Sanctioned Meet										
Teen (14-19)	335	355	380	390	405	425	455	490	545	610	610
High School	A total in a Sanctioned Meet										

"The qualifying period begins Jan. 1 of the year before the particular national meet. All qualifying totals must be done in a USA PL sanctioned meet"

USA Powerlifting (formerly ADFPA) ON THE W.W.W. The USA Powerlifting (formerly ADFPA)'s Website is now up and running at HTTP: // WWW.adfpa.com. Check it out! There's always new information to see!

USPA Powerlifting (formerly ADFPA) GYM DIRECTORY

Kennedy's Gym, Clock Tower Plaza, RD 1, Box 642, Morgantown, PA 19543, (610) 286-7698, Owner: Pat Kennedy

Muscles and Fitness, 2509 E. Washington Ave., Madison, WI 53704, (608) 249-4227, Owner: Ford Sheridan

Powerhouse Gym, 913 N. Court, Medina, OH 44256, (330) 722-7250, Mark Copeland

The Strength Training Center, c/o Nutritional Technologies, 5 Stonecroft Drive, Easton, PA 18045-2812, (610) 258-1894, Coach: Nick Theodorou

Warrior Weight Room, Coyle-Cassidy High School, 2 Hamilton St., Taunton, MA 02780, (508) 823-6164, Ext, 680, Coach: H. Waldron

Mathieu's Fitness Center, 4260 Fairfield Street, PO Box 325, Oakland, ME 04963, (207) 465-7102. Coach: John Mathieu

The Power Gym, Inc., 405 Main Street, Taylor, PA 18517, (717) 5462-7867, Coaches/Owners: Joe Moceyunas, Bob Granko Sr., (PA USA Powerlifting State Chair), Bob Granko Jr., Jamie Granko

Andrews Power Gym, Inc., 133 Ash Street, Nashua, NH 03060, (603) 882-9117, Owner: Wayne Andrews

Iron Sport Gym Inc., 133-B Chester Pike, Norwood, PA 19074, (610) 237-6770. Coach: Steve Pulcinella

New guidelines for membership in the USA Powerlifting (formerly ADFPA) Gym and Coaches Directory! Gyms must be affiliated with USA Powerlifting (formerly ADFPA) through team membership or membership of the owner/coach.

AMERICAN DRUG FREE POWERLIFTING ASSOCIATION - - - *COMPLETE ALL ENTRIES • PLEASE PRINT*

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 | CHECK APPROPRIATE BOXES BELOW

REGISTRATION INCLUDES INSIGNIA PATCH, RULEBOOK, SUBSCRIPTION TO NEWSLETTER, MEMBERSHIP CARD & ALL OTHER PRIVILEGES CURRENTLY AVAILABLE THROUGH MEMBERSHIP IN THE AMERICAN DRUG FREE POWERLIFTING ASSOCIATION, INC.

HIGH SCHOOL STUDENT | FULL TIME COLLEGE | SPL. OLYMP. ATHLETE

❑ DiscoverCard ❑ VISA ❑ Master Card Account No.

Membership Fees are not tax deductible

Expires Signature X

REGISTRATION FEE EFFECTIVE-11/1/95 - $25.00
HIGH SCHOOL-$10.00 SPECIAL OLYMPIAN-$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.

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U.S.A. P.L. Corner

U.S.A. P.L. Corner

The USA Powerlifting (formerly ADFPA) Gym and Coaches Directory was created in order to provide individuals with a listing of the USA Powerlifting (formerly ADFPA) affiliated training facilities and coaches. This listing will furnish the following information: the gym's address, phone number and contact individual. The contact individual should either be the gym's owner, 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 supply training and meet information. It can also help If you're traveling and need a place to train.

To get your gym into the directory send your USA Powerlifting (formerly ADFPA) team's name and membership number or coach/owner name and USA Powerlifting (formerly ADFPA) number, along with $10 payable by check or money order to the USA Powerlifting (formerly ADFPA), and send to Craig Safran, PO Box 4065, Bayside, NY 11360. Present members will be listed through December 1997.

TO ALL POWERLIFTING ATHLETES, AND THEIR NATIONAL AND INTERNATIONAL GOVERNING BODY LEADERS: (5/29/97) "This letter is to address public events and statements made with respect to the interests of USA Powerlifting/ADFPA in recent days.

The article printed on pages 44, 54 & 55 of the June, 1997 Powerlifting USA, written by USPF Executive Committee Member Robert Keller and endorsed by USPF President David Jeffrey; grossly mistitled by the editor as "USA Powerlifting Update", is so riddled with inane rhetoric and untruths that to address it at any length here could potentially dignify it. It stands for the shameless piece it is. Perhaps the editor would do well to pass the next piece like this along to one of the tabloids specializing in such tripe.

We have received a FAX copy of a letter dated May 23, 1997, from a Mr. Louis B. Priluker, Attorney at Law addressed to Mr. Grahame Fong, IPF President. Mr. Priluker is now on record as representing the USPF, and has threatened the IPF with legal action. We are also aware that this action was not discussed and/or voted on by the USPF Executive Committee. It is no small wonder that we live under the characterization of "ugly American" internationally, when such threatening legal gestures are tossed around like dung on the garden. No power forced the USPF to join the IPF, or to commit to abide by it's rules and constitution.

It has become acutely apparent that the current leadership of the USPF has no interest in unifying with USA Powerlifting/ADFPA. USA Powerlifting has now offered (2) well-documented proposals, drafted together with the former leadership of the USPF (up to Feb. 18), which have received no action. Promises were made in Chicago, March 1, by the new USPF leadership to present (not promote, I was clearly told) the unification plan to it's National Governing Body for action. *This was after we were first told that the USPF Executive Committee would meet via conference call to act immediately.* A special USPF NGB Meeting called for May 24, 1997 has now come and gone, with still no action whatsoever. There was no agenda, no documentation, no effort to inform their NGB members, no Robert's Rules of Order - no nothing. Questionable financial and membership numbers were verbally stated, with no documentation available from the officers to back the figures up. A visual display showing the "umbrella structure" of the "APU" was prepared and presented by David Jeffrey. No action on the longstanding unification proposal with USAPL/ADFPA was even attempted.

It is clear from this meeting, and the articles and pictures in *Powerlifting USA* that the USPF is now taking the unification course with NASA. Further supporting this were NASA Referees sitting and adjudicating the USPF National Masters Competition, May 24-25. The "APU" - Profit linked to Non-Profit - Umbrella Plan seems to be moving forward - legal or not.

USA Powerlifting - formerly the ADFPA, was invited to attend the IPF Congress, and went on record supporting a unification effort with the USPF. We were invited by the USPF to sit down and draft a unification plan together. We paid for travel, accounting & legal fees, which we were told the USPF could not afford. We have worked tirelessly for nearly a year to co-develop, properly approve, and then consummate a plan for unification with the USPF, while carefully grooming it's acceptability to the IPF. We held up our end. We have been rewarded with deceitfulness and departure from these efforts by the current USPF leaders. The trust has been ruthlessly broken, and any last vestige of credibility has been lost with the publication of R. Keller's untruthful, inflammatory letter - fully endorsed in writing by D. Jeffrey.

Even if USA Powerlifting/ADFPA still wanted unification with the USPF, the threat of a lawsuit against the IPF by USPF Attorney Priluker destroys all opportunity. We consider this action frivolous and abhorrent, and will have no part with the USPF in this - in any way, shape or form. The consequences will be borne by the USPF alone.

We continue to seek to unite all powerlifters committed to the rigors of eventual Olympic recognition - not the least of which is drug testing/doping control. Our offer to honor the existing cards of like-minded USPF members, as a part of the total unification package, was not accepted by their leaders. This lack of acceptance now leaves it in the hands of those USPF member athletes, as well as others, to individually join USA Powerlifting, to show support and be represented as we follow through first with the IPF application process, and then later this year with USOC application.

My wife and I raise quality German Shepherd working dogs. Because we want to be sure of the quality we have, we look at structure, bloodlines, titles, past generations, kennel reputation, etc. - we want the best in intelligence, temperament and working ability. It seems to us that is the same with anything you care about, from dogs to powerlifting organizations. Look hard, evaluate everything, consider the nature, evidence and track record of what and who you're about to commit yourself to. Logically, there is every reason why an amateur powerlifting chooses USA Powerlifting/ADFPA - the harder you look, the more excellence you find."

Hand to the Plow,
Michael W. Overdeer,
USAPL/ADFPA President

ADFPA Indiana State H.S. PL & BP
9 Mar 97 - Merrillville, IN

Women	SQ	BP	D L	TOTAL
129				
(14-15)				
T. Cox	120+	70+	140+	330+
139				
E. Molin	145+	65+	195+	420+
176 +				
A. Smiley	190+	80+	220+	490+
104				
S. Vanzant	105			
111				
A. Glines**	165+	85+	215+	465+
116				
A. Brinson	140+	75+	160+	375+
122				
J. Mitchem	135+	85+	225+	445+
T. Walker	135+	75	135	345
129				
J. Jackson	180			
139				
C. Johnson	120+	65+	140+	325+
154				
J. Parsons	140+	75+	175+	390*+
176				
J. Blackketter	165+	95+	220+	480+
139				
(18-19)				
A. Chase	150 t	110+	185	445 t
Men				
114				
(14-15)				
J. Stroud	190	155	275 t	620
D. Maddy	165	130	205	500
D. Seger	140	100	185	425
123				
J. Francis	240+	145+	275+	660+
132				
J. Hutchison	205	140	240	585
148				
C. Dittemore	210	1 55 t	310+	675
R. Canada	160	95	225	480
165				
D. Kuznarsky	225	135	275	635
181				
R. Sandilla @	330+	215+	375+	920+
R. Ranard	300	165	315	780
B. Bastin	235	180	275	690
198				
J. Mehay @	350+	300+	425+	1075+
B. Bastin	275	180	290	745
275				
A. Gaines	355+	195	430	980
114				
R. Stout	125	90	180	395
123				
B. White	250	175	310	735
132				
J. Frank	265	205	360	830
D. Davis	240	190	320	750
M. Somers	185	150	290	625
148				
R. Bales	320	200	340	860
B. Bechtold	255	155	245	695
165				
A. Galloway	325	220	400	945
D. Lawson	275	225	325	825
A. Molin	275	175	315	765
A. Mantor	275	170	320	765
181				
J. Savich**	415	270	450	1135
D. Thacker	300	215	355	870
J. Coriano @		250		
198				
T. Ferguson	405	275	410	1090
J. Clephane	220	150	325	695
242				
R. Belcher	500+	345+	450+	1295+
275				
I. Russell	475+	350+	450	1275+
J. Durbin	365	265	430	1060
P. Naumoski @		320		
148				
(18-19)				
J. Buchko	355	240	370	955
C. Schrock	315	205	350	870
220				
G. Nicholas	415	240	425	1095
K. O'brien	415	175	375	965
E. Crow	345	225	385	955
Z. Despotoski @		275		
242				
J. Byers	375	275	400	1050
275				
D. Derico	405	325+	525+	1255+
M. Wesley	345	260	410	1015
SHW				
M. Kent	270			

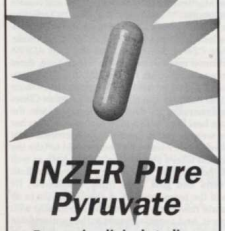
Team Martinsville took both the male and female team trophy. ** Indicates best lifter. + Indicates state record. t Indicates tied state record. @ indicates bench press. Male: Justin Savich; Female: Amber Glines. Since this was the first ADFPA sanctioned meet in Indiana in a long time, there were numerous state records set. The total number of new state records was 64, along with 4 more lifts that tied previous state records. Amber Glines from Evansville, IN drove five hours to win the female best lifter with a total just over 4 times her body weight. Justin Savich from Merrillville, IN totalled nearly 7 times his body weight to take the male best lifter's award. Congrats to both as well as all the lifters for such a fine performance. Both the boys and girls team from Martinsville, IN earned the team trophies. A special thanks to all the state referees who made the trip to help with the meet. And a special thanks to the spotters from Merrillville High School. These guys deserve a round of applause. Since the spotters are the most important people in the meet, they should receive recognition. This was the first state high school meet which has great potential for growth for next year. With everyone's help, powerlifting can become a sport which encourages high school athletes as well as non-athletes to train in the weight room with goals to meet. Good luck to all those high school powerlifters who will continue competing. Stay healthy and injury free. (These contest results were provided by Meet Director, Scott Macklin via USAPL).

U.S.A. P.L. Corner

NASA Ohio High School (kg)
National High School Team
22-23 Feb 97 - S. Charleston, OH

Girls (9-10 grade)	SQ	BP	DL	TOTAL
170				
Zedeker		47.5		
101				
Miller	1025	45	97.5	245
Swords	85	37.5	92.5	217.5
	87.4	4th		
Mowell	62.5	30	75	167.5
110				
Judy	70	30	82.5	182.5
119				
Lenox	75	10	92.5	207.5
Nelson	67.5	37.5	87.5	192.5
Yeagle	70	30	82.5	182.5
127				
Judy	102.5	45	132.5	280
Trader	95	40	82.5	22.5
Birt	72.5	40	85	197.5
138				
Mosier	112.5	50	120	282.5
	117.5	4th		
Palerino	100	47.5	110	257.5
Rudy	95	45	92.5	232.5
Paugh	60	40	85	185
154				
Dietson	115	60	130	305
170				
Reed	105	47.5	110	262.5
187				
Lewis	115	52.5	137.5	305
Girls (11-12 grade)				
101				
Wiezen	60	32.5	80	172.5
110				
Schroeder	112.5	57.5	110	280
	117.5	4th	115	4th
Moon	80	35	85	200
Carney	62.5	27.5	87.5	177.5
119				
Cook	105	50	105	260
Dies	75	32.5	97.5	205
Smith	87.5	35.	72.5	195
127				
Tenney	87.5	42.5	110	240
Patterson	70	40	105	215

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Darrell Pelfrey *squatting 600 on a 4th attempt at Northeastern High School on Feb. 23, 1997 (photo provided courtesy of Gary Scholl)*

Massie	77.5	35	87.5	200
138				
Vossberg	137.5	47.5	147.5	332.5
Howard	110	60	127.5	297.5
Storer	85	37.5	77.5	200
154				
Wood	92.5	45	100	237.5
187				
Kraus	165	65	155	385
HWT				
Massie	137.5	65	112.5	315
McCurdy	115	52.5	137.5	305
Jones	102.5	57.5	102.5	262.5
Girls Nation School Divisions 1-6				
101				
Freshman				
Mowell	62.5	30	75	167.5
Sophomore				
Miller	102.5	45	97.5	245
Senior				
Wiezen	60	32.5	80	172.5
119				
Freshman				
Yeagle	67.5	37.5	87.5	192.5
Nelson	70	38	82.5	182.5
Junior				
Dies	75	32.5	97.5	205
Smith	87.5	35	72.5	195
Senior				
Cook	77.5	35	82.5	200
127				
Sophomore				
Judy	102.5	45	132.5	280
			135	4th
Trader	95	40	82.5	225
Junior				
Massie	77.5	35	87.5	200
Senior				
Patterson	70	40	105	105
138				
Freshman				
Mosier	112.5	50	120	282.5
Sophomore				
Rudy	95	45	92.5	232.5
Junior				
Storer	85	37.5	77.5	200
Senior				
Vossberg	137.5	47.5	147.5	332.5
154				
Senior				
Wood	92.5	45	100	237.5
170				
Freshman				
Reed	105	47.5	110	262.5
187				
Freshman				
Lewis	115	52.5	137.5	305
Senior				
Kraus	165	65	155	38.5
HWT				
Senior				
Massie	137.5	65	112.5	315

Jones	102.5	57.5	102.5	262.5
Boys State Bench Only - High School Pure Division				
138				
Greer		107.5		
Fulwiler		87.5		
Boys State Meet (9-10 grade)				
119				
Adams	112.5	50	130	292.5
South	70	47.5	100	225
Byrd	72.5	50	95	217.5
127				
Hilderbrand	95	82.5	110	287.5
Hiatt	80	57.5	112.5	250
Hively	65	47.5	102.5	215
138				
Stoneburner	155	87.5	182.5	425
Florence	115	82.5	137.5	335
Evonruk	117.5	75	135	327.5
Drugmond	122.5	55	140	317.5
154				
Kiss	172.5	100	155	427.5
Hawks	150	92.5	182.5	425
Tampa	147.5	97.5	160	405
Wilson	145	82.5	160	387.5
Fisher	122.5	70	155	347.5
170				
Searls	197.5	100	210	507.5
Stratton	162.5	92.5	185	440
Summers	137.5	100	160	397.5
Adams	140	77.5	160	377.5
Spier	115	72.5	162.5	350
Bond	102.5	57.5	142.5	302.5
187				
Shuster	227.5	120	242.5	590
Coffman	182.5	97.5	195	477.5
Burk	160	92.5	160	412.5
Bradley	110	82.5	142.5	335
205				
Kulisek	211	132.5	215	558.5
	215	4th		
Hogue	150	92.5	160	402.5
Sharp	102.5	105	147.5	355
227				
Winget	217.5	140	172.5	530
		142.5	4th	
Best	132.5	70	170	372.5
Critz	120	85	130	335
250				
Johnson	195	117.5	220	532.5
Swartzel	142.5	107.5	157.5	407.5
280				
Doughty	245	147.5	215	607.5
	247.5	4th		
315				
Willis	170	100	190	460
Boys State (11-12 grade)				
119				
Smith	97.5	55	107.5	260
Shepherd	65	47.5	102.5	215
127				
Weinstiger	110	60	127.5	298.5
	115	4th	132.5	4th

138				
Rawlings	132.5	92.5	150	37.5
154				
Wiles	192.5	117.5	205	515
Nguyen	155	115	210	480
Neal	127.5	97.5	165	390
Sharpnack	137.5	70	160	367.5
Gilliam	122..5	80	147.5	350
Vanderbark	177.5			
170				
Fracker	192.5	107.5	215	515
Anon	185	100	207.5	492.5
	192.5	4th		
Dulaney	167.5	112.5	175	455
Kaffenbarger	170	112.5	170	452.5
Gompf	102.5	92.5	132.5	327.5
187				
Lewis	182.5	120	220	522.5
Shaw	195	107.5	195	497.5
Barker	155	97.5	160	412.5
Harris	120	85	147.5	352.5
205				
Arnold	227.5	147.5	212.5	587.5
Thomas	205	140	230	575
Henderson	177.5	87.5	195	460
McGinnis	182.5	105	157.5	445
B. Henderson	117.5	852	130	372.5
227				
Searls	205	120	230	555
Roberts	205	11.5	215	535
Jones	177.5	112.5	180	470
250				
Howard	260	162.5	227.5	650
		167.5	4th	
Galloway	217.5	145	227.5	590
280				
Pelfrey	260	160	232.5	652.5
	272.5	4th		
Mazur	190	127.5	240	557.5
315				
Clark	217.5	125	200	542.5
State High School Pure Bench Division (9-10 grade)				
119				
Hilderbrand		82.5		
205				
Gallagher		82.5		
HWT				
Nelson		160		
(11-12 grade)				
138				
Greer		107.5		
Fulwiler		87.5		
School Divisions I, II & III				
Freshman Boys				
138				
Drugmond	122.5	55	140	317.5
154				
Wilson	147.5	82.5	160	390
170				
Adams	140	77.5	160	377.5
205				
Hogue	150	92.5	160	402.5
227				
Best	132.5	70	170	372.5
Sophomore Boys				
119				
Adams	112.5	50	130	292.5
South	70	47.5	107.5	225
138				
Stoneburner	155	87.5	182.5	425
154				
Hawks	150	92.5	182.5	425
Tampa	147.5	97.5	160	405
170				
Searls	197.5	100	210	507.5
Stratton	162.5	92.5	185	440
Bond	102.5	57.5	142.5	302.5
187				
Shuster	227.5	120	242.5	590
Coffman	182.5	97.5	197.5	477.5
205				
Kulisek	211	132.5	215	558.5
	215	4th		
227				
Winget	217.5	140	172.5	530
250				
Johnson	195	117.5	220	532.5
280				
Brown	205	105	195	505
School Divisions IV, V & VI				
Freshman Boys				
119				
Byrd	72.5	50	95	217.5
127				
Hiatt	80	57.5	112.5	250
154				
Covey	97.5	65	115	272.5
170				
Kunsny	137.5	92.5	157.5	387.5
187				

AAU Arkansas State
22 Feb 97 - LRAFB, AR

Men		J. Leak	320
165 Master		242 Open Master	
A. Namors	320	J. Horton	440
198 Master 2		165 Raw	
H. Deutsch	230	D. Colton	255
242 Master 2		181 Raw	
J. Turner	355	E. Black	260
132 Open		220 Raw	
L. Press	285	J. Blair	340
165 Open		242 Raw Master	
A. Namors	320	J. Horton	440
181 Open		T. Tinsman	390
C. Clark	365	198 Submaster Open	
M. Jones	300	S. Earlywine	360
198 Open		242 Submaster Open	
T. Seifert	335	T. Neal	—
220 Open		198 Master	
C. Bailey	300	R. Mace	
242 Open		Women	
T. Ghoshon	375	165 Open	
		D. Cullum	

Men	SQ	BP	DL	TOTAL
148 Teen (14-15) Open				
J. Baker	210	150	300	660
J. Page	185	185	280	650
K. Uhl	210	145	290	645
D. Smith	165	135	170	470
148 Teen (16-17) Open				
S. Wilson	190	165	305	660
181 Teen (16-17) Open				
J. Ferguson	275	200	385	860
A. Hardin	285	135	375	795
D. Taylor	275	150	315	740
198 Teen (18-19)				
D. Williamson	315	225	400	940
165 Open				
D. Wickliff	440	285	450	1175
181 Open				
H. Yarbrough	—	—	—	—
198 Open				
E. Henry	465	210	500	1175
220 Oepn				
P. Liles	650	380	600	1630
J. Martens	500	380	500	1380
242 Open				
R. Sadoski	680	405	700	1785



Ross Phillips, *a 4 time WPC World Masters Champion, who has set 7 National and World records, set 3 more at Skip Sandberg's Legends of Powerlifting Meet, with a deadlift of 523, squat of 457, and total of 1224, in the 165 lb. class, Masters Division 65-69. (Greg Phillips)*

198 Raw				
D. DeMatthew	470	320	500	1290
275 Raw				
K. Castillo	355	340	405	1100

319 Raw				
G. Egley	500	430	135	1065
242 Raw Master				
T. Tinsman	475	390	575	1440

242 Submaster Open				
N. Bacon	540	380	520	1440
R. Hodge	510	315	475	1300
Women				
165 Teen (18-19) Open				
C. Alongi	240	140	255	635

(Thanks to Larry Kye for providing these results.)

Legends of Powerlifting (kg)
25 Jan 97 - W. Richland, WA

Men	SQ	BP	DL	TOTAL
165 Master (60-65)				
R. Phillips	207.5	110	237.5	555
198 Master (80-85)				
W. William	25	80	72.5	177.5
198 Master (45-50)				
D. Puls	225	147.5	215	587.5
198 Master (50-55)				
M. Peletsa	187.5	140	197.5	525
198 Master (55-60)				
R. Emond	110	105	120	335
198 Master (45-50)				
M. Ronos	160	—	—	—
220 Master (60-65)				
G. Kays	92.5	112.5	117.5	322.5
220 Master (40-45)				
W. Crosser	272.5	200	250	722.5
242 Master (40-45)				
C. Sharks	280	145	295	720
242 Master (45-50)				
P. Fay	262.5	170	250	682.5
275 Master (50-55)				
T. McCabe	125	115	182.5	422.5
308 Master (40-45)				
G. Wik	250	172.5	242.5	665
SHW Master (45-50)				
G. Rethwisch	287.5	165	272.5	725
R. Patterson	65	230	282.5	577.5

The meet was small, but it turned out well. Gus Rethwisch made a come back. He looked really good at 318 lb. Randy Patterson came back after a three year layoff to set a new world record in the bench and without training pulled a 622 lb. deadlift. Ross Phillips had his best meet ever with a world record opener in the squat finishing with a 457.25 lb. In the deadlift he had a best ever deadlift of 523.5 lb. and a world record total of 1224 lb. He took overall best lifter. I want to thank all of the lifters. (Thanks to Meet Director Skip Sandberg for providing these results to *POWERLIFTING USA.*)

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 Test 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

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 Interview, IPA Seniors, How to Gain Weight, High Intensity Training, Mark Phillipi Deadlift Workout of the Month, 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. TOP 10 Rankings, "Chain" Reactions by Louie Simmons, TOP 100 114s.

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 Ten, "Chain Reactions" by Louie Simmons, Rob Wagner, TOP 100 114s

Aug/96... ADFPA Men's, APF Sr. Nationals, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie Simmons, FIBO Show, TOP 100 123s.

Sep/96... USPF Sr. Nationals, IPF Women's Worlds, Training for Women by Louie Simmons, APF Teen/Jr./Masters, IPA World Cup, TOP 100 132s.

Oct/96.. WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb Glossbrenner "Responds to the Response", TOP 100 148s

Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wrenn profile, TOP 100 165s

Dec/96... IPF World Masters, PLer in the Olympics, John Ford Pt.1, Yuri Spinov Interview, The Bench Shirt, Brad Gillingham Deadlift WOrkout, TOP 100 181s

Feb/97... Poiwer of Compelling Outcomes, WPC Men's Worlds, IPA Nationals, Formula for Success, Tips on Making Weight, USPF Biography, TOP 100 220s

Mar/97... TOP 20 Women/Teenage/Masters, Your First Meet, Joey Almodovar Profile, IPF World BP, TOP 25 Greatest Lifters, Adjusting Training Tempo

Apr/97... Clark Benches 800 - Waterman 600 @ 181, USA Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.

May/97... Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.

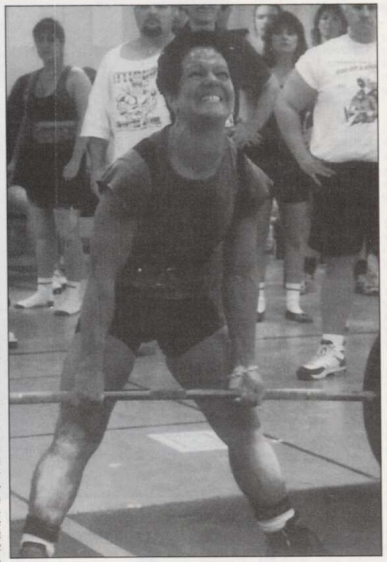
Jun/97... J.M. Blakley Profile, Dream Team Pt. 2, ADFPA National Championship Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW

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.

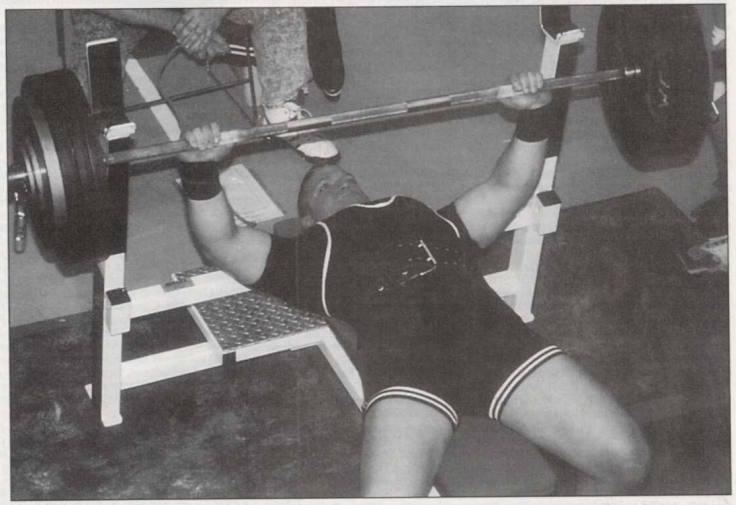
3rd Annual Pottstown YMCA BP/DL
3 Apr 97 - Pottstown, PA

Bench Press		242 lb.	
Women's Open		R. Beck	455
111 lb		R. Ceriani	440
V. Arciuolo BL	170	S. Reynolds	420
129 lb		A. Pierson	410
T. Reynolds	140	J. Becker	400
D. Martin	125	R. Rineer	390
T. Fisher	120	S. Fogleman	385
139 lb		E. Eichenberg	280
A. Derecola	135	275 lb	
Sakrzewski	105	F. Conicello	450
154 lb		J. Border	415
M. Shull		C. Henry	375
165 lb		S. Rosenhoover	375
V. Schmidt	185	J. Wargo	350
176 lb		Sarro	340
D. Miller	180	R. Dimmig	215
K. Hunsinger	120	SHW	
Teen Wornen		M. Moyer	430
165 lb		N. Hine	335
M. Fellenbaurn	125	Men's Masters	
Women's Masters		(40-49 Lightweight)	
(40-49)		T. Ksanznak BL	385
M. VanTiggelen	175	R. Lambert	295
(50-59)		R. Stalcoskie	220
P. Kennedy	155	L. Blair	
Teen		(40-49 Heavyweight)	
(14-15)		R. Ceriani	440
J. Adam	235	M. Hunsberger	425
L. Kollarchyk	155	J. Biondino	365
D. Miller	140	B. Dolton	385
G. Parkinson III	170	A. Butler	360
(16-17 Lightweight)		C. Frye	225
M. Martinez	175	(54-59)	
P. Kinsky	230	R. Malmed	320
T. Gallagher	200	J. Simmons	340
J. Neiss	165	J. Bowe	300
(16-17 Heavyweight)		W. Miller	320
M. Schower BL	300	(60-69)	
T. Myer	250	W. Heebner	195
J. Summerfelt	225	Deadlift	
C. Hassler	230	Women's Open	
B. DePoister	210	111 lb	
A. Bender	180	V. Arcuido	290
B. Dowlin		116 lb	
(18-19)		A. Jones	170
M. Masiello	180	129 lb	
W. Sweitzer	235	T. Reynolds	245
Men's Open		139 lb	
123 lb		M. Depallo	250
J. Gosling		S. Zarzewski	210
132 lb		154 lb	
J. Sandler	215	M. Shull BL	405
M. Masiello	180	D. Luzesky	235
148 lb		176 lb	
T. McCalvin	355	C. Endlich	230
M. Ammon	340	Women's Teen	
T. Pinkett	340	165 lb	
J. Smith	300	M. Fellenbaurn	220
F. Stipa	240	Women's Masters	
M. Deibert		(40-49)	
165 lb		M. VanTiggelen	305
T. Ksanznak	385	K. Devine	200
J. Holland	335	P. Shimer	150
D. Spearing	335	(50-59)	
P. Contastathes	290	P. Kennedy	250
J. Defrancisco	280	Teen	
W. Schmitt	225	(14-15)	
181 lb		B. Boughler	320
B. Yeaney	375	(16-17)	
S. Somits	335	G. Diehl	450
K.Shanahan	300	M. Martinez	275
J. West	300	T. Myer	390
R. Harris	285	J. Summerfelt	350
S. Koch	255	K. Weidaw	415
R. Edmonds		B. Dowlin	380
198 lb		P. Kinsky	305
R. Arciuolo BL	525	(18-19)	
G. Parkinson	430	M. Masiello BL	350
R. Ross	425	W. Sweitzer	430
R. Hermcane	405	S. Vernaccio	385
J. Edleman	395	R. Cirafesi	425
J. Brinkley	350	Men's Open	
B. Spies	350	123 lb	
J. Mink	345	J. Gosling	415
J. Daubea	340	I 32 lb	
K. Logue	335	M. Masiello	300
C. Morris	320	148 lb	
D. Marcellino	320	J. Ammon	425
S. McGinley	320	I 65 lb	
J. Smith	305	D. Graybill	520
J. Jackson	275	D. Spearing	51 5
J. Scalia	270	D. DiNenna	510
L. Blair		T. Horrocks	480
220 lb		W. Schmitt	440
B. Eckert	480	B. Moss	435
C. Herman	465	181 lb	
D. Baumwall	450	B. Mabry	475
M. McLeod	440	R. Harris	440
H. Bowlby	435	S. Koch	425
T. Brown	425	198	
S. Rothenberger	405	R. Arcuido	585
J. Frank	405	S. McGinley	570
S. Copman	405	B. Spies	550
J. Biondino	365	J. Shellenberger	525
S. McLaughlin	330	G. Brady	525
J. Killen	325	J. Smith	515
D. Wilson	305	J. Mink	505
L. Brady	500	Men's Masters	
C. Morris	420	(40-49)	
J. Jackson	410	J. McDowell BL	635
220 lb		R. Stalcoskie	405
J. McDowell BL	635	R. Lambert	400
R. Lorah	625	F. Schnelly	430
D. Smith	610	B. Weidaw	405
D. Baumwall	580	B. Dolton	440
J. Killen	540	C. Frye	415
242 lb		R. Devine	300
R. Rineer	580	(50-59)	
S. Reynolds	575	J. Simmons	485
K. Hall	570	D. Habecker	365
A. Pierson	530	E. Curtain	245
275 lb		(64-69)	
C. Henry	575	J. Vernacchio	425
S. Rosenhoover	550	(70 +)	
J. Sarro	480	P. Eberhardinger	175
SHW			
M. Moyer	700		

BL Indicates Best Lifter. Team Standings: Bench Press Team Competition: 1st Place - Specialty Sealcoat & Paving, 2nd Place - Newman's Gym, 3rd Place - Pottstown YMCA. Deadlift Team Competition: 1st Place - Valley Forge Fitness, 2nd Place - Body Extreme. Combination (BP/DL) Team Competition: 1st Place - Kennedy's Gym, 2nd Place - Club Physique, 3rd Place - Terry's Body Shop. High School Team Competition: 1st Place - Reading Central Catholic. "Gene Rivers Memorial Award" Best Combination (BP/DL): Robert Arciuolo. Another great meet has come and gone at the Pottstown YMCA Bench Press and Deadlift Challenge. This year, 140 lifters and 9 teams competed for 210 trophies. The day began with double platform lifting for 110 benchers and 71 deadlifters. In the Women's Bench Press, the smallest dynamo of the meet, Mrs. Victoria Arciuolo (111 lbs.), walked home with the Women's Best Lifter Award by pressing 170 lbs. The 129s were the most competitive class in the women's division, with Tara Reynolds coming out on top for the win with a 140 lb. press. In the Teenage Bench Press, Mike Schower won the 16-17 year old division as well as taking the Best Lifter Award by pressing 300 lbs. Mike Martinez was impressive with a 175 lb. bench at only 115 lbs. bodyweight. The Men's Open Divisions were packed once again. Local talent Troy McCalvin hit 355 on his second attempt and missed on 370 without a bench shirt to win the 148 lb. Class. Tom Ksanzak took the 165 lb. class with a 385 lb. bench and gave 395 a ride on his third attempt. Then it was time to get SERIOUS. Serious weight that is, Robert Arciuolo pressed a huge 525 lbs. on his second attempt to win the 198 lb. Class and walked away with the Men's Open Best Lifter. In the Men's Open 220 lb. Class, Bill Eckert hit a personal best of 480 lbs. to take the win in a very competitive division. The Men's Master Division was dominated by the lifters, Tom Ksanzak and Ray Ceriani, with Ksanzak winning a close battle for Best Lifter in the Masters. Tom says this was his last meet. Maybe he should reconsider. Finally, after all these benchers, the bar hit the floor! The Women's Deadlift was topped by Midge Shull winning the Best Lifter Award with a 405 lb. pull. The little dynamo, Victoria Arciuolo, was at it again by pulling 290 lbs. at 111 lb. bodyweight to win. In the Master's Division, Michelle Van Tiggelen pulled 305 to win. The Teenage Best Lifter Award in the deadlift was won by Mark Masiello with a 350 lb. pull at 129 lb. bodyweight. Greg Diehl also had a great pull of 450 lbs. to win the 16-17 year old division. In the Men's Open Deadlift, Dean Graybill pulled 520 lbs. to win a very competitive 165 lb. Class. Graybill, Spearing, and DiNenna all fought a technical and mental battle to the end to show the crowd that this sport is more than just brute strength. Robert Arciuolo made a double win day by winning the 198s with a 585 pull. The 220 class was also very competitive, but Jim McDowell came out on top with a very nice pull of 635 lbs. which also won him the Men's Open Best Lifter Award. Then the big boy took the platform. SHW Mark Moyer opened with 700 lbs. and smoked it! Mark then attempted 730 lbs. and was literally one inch from lock out but couldn't complete the lift. The Master's Deadlift was dominated by Jim McDowell who added the Master's Best Lifter Award to his Men's Open Award. Ageless Paul Eberhardinger once again showed up to prove what a 77 year old can do in powerlifting. The "Gene Rivers Memorial Award" was given out to the best combination (BP/DL) lifter and was picked up by 198 lb. Robert Arciuolo in a landslide. This meet was again a total success and showed what can be done to give a positive atmosphere and image to this sport. Most of all, not enough thanks can be extended for all those who assisted me in putting on this meet. Without people like these, this sport would surely die. Special thanks to the following: Bob Hill, Connie Newman, Bill Hens, Lenny Stires (Head Judges); Kevin Villano, John Newman, Ed Miller (judges); Lisa Stout, Pat Montgomery, Rusty Wheeler, George Weaver (Head Table); Ed Moysan, Darin Lorenz, Paul Montgomery, Bernie Roth, Joe Shuick, Joe Border, Joe Wargo, Shawn McLaughlin, Jason Wilkus (Spotter/Loaders); Dave Young and Scott Evans (YMCA Reps.); Dave Yesavage and Kevin Villano (Co-Coordinators); Bob Stauffer (Sponsor). With the aforementioned people and the very cooperative competitors, the lifting was completed in an unbelievable 5.5 hours. Thanks so much to everyone from your Master of Ceremonies, Meet Coordinator, and Announcer - Gary "Robo Cop" Heim!



***Midge Shull** hits her 375 lb.opener and later pulled 405 to win Women's Best Lifter at the Pottstown Challenge.*



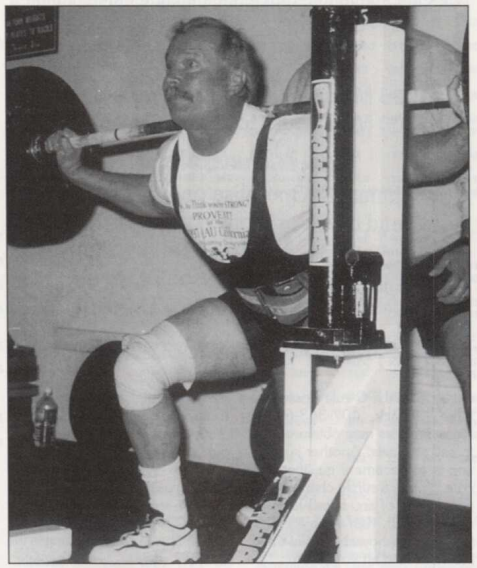
***Tim Brown** (men's open - 220 lb. class) presses an easy 400 lb. opener. (photos courtesy of Gary Heim)*

AAU California State
15,16 Mar 97 - Santa Rosa, CA

State Squat		132	
Novice		D. Seymour	130
148		165	
G. Chappell	130	J. Gonzales	100
Women's Masters		181	
148		B. Seymour	137.5
D. Bauer	107.5	198	
Teen		D. Stevens	137.5
319		220	
B. Chase	295	D. Mahan	265
Raw Masters		Open Men	
181(55-59)		123	
B. Seymour	137.5	R. Gray	100
220(70-74)		132	
J. Kitchell	102.5	R. Madrigal	182.5
198(45-49)		D. Seymour	130
T. Moran	117.5	165	
Sub Open		J. Louie	205
220		275	
T. Moore	257.5	P. Curtis	300
319		D. Terry	287.5
B. Lee	357.5	Masters Open	
Raw Sub		181(50-54)	
220		A. Rafael	262.5
D. Carroll	200	198(50-54)	
Raw Open		D. Dinelt	227.5
		220(70-74)	
		J. Kitchell	102.5

Open	SQ	BP	DL	TOTAL
123				
R. Gray	100	72.5	155	327.5
R. Madrigal	182.5	132.5	205	520
J. Shapiro	155	112.5	165	432.5
D. Seymour	130	75	135	340
165				
G. Wiltshire	250	152.5	230	632.5
J. Louie	205	137.5	182.5	525
181				
A. Rafael	262.5	170	232.5	665
P. Wabl	200	150	230	580
132				
D. Seymour	130	75	135	340
220				
S. Waits	300	180	260	740
T. Moore	257.5	182.5	285	725
S. Pena	217.5	172.5	227.5	617.5
275				
P. Curtis	300	185	295	780
319				
B. Lee	357.5	240	310	907.5
Raw Novice				
132				
D. Seymour	130	75	135	340
Junior				
220				
S. Pena	217.5	172.5	227.5	617.5
Masters				
132(45-49)				
H. Shivae	165	85	185	435
165(45-49)				
G. Wiltshire	250	152.5	230	632.5
181(40-44)				
Gintas	180	140	215	535
181(45-49)				
G. Ervin	115	80	175	370
181(50-54)				
A. Rafael	262.5	170	232.5	665
J. Orgera	150	100	175	425
181(55-59)				
G. Llacuna	155	102.5	175	432.5
B. Seymour	137.5	92.5	160	390
198(45-49)				
M. Drake	202.5	142.5	215	560
198(50-54)				
D. Dinelt	227.5	160	250	637.5
G. Blood	182.5	140	200	522.5
J. Hogue	70	95	145	310
220(40-44)				
R. Brown	142.5	92.5	182.5	417.5
220(70-74)				
J. Kitchell	102.5	85	150	337.5
242(45-49)				
S. Warner	200	167.5	182.5	550
T. Jones	137.5	130	187.5	455
Sub Open				
181				
H. Fultz	237.5	110	242.5	590
198				
K. Kanemoto	280	190	235	705
220				
T. Moore	257.5	182.5	285	725
242				
A. Doten	227.5	182.5	245	655
Women's Open				
105				
D. Pederson	95	50	135	280
148				
L. Orgera	75	57.5	90	222.5
Women's Raw				
148				
M. Jordan	107.5	87.5	140	335
Women's Masters				
105(40-44)				
D. Pederson	95	50	135	280
132(45-49)				
C. Michaels	45	30	80	155
148(40-44)				
D. Bauer	107.5	77.5	137.5	322.5
123(55-59)				
M. Harp	80	40	95	215
Novice Men				
148				
G. Chappell	130	105	152.5	387.5
Teen				
148(16-17)				
T. Brewington	167.5	142.5	237.5	547.5
275(18-19)				
A. Heil	195	120	172.5	387.5
319(18-19)				
B. Chase	295	197.5	235	727.5
Raw Masters				
181(55-59)				
B. Seymour	137.5	92.5	160	390
220(70-74)				
J. Kitchell	102.5	85	150	337.5
Raw Open				
148				
C. Taylor	160	137.5	190	487.5
181				
A. Ponder	162.5	117.5	205	485
198				
D. Stevens	150	132.5	200	482.5
220				
D. Mahan	265	175	292.5	732.5
J. Burnell	245	155	272.5	672.5
K. Jordan	220	140	220	580
Raw Sub				
165				
D. Matheson	167.5	102.5	190	460
220				
D. Carroll	200	165	242.5	107.5
K. Jordan	220	140	220	580

Out of State	SQ	BP	DL	TOTAL
Nevada				
275				
J. Flagg	272.5	150	235	657.5
242				
E. Butler	237.5	172.5	220	620
Oregon				
198				
E. Fox	250	147.5	215	612.5
220				
K. Eller	225	137.5	237.5	600
242				
G. Ramsdale	200	175	217.5	592.5
Novice				
242				
Valentine	165	137.5	167.5	470
198				
T. Wilson	237.5	140	235	612.5
198(45-49)				
M. Mooney	170	115	175	460
275(40-44)				
S. Pektol	290	185	310	785
Hawaii				
97(12-13)				
M. Bimbo	55	35	75	165
97(16-17)				
M. Bimbo	65	42.5	90	197.5
114(14-15)				
J. Spencer	67.5	37.5	85	190



***Martin Drake** with an easy opener on the way to 4 new state records (Drake)*

"So you think you're strong? PROVE IT!" This was the challenge issued by Meet Director, John Ford, to all Drug Free California powerlifters. When the entry deadline had passed, over eighty lifters had accepted the challenge. Along with California's finest and talented group from Oregon (lead by Sam Pektol and Mike Mooney) as well as a contingent of young lifters from Hawaii (coached by Keith Ward) took the platform for two record setting days. In addition to the State Powerlifting Championships, lifters vied for top honors in the State Squat Championships. Twenty of the lifters decided to enter both the 3-lift and squat championships. It is interesting to note that 6 of the 20 lifted in the Raw division. I can see Joe Pyra smiling now. Some of the outstanding squats included Dan Mahan's 584 (Raw) at 220, "Giant" Bruce Lee's 788 @ 319 and Rudy Madrigal's 402 at 132. Among the other lifters setting state records were Denise Bauer, Brian Chase, Bob Seymour, James Kitchell, Doug Dinelt, Tom Moran, Thamar Moore, David Seymour and Rick Gray. Armington Rafael has long been known as a World Class bencher, but at Santa Rosa his lifting reminded us all that he is also a great squatter. Lifting for the first time as a 181 this 52 year old World Champion took 578.5 pounds deep enough to receive three white lights. And this was on his second attempt! With such outstanding officials as Bill Deporter, Nancy Halverstadt, Bernie Gagne, John Ford, John Ambrose and Mike Mooney adjudicating you know there were no cheap lifts here. As with the CA State Squat Championships, the 3 lift event saw an incredible number of new California State and American records. Seventy-seven state and 13 American records were either established or broken. Leading the parade of record breakers on Saturday was George Wiltshire. This 45 year old powerhouse took home the Outstanding Light Weight Men's trophy narrowly edging out fellow teammate Armington Rafael. However "Army" used his gray hair to his advantage as he was chosen Best Lifter Master Men. You see, "Army," it isn't so bad getting old- just ask Fred Kendall! As for George, he's been trading records with Mitch Owen at a frantic pace. In Santa Rosa, George took away Mitch's American Record bench as well as his state records in the other lifts. FLASH!! In Moreno Valley, just a few weeks later, Mitch set new American Records in the bench and total! The showdown at the North Americans in August should be epic. These are two of the finest gentlemen and strongest Master lifters on the planet! Noteworthy among the light weight lifters were Rudy Madrigal (1146 @ 132) and Tony Brewington (1207 @ 148 16-17 division). In the ladies division, Coach Homi Shivae's lifters took home five of the seven first place awards. They were Dusty Pederson (2 CLASSES), Cynthia Michaels, Lisa Orgera and Marcia Harp. Also claiming first place honors were Denise Bauer(Pacific Power Outlaws) and Raw Champion Melody Jordan from Bernies Power House Gym. As evidenced by the lifters at this meet, Bernie Gagne is actively coaching again with the return of Raw lifting classes. Welcome back, Bernie! On Sunday, the quality of lifting remained very high, culminating with an astounding performance by "Giant" Bruce Lee. Not to be confused with his martial art namesake, this 319 pound class terror, squatted 788, benched 529 and deadlifted 683 on his way to the Best Lifter Heavy Weight award. As for his total, I had to add "memory" to my computer to reach the figure of 2000.67 pounds. Other top accomplishments Sunday were Tony Falbos' first state open championship at 198; Doug Dinelt's 1405 at 198 (50-54); Les Oeri's 1389 (198 40-44); and State Chair Martin Drake's 4 state records (198 45-49). In the Raw division, Bernie Gagnes' lifters swept all of the classes except two. 148 pounder Chip Taylor totaled 1075 while fellow teammate Dan Mahan hit 1615 at 220. Finishing a close second behind Dan was National Men's Champion, Jason Burnell- all 199 pounds of him! The battle at the Raw Nationals should be intense as Jason adds body weight and Dan continues to get even stronger. Did miss the second installment of this war among two CLASS gentlemen. Since neither Hawaii nor Oregon held AAU State Championships this year, "Big Daddy" John Ford provided them a chance to compete for their perspective state titles in Santa Rosa. Additionally Jim Butler and Ed Flagg made the trip from Northern Nevada to showcase their talents. Big Sam Pektol brought six other fine lifters with him to compete. As fine as their performances were Sam stole the show. His 1720 was just a tune-up for the North Americans in August and the Master Nationals in October. Jessica Spencer made the long trip from Hawaii with Mary Grace and Mericel Bimbo well worth while. Showing the signs of outstanding coaching, these young ladies destroyed various Hawaii State and American Records. The Pacific Power Outlaws muscled passed the Homi Shivae's Golds Gym team as well as the team from Bernie's Power House Gym to win the State Team title. The Outlaws also scored a victory in the Multi State Team Challenge. Fred Kendall reminded us all just how great an announcer he is as he handled much of the microphone duties. Frank Siebert, Melody Jordan and Martin Drake also took turns announcing when even they weren't lifting. Brian Yamasaki made their job easy as he kept the score table running smoothly. The safety of everyone is always in the hands of the dedicated spotters and loaders. The following heroes deserve our special thanks. They are Efrin, Tito, Costas, Steve, Danny, Bob and Chuck. Like Arnold or Madonna, only one name is needed. We all know who to thank! California is blessed to have so many outstanding judges. A special thanks to Bill Deporter, Bernie Gagne, John Ambrose, John Ford, Martin Drake, Nancy Halverstadt, Aaron Peete, Betty Lee, Nancy Ford and Mike Mooney. Great job one and all! Thanks to the following sponsors: Stan Bennet for opening up his house (Bennetts Health Club) to all of the lifters. Also playing a major role in making this event possible were Always Healthy, Titan and the host Pacific Power Outlaws. Special Awards were given as well. Each year the Ford Family honors numerous worthy members of the "Powerlifting Family" with special awards. Homi Shivae and Mark Refkind were honored with coach of the year awards. State Chair, Martin Drake, was honored as Meet Director of the Year. (Thanks to Martin Drake for providing these contest results).

AAU UPDATE ... The lifting season is off to a great start. In many meets where the AAUPC started up in 1996 with only 40-50 lifters, we now have 80-100+. That is progress. It also means we are giving the lifters the type of lifting they want. We still have a problem with providing enough meets for lifters to qualify in certain areas. This is especially true in the mid west area. Anyone interested in holding meets to help lifters qualify or to start an AAUPC program in their area should call Al Siegel, 814-768-9400 or Joe Pyra, 201-691-0824. We will provide the necessary information to get started.

Please note, any sanctioned AAUPC meet may be used as a qualifier for similar national championships or Disney meets. That is a full power meet will qualify you for any meet, full power or single lift. A single lift meet will qualify you for the same single lift meet. You must lift Raw to qualify for RAW Championships. The term "Qualifier" is somewhat misleading in that it may imply that you can only qualify in "QUALIFIERS". Actually, many times these are small special meets set up for last minute efforts to qualify for a certain meet. Again, any AAUPC sanctioned meet that fills our meet requirements will enable you to "qualify".

In the May/97 issue of *PL USA*, Dr. Ken wrote a great article on lifters and rule books. Since being involved with the AAU and working with other sports chairs, I've found that this is not a problem unique to PL. It occurs in every sport and is the biggest source of conflict, especially with parents when children are involved. To obtain a AAUPC rule book, call Mike Killpack, 407-363-6170. Meet directors may obtain copies to sell at meets. Another suggestion is to become a qualified referee. This will surely change your perspective of any sport! If I may suggest to Dr. Ken a subject for a future article, how about WHY and HOW to read an entry form ...

Previously, I wrote about the AAUPC going to the WDFPF Teenagers, Junior and Masters World Championship in August in Canada. I even mentioned the names of masters who I believed qualified. Now the ruled have changed slightly. Other member nations wish to enforce the rule of one lifter per age/wt class per nation. Therefore it has been agreed that the top first place total between the ADFPA and AAU lifters will go, and the second first place total will be the alternate. If both cannot make it, then the top second place total will go. We expect to have this all worked out for all groups by mid June. I am sorry if our first announcement caused any problems. We are in the middle of growing pains. Come October, this problem should be resolved as the AAUPC is expected to become a full member in good standing in the WDFPF. If you as a Teenager, Junior or Masters AAUPC lifter, and have a question about your going to Canada, give Al a call after June 25th. Do not buy tickets or make travel arrangements until you are notified of your selection to go.

On another subject, AAUPC lifters are advised not to take androstenedione, androstene or similar products. We are awaiting lab results that will clarify the use of this product for drug free lifters and address health related problems/side effects. Please do not call us about this at this time as we do not have all the facts and do not wish to provide misinformation.

As we have often said before, great care should be taken when taking supplements. They may work, usually they don't. Go back 3-5 years in *PL USA* and see what was hot then and what isn't even around today. Sometimes you get more that you bargained for, other times you get nothing. These products may be manufactured under the highest standards or in someone's bath tub. YOU don't know. Some have no effect, others have deadly effect, especially if combined with other products. READ and follow instructions on the labels. If you must use supplements, buy from quality brands that have been around and to whom you can turn to for information.

To clarify a point; to lift in a single lift meet in Disney or to lift in the Single Lift National Championships in Disney, you must first lift in a AAUPC sanctioned meet. There is no required total, or poundage. The Single Lift Championships are three separate Championships, one in the Squat, one in the Bench Press and one in the Deadlift. You may enter one, two or all three championships. Each will be contested on a separate day. There is NO TOTAL. Entry forms are available from Mike Killpack, 407-363-6170. Competition is by weight class, male and female, in RAW and OPEN. The divisions are: Open (to any age), Teenage, Junior, sub Masters, and Master.

Pat Cuntrera is looking for training articles for the AAUPC newsletter. Anyone interested in providing articles or in advertising should contact Pat at 201-289-8959. See you in Disney,

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PARENT/GUARDIAN SIGNATURE

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NASA Iowa Regional
19,20 Oct 96 - (kilograms)

Bench Press Only

INT/187		205	
S. Wilson	150	L. Lipscomb	187.5
JR/187		WP/101.40	
L. Rathman	127.5	D. Hafner	40
M2/187		119	
H. Ruhser	140	B. Ferkel	32.5
M5/154.30		WPN/101.40	
C. Bencke	105	D. Hafner	40
187		WSM1/119	
H. Ruhser	142.5	C. Bezdicek	62.5
N/187		WSM2/101.40	
S. Wilson	150	D. Hafner	40
D. Tremmel	127.5	Y/119	
P/153.30		B. Millage	42.5
J. Looft	142.5	BEGSM/SHW	
205		J. Brantley	175
E. Smith	197.5	INT/315	
205		T. Holdsworth	162.5
B. Good	-200	M2/205	
PN/138.90		J. Ites	147.5
B. Albert	132.5	P/227	
SM1/170.80		B. Edwards	177.5
C. Defrancisco	155	PN/227	
187		A. Bowen	202.5
D. Tremmel	127.5	K. Polhemus	150
205		SM1/227	
E. Smith	197.5	B. Edwards	177.5
SM2/119		227	
E. Ulch	87.5	K. Bender	167.5
187		SM2/227	
J. Yakle	175	S. Duff	200
187		250.20	
J. Heather	117.5	R. Sampson	192.5
		280	
		S. Felton	232.5

BEG/187	SQ	BP	DL	TOTAL
B. Butts	182.5	137.5	220	540
INT/154.30				
K. Wilson	175	105	167.5	447.5
M1/138.80				
R. Williams	180	97.5	190	467.5
187				
D. Rhoades	245	147.5	272.5	665
205				
M. Martin	70	147.5	147.5	365
PN/170.80				
C. Smith	250	142.5	227.5	620
SM1/154.30				
B. Adair	190	105	212.5	507.5
205				
R. Gibbs	207.5	137.5	205	550

Y/119				
B. Millage	60	42.5	65	167.5
Power Sports	C	BP	DL	TOTAL
CM2/187				
H. Ruhser	60	0	0	60
HSBP/170.80				
M. Carper	0	102.5	0	102.5
M2BP/187				
H. Ruhser	0	140	0	140
P/154.30				
L. Klatt	55	92.5	145	292.5
PC/187				
J. Harris	52.5	0	0	52.5
PN/170.80				
T. Wilson	55	107.5	182.5	345
SM/170.80				
K. Lenz	62.5	125	170	357.5
187				
S. Bunnell	60	155	215	430
SMBP/187				
J. Harris	0	132.5	0	132.5
SMC/170.80				
K. Lenz	62.5	0	0	62.5
187				
S. Bunnell	60	0	0	60
TBP/119				
S. Hangland	0	62.5	0	62.5
TDL/187				
T. Ihrig	0	0	137.5	137.5
WPNBP/154.30				
L. Lenz	0	47.5	0	47.5
Powerlifting	SQ	BP	DL	TOTAL
INT/227				
D. Hayes	222.5	155	192.5	570
JR/250.20				
Mike Swieter	255	185	247.5	687.5
M1/227				
F. Jacobson	192.5	60	195	447.5
280				
J. Truitt	165	175	185	525
SHW				
T. Wright	250	155	255	660
M2/227				
R. George	227.5	155	227.5	610
D. Shaw	227.5	122.5	245	595
M5/227				
D. Swieter	165	102.5	172.5	440
SHW				
T. Wright	250	155	255	660
P/227				
G. Lathrop	227.5	165	62.5	455
280				
M. Norman	255	190	247.5	692.5

PN/250.20				
K. Kirshner	250	160	245	655
SM1/227				
S. Drake	262.5	167.5	262.5	692.5
SM2/250.20				
W. Hammes	315	197.5	295	807.5
WBEG/127.80				
V. Bauer	87.5	42.5	100	230
SHW				
L. Kartel	82.5	60	137.5	280
Power Sports	SQ	BP	DL	TOTAL
M1/280				
J. Truitt	60	147.5	172.5	380
SM/250.20				
R. Stineman	37.5	137.5	187.5	362.5

(Thanks to NASA for providing the meet results).

LCF Meet
1 Feb 97 - Limon, CO

132	SQ	BP	DL	TOTAL
D. Burton	225	205	315	745
148				
J. Toevs	325	235	375	935
R. Samson	275	225	385	855
165				
F. Nunn	500	300	525	1325
G. Garcia	450	265	475	1190
D. Huff	405	300	450	1155
C. Mericle	365	250	440	1055
181				
V. Rivera	500	305	535	1340
L. Hill	430	340	475	1245
S. Copeland	405	260	440	1105
W. Johnson	250	250	450	950
198				
P. Portley	560	320	565	1445
220				
D. Wasberg	500	290	565	1355
A. Thomas	405	250	550	1205
220 Master II				
J. Herrera	320	205	385	910
242 Master I				
R. Cervantes	530	340	540	1410

Best Lifters: Light- Nunn; Heavy- Portley. The most inspirational lifter Glenn "Boots" Garcia overcame the tragic loss of his sister just prior to this meet, and made this dedication just after the competition... I dedicate my lifts in loving memory of Monique. May you rest in peace... Glenn. All of the lifters were deeply touched by this dedication. (Thanks to Vince Rivera for providing these contest results.)

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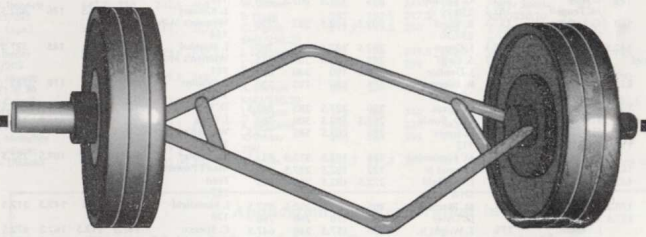


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NASA World Cup
11,12 Aug 96 - Oklahoma City, OK

Bench Press Only		187.80	
Teen Women		K. Stapleton	165
127.8		D. Banker	147.5
A. Botos	82.5	Men's SM (30 -39)	
Women's SM		205	
110.2		R. Harrison	220
J. Gutierrez	62.5	L. Johnson	205
127.8		J. Durso	182.5
S. Crosby	80	D. Mintz	175
138.8		D. Brown	120
M. Hetzel	80	227	
Women's Pure		J. Eudy	205
110.2	62.5	M. Teupell	182.5
J. Gutierrez		250.20	
S. Worster	60	R. Rutherford	215
119		S. Cutts	182.5
T. Hills	80	280	
127.8		P. Tomasson	227.5
T. Magierek	82.5	B. Tarras	227.5
A. Botos	82.5	M. Woodson	217.5
S. Crosby	80	C. Jones	202.5
138.8		315	
M. Hetzel	80	T. Manno	230
154.3		T. Bender	212.5
N. Hawkins	- 70	SHW	
170.8		D. Oyler	170
L. Kimmey	92.5	Men's Pure	
Women's M. - Pure	BP	119	
138.8		C. Kennady	100
J. Turic	57.5	G. Murphy	90
154.3		127.80	
N. Hawkins	-70	J. Wilcutt	102.5
Women's M - 1	(40 -49)	138.80	
154.3		J. Peterson	110
N. Hawkins	70	154.30	
SHW		D. Wright	122.5
M. Silvani	118.5	M. Cairns	115
Women's M - 2	(50 - 59)	170.80	
110.2		S. Brinkmeier	182.5
D. Monken	50	D. Lowe	180
Women's Intermediate		K. Cunningham	152.5
110.2		187	
S. Worster	60	K. Stapleton	165
127.8		J. McDermott	163.5
T. Magierek	82.5	W. Kearse	142.5
119		E. Spenle	120
A. A. Turner	45	205	
138.8		E. Dale	197.5
B. Wehunt	52.5	E. Oakley	185
Men's Teenage		K. Shoemate	145
138.80		K. Colwell	145
C. Speece	112.5	E. Evatt	137.5
C. Reynolds	85	D. Brown	120
170.80		227	
J. Stilley	125	J. Eudy	205
187		M. Teupell	182.5
T. Wilson	160	G. Lathrop	157.5
205		250.20	
R. Williamson	142.5	S. Cutts	182.5
Men's High School		J. Janzen	177.5
138.80		E. Olson	155
C. Reynolds -	85	315	
187		T. Manno	230
T. Wilson	160	B. Lancaster	215
MP		T. Bender	212.5
170.80		SHW	
J. Franklin	110	T. Wright Jr.	157.5
187		M-1 (40-49)	
J. McDermott	163.5	119	
W. Kearse	142.5	C. Kennedy	100
205		154	
J. Atkinson	178.5	D. Singleton	112
E. Evatt	137.5	170	
227		J. Wood	175
N. Miller	192.5	187	
R. Lamb	125	J. McDermott	163.5
250.20		W. Kearse	142.5
T. Tinsman	175	205	
E. Olson	155	R. Olson	212.5
280		G. Close	162.5
J. Ayers	210	227	
SHW		J. Mitcheltree	132.5
T. Wright	150	N. Miller	192.5
M-3 (60 -69)		250	
205		J. Brewer	217.5
E. Evatt	137.5	Men's Junior	
M-2 (50-59)		138	
170.80		C. Reynolds	85
J. McDermott	147.5	154	
G. Johnson	-102.5	O. Tellez	145
205		Men's Intermediate	
J. Atkinson	178.5	127	
227		J. Reeves	82.5
R. Lamb	125	138	
250.20		J. Peterson	110
E. Olson	155	170	
280		D. Lowe	180
J. Ayers	210	K. Cunningham	152.5
J. Jones	170	187	
Men's SM (30 - 39)		C. McNeil	162.5
119		205	
G. Murphy	90	E. Dale	197.5
138.80		E. Oakley	185
A. Young	120	M. Zimmer	177.5
170.80		280	
S. Brinkmeier	182.5	D. Janssen	190
R. Cairns	147.5	315	
J. Cowen	110	B. Lancaster	215



FIRST PLACE TEAM - NASA WORLD CUP... the "Ultimate Power Product Team" - back row, left to right, 250 lb. winner Mike Sheffler, 315 lb. winner Mandy Fernandez, 280 lb. winner Bill Tarras. Middle Row, left to right, 170 lb. 2nd place Dan Black, Coach Mike Licciardi, 250 lb. winner Joe Seager; bottom row, 315 lb. winner Shelby Jones, 170 lb. winner Bobby Mayfield, 154 lb. winner Davida Mayfield, 205 lb. winner Donnie Cole. Missing from picture: 138 lb. winner Mary Hetzel, 187 lb. winner Rick Butera. (photo courtesy Mike Licciardi)

High School Men	SQ	BP	DL	TOTAL
119				
J. Bell	45	30	45	120
138				
R. Davis	147.5	82.5	150	380
C. Reynolds	140	85	152.5	377.5
G. Ellis	130	92.5	125	347.5
154.30				
J. Davis	160	95	182.5	437.5
170.80				
G. Mask	210	115	215	540
187				
H. Jackson	120	82.5	145	347.5
250.20				
B. Mann	227.5	150	22.5	600
SM				
227	SQ	BP	DL	TOTAL
A. Barnes	295	177.5	242.5	715
G. Lathrop	215	157.5	207.5	580
250.20				
J. Ward	302.5	182.5	285	770
250.20				
J. Capps	287.5	187.5	285	760
S. Cutts	285	182.5	267.5	735
J. Dentice	227.5	190	240	657.5
R. Stineman	195	140	195	530
280				
B. Tarras	330	227.5	285	842.5
B. D. Bowie	297.5	182.5	300	780
C. Jones	285	202.5	185	772.5
315				
M. Fernandez	335	182.5	315.0	832.5
S. Jones Jr.	322	182.5	237.5	742
J. Sheffield	272.5	182.5	260	715
SHW				
M. Riordian	305	200	312.5	817.5
D. Oyler	300	170	290	760
T. Wright Jr.	250	157.5	240	647.5
Pure Men's				
119				
C. Kennady	155	100	162.5	417.5
G. Murphy	137.5	90	145	372.5
127.80				
J. Wilcutt	157.5	102.5	177.5	437.5
154.30				
M. Woodworth	210	150	217.5	577.5
D. Freeman	160	122.5	205	487.5
M. Cairns	120	115	125	360
170.80				
B. Williams	160	117.5	215	492.5
187				
R. Butera	257.5	165	272.5	695
D. Banker	217.5	147.5	227.5	592.5
W. Kearse	167.5	142.5	192.5	502.5
B. Fraiser	172.5	115	190	477.5
E. Spenle	142.5	120	185	447.5
Youth				
80				
B. Millage	55	37.5	65	157.5
Teen Women				
SH2				
M. Gaines	140	67.5	127.5	335
Women's SM				
110				
J. Gutierrez	97.5	62.5	115	275
119				
D. Harvin	135	62.5	130	327.5
R. Heldman	120	70	135	325
P. Casper	97.5	60	125	282.5
127				
M. Morrisey	112.5	75	120	307.5
138				
M. Hetzel	142.5	80	155	377.5
A. Dersham	72.5	45	97.5	215
N. Capps	-125	0	0	-125
187				
N. Putman	80	35	105	220
Women's Pure				
104				
L. Walton	85	50	110	245
119				
D. Harvin	135	62.5	130	327.5
T. Hills	92.5	80	127.5	300
P. Casper	97.5	60	125	282.5
127				
A. Noblel	77.5	40	100	217.5
127				
M. Morrisey	112.5	75	120	307.5
138				
M. Hetzel	142.5	80	155	377.5
170				
L. Kimmey	140	92.5	170	402.5
Women's M-Pure				
154				
J. Marshal	112.5	70	145	327.5
Women's M-1				
101				
L. Walton	85	50	110	245
154				
D. Mayfieldl	100	42.5	125	267.5
J. Craig	60	45	112.5	217.5
Women's Intermediate				
110				
S. Worster	90	60	107.5	257.5
Men's Powerlifting				
Teen				
127				
J. Mansfield	102.5	72.5	142.5	317.5
138				
C. Speece	147.5	112.5	162.5	422.5
C. Reynolds	140	85	152.5	377.5
154				
J. Davis	160	95	182.5	437.5
170				
R. Truelove	155	102.5	175	432.5
205				
J. House	202.5	160	227.5	590
SM Men				
119				
G. Murphy	137.5	90	145	372.5
138				
J. Rutherford	160	85	172.5	417.5
154				
G. Reichert	230	135	272.5	637.5
M. Woodworth	210	150	217.5	577.5
170				
R. Cairns	182.5	147.5	185	515
D. Black	197.5	122.5	187.5	507.5
A. Koehler	177.5	117.5	182.5	477.5
187				
L. Grant	242.5	132.5	255	630
B. Carey	215	150	245	610
D. Banker	217.5	147.5	227.5	592.5
205				
L. Johnson	320	205	265	790
J. Durso	250	182.5	272.5	705
S. Wisnieski	200	127.5	237.5	565
B. Collins	192.5	127.5	217.5	537.5
D. Brown	197.5	127.5	207.5	532.5
K. Shoemate	167.5	145	210	522.5
B. Boyles	275	0	0	275
Pure Men's				
205	SQ	BP	DL	TOTAL
S. Wisnieski	200	127.5	237.5	565
D. Brown	197.5	127.5	207.5	532.5
227				
G. Lathrop	215	157.5	175	547.5
250				
R. Ward	302.5	182.5	285	770
S. Cutts	285	182.5	267.5	735
R. DeLaVega	255	160	247.5	662.5
J. Dentice	227.5	190	240	657.5
280				
M. Scheffer	270	157.5	275	702.5
315				
S. Jones Jr.	322	182.5	237.5	742
SHW				
D. Oyler	300	170	290	760
SHW				
T. Wright Jr.	250	157.5	240	647.5
119				
C. Kennedy	155	100	162.5	417.5
138				
R. Holden	165	97.5	101.5	465.0
187				
J. McDermott	228.5	163.5	200	592.0
W. Kearse	167.5	142.5	192.5	502.5
205				
D. Cole	277.5	150	282.5	710.0
J. Atkinson	257.5	178.5	255	691.0
227				
R. Huoic	205	170	142.5	517.5
SHW				
T. Wright	255	150	262	670.0
M-3 Men (60-69)				
250				
B. Shackelford	210	142.5	205	557.5
M-2 Men (50-59)				
170				
J. McDermott	165	147.5	160	472.5
B. Mayfield	162.5	97.5	192.5	452.5
J. Skates	147.5	82.5	160	390.0
205				
J. Atkinson	257.5	178.5	255	691.0
250				
J. Robinson	225	130	235	590.0
M-1 Men (40-49)				
119				
C. Kennedy	155	100	162.5	417.5
170				
A. Rojas	182.5	135	182.5	500.0
B. Williams	160	117.5	215	492.5
187				
J. McDermott	228.5	163.5	200	592.0
W. Kearse	167.5	142.5	192.5	502.5
205				
D. Cole	277.5	150	282.5	710.0
G. Close	255	162.5	277.5	695.0
250				
M. Slaughter	110	97.5	125	332.5
280				
J. Seager	330	147.5	277.5	755.0
F. Baja	295	185	272.5	752.5
E. Carlson	132.5	-190	125	67.5
SHW				
T. Wright	255	150	265	670.0
Men's Junior				
138				
C. Reynolds	140	85	152.5	377.5
154				
O. Tellez	192.5	145	200	537.5
T. Mikles	82.5	120	182.5	485.0
170				
C. Wallace	-112.5	0	0	-112
187				
J. Anding	215	147.5	250	612.5
A. Gonzales	182.5	132.5	195.5	510.0
J. Vaughn	220	130	227.5	577.5
E. Spenle	142.5	120	185	447.5
205				
M. Zimmer	267.5	177.5	255	700.0
227				
M. Skates	270	160	47.5	477.5
280				
M. Scheffer	270	157.5	275	702.5
315				
C. James	235	177.5	250	662.5
Power Sports	C	BP	DL	TOT
80				
B. Millage	-	37.5	-	157.5
187				
N. Putman	25	35	105	165
119				
T. Hills	32.5	80	127.5	240
170				
J. Stilley	60	125	185	370
138				
C. Speece	45	112.5	162.5	320
250				
R. Elliot	67.5	155	195	417.5
T. Tinsman	65	155	280	500
280				
J. Payne	77.5	132.5	205	415
205				
E. Evatt	47.5	137.5	137.5	322.5
119				
C. Kennedy	37.5	100	162.5	300
250				
T. Tinsman	65	155	280	500
227				
R. Lamb	55	125	195	375
250				
T. Tinsman	65	155	280	500
227				
R. Peters	60	115	215	390
250				
M. Slaughter	55	97.5	125	277.5
227				
J. Mitcheltree	57.5	132.5	147.5	337.5
119				
C. Kennedy	37.5	100	162.5	300
187				
J. Vaughn	57.5	130	227.5	415
227				
R. Peters	0	0	215	215
127				
J. Wilcutt	52.5	102.5	177.5	332.5
227				
R. Peters	60	0	0	60
138				
J. Peterson	45	0	0	45
J. Peterson	0	110	0	110.0
205				
E. Evatt	0	137.5	0	137.5
E. Evatt	0	137.5	0	137.5
E. Evatt	0	137.5	0	137.5
227				
R. Peters	0	115	215	330

(Thanks to NASA for providing the meet results).

NASA Novice Nationals
7,8 Dec 96 - Kansas City, KS

Bench Only		227	
INT/154.30		R. Scholten	155
D. McGovern	145	M3/205	
E. Evans	142.5	E. Evatt	132.5
JR/138.80		M5/205	
C. Wolf	90	R. Lopez	147.5
P/154.30		M. Drake	142.5
D. McGovern	145	E. Evatt	132.5
E. Evans	142.5	N/205	
SM1/154.30		G. Kanga	160
D.Grant	130	M. Drake	142.5
TN/138.80		E. Evatt	132.5
D. Wolf	90	P/205	
WM1/110.20		E. Wilkins	172.5
P. Eaton	45	G. Kanga	160
WP/110.20		E. Evatt	132.5
C. Sexton	55	227	
WPN/101.40		F. Chaide	175
D. Phillips	47.5	PN/205	
WSM2/119		G. Kanga	160
L. Siddell	82.5	T. Panyu	145
INT/187		E. Evatt	132.5
S. Wilson	150	227	
JR/170.80		F. Chaide	175
C. Turner	185	S. Shaw	147.5
R. Nebehhay	95	SM1/205	
M2/187		G. Kanga	160
R. Creevy	182.5	SM2/187	
D. Roybal	160	G. Schuster	135
J. Moskowits	147.5	227	
M5/187		K. Deutsch	175
J. Moskowits	147.5	WM5/170.80	
P/170.80		K. Adams	55
C. Turner	185	WP/170.80	
A. Gelsone	177.5	K. Adams	55
P. Ross	142.5	M1/315	
187		O. Hampton	190
D. Monte do Oca	160	M2/250.20	
S. Wilson	150	R. Indovino	172.5
PN/170.80		M3/250.20	
P. Ross	142.5	J. Stevens	182.5
R. Nebehhay	95	P/250.20	
187		W. Jensen	160
D. Monte de Oca	160	280	
SM2/187		C. Siddell	235
K. Lee	185	315	
TN/170.80		M. Adelmann	227.5
R. Nebehhay	95	PN/250.20	
M3/187		W. Jensen	160
R. Lopez	125	SM1/250.20	
M1/205		T. Ferninand	277.5
R. Lopez	147.5	J. Harris	175
M. Drake	142.5	SM2/250.5	
M2/205		K. Penny	185
R. Matheson	165	280	
B. Evans	142.5	C. Lewis	227.5
Powerlifting	SQ	BP	DL	TOTAL
JR/154.30				
G. Faunze	160	100	182.5	442.5
PN/138.80				
M. Finch	132.5	67.5	157.5	357.5
154.30				
K.J. Gonzales	125	95	147.5	367.5
T/154.30				
A. Armijo	177.5	132.5	170	480
K.J. Gonzales	125	95	147.5	367.5
W/154.30				
S.Hashimoto	120	55	155	330
WM1/110.20				
C. Sexton	100	55	115	270
P. Eaton	87.5	45	115	247.5
127.80				
M. Rosenblum	87.5	55	120	262.5
WP/110.20				
C. Sexton	100	55	115	270
P. Eaton	87.5	45	115	247.5
127.80				
M. Rosenblum	87.5	55	120	262.5
WPN/110.20				
C. Sexton	100	55	115	270
P. Eaton	87.5	45	115	247.5
127.80				
M. Rosenblum	87.5	55	120	262.5
WSM2/154.30				
S. Hashimoto	120	55	155	330
Power Sports	SQ	PB	DL	TOTAL
WPN/101				
D. Phillips	27.5	47.5	85	160
127.80				
M. Machurek	20	40	65	125
P/154.30				
E. Evans	50	142.5	157.5	350
SM/154.30				
D. Grant	55	130	147.5	332.5
Powerlifting	SQ	BP	DL	TOTAL
INT/187				
T. Homer	205	140	272.5	617.5
JR/187				
D. Spitale	265	162.5	247.5	675
M2/170.80				
P. Alu	190	105	192 50	487.5
N/187				
J. Latronica	227.5	162.5	250	640
P/170.80				
Phillip Alu	190	105	192.5	487.5
187				
T. Homer	250	140	272.5	662.5
J. Schneider	215	157.5	220	592.5
A. Funtanilla	182.5	157.5	200	540
PN/170.80				
D. Sonne	225	145	270	640
J. Schoch	212.5	137.5	202.5	552.5
T. Lipke	207.5	112.5	215	535
P. Alu	190	105	192.5	487.5
187				
T. Homer	205	140	272.5	617.5
A. Funtanilla	182.5	157.5	200	540
SM1/170.80				
W. Gouveia	237.5	130	220	587.5
HS/227				
W. Plutowski	205 00	127.5	210 00	542.5
INT/227				
K. Shaw	272.5	182.5	250	705
M1/205				
R. Lopez	205	147.5	215	567.5
M2/205				
B. Evans	190	142.5	182.5	515
D. Bennett	147.5	110	202.5	460
M5/205				
R. Lopez	205	147.5	215	567.5
227				
J. Butler	235	160	232.5	627.5
N/205				
K. Moore	210	122.5	227.5	560
P/170.80				
L. Cataldo	187.5	87.5	172.5	447.5
205				
E. Wilkins	235	172.5	257.5	665
T. Metscher	220	142.5	222.5	585
K. Moore	210	122.5	227.5	560
D. Disanto	165	120	195 00	480
227				
K. Deutsch	277.5	175	272.5	725
K. Shaw	272.5	182.5	250	705
PN/187				
G. Schuster	205	135	230	570
205				
E. Shepard	227.5	162.5	205	595
T. Metscher	220	142.5	222.5	585
K. Moore	210	122.5	227.5	560
M. O'Sullivan	147.5	152.5	195	495
227				
K. Deutsch	277.5	175	272.5	725
SM1/205				
T. Miller	195	127.5	240	562.5
K. Moore	210	122.5	227.5	560
SM2/187				
G. Schuster	205	135	230	570
227				
K. Deutsch	277.5	175	272.5	725
R. Birch	277.5	160	265	702.5
WM5/170.80				
K. Adams	70	55	97.5	222.5
WP/170.80				
K. Adams	70	55	97.5	222.5
Power Sports	SQ	BP	DL	TOTAL
BPPN/227				
V. Easley	0	127.5	0	127.5
CPN/227				
V. Easley	62.5	0	0	62.5
M2/205				
B. Evans	55	142.5	182.5	380
P/205				
E. Wilkins	77.5	172.5	257.5	507.5
PN/227				
C. Deschaups	60	112.5	202.5	375
WP/170.80				
K. Adams	35	55	97.5	87.5
WM5/170.80				
K. Adams	35	55	97.5	187.5
Powerlifting	SQ	BP	DL	TOTAL
INT/250.20				
E. Lusinski	250	167.5	262.5	680
N/250.20				
L. Horton	275	180	340	195
280				
C. Lewis	342.5	227.5	305	875
P/250.20				
L. Horton	275	180	340	795
W. Jensen	260	160	245	665
280				
C. Lewis	342.5	227.5	305	875
315				
M. Adelmann	350	227.5	295	872.5
W. Sowers	185	145	227.5	557.5
PN/250.20				
E. Lusinski	250	167.5	262.5	680
W. Jensen	260	160	245	665
E. Flagg	265	152.5	237.5	655
C. Pigott	217.5	147.5	250	615
SM1/250.20				
J. Lannucci	225	170	297.5	692.5
J. Harris	245	175	250	670
280				
A. Meyers	285	200	272.5	757.5
SM2/250.20				
L. Horton	275	180	340	795
K. Williams	250	195	220	665
K. Penny	260	185	295	740
280				
C. Lewis	342.5	227.5	305	875

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Power Sports	SQ	BP	DL	TOTAL
SM1/250.20				
T. Ferninand	77.5	205	182.5	465
P/315				
W. Sowers	70	145	227.5	442.5
PBP/315				
O. Hampton	0	190	0	190
M2/250.20				
R. Indovino	67.5	152.5	182.5	402.5
BPM1/315				
O. Hampton	0	190	0	190
OP/250.20				
M. Metscher	72.5	0	0	72.5

(Thanks to NASA for providing the meet results).

Application for Registration in

Natural Athlete Strength Association

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Street Address

City | State | Zip | Area Code | Telephone

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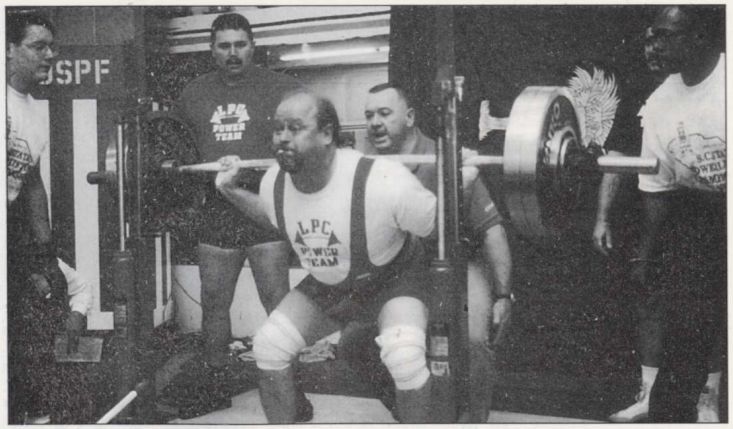
I Certify that the above Answers are Correct

18th USPF S. Carolina State
15,16 Mar 97 - Laurens, SC

Bench Press			
Women		J. Arioli	462
P. Pitts	88	K. Killough	440
E. Williams		J. Sinclair	358
Men		242	
114		R. Parks	475
T. Phinney	77	D. Ellis	402
132		E.Partman	369
C. Harper	315	C. Davis	341
J. Richey	192	J. Parris	325
B. Spencer	165	S. Williams	303
148		275	
C. Goodine	347	S. Case	352
165		A. Neal	352
C. McAteer	352	S. Beckham	319
S. Morrison	352	SHW	
D. Robinson	308	S.Davidson	540
181		J. Anderson	429
W. Macateer	418	Master 40 plus	
actual wt.	421	C. Summers	336
J. Abell	374	J. Beckham	352
A. Davis	363	R.Pardue	281
S. Short	314	M. Alexander	336
198		C. Davis	341
D. Mack	385	M. Branham	264
		B. Poston	253

Women	SQ	BP	DL	TOTAL
R. Hackney	214	115	270	600
P. Pitts	170	88	236	496
E. Williams				
Men				
114				
T. Phinney	125	77	154	358
J. Noblin				
132				
B. Stanfill	374	281	396	1052
C. Harper	352	314	347	1014
J. Richey	314	192	451	959
B. Spencer	248	165	281	694
148				
C. Goode	275	347	335	959
T. Moorer	248	275	418	942
M. Ticknor	259	154	374	788
165				
C. McAteer	435	352	424	1212
S. Yeargin	451	270	285	1207
J. West	341	231	352	925
181				
W. Macateer	507	418	501	1427
B. Montgomery	507	314	512	1333
J. Abell	418	374	485	1278
S. Short	462	314	501	1278
A. Davis	352	363	473	1190
198				
B. Taghivand	600	380	562	1543
D. Mack	545	385	600	1532
220				
J. Arioli	573	462	529	1565
K. Killough	556	440	518	1515
R.Catledge	573	297	540	1410
J. Poole	485	248	556	1289
S. Phillips	429	275	440	1146
242				
D. Lark	540	380	661	1581
D. Ellis	573	402	540	1515
J. Beckham	523	352	540	1416
E. Portman	501	369	540	1410
J. Parris	440	325	479	1245
C. Davis	424	341	473	1240
B. McSwain				
275				
S. Case	540	352	540	1432
S. Beckham	523	319	501	1344
A. Neal	501	352	451	1306
SHW				
J. Anderson	501	429	556	1488
A. Gary	446	330	468	1245
Junior				
132				
C. Harper	352	314	347	1014
B. Spencer	248	165	281	694
J. Dover				
181				
B. Montgomery	507	314	512	1333
J. Abell	418	374	485	1278
198				
A. Mack	303	198	369	870
B.Williams	209	209	319	738
220				
K. Killough	556	440	518	1515
S.Phillips	429	275	440	1146
275				
S. Beckham	523	319	501	1344
Masters Division I (40-49)				
B. Taghivand	600	380	562	1543
J. Beckham	523	3525	540	1416
C. Davis	424	341	473	1240
M. Alexander	336	336	429	1102
J.West	341	231	352	925
D. Allen	418	253	424	1096
Masters Divisions II (50+)				
R. Pardue	424	281	435	1140
M. Branham	231	264	363	859
D. Blondin	214	121	325	661

est Bench; Women: Paula Pitts; Men: Wade Macateer (he actually benched 421). Best Light Lifter: Wade Macateer. Best Heavy Lifter: Benny Taghivand. Teams: 1st-Total Control, 2nd-Lancaster Power Club. Meet Directors were Greg and Tracy Kennedy, owners of the Laurens Athletic Club. Referees included Head Referee Roger Pardue, Jerry Beckham, Dan Lark, Brian Butts, Greg Kennedy, Scott Case, Scott Beckham, and Brian Montgomery. Next year's S.C. State Championship will be in Lancaster, SC. The meet director will be Terry Marshall. (Results by Dan Lark, S.C. State Chair)



Jerry Beckham *set squat and total records for South Carolina inthe masters division at the 18th S.C. State PL & BP Championships (photo provided courtesy of Bob Merchett of AAA Cooper Company/Dan Lark)*

NASA Pennsylvania Regional
27 Oct 96 (kg)

Bench Only			
INT/154.30		J. Misorski	152.5
Q. Demo	155	PN/170.80	
M2/205		D. Demo	155
J. McNeill	155	J. Misorski	152.5
250.20		187	
J. Spellane	147.5	C. Dworek	175
227		250.20	
M. Novak	190	W. Moore	170
N/154.30		SM1/170.80	
Q. Demo	155	D. Demo	155
170.80		J. Misorski	152.5
D. Demo	155	227	
J. Misorski	152.5	F. Brown	192.5
227		280	
F. Brown	192.5	R. Nesbitt	180
250.20		SM2/250.20	
W. Moore	170	W. Moore	170
P/154.30		WJR/127.80	
Q. Demo	155	J. Lippert	95
170.80		WP/127.80	
D. Demo	155	J. Lippert	95

Powerlifting	SQ	BP	DL	TOTAL
M5/205				
D. Stellfox	160	130	167.5	457.5
315				
R. Graham	280	160	265	705
P/170.80				
P. Statzer	227.5	137.5	217.5	582.5
M1/227				
R. McCoy	260	162.5	237.5	660
SM1/205				
J. Alessandro	255	155	245	655
280				
R. Nesbitt	205	180	212.5	597.5
Power Sports				
M1BP/315				
T. Moore	0	160	0	160
M1C/315				
T. Moore	72.5	0	0	72.5
M5/170.80				
J. Alcoff	52.5	92.5	142.5	287.5
SMBP/227				
N. Berkley	0	165	0	165
SMC/227				
N. Berkley	725	0	0	725

(Thanks to NASA for providing the meet results).

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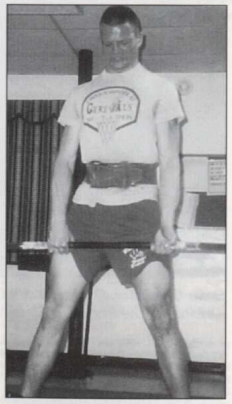
One KILOGRAM equals 2.2046 Pounds

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

7th Midwest Open Bench Classic
1 Feb 97 - Oshkosh, WI

Youth			
80		Jack Twet	325
A. Rennert	55	SHVV	
90		Don Schwader	380
Devan Doan	65	Art Skenandore	335
Womens		OPEN	
114		114	
M.e Peterson	150	Bob Premuea	220
123		123	
E. Spanbauer	125	Dave Surita	240
132		132	
J. McCubbin	165	Jason Morrow	235
C. Wasilewski	140	R. Wesenberg	190
Amy Werch	115	148	
148		S. O'Hearn	315
G. Jensen	145	J. Smith	290
M. Norris	11*0	Dave Parker	270
165		John Petersen	265
Sandra Braun	145	165	
181		Jonah Roberts	355
Sara Frahm	200	Tom Montague	355
J. Sorenson	135	Jim Ostertag	345
Teen		PaulBuechler	335
132		Joe Mevis	330
J. Morrow	235	Dale Gustafson	330
148		Tim Vickman	290
B. Johnson	240	Jeff Stoeberl	280
B. Keyser	235	181	
165		Drew Poggemann	375
J. Challe	270	Randy Verheyen	360
181		Charles Dunham	360
A. Pouwels	275	Brian Wright	355
198		Richard Aguinaga	285
Dan Brown	285	Dale Merkes	230
220		198	
N. Formiller	325	Clinton Smith	505
Ryan Jensky	250	Mike Fleming Jr.	355
242		Phillip Jordan	310
T. VanDen Heuvel	415	R. Niehuesen	260
275		220	
Y. Swallish	375	Casey Rennert	560
C. Schubring	275	Chad Alsteen	460
Masters		Andy Mikkelson	425
148		James Huebner	410
Dave Parker	270	Dana Pitel	380
165		Francis Messa	375
Jim Ostertag	345	Rick Madsen	325
Ken VanDeHey	300	242	
john Ball	210	David Doan	565
181		Scot Lade	475
Steve Keyser	320	Kirk Bester	430
Dale Downie	295	T. vandn Heuvel	415
198		275	
Cal Cornelius	335	Mke Van Boxtel	515
Bill Dove	285	RobeVivier	465
220		Chris Wellbank	370
Richard Summers	365	Wayne Metoxen	360
Mike Gillette	325	SHW	
242		Richard Gries	430
Tom Conklin	365	Don Schwader	380
Jerry Matteson	345	Rusty Campshure	315

Best lifter - Light: Jonah Roberts, Best lifter - Heavy: Clinton Smith. Team Champions - Open: Oshkosh YMCA Falcon Power Team; Team Champions - Teen: Green Bay Southwest High. (Results of the contest submited by David Doan 414-361-4258)



Jay Hinchee, *in his first ever meet, pulling 170 kilos for the win in the 181 lb. class at the ADFPA Macomb Qualifier. (photograph was taken by Natalie Weedman.)*

Macomb Qualifier (kg)
1 Feb 97 - Macomb, IL

Women	SQ	BP	DL	TOTAL
85.5 kg. Junior				
A. Corder	125	50	127.5	302.5
70 kg. Junior				
K. Keeran	125	62.5	115	302.5
Men				
75 kg. Teen				
D. Peer	130	110	167.5	407.5
82.5 kg.				
J. Hinchee	145	102.5	170	417.5
B. Mead	147.5	107.5	162.5	417.5
100 kg.				
M. Novoseletsky	185	130	187.5	502.5
110 kg. Master				
W. Hammes	287.5	190	287.5	765
90 kg. Junior				
J. Bertetto	180	135	230	545
Bench Press Only				
82.5 kg.				
J. Redman		80		

(Thanks to Tim Piper for providing these results.)

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Current USPF Classification	Referee Status	Current High School	Special Olympian	Inmate
Elite Master 1 II III IV	IPF Cat. 1 Cat. 2 Nat. State	Y N	Y N	Y N

Current Collegiate	U.S. Citizen	Date of Birth	Sex	Today's Date	Card Issued By
Y N	Y N	/ /	M F	/ /	

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

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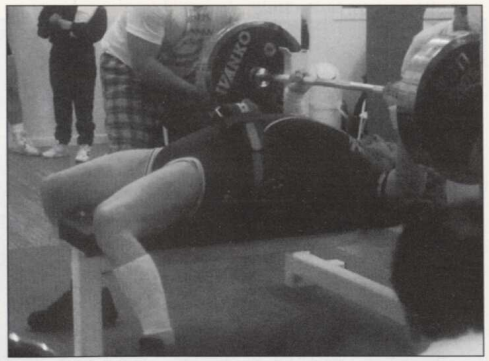
Bradley	110	87.5	142.5	335
227				
Spence	165	100	190	455
Critz	120	85	130	335
School Divisions IV, V & VI				
Sophomore Boys				
138				
Hartley	115	95	142.5	352.5
227				
Dellarose	142.5	122.5	180	445
250				
Swartzel	142.5	107.5	157.5	407.5
Booker	132.5	92.5	170	395
School Divisions I, II & III				
Junior Boys				
119				
Smith	97.5	55	107.5	260
Shepherd	65	47.5	102.5	215
127				
Weinstiger	110	60	127.5	297.5
	115	4th	132.5	4th
154				
Wiles	192.5	117.5	2005	515
Sharpnack	137.5	70	160	367.5
Gilliam	122.5	80	147.5	350
170				
Fracker	192.5	107.5	215	515
Delaney	167.5	112.5	175	455
Kaffenbarger	170	112.5	170	452.5
187				
Gessel	160	115	180	455
Barker	155	97.5	160	412.5
205				
Henderson	177.5	87.5	195	460
McGinnis	182.5	105	157.5	445
Parson	140	112.5	160	412.5
227				
Perkins	170	105	190	465
			210	4th
Brown	170	112.5	180	462.5
250				
Galloway	217.5	145	227.5	590
280				
Winans	260	150	240	650
Mazur	190	127.5	240	557.5
315				
Wilson	160	115	180	455
School Divisions I, II & III				
Senior Boys				
154				
Nguyen	155	115	210	480
187				
Lewis	182.5	120	220	522.5
205				
Arnold	227.5	147.5	212.5	587.5
Roberts	205	115	215	535
280				
Pelfrey	260	160	232.5	652.5
	272.5	4th		
Team Nationals IV, V & VI				
Junior Boys				
170				
Kwasny	152.5	117.5	155	425
Belusko	132.5	110	162.5	405
187				
Giovanelli	137.5	107.5	192.5	437.5
Lawrence	112.5	105	175	392.5
Harris	120	85	147.5	352.5
205				
Congelio	152.5	107.5	177.5	437.5
Plance	137.5	87.5	180	405
227				
Jones	177.5	112.5	180	470
280				
Davis	162.5	120	182.5	465
315				
Clark	217.5	132.5	200	550
School Divisions IV, V & VI				
Senior Boys				
170				
Gumpf	102.5	92.5	132.5	337.5
205				
Cole	127.5	112.5	165	405
B. Henderson	117.5	85	130	332.5
315				
Clark	217.5	132.5	200	550

There were 145 lifters who attended the meet. Many of the lifters entered both the High School State Meet as well as the National Team Championships. All world records set were established with these individuals being part of a team of six or more from the same school, that entered the national meet. In the Girls State Meet Freshman - Sophomore Division: 24 new State records and 17 American records. Girls Junior - Senior Divisions: 26 new State records and 25 American records. The Boys Freshman - Sophomore State Meet: 50 new State records and 15 American records. Boys Junior - Senior State Meet: 54 new State records and 30 American records. The Boys Freshman - Senior Divisions established 41 new World records. Team results Girls 9-12 grade State Championships, 1st: Northeastern, Springfield, Ohio. 2nd: Springfield High School, Akron, Ohio. 3rd: Shawnee, Springfield, Ohio. Boys 9-12 grade overall State meet, 1st: Philo. 2nd: Northeastern. 3rd: Springfield, Akron, Ohio. Boys 9-10 grade State meet, 1st: Philo. 2nd: Northeastern, 3rd: Shawnee. Boys 11-12 grade State meet, 1st: Northeastern. 2nd: Springfield, Akron, Ohio. 3rd: Waynesville. National Team Meet Results, Girls National Division I - VI overall 9-12 grade team Championships, 1st: Springfield High School, Akron, Ohio. 2nd: Northeastern High School, Springfield, Ohio. Boys Overall Grand National Division I - VI, 9-12 grades, 1st: Philo, 2nd: Northeastern. 3rd: Springfield High School. Boys Division I- III, 9-12 grade National Championship, 1st: Philo. Boys Division IV - VI 9-12 grade National Championship, 1st: Waynesville. Boys Division I-III National Meet, Freshman Divisions, 1st: Northeastern; Sophomore, 1st: Philo. 2nd: Northeastern. Boys Junior, 1st: Northeastern. 2nd: Springfield. Boys Senior, 1st: Springfield High School. 2nd: Philo. Boys Division IV - VI High School National Meet, Freshman, 1st: Waynesville, Ohio. 2nd: Brownsville, PA. Sophomore Boys, 1st: Brownsville, PA. 2nd: Waynesville, Ohio. Junior boys, 1st: Brownsville, PA. 2nd: Waynesville, Ohio. Senior boys, 1st: Waynesville, Ohio. (our thanks to Gary Scholl for providing us with the results of this competition).

ADFPA Iron Man Classic
22 Mar 97 - Rockaway, NJ

BENCH PRESS		DEAD LIFT	
MEN OPEN		WOMEN	
132		H. Green -133	270
M. Abramson	159	Men Open	
148		1 32	
J. Dalessio	303	M. Abramson	275
165		148	
B. Lykes	369	J. Dalessio	385
B. Siegelwax	236	165	
181		B. Lykes	451
D. Ely	418	B. Siegelwax	369
J. Poggioli	231	181	
198		J. Poggioli	462
A. Draughn	270	198	
220		A. Draughn	567*
P. Green	501	220	
D. Chevalier	490	R. Muselli	589
M. Kane	214	M. Bernstein	468
242		F. Vogel	440
L. Saviano	446	M. Kane	330
C. Neal	418	242	
D. Nemow	402	D. Nemow	507
275		275	
A. Velazquez	319	A. Velazquez	479
319		319	
A. Irizarry	529	M. Muselli	722
MASTERS		J. Weiss	661!
D. Chevalier -209	490#	MASTERS	
J. Wolff -189	236	J. Weiss-189	413

# Indicates Masters record. ! Indicates NJ Open record. Best Lifters: Bench Press-Pat Green; Deadlift-Michael Muselli. The Second ADFPA Iron Man Classic (Bench Press, Deadlift, and Record Breakers) was held at the Pro Fitness Health Club in Rockaway, NJ on March 22, 1997. In the bench press contest, teenager Mike Abramson won the 132 class. At 148 John Dalessio did his first double bodyweight bench with 303, and it was very smooth. Bob Lykes won the 165 class with a creditable 369. Doug Ely, always an excellent bencher, put up a personal best of 419 at 181. Andre Draughn of Pro Fitness took the 198s without a bench shirt. The 220s were really impressive with Pat Green of Allentown, PA, the meet's best bencher, getting his first 500 + bench with 502, and 47 year old Dave Chevalier of Massachusetts breaking his own American masters record twice. Dave finished with an actual weight of 492 at a bodyweight of 209. Dave almost had 502 on his third attempt. All three contestants at 242 went over 400. Lou Saviano was the winner, with Charlie Neal of Pro Fitness taking second with a fine 419 (Charlie is hoping to break the 135 barrier in both the squat and the dead lift soon)! Darren Nemow was third. Al Velazquez won at 275. At 319 Amanco Irizarry, who recently came to New Jersey from Puerto Rico, looked impressive with 529 at 319. In the deadlift contest, Hazel Green, our only female lifter, showed very nice sumo form while going three for three and ending with 270. Teenager Mike Abramson, who entered at the last minute without doing a training cycle, won at 132 and almost had that 300 he wants. John Dalessio took the 148 class. Although John has gone well over 400 in training, he couldn't quite do it today. Bob Lykes won at 165 and Jim Poggioli won at 181. Andre Draughn broke Jerry Daily's state submaster record at 198, pulling 568 with nice conventional form. At 220 Robert Muselli was the winner, with Matt Bernstein second followed by Fred Vogel of Pro Fitness for third place. Darren Nemow won at 242 and Al Velazquez won at 275. In the 319 class, Michael Muselli, the best deadlifter in the meet, was very explosive in going three for three. The Tower of Power (his pro wrestling name), Jim Weiss, got a strong 661 and the state record because he took the necessary token lifts to qualify. His 69 year young father Jack (maybe we'll call him the Master of Disaster since he doesn't let anything stop him) did 413 at a bodyweight of 189. As always, a great number of people contributed to the success of this meet. Gym owner Joe Morreale and his family did their usual fine job of organizing the facilities. Bill Clayton once again took care of the technical organization and the drug testing. We can always count on Dave Abramson to do a fine job of announcing, considering his age. Dave has recently entered the Masters category. Assisting Dave was Gene Biancheri. Judges were Ray Benemerito, Bill Clayton, Dale DeCamp, whose wife Jean helped at the scorer's table, Adam Divine, Ted Ciantini, Jules Pelligrino, Fred Rice, Charlie Schroeder, and Jeff Walker. Many members of the Pro Fitness Powerlifting Team helped with the spotting and loading along with the setting up and tearing down of the platform and weights. (Thanks to Fred Rice for results).



Dave Chevalier, 47 years old, with a new ADFPA American record of 492 lbs., at the Iron Man Classic. (photograph courtesy of Fred Rice)

WNPF Florida Natural
16 Mar 97 - Daytona Beach,FL

BENCH PRESS		181	
WOMEN		40 - 44	
181		PETERSON	480
PALMER	185	CONAWAY	370
MEN		220	
148		OPEN	
NOVICE		DRISDOM BL	420
KELLY	290	45 - 49	
165		DOWNES	320
RAW		242	
SUNDBERG	290A	50 - 54	
181		McBRIDE	315
NOVICE		275	
VAN ARSDALL	305	OPEN	
33 - 39		FRIERSON	420
VANARSDALL	305	33-39	
198		BRADFORD	445
14 - 16		60 - 64	
CAMPBELL	340A	HOGAN	450A
33 - 39		SHW	
MCDANIEL	400	OPEN	
40 - 44		LANCASTER	450
DEADLIFT		WHITE	440
165		NOVICE	
RAW		LANCASTER	450A

SUNDBERG	375A			
POWERLIFTING	SQ	BP	DL	TOTAL
148				
OPEN				
BROWN - BL	545	275	460	1280
33 - 39				
BROWN	545	275	460	1280
181				
40 - 44				
PETERSON	420	240	480	1140
OPEN				
WARSHANY	475	360	465	1300
198				
OPEN				
POINSETT				
220				
17 - 19				
TASSIN	530	295	475	1300
45 - 49				
KING	540	250	480	1270
DOWNES	455	320	455	1230
275				
NOVICE				
McNEIL	375	375	450	1190

BL - BEST LIFTER, A - AMERICAN RECORD. (results of this competition submitted by the WNPF)

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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 JUL, Iowa Open Bench Press on the Square (open, novice, teen, women, submaster, master) Wayne Hammes, 115 Rosenberger Ave., Oskaloosa, IA 52577, 515-673-3496 (d), 5240 (e)

4 JUL, *Downtown Health Club/Gurley Fitness Center Bench Press Challenge, Wowie Rosales, 116 W. Coal, Gallup, NM 87301, 505-863-4858*

5 JUL, (new date) Hot Day In Tuscola BP/DL,Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

5 JUL, Rep Master Open Bodyweight Bench Press for Reps - $300 1st prize, Lucas Co. Barbel Club, Chariton, IA, 515-774-8107

10 JUL, USPF (NGB) National Committee Meeting/Strength Symposium (Philadelphia Airport Marriott) 11-13 JUL, USPF Men & Women Sr. Nationals (Drug tested by urinalysis - IPF World Record conditions - offical IPF World Team Qualifier - Philadelphia Airport Marriott) Robert Keller, Box 829, Ambler, PA 19002, 215-542-4941, E-mail RHK@BELLATLANTIC.NET

12 JUL, *U.S.A. Summber Beast - Outdoors - Bench Press/Deadlift, Carl Seeker, 814-723-3442, Bradford, PA*

12 JUL, *ANPPC Drug Free Midsouth USA BP/DL (teen, women, men, master) Powerhouse Fitness, 1254 E. 3rd St., Chattanooga, TN 37404, 423-697-9720 (John Greaves)*

12 JUL, *ADFPA House of Pain BP/DL, Lamont X, 1519 3rd Ave., Seattle, WA 98101, 206-682-3966*

12 JUL, Ultimate Bench Blast III, Jamie Pruzinski, Box 1146, Wildwood, NJ 08260, 609-523-0216

12 JUL, Demon Deacon BP, Ed Ellis, Box 7461, Winston-Salem, NC 27109, 910-759-5629

12 JUL, Independence BP Classic, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932

12 JUL, Pop's Gym Summer Bash for Cash (open, women, teen, master, rep) Pop's Gym, 1202 NE Adams St., Peoria, IL 61603, 309-676-7184 or 443-5307

12 JUL, 3rd APF Big Iron on the River Open PL/BP, (open, class II, women, masters, teen) Larry Browning, 1526 Crestview Dr., Ironton, OH 45638, 614-532-4003

12 JUL (?), MDSA Biggest BP/DL on the Beach (Spicer, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201, 320-231-2099

12 JUL, APA Old Dominion BP/Virginia Open DL, Scott Taylor, Box 2724, El Jobean, FL 33927, 941-697-7962

12 JUL, NASA Western States Regional (Las Vegas, NV) NASA, Box 735, Noble, OK 73068

12 JUL, ADFPA Great Plains Open/BP, Tim Piper, 309 E. Smith, Colchester, IL 62326, 309-776-3337 after 5pm

12 JUL, ISF Internet Powerlifting & Bench Press Championships of the Americas, http://members.aol.com/Interstrth/Interstrength.html

12,13 JUL, *Silver State Games PL &/or arm wrestling (physically challenged, teen, open, masters 1-4 - men & women/all div./all wt. classes - out of state welcome) Jim Van Den Heuvel, 675 Fairview Dr., Suite 246, Carson City, NV 89701, 702-882-5441*

12,13 JUL, 4th AAU Raw Meet (men, women, teen, submaster, master - any or all 3 lifts) Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214

13 JUL, *LDFAA Raw Muscle II, Art DiAntonio, Body Maintenance, 491 Elgrove Rd., Rochester, NY 14606, 716-426-7630.*

13 JUL, WNPF North American Championships (Dayton, OH) WNPF, 2560A Picardy Circle North, College Park, GA 30349, 770-996-3418

13 JUL, 2nd Suburban North YMCA BP/DL, YMCA, 880 Walnut St., Catasauqua, PA 18032, 610-264-5221 (meet director Curt Eckroth)

13 JUL, CPA International Classic BP/DL (men, women) Marcel St. Laurent, 457 7ieme Ave. Nord #1, Sherbrooke, Quebec, Canada, J1E 2S2, 819-346-9466

19 JUL, *USPF Open Bench Press, Bel Air Athletic Club, Bel Air, MD, Rosann King, 410-848-2670 ext. 266*

19 JUL, *MDA Bench Press, Dave Dixon, 505 Fieldstone, Warner Robins, GA 31093, 912-922-9985*

19 JUL, *Ron Falcone Invitational, Jules Pellegrino, 433 Belmont Ave., Haledon, NJ 07508, 201-942-4672*

19 JUL, *Albany Children's Hospital BP, Dean Benamati, 8 Rockefeller Blvd., Rensselaer, NY 12144, 518-426-9546*

19 JUL, *USAPL/ADFPA Three Rivers Festival Bench Press Classic (open, women, novice, teen master, police/fire, etc.) Dr. Michael Hartle, Box 12223, Fort Wayne, IN 46807, 219-456-8485*

19 JUL, *APF California YMCA Championships (Fresno, CA) Jay McVeagh, 209-233-5737*

19 JUL, ANPPC Drug Free Texas Open BP/DL, Texas Gym, 4212 Decker Dr., Baytown, TX 77520, 281-424-4667

19 JUL (new date), ADFPA CA State Bench Press (Vacaville) (men & women's novice, open, lifetime, teen, submaster, master) Manuel Villarreal, 895 N. Bayshore West, San Jose, CA 95112, 408-275-6449, www.adfpaca.com Email adfpaca@ricochet.net

19 JUL, ADFPA/VA Amateur Sports PL/BP "at the Rac", Chris Hancock, 305 First St., SW #412, Roanoke, VA 24011, 540-343-0987

19 JUL, AAU Silver City Raw Power Meet & Bench Press, Larry Larsen, 15 Bell St., Quincy, MA 02169, 617-479-7761

19 JUL, ADFPA Mid-America BP/DL (St. Louis area) Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367, 314-625-1225

19 JUL, USA RAW BP Federation Summer Nationals, Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

19 JUL, APA NHCI Summer Power (outside lifters 2 wk. notice) Fred Liatsis, 1201 Main St., Fitchburg, MA, 01420, 508-343-6550

19 JUL, AAU Weightlifting Challenge, Santa Rosa, CA, John Ford, 707-543-5970

19,20 JUL, ADFPA Cornhusker State Games (PL, BP, DL) James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672

19,20 JUL, WPC Can-Am World Cup (Calgary, AB) Greig's Back Alley Gym, 64 N. Railway St., Okotoks, Alberta, Canada T0L 1T3, 403-938-3067

20 JUL (new date), *APF Florida Push & Pull Open, Kieran Kidder, 116 W. Ocean Dunes Rd., Daytona Beach, FL 32118, 904-257-0527*

20 JUL, 7th Steubenville Open BP/DL, Kerry DiDomenico, 234 Alfred, Wintersville, OH 43952, 614-264-4805

20 JUL, Open Bench Press, Santa Rosa, CA, John Ford, 707-543-5970

20 JUL, Cowtown Bench Press Challenge, Cowtown Iron Sports, 3815 Southwest Blvd., Ft. Worth, TX 76116, 817-738-4900

26 JUL, *9th North Dakota State Fair Bench Press (men, teen, women, master, submaster) Gary Clock, 1408 Debbie Dr., Minot, ND 58703, 701-838-3203*

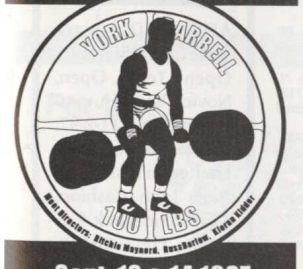
26 JUL *(new date), Beach Bench Press Championships (amateur/pro - men, women, teen, submaster, master) Butch Murr, 3648 S. Park Ave. #140, Buffalo, NY 14219, 716-655-1878*

26 JUL *ADFPA Alabama State/Gold's Classic Danny Dover, 4100 Hatch Blvd., Sheffield, AL 35660, 205-383-4653*

26 JUL, *Biggest BP/DL on the Beach (North Ave. Beach, Chicago) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429*

26 JUL, *Unified Strength Alliance 5th*

APF & APF
Amateur Nationals — New England Open



Sept. 13 & 14 1997
at Nautilus Plus • Revere, MA 617•286•0232

COMING ADFPA EVENTS AT PRO FITNESS

— 1997 Bench Press National Championship, September 27 and 28, 1997 in Newark, NJ. Holiday Inn North - Newark, NJ
— 1997 New Jersey State Powerlifting Championships. End of October 1997. Exact Date and Location to be Announced
— Police & Firefighter National Powerlifting Championship. November 15 and 16, 1997 at the Four Points Sheraton, 15 Howard Boulevard, Mount Arlington, NJ
(201) 770-2000

PRO fitness

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CALL FOR INFO AND ENTRY FORMS: PRO FITNESS, 350 RT. 46, ROCKAWAY, NJ 07866, ATTN: JOE MORREALE, 201-627-9156

annual Beast on the Beach BP/DL (separate events) Carl Seeker, 24 Jefferson St., Warren, PA 16365, 814-723-3442 after 8pm

26 JUL, 3rd Body Works Gym Classic, Body Works Gym, Box 893, Fayette, AL 35555, Greg Hubbert 205-932-4389 or Ted Butler 205-932-5365

26 JUL, APF Celina Lake Festival BP, Tom Burch, 7729 SR 127 N., Celina, OH 45822, 414-586-5225

26 JUL, NASA Tri-State Natural Regional PL/BP, Smitty, 508 E. 5th St., Flora, IL 62839, 618-662-8473

26 JUL, APA/WPA/CPA World Cup BP/DL (SC) Scott Taylor, Box 2724, El Jobean, FL, 33927, 941-697-7962

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

***27 JUL, (new date)** AAU York Power Team Last Chance Raw Qualifier, Moore Muscle Gym, 201 S. Charles St., Red Lion, PA 17356, 717-747-9081*

***27 JUL,** ANPPC Drug Free Indiana Open BP/DL (teen, women, men, master) Meltzers Fitness, 1205 E. State Road #44, Shelbyville, IN 46176, 317-398-3661*

27 JUL, WNPF New Jersey Natural (Newark, NJ)WNPF, 2560A Picardy Circle North, College Park, GA 30349, 770-996-3418

27 JUL, IPA North American Big Bucks Bench Off (more than $2500) Ray Carey, Granby, P.Q., 514-378-4175

JUL, WNPF North Americans (Dayton, OH) WNPF, 2560A Picardy Circle North, College Park, GA 30349, 770-996-3418

1-3 AUG, AAU Jr. Olympic Powerlifting (11 & under, 12-13, 14-15, 16-17, 18-19) Mike Janssen, Box 10,000, Lake Buena Vista, FL 32830, 407-248-6441

***2 AUG,** USPF Maryland Deadlift (MD/DC residents only) Washington Bible College, Lanham, MD, Skip Gormley, 301-552-1093*

***2 AUG,** USPF Maryland State DL (MD & DC residents only, drug tested) Skip Gormley, 8601 Good Luck Rd., Lanham, MD 20706, 301-552-1777*

***2 AUG,** ANPPC Drug Free Central USA BP/DL (teen, women, men, master) Body Forge Gym, Box 1465, Camdenton, MO 65020, 573-346-6607 (Tom Martin)*

***2 AUG,** AAU Missouri State Meet "RAW", David DeForest, 6706 State Road J., Fulton, MO 65251, 573-642-9608*

***2 AUG,** Rhinos Charity Benefit Bench Press (non-sanctioned) Club Rhinos Fitness Center, 2128 Thibido Ct., Vista, CA 92083, 760-727-8500*

2 AUG, Don's Gym PL/BP (cash/trophies) Don Smith Jr., 6900 Bailey Cove Rd., Huntsville, AL 35802, 205-880-6074

2 AUG, MDSA Full Power Meet (Melrose, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201, 320-231-2099

2 AUG, Decatur Celebration DL, Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

3 AUG, (NEW DATE) APA/WPA/CPA Can-Am International BP/DL Joe Steele, 54 Chamberlain St., New Haven, CT 06512, 203-469-5212

***3 AUG,** USPF Michigan State Open BP (Southgate Holiday Inn - open, teen, submaster, master 1-4) Bruce Darling, 1801 Woodside Ave., Trenton, MI 48184, 313-676-8201*

3 AUG, Decatur (IL) Bench Press, Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

***9 AUG,** Iron Horse Bench Press Classic, Mike Cushing, 5919 E. 200 S., Greenfield, IN 46140, 317-467-0668*

***9 AUG,** ANPPC Drug Free Eastern USA BP/DL (teen, women, men, master) ANPPC, Box 1484, Mt. Vernon, IL 62864, 618-244-5775*

***9 AUG, (new date)** APF "The Meet" (Invitational PL/BP) Ed Vaughn, 3407 NW 39th #124, OKC, OK 73112, 405-942-7916*

9 AUG, 9th Canal Celebration Bench Press, Tim Liddon, Little Falls YMCA, 15 Jackson St., Little Falls, NY 13365, 315-823-1740

9 AUG, Greene County Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932

9 AUG, Back To School BP/DL, Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

9 AUG, USPF Muscle Beach Classic Push-Pull (Venice, CA) Darlene Galindo, 310-399-2775

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

9,10 AUG, WNPF World Championships (Atlanta, GA) WNPF, 2560A Picardy Circle North, College Park, GA 30349, 770-996-3418

***10 AUG,** AAU Drug Free RAW Michigan State, Brian Duncan, 85 Oak Pl., Whitelake, MI 48383, 248-698-1671*

10 AUG, Power Zone BP/DL, Rob Rogers, 49 West St., Milford, NH 03055, 603-228-2919

***16 AUG,** 12th annual Iowa State Fair Bench Press Deadlift/6th annual Law Enforcement/Fireman Bench Press, Jeff Baird, 3604 SW 12th St., Des Moines, IA 50315, 515-280-8275*

***16 AUG (new date),** ANPPC Drug Free Northern USA PL/BP, ANPPC, Box 1484, Mt. Vernon, IL 62864, 618-244-5773*

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

16 AUG, MDSA Powerfest '97 (Goodview, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201, 320-231-2099

16 AUG, ISF World's Strongest Police & Fire Departments on the Internet, http://members.aol.com/Interstrth/Interstrength.html

***17 AUG,** CPA Noel du Camionneur PL, Denis Chasse, 418-721-2000 (gym), 724-7293 (res)*

***17 AUG,** AAU Central New York Summer Championships, Mark Kodya, 608 Lenox Ave., Oneida, NY 13421, 315-363-6084*

***17 AUG, (new date)** Indiana State Fair BP/DL Championships (Indianapolis, IN) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 69153, 217-253-5429*

***22-24 AUG,** Unified Strength Alliance (USA) Pennsylvania State (men, women - all classes, teen & master by formula) Gary Heisey or Tim Diem, 105 Warwick St., Lititz, PA 17543, 717-627-0038*

22-25 AUG, AAU Raw National Championships (Disneyworld - open, teen, jr., submaster, master, men & women) Mike Killpack, Box 10,000, Lake Buena Vista, FL 32830, 407-248-6442

***23 AUG,** Power in the Park BP/SQ/DL (Frankling Park - Spokane, WA) Arnie Tyler, 17710 N. Michael Rd., Colbert, WA 99005, 509-466-5801*

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NEW SCHEDULE - NOW IS THE TIME TO PREPARE!
Oct. 2 6, 1997 - APF Iron Island Classic Bench
Feb. 14, 1998 - APF New York State PL & Open
Apr. 18, 1998 - APF Iron Island Bench Blast
Jun. 13, 1998 - APF Iron Island Deadlift Classic
Call Ralph at 516-594-9014 for information on these APF sanctioned meets.

***23 AUG,** ANPPC Drug Free Southern USA BP/DL (teen, women, men, master, team) Body Works, 1660 S. Highland, Jackston, TN 38301, 901-422-1491*

***23 AUG,** 1st Python PL Championships, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806*

***23 AUG,** WNPF Women's Worlds (Atlanta, GA) Troy Ford, 2560A Picardy Circle North, College Park, GA 30349, 770-996-3418*

23 AUG, 2nd Bosco's Gym Summer Funfest (BP, tug of war, armwrestling, bikini contest) Bosco's Gym, 12 Broadlawn, Ardmore, OK 73401, 405-226-5438

23 AUG, Summer of '97 Bench Press Classic (men, women, teen, submaster, master) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

23 AUG, WUPA Law & Fire BP Championships (World Gym, Hyde Park, IL) Sports Enhancement Inc., Box 34036, Chicago, IL 60634, 773-481-5906

23 AUG, Mid Atlantic BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932

23 AUG, 7th Endless Summer BP Classic (teen, novice, women, drug-tested & open) Jon Smoker, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683

23 AUG, USPF Disabled Bench Press Championships (Muscle Beach, Venice, CA) National Wheelchair Association

23 AUG, ADFPA The Real Deal BP Meet, Willie Mastin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964

23 AUG, Womens Only PL/BP/DL (Atlanta, GA) WNPF, 2560A Picardy Circle North, College Park, GA 30349, 770-996-3418

23 AUG, 2nd Norm Manoogian BP Challenge (Los Altos) (men & women's novice, open, lifetime, teen, submaster, master) Manuel Villarreal, 895 N. Bayshore West, San Jose, CA 95112, 408-275-6449, www.adfpaca.com Email adfpaca@ricochet.net

23,24 AUG, (corrected date) WDFPF Teenage, Junior, Masters World Championships, Randy Sparks, 5618 53 St., Taber, Alberta, Canada, T1G 1L5, 403-223-2479

***24 AUG,** USAPL (ADFPA) New York State BP Jacqueline Davis, 1190 Washington Green, New Windsor, NY 12553, 914-569-0457 or John Gengo*

24 AUG, Steel Valley Open BP/DL, Kerry DiDomenico, 234 Alfred, Wintersville, OH 43952, 614-264-4805

24 AUG, Central Illinois Open BP/DL Classic (Decatur, IL) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 69153, 217-253-5429

***29 AUG,** DuQuoin State Fair BP/DL, Dr. Darrel Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429 (DuQuoin, IL)*

***30 AUG,** ANPPC Drug Free Western USA BP/DL (teen, women, men, master, teams) ANPPC, Box 1484, Mt. Vernon, IL 62864*

***30 AUG,** NASA Northern Michigan PL or BP/DL Jeff Fletscher, 239 W. Cedar, Gladwin, MI 48624, 517-426-0061*

***30 AUG,** ADFPA Washington State Meet, Lamont X, 1519 3rd Ave., Seattle, WA 98101, 206-682-3966*

30 AUG, Open Bench on the Beach (no shirts allowed - Sandy Pt. State Park, Annapolis, MD - to benefit Special Olympics) Bill Calhoun, 3328 Lakeside View Dr., Falls Church, VA 22041, 703-671-4094

30 AUG, APA Southeast Regional BP/East Coast DL (FL) Scott Taylor, Box 2724, El Jobean, FL 33927, 941-697-7962

***30,31 AUG,** AAU Florida State/Open, Tom Trevorah, 411 Belmont Dr., Palatka, FL 32177, 904-328-4804*

30,31 AUG, AAU North American Championships & Southwest BP (youth, teen, high school, jr., novice, open, submaster, master, raw open, raw master, military, law enforcement, spec. olympics, physically challenged - men/women) Martin Drake, Box 7262, Moreno Valley, CA 92552, 310-416-3566 or 909-928-4PWR

31 AUG, APF/AAPF National

ADFPA Delaware State Championship \ Open - Teens, Open, Novice, Women, master. Saturday, 11-2-97. Blue hen Mall, Dover. Limited to first 90 entries. John Cashion, 120 Shinnecock Rd., Dover, DE 19904, 9-5pm 302-734-7505, 5-10pm 302-674-8321

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Bench Press, Frantz Sports Center, 60 S. Broadway, Aurora, IL 60505, 630-892-1491

31 AUG (new date), AAU Lawrence Garro Memorial PL/BP (open men & women, master, jr.) Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264 6:30-8PM EST

31 AUG, 8th Michigan Bench Press Challenge, Les Hasler, Box 81, Bloomfield Hills, MI 48303

AUG, (tentative) Bench on the Beach, Chaillet's Gym, 3688 Old Silver Hill Rd., Suitland, MD 20746, 301-423-8888

6 SEP, (NEW DATE) APA Nationals/ American Cup BP/DL (SC) Scott Taylor, Box 2724, El Jobean, FL 33927, 941-697-7962

6 SEP, APA/CPA North American PL/BP/DL (Rutland, VT) APA, Box 27204, El Jobean, FL 33927, 941-697-7962

6 SEP, Son Light Open BP/DL, Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

7 SEP, *ANPPC Drug Free Midwest USA BP/DL (teen, women, men, master, teams) ANPPC, Box 1484, Mt. Vernon, IL 62864*

11-14 SEP, AAU National Squat/ Bench Press/Deadlift (Disneyworld - raw/gear, open, teen, jr., submaster, master, men & women) Mike Killpack, Box 10,000, Lake Buena Vista, FL 32830, 407-248-6442

13 SEP, *APF Fresno County BP, Fresno, CA, Jay McVeagh, 209-233-5737*

13 SEP, *ANPPC Drug Free Northeast USA BP/DL (teen, women, men, master, teams) ANPPC, Box 1484, Mt. Vernon, IL 62864*

13 SEP, APF Iron House Open, Brent Tracey, 301 Adair Ave., Zanesville, OH 43701, 614-452-7766

13 SEP, 4th Princess City Deadlift Classic (men, women, teen, masters, open & drug tested) Jon Smoker, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683

13 SEP, (new date/site) USPF National Deadlift Championships (Post Falls, ID - 5 mi. E. of Spokane, Templin Motor Lodge) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600

13 SEP, Indiana State Open BP/DL Championships (Terre Haute, IN) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 69153, 217-253-5429

13 SEP, MDSA "The Edge" BP (Grand Forks, ND) Darwin Jacobson, Box 1031, Willmar, MN 56201, 320-231-2099

13,14 SEP, EPC/WPC International Deadlift Tournament (Mitterstill, Austria) Carl Smith, Schonaugasse 22/7, A-8010 Graz, Austria, Tel/ FAX +43-316-817683

13,14 SEP, (NEW DATE) APF Amateur Nationals (drug tested) Nautilus Plus, 321 Charger St., Revere, MA, 617-286-0232 or Russ Barlow, 207-225-5070, or Kieran Kidder 904-257-0527

14 SEP, APF New England Championships, Nautilus Plus, 321 Charger St., Revere, MA 617-286-9232 or Russ Barlow, 207-225-5070, or Kieran Kidder 904-257-0527

14 SEP, Big Daddy's Push/Pull and Record Breakers Bench Meet, Santa Rosa, CA, John Ford, 707-543-5970

20 SEP, *ANPPC Drug Free Southwest USA BP/DL (teen, women, men, master, team) Texas Gym, 4212 Decker Dr., Baytown, TX 77520, 281-424-4667*

20 SEP, WNPF Police & Fire and Military Nationals (random drug tested - active duty, retirees, dependents, reservists) Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806

20 SEP, *Unified Strength Alliance St. Mary's Push & Pull BP/DL (separate events) St. Mary's Health & Recreation, 499 Spruce St., Suite 13, St. Mary's, PA 15857*

20 SEP, Ernie Nagy Open Bench Press, Ambridge VFW Barbell Club, 1098 Duss Ave., Ambridge, PA 15003, 412-266-9774

20 SEP, Great Basin Bench Press, Raul Lopez, 551 S. Juneau, Elko, NV 89801, 702-753-2374 or Wade Jensen 702-738-4912

20 SEP, Midwest USA BP/DL (Effingham, IL) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

20 SEP, WNPF Police, Fire, Military Nationals (active duty, dependents, retirees - 100% drug testing) Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806

27 SEP, *ANPPC Drug Free Southeast USA BP/DL, Tropical Gym, 4970 W. Atlantic Blvd., Marage, FL 33063, 954-973-6610*

27 SEP, *USPF Florida State BP, Five Guys Gym, 3807D Cortez Cir., Tampa, FL 33614, 813-933-0958 or 554-5004*

27 SEP, *Eastern Regional BP+DL (men, women, teen, submaster, master) Loule LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590*

27 SEP, Harvest Homecoming BP/DL Classic, Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

27 SEP, APA North American BP & APA Northeastern USA DL (York, PA) Scott Taylor, Box 2724, El Jobean, FL 33927, 941-697-7962

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

27,28 SEP, ADFPA National Bench Press (Newark) Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 201-627-9156

28 SEP, *Texas/Louisiana Top Dog Bench Press, Bob Garza, 9234 Beaver Bend Ct., Houston, TX 77037, 281-820-5923, Charlie Turco, 281-890-5373, Tiny Meeker 713-536-7297*

28 SEP, *Bay State Correctional Center Meet (guest liftes welcome - 4 wks. notice) Bruce Anderson, Box 73, Norfolk, MA 02056, or Tim McDonald 617-727-8474 ext 160.*

28 SEP, *Dixon Open II BP/DL Classic (Dixon, IL) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429*

28 SEP, AAU High School & Teenage Team Bench Press (deadline 14 Sep - open to girls and boys varsity teams) Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264

28 SEP, WNPF Daytona Beach BP/DL (Daytona Beach, FL) WNPF, 2560A Picardy Circle North, College Park, GA 30349, 770-996-3418

3-5 OCT, AAU National Masters, Santa Rosa, CA, John Ford, 707-543-5970

4 OCT, (new date) IPA World Bench Press Record Breakers Meet, Jamie Harris, 512 4th St., Elizabeth, PA 15037, 412-384-9602

4 OCT, *ANPPC Drug Free Northwest USA BP/DL (teen, women, men, master, teams) ANPPC, Box 1484, Mt. Vernon, IL 62864*

4 OCT, 9th Indian Summer Open Power (men, women, teen, master, open & drug tested) Jon Smoker, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683

4 OCT, USPF Central California Championships (San Luis Obispo, CA) Gene Estrada, 805-542-4619 (d), 544-0155 (e)

4,5 OCT (corrected date), Ironman Men/Women Open & Bench Press, Wilkes-Barre YMCA, Corner Franklin & Northampton Sts., Wilkes-Barre, PA, 717-823-2191 (Doreen)

4,5 OCT, WNPF World BP/DL Championships (Atlanta, GA) Troy Ford, 2560A Picardy Circle North, College Park, GA 30349, 770-996-3418

11 OCT, *USPF Chattahoochee Valley Invitational PL/BP, Debbie Bunn, 2700 Veterans Memorial Pkwy, Lanett, AL 36863, 334-576-4400*

11 OCT, *Tri-City BP/DL, Tom Corazzini, Albany YMCA, 274 Washington Ave., Albany, NY 12203, 518-449-7196 ext 16*

11 OCT, *Northern Illinois Open II BP/DL (Joliet, IL) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429*

11 OCT, AAU Bench Press meet (open, master, women, teen) Meadville YMCA, 15957 Conneaut Lake Rd., Meadville, PA 16335, Dr. Chris Knapp, 814-337-5800

11 OCT, MDSA Tri-State Challenge Cup (Sioux Falls, SD?) Darwin Jacobson, Box 1031, Willmar, MN 56201, 320-231-2099

11 OCT, (new date) ADFPA Deadlift Nationals (Bedford Heights, OH) Ed & Frank King, 24775 Aurora Rd., Bedford Hts., OH 44146, 216-439-5464

11 OCT, APA United States Open BP & APA Lone Star State DL (Houston, TX) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962

11 OCT, ADFPA Push/Pull Raw2 Combined/Masters Qualifier (men & women's novice, open, lifetime, teen, submaster, master) Manuel Villarreal, 895 N. Bayshore West, San Jose, CA 95112, 408-275-6449, www.adfpaca.com Email adfpaca@ricochet.net

11,12 OCT, WDFPF Open World Championships (Reading, England)

12 OCT, WNPF Midwest Challenge (Detroit, MI) WNPF, 2560A Picardy Circle North, College Park, GA 30349, 770-996-3418

18 OCT, *Wild Cat Power Day (SQ, BP, DL, Total - any or all) Karl Byerly, Box 89, Brookville, PA 15825, 814-849-3652*

18 OCT, *2nd Western New England Bench Press (men, women, teen, submaster, master) Loule Lapoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590*

18 OCT, 5th Yadkin Fall BP (men, submaster, master, women, teen) Steve Lundy, Box 1266, Yadkinville, NC 27055, 910-679-8660

18 OCT, AAU Vermont State (men, women, master, teen) Jackie Simonsen, Box 50, St. Albans Bay, VT 05481, 802-527-1202

18 OCT, 3rd APF Wolverine Open PL, BP, DL (open, women, teen, jr., submaster, master, novice PL) Dan DeFelice, 19641 Voiland, Roseville, MI 48066, 810-294-7055 after 6pm

18 OCT, Fall BP/DL Classic, Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953,

Unified Strength Alliance - U.S.A. - UPCOMING MEETS!!

JULY 12, 1997 - ***U.S.A.*** SUMMER BEAST - ***OUTDOORS*** - Bench Press/Deadlift. Meet Director: Carl Seeker (814) 723-3442 Bradford, PA

AUGUST 23 & 24, 1997 - ***U.S.A.*** PA State & Open Powerlifting Champions. Meet Director: Gary Heisey (717) 361-8891 Lancaster, PA

SEPTEMBER 20, 1997 - ***U.S.A.*** 1st Annual St. Mary's Health & Recreation Push & Pull Bench & Deadlift Meet Meet Director: Carl Seeker (814) 723-3442 St. Mary's, PA

NOVEMBER 22 & 23, 1997 - ***U.S. A.*** U.S.A. Nationals Meet Director: Tamara Rainwater-Grimwood (717) 761-3843 Harrisburg, PA.

DECEMBER 13, 1997 - ***U.S.A.*** 1st Annual U.S.A. Jingle Bench Classic/BP, Meet Directors: Ross Althouse/Ashley Boyce (717) 354-7299 New Holland, PA

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AAU Raw National Powerlifting Championship ..... August 22 - 24

AAU Powerlifting National Squat,
Bench, Deadlift Championships ..... September 12 - 14

For additional information and/or entry materials please contact:
AAU National Headquarters
c/o Walt Disney World® Resort
P.O. Box 10,000 Lake Buena Vista, FL 32830-1000

For more information call:
Al Siegel (814) 768-9400 for meets in your area
Joe Pyra (201) 691-0824 for technical questions.

217-253-5429
18 OCT, USPF SPecial Olympics Lift-Off (Muscle Beach, Venice, CA) Darlene Galindo, 310-399-2775
18,19 OCT, AAU Military PL/BP/DL Nationals (open men & women, submaster, master, collegiate) Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264
19 OCT, *Missouri State BP/DL (Festus, MO), Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429*
25 OCT, *NASA Big River Classic Regional PL/BP (open, women, teen, submaster, master) Daryl & Tobey Johnson, 1626 E. Co. Rd. 196, Blytheville, AR 72315, 501-763-9094*
25 OCT, *IPA Northeastern Bench Press Championships, Bryan Briddell, World Gym of Saratoga, Rt. 50 - Saratoga Mall, Saratoga Springs, NY 12866, 518-584-5004*
25 OCT, MDSA Night of the Living DL/Halloween BP (Willmar, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201, 320-231-2099
25 OCT, Octoberfest BP/DL Classic, Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
25 OCT, APA NHCI Push/Pull (outside lifters 2 wk. notice) Fred Liatsis, 1201 Main St., Fitchburg, MA 01420, 508-343-6550
25 OCT, ISF World's Strongest Gym on the Internet, http://members.aol.com/Interstrth/Interstrength.html
25-26 OCT, 15th AAU Central PA Open (below class I, teen, submaster, master, women - 1st 60/day) Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214
25,26 OCT, APF Southwest Regional PL/BP, APF Cowtown Deadlift Challenge, Cowtown Iron Sports, 3815 Southwest Blvd., Ft. Worth, TX 76116, 817-738-4900
26 OCT, (new date) *APF Iron Island BP Classic, Iron Island Gym, 3465 Lawson Blvd., Oceanside, NY 11572, 516-594-9014*
26 OCT (new date), *Village Square BP/DL, Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429*
26 OCT, WNPF Raw Nationals (Lancaster, PA) WNPF, 2560A Picardy Circle North, College Park, GA 30349, 770-996-3418
OCT, APF Ohio State BP, Chris Baxter, 3114 Sheridan Rd., Portsmouth, OH 45662, 614-820-2717 or 354-1464
OCT, ADFPA New Jersey State Powerlifting, Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 201-627-9156
1 NOV, *USPF Maryland State Meet (MD/DC residents only) Upper Marlboro, MD, Iain Burgess, 301-937-8040*
NOV, ANPPC Drug Free United States Powerlifting Championships (teen, women, men, master, teams) ANPPC, Box 1484, Mt. Vernon, IL 62864
1 NOV, APA/CPA Can-Am International Cup BP & DL (Rutland, VT) APA, Box 27204, El Jobean, FL 33927, 941-697-7962
1 NOV, *ADFPA Power Gym Push & Pull (Kingston, PA) Joe Moceyunas, 405 S. Main St., Taylor, PA 18517, 717-562-7867*
1 NOV, (new date) AAU NC State BP/Beast of the Bench/Jr. Olympic Qualifier, Ben Zak, Beach Boys Barbell Club, Box 978, Grandy, NC 27939, 919-453-8001
1 NOV, AAU Lifetime Drug Free

The American Powerlifting Federation & The Amateur American Powerlifting Federation present... The 1997 National Bench Press Championships - Sunday, August 31, 1997, Hollywood Casino - North Island Center, 1 New York St. Bridge, Aurora, IL. Divisions; Teen, Juniors, Masters, Police & Fire, Submasters, Open. The American Powerlifting Federation is open to any lifter. The Amateur American Powerlifting Federation is open to any lifter, but will be subject to strict drug testing policies. Frantz Sports Center, 60 S. Broadway, Aurora, IL 60505, 630-892-1491 or 897-2582. Entry Deadline August 21st.

Nationals (Little Rock Air Force Base Fitness Center) Don Skeels, 314 SVS / SVMP, LRAFB, AR 72099, 501-988-3283 or Larry Kye 501-982-7668
1 NOV, APA Bench Press Nationals/APA Deadlift Nationals, Scott Taylor, Box 2724, El Jobean, FL 33927, 941-697-7962
1,2 NOV, ANPPC National PL/BP, Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
2 NOV, *USAPL Power Gym BP &/or DI, The Power Gym, 405 S. Main St., Taylor, PA 18517, 717-562-7867*
2 NOV, *CPA Championnat Quebecois PL/BP Marcel St., Laurent, 819-346-9466*
2 NOV, *ADFPA Delaware State (open, teen, novice, women, master) John Cashton, 120 Shinnecock Rd., Dover, DE 19904, 9-5pm 302-734-7505, 5-10pm 302-674-8321*
6-9 NOV, WPC World Championships (Blackpool, England) Chris Bannaghan (01625 617812/611156) & Dave Carter (01252 342424/0370 757321)
8 NOV, *13th Eastern American Bench Press (open, master, women, novice, teen) WEOG, 150 Sagebrush Rd., Stockbridge, GA 30281, 770-474-2633*
8 NOV, USPF Greater Buffalo BP/DL, Mark Becht, 18 Marne Rd., Buffalo, NY 14215, 716-894-8583
8 NOV, Terre Haute Regional BP/DL Classic (Terre Haute, IN) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 69153, 217-253-5429
8 NOV, MDSA Jake & Jenny's Gym Classic (Willmar, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201, 320-231-2099
8 NOV, WNPF World Record Breakers BP/DL, WNPF, 2560A Picardy Circle North, College Park, GA 30349, 770-996-3418
8 NOV, 5th 303 lb.+ Basho and/or Mexico vs. USA (men & women's novice, open, lifetime, teen, submaster, master) Manuel Villarreal, 895 N. Bayshore West, San Jose, CA 95112, 408-275-6449, www.adfpaca.com Email adfpaca@ricochet.net
8,9 NOV, ADFPA Men's National Masters (8 NOV - Masters Women's Open) James Hart, Bos 82264, Lincoln, NE 68501, 402-470-3672
8-10 NOV, WDFPF World Bench Press/European Championships Knokke-Heist, Belgium
9 NOV, USPF Winter Classic BP, Huntington Beach, CA, Vic Elliott, 714-841-3055
11-16 NOV (97) IPF Men's Worlds (Prague, Czech Republic)
15 NOV, *APA Border Duel BP & DL (separate meets - Anniston, AL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962*
15 NOV, *Iowa/Midwest Open BP or DL (open, novice, teen, submaster, master, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240*
15 NOV, 2nd ADFPA Michiana Open BP/PL, Jon Smoker, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683
15 NOV, ISF World Internet Powerlifting & Bench Press Championships, http://members.aol.com/Interstrth/Interstrength.html
15,16 NOV, ADFPA Virginia State, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932
15,16 NOV, ADFPA Police & Fire Nationals, Joe Morreale, 350 Rte 46, Rockaway, NJ 07866, 201-627-9156
16 NOV, ADFPA Ohio State Open BP (women, masters {age groups}, teen, open, RAW open by formula) Ed King, 24775 Aurora Rd., Bedford Hts., OH 44146, 216-439-5464
16 NOV, AAU Maryland State BP (MD residents & open) & IronMAN (BP/DL - open men & women, master, jr.) Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264 6:30-8PM EST
21-23 NOV, IPA Nationals, Chaillet's Gym, 3688 Old Silver Hill Rd., Suitland, MD 20746, 301-423-8888
22 NOV, ANPPC Drug Free USA/World BP/DL Championships (teen, women, men, master, teams) ANPPC, Box 1484, Mt. Vernon, IL 62864
22 NOV, *Pine Tree State BP, Russ Barlow, RR#2, Box 126, Turner, ME 04282, Shane McKenna 207-442-0180*
22 NOV, USPF Texas Cup (Austin - below I, open, submaster, master, teen, women, BP) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 210-372-3396
22 NOV, USA "RAW" Bench Press Federation Fall Nationals, Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
22,23 NOV, *Pine Tree State PL, Russ Barlow, RR#2, Box 126, Turner, ME, 04282, 207-225-5070*
22,23 NOV, Unified Strength Alliance Championship, Tamara Grimwood, 717 Market #399, Lemoyne, PA 17043, 717-761-3843
23 NOV, Big Daddy's Open, Santa Rosa, CA, John Ford, 707-543-5970
23 NOV, WNPF East Coast Championships, WNPF, 2560A Picardy Circle North, College Park, GA 30349, 770-996-3418
29,30 NOV, WABDL World Bench Press & Deadlift Championships (open, teen, jr., submaster, master, law enforcement, disabled) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600
NOV, USPF PA State/Region II (King of Prussia, drug tested by urinalysis, IPF rules, teen, jr., open, submaster, master) Rob Keller, 752 Johns Ln., Lower Gwynedd, PA 19002, 215-542-4941
6 DEC, *Beast of the East Bench Press, Delmarva YMCA, Salisbury, MD, Gary Howard, 410-749-0101*
6 DEC, Southeastern Cup, Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, 912-896-3988 (d), 3989 (n)
6 DEC, 10th CBPL Elkhart Bench Press Classic (novice, men, women, master, teen, drug tested & open) Jon Smoker, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683
6 DEC, AAU New England Open, Larry Larsen, 15 Bell St., Quincy, MA 02169, 617-479-7761
6 DEC, ADFPA Kentucky State/Blue Grass Open PL/BP, Steve Corum, 520 S. Main St., Henderson, KY 42420, 502-826-8354 or 835-7865
6 DEC, Son Light Winter Classic BP/DL, Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
6 DEC, Upper Bucks YMCA Christmas Classic BP, Suanne Rieker, Upper Bucks YMCA, 451 California Rd., Quakertown, PA 18951, 215-536-8841
6 DEC, USPF Ironman & Ironwoman (Fresno, CA) Bob Packer, 209-658-8394
6 DEC, APA Eastern USA BP, (FL) **Master/Submaster BP Nationals,** Scott Taylor, Box 2724, El Jobean, FL 33927, 941-697-7962
7 DEC, *CPA Champ. Canadien Deadlift, Supertech, Alain Robitaille, Carole Lequin, 514-539-4999*
7 DEC, *8th River Valley Classic BP, John Comereski, Box 401, Breesport, NY 14816, 607-739-7322*

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7 DEC, USA Powerlifting (form. ADFPA) Colorado State, Andrea Sortwell, 11360 W. 84th Pl., Arvada, CO 80005, 303-425-7075
7 DEC, 9th SAAS Bench Press (all age/wt. groups, no formulas, drug tested) Mike Collet, 214 N. Ashland, Park Ridge, IL 60068, 800-722-7932 (emergencies)
7 DEC, 6th AAU Coal Country BP/DL (separate contests - open, women, teen, submaster, master) Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214
13 DEC, ANPPC Drug Free World Cup Powerlifting (teen, women, men, master, teams) ANPPC, Box 1484, Mt. Vernon, IL 62864
13 DEC, *U.S.A. 1st Annual U.S.A. Jingle Bench Classic BP, Ross Althouse/Ashley Boyce, 717-354-7299, New Holland, PA*
13 DEC, EPC/WPC International Austrian Prix (full meet - Graz, Austria) Carl Smith, Schonaugasse 22/7, A-8010 Graz, Austria, tel/FAX +43-316-817683
13 DEC, Christmas BP Classic, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932
13 DEC, LOVC High School Invitational BP/DL Challenge, Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
14 DEC, Austrian Bench Breakers (Graz, Austria) Carl Smith, Schonaugasse 22/7, A-8010 Graz, Austria tel/FAX +43-316-817683
20 DEC, *APA Christmas BP/DI Classic (Raleigh, NC) APA, Box 27204, El Jobean, FL 33927, 941-697-7962*
20 DEC, MDSA Northern Nationals BP/DL (Jamestown, ND) Darwin Jacobson, Box 1031, Willmar, MN 56201, 320-231-2099
DEC, 4th AAU Christmas Bench Press Classic, Aaron Pete, 1231 Cayuga Ave., San Francisco, CA 94112, 415-585-7795
DEC, WNPF Georgia Natural State Meet (Atlanta, GA) Troy Ford, 2560A Picardy Circle North, College Park, GA 30349, 770-996-3418
10 JAN, *APA Georgia Open BP & DL (Macon, GA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962*
7 FEB, *APA Yellowhammer BP & DL (Anniston, AL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962*
14 FEB, *APF New York State and Open Meet, Iron Island Gym, 3465 Lawson Blvd., Oceanside, NY 11572, 516-594-9014*
21 FEB, *APA Sunshine State Open BP & DL (St. Petersburg, FL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962*
28 FEB/1 MAR, *New York State Championships (Radisson Corning Hotel) John Comereski, Box 401, Breesport, NY 14816, 607-739-7322*
7 MAR, *APA Tarheel Open BP & DL (Raleigh, NC) APA, Box 27204, El Jobean, FL 33927, 941-697-7962*
21,22 MAR, Northeastern PL/BP, Nautilus Plus, 321 Charger St., Revere, MA, 617-286-0232 or Russ Barlow, 207-225-5070
28,29 MAR, WPA World PL/BP/DL (Florence, SC) APA, Box 27204, El Jobean, FL 33927, 941-697-7962
28,29 MAR, ADFPA High School Nationals, James Hart, Bos 82264, Lincoln, NE 68501, 402-470-3672
18 APR, *APF Iron Island Bench Blast, Iron Island Gym, 3465 Lawson Blvd., Oceanside, NY 11572, 516-594-9014*
18 APR, *APA Peach State Open BP & DL (Macon, GA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962*
2 MAY, *APA Southeastern US BP & DL (Greensboro, SC) APA, Box 27204, El Jobean, FL 33927, 941-697-7962*
16 MAY, *APA Florida Cup Open BP & DL (Palm Bay, FL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962*
6 JUN, *APA Southern States BP & DL (Anniston, AL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962*
13 JUN, *APF Iron Island Deadlift Classic, Iron Island Gym, 3465 Lawson Blvd., Oceanside, NY 11572, 516-594-9014*
20 JUN, *APA Iron Warrior PL/BP/DL (Florence, SC) APA, Box 27204, El Jobean, FL 33927, 941-697-7962*
4,5 JUL, ADFPA Men's Nationals, Andrea Sortwell, 11360 W. 84th Pl., Arvada, CO 80005, 303-425-7075
18,19 JUL, ADFPA Cornhusker State Games (PL, BP, DL) James Hart, Bos 82264, Lincoln, NE 68501, 402-470-3672
8 AUG, APA/CPA CanAM Intl. BP & DL (Hamden, CT) APA, Box 27204, El Jobean, FL 33927, 941-697-7962
AUG, ADFPA Deadlift Nationals, James Hart, Bos 82264, Lincoln, NE 68501, 402-470-3672
5,6 SEP, APA Nationals (location tba) APA, Box 27204, El Jobean, FL 33927, 941-697-7962
19 SEP, *APA Old Dominion BP & DL (Virginia Beach, VA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962*
7 NOV, APA BP & DL Nationals (Rutland, VT) APA, Box 27204, El Jobean, FL 33927, 941-697-7962
5 DEC, APA Masters BP Nationals (St. Petersburg, FL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962
5 DEC, *Eastern USA Bench Press (location tba) APA, Box 27204, El Jobean, FL 33927, 941-697-7962*

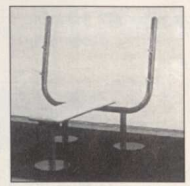
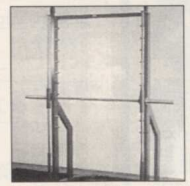
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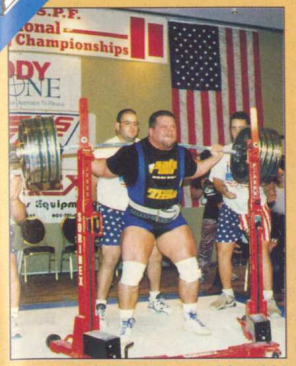
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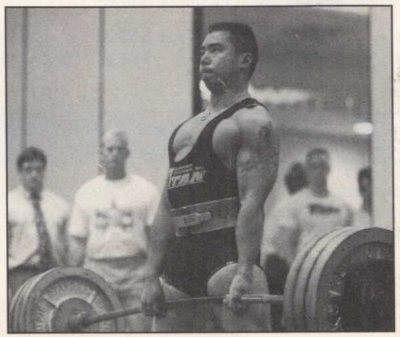
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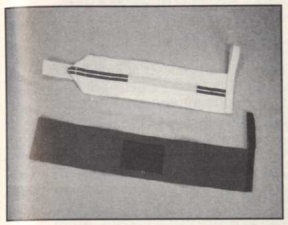
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AAUPC UPDATE

Joe Orengia held an impressive National Championships in Erie, PA on April 12-14th. The lifting was of high quality and the winners of the mens and womens classes will go to the WDFPF World Championships in Reading, England in October. Joe turned away many last minute entries as they had not met the qualifying requirements. However, there is always next year when the WDFPF World Championships are tentatively scheduled for Disney World in Oct, 1998.

The Special Olympics Championship that was scheduled for May, 1998 in Disney World will be rescheduled for 1999 as the arrangements could not be finalized on time. In its place we have tentatively scheduled the FLORIDA State Powerlifting Championships with Tom Trevorah, our Florida State Chairman as Meet Director. Along with this meet will be an Open Powerlifting meet. Arrangements are being worked on as this is being written. Each meet will have no qualifying requirements other than the lifter be a current AAUPC member in good standing. An Open bench and deadlift meet is also scheduled.

The Executive and National meetings where held along with the National Championships. A great deal was discussed and much was accomplished. Among the highlights are: It was voted to accept membership in the WDFPF, officially becoming a full member in Reading, England in Oct.

Effective Jan. 1, 1998 the Round system will be replaced at all Powerlifting meets by the Wildcard and Modified Conventional System.

Effective Jan. 1, 1998 the Modified Conventional System will be used in all single lift meets.

Starting Jan. 1, 1998 the drug free period will be extended six months each year until it is five years drug free, effective Jan. 1, 2001.

Effective Jan. 1, 1998, only youth members may wear shorts at local meets only. Every else must wear a one piece lifting suit and youths must also wear a one piece lifting suit at all national meets.

Effective Jan. 1, 1999, use of all supportive gear (except a standard 4 inch leather belt) will be discontinued, with all American OPEN records frozen on that date.

American RAW records, starting with those set at the 1996-97 Raw National, will be kept effective, Jan. 1, 1998.

Note: Information concerning RAW meets, Wildcard meets and the Modified Conventional System can be found in the AAUPC rule book, available from Mike Killpack, 407-363-6170, for $10.00.

Change adult Membership fee from $23.50 with Added Benefits to $25.00 without Added Benefits. Change youth fee from $12.00 with Added Benefits to $10.00 without Added Benefits. This returns us to our original fee schedule of 1995.

Elected Nancy Halverstadt to fill a vacancy on the Executive Committee. Appointed Nancy Halverstadt to the position of Second Secretary.

The RAW division will be added to the Junior Olympics in 1998. This will be held in Norman, Oklahoma. Our State Chairman Walter Thomas will be our local organizer for this event.

Drug testing reimbursement will continue to be 25% for 1998.

The results of some of these rule changes is that 1998 will be the last opportunity for many lifters to set DRUG FREE OPEN Records that will become frozen. A permanent claim to fame. On the other hand, RAW American Records will be accepted beginning Jan. 1, 1998, so get ready for this new opportunity. A complete list of the rule changes, etc. will be printed in the AAUPC Newsletter in June. While we have pretty much straightened out our registration program, anyone who has not received their news letter should contact Mike Killpack, 407-363-6170. Tell Mike when, where and from whom you purchased your card, and the newsletter will be sent to you. This process also applies if you have not received your membership card. We are about done with our teething/growth problems, such as any new organization has and we thank our members for being patient.

A reminder to all our meet directors, please send all membership card applications, club/teen applications with moneys and covering letter to Mike Killpack, AAU National Headquarters, Walt Disney World Resorts, P 0 Box 10,000, Lake Buena Vista, FL 32830. This will insure that each new member will receive their cards in two-three weeks. Also send AL Siegel a copy of the covering letter.

Meet directors, please advise Al of your meet dates and request a meet directors packet at least two weeks prior to your meets. Tell Al, 814-768-9400, how many urine test kits you need. There is no charge for these kits.

We still have openings for a few AAUPC State Chairman. If you like to make a difference in the future of powerlifting, give Al a call and discuss being a chairman or on running a meet with him. Train well, train hard, train smart, train drug free. *Jumpin Jersey Joe.*

Give Me 90 Days and You Will Achieve Your Best Lifts Ever - Guaranteed!

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Gary Heisey, the world's greatest deadlifter (925 lbs.) recently endorsed the Grimwood Strength System quoting, "Since I started using the Grimwood Strength System I've made the fastest gains ever in my powerlifting career. The alternating week schedule was the key for me. I'm not overtrained anymore and hitting my percentages has never been easier. Thanks to the Grimwoods for this great book!

"The book was awesome! The results were even better!!!"

Mike Morris, Minnesota Vikings



Front, Terry Grimwood & Tamara Rainwater-Grimwood. Back, Todd Hall& Grant Pitts

Please rush me Terry Grimwood's **"The Grimwood Strength System (revised edition)"** plus my FREE report. I have enclosed $39.95 plus $3.00 for postage. PA residents add $2.40 sales tax. **For RUSH service, call 1-888-GRIMWOOD (toll free)!**

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132		J. MCNEILL, JR.	370	*
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C. BARTLETT	230 *	242		
165		C. YOUNG	465	
T. BRIGGS	320	S. OBETZ	445	
F. WILLIAMS	305	D. ROMANO	400	
181		J. KIRIT	380	
G. HUDZIK	400 *	B. CRISANTI	370	
B. POSI	360	C. JONES	360	
J. DECARLO	260	C. POPE	310	
198		R. MUTCHLER	295	
W. TOMKO	390 *	275		
C. DWOREK	385	A. GUSTAFSON	460	
220		D. MASTREAN	455	
R. CAPOZZOLO	570 *	W. LILLEY	390	
M. HILL	470	S. BORUSHKO	380	
BARRAVECCHIO	450	308		
		S. KIRIT	560	

BEST OVERALL LIGHTWEIGHT: GEORGE HUDZIK. BEST OVERALL HEAVYWEIGHT: ROB CAPOZZOLO. BEST OVERALL TEEN: WILLIAM TOMKO. BEST OVERALL MASTER: JAMES MCNEILL, JR. THE IPA 1997 2ND ANNUAL PITTSBURGH MONSTER BENCH PRESS OPEN WAS HELD AT THE ST. ELIZABETH AUDITORIUM IN WEST MIFFLIN, PA. THE NUMBERS WERE SMALL (32) BUT MANY WORLD RECORDS FELL ON THIS DAY. AT 132 LBS., WISDOM DOMITROVICH BENCHED A NICE 290 FOR A 1ST. THE 148 SAW MASTER LIFTER, CODY BARTLETT, BENCH A NEW MASTER WORLD RECORD OF 230. WAY TO GO CODY! GEORGE HUDZIK CAME UP FROM OHIO TO SET THE 181 MASTER RECORD WITH AN EASY 400. GEORGE AND WISDOM GOT LOST BECAUSE OF MY BAD DIRECTIONS TO THE MEET - SORRY GUYS! THESE ARE TWO CLASSY GENTLEMEN AND I HOPE TO SEE THEM AGAIN AT THE WORLD MEET IN OCTOBER. AT 198, WILLIAM TOMKO BENCHED 390 TO SET THE IPA TEEN RECORD. LOOK OUT FOR THIS GUY IN THE FUTURE! COMING IN 2ND IN THE TEEN DIVISION WAS CHAZ POPE. CHAZ IS A PROTEGE OF TANK MORGAN AND MYSELF, AND WE BOTH LOOK FOR BIG THINGS FROM HIM IN THE FUTURE. ALSO AT 220, TWO WORLD RECORDS WERE SET. ROB CAPOZZOLO, WEIGHING 218, STORMED THE STAGE LIKE A "BENCH PRESS MACHINE FROM HELL" AND SMOKED 570 LIKE THE BAR WAS EMPTY - WOW! THEN STILL NOT SATISFIED, HE BATTLED 600.75 OF THE WAY TO THE TOP! CLOSE, SO VERY CLOSE! ROB IS GOING TO TAKE A FEW WEEKS OFF AND THEN START TRAINING WITH ME FOR THE OCTOBER 11 IPA WORLD BENCH MEET. JAMES MCNEILL, JR. PUSHED UP A 370 FOR A MASTER PRO 220 RECORD. JAMES ALSO TOOK THE OVERALL BEST LIFTER IN THE MASTER DIVISION. SPECIAL THANKS GOES OUT TO THE FOLLOWING PEOPLE: MARK AND ELLEN CHAILLET, TOM LEVERING, RICK MUTCHLER, AMY CIRUCCI, TOM "TANK" MORGAN, BOB OLINGER, CHUCK BREGGI, DOUG HAVRILESKO, RODGER GAYDOS, SANDY "MUMMY" DAVIS, GENE DAVIS, GEORGE EABORN, POWERHOUSE GYM, FRANK'S JEWELRY OUTLET, ALAN SAVINI'S "GET STRONG" ACTIVEWEAR AND JOHN YIMIN. MICHELLE AND MYSELF THANK EACH AND EVERYONE OF YOU WHOLEHEARTEDLY! THIS MEET IS THE FIRST STEP IN BRINGING POWERLIFTING BACK TO PITTSBURGH. THIS MEET WAS ALSO DEDICATED TO THE MEMORY OF MARK PRINCE AND JEFF WRIGHT, TWO OF PITTSBURGH'S POWERLIFTING FOREFATHERS. HOLD ONTO YOUR HATS BECAUSE THE IPA WORLD BENCH MEET WILL BE HELD HERE IN OCTOBER. 800 LBS + WILL FALL LEGITIMATELY. COUNT ON IT! "WHO'S THE MAN!" SEE YA SOON! (Thanks to JAMIE AND MICHELLE HARRIS for providing these results).

ADFPA East Coast Championships 22, 23 Feb 97 - Bayside, NY (kg)

Womens 116 lb.	SQ	BP	DL	TOTAL
Davis	150	82.5	180	412.5
122 lb.				
Cane	142.5	82.5	165	390
Dutzmann	112.5	62.5	130	300
Guttman	97.5	47.5	112.5	257.5
129 lb.				
Dechiarra	110	65	140	315
139 lb.				
Amerling	130	67.5	165	362.5
Solmary	62.5	52.5	97.5	212.5
154 lb.				
Santulli	102.5	50	132.5	285
Men's Open 132 lb.				
O'Brein	190	1075	172.5	470
Debella	190	120	180	490
148 lb.				
Weinstein	230	137.5	250	617.5
Gengo	205	132.5	215	552.5
165 lb.				
Macri	272.5	145	262.5	680
Dematteo	212.5	190	207.5	610
Pamulo	220	105	202.5	527.5
Kenney	182.5	120	185	487.5
181 lb.				
Scully	265	165	255	685
Gibson, L.	250	182.5	250	682.5
Wolf	242.5	167.5	*155	665
Newkirk	227.5	157.5	260	645
Falcone	235	170	235	640
Palmer	245	122.5	255	622.5
Randinav	182.5	132.5	205	525
Rodriguez	180	132.5	192.5	505
198 lb.				
Arckmone	280	182.5	260	722.5
Gibson, T.	272.5	200	245	717.5
Scmeuer	250	185	272.5	707.5
Garcia-Larios	265	170	250	685
Ray	250	157.5	262.5	670
Poplawski	260	150	255	665
Grosbeck	230	147.5	247.5	625
Kelley	192.5	125	220	537.5
Cieri	50	235 *	50	335
220 lb.				
Morton	342.5	210	345	897.5
Hirscm	265	197.5	275	737.5
Hermann	240	210	295	722.5
Curran	252.5	192.5	252.5	697.5
Casmion	250	180	260	690
Manson	240	165	277.5	682.5
Backos	255	145	237.5	637.5
Wood	240	130	250	620
Landman	215	160	240	615
Trotta	212.5	165	227.5	605
Scmleer	172.5	132.5	192.5	497.5
242 lb.				
Rifple	317.5	192.5	310	820
Thompson	272.5	197.5	302.5	772.5
Malone	272.5	190	255	740
Cameron	305	195	277.5	740
Slaybaugh	250	155	282.5	687.5
Groff	240	147.5	230	617.5
Cavello	170	157.5	200	527.5
275 lb.				
Melmer	317.5	220	320	857.5
Orlando	295	237.5	272.5	805
Klinger	282.5	212.5	297.5	792.5
Mazza, R.	310	172.5	310	792.5
Warner	290	182.5	295	772.5
Lawliss	272.5	207.5	287.5	767.5
Lee	260	147.5	250	650
Santiful	232.5	172.5	230	635
Hollingsmead	240	175	110	525
Derda	170			
319 lb.				
Poquette	227.5	147.5	235	610
Teen 132 lb				
Carnright	130	102.5	180	412.5
165 lb.				
Simone	162.5	150	210	522.5
Lopez	160	102.5	165	427.5
198 lb.				
Heaphy	235	157.5	250	642.5
McAdams	185	105	185	475
220 lb.				
Mazza, P.	197.5	125	187.5	510
Brandenburg	152.5	85	197.5	435
Merlino	50	147.5		
Juniors 181 lb.				
Wolf	242.5	167.5	255	665
Larosa	247.5	167.5	250	665
Rutkowski	232.5	150	220	602.5
275 lb.				
Mazza, R.	310 *	172.5 *	310 *	792.5
Special Olympic	242 lb.			
Taylor	142.5	102.5	170	415
Jackson	142.5	82.5	170	395
275 lb.				
Wallers	160	102.5	222.5	485
Masters 132 lb				
Gonzalez	92.5	37.5	150	280
165 lb.				
Norman	185	145	230	560
Pamulo	220 *	105	202.5	527.5
Andrade	195	117.5	200	512.5
Menewitch	150	117.5	162.5	430
Rosenwald	140	107.5	165	412.5



***Rob Capozzolo** with a 570 bench press at 220 lbs. at the IPA Monster Bench Press Championships. (photograph courtesy of Jamie Harris)*



From Charles Slaybaugh: *"Recently I had the opportunity to compete with some great lifters at the ADFPA East Coast Championships held on February 23 and 24th in White Plains, New York. The meet was well run and everyone was extremely helpful. James Morton was on hand and put up some really incredible numbers. Dennis Cieri benched a clean 518 in the 198's and set an American record. As a neophyte, I was in awe with both the strength and humbleness of these guys. Please find a photograph of myself attempting a 578 squat. I didn't get it, but hope to in the near future."*

181 lb.				
Clayton	220	145	235	600
Teuchert	195	127.5	217.5	540
Buchbauer	182.5	110	212.5	505
Vicente	170	145	192.5	490
Gienenthal	62.5	62.5	62.5	187.5
Masters 198 lb				
Vincent	195	120	222.5	537.5
Augello	185	132.5	205	522.5
220 lb.				
Barmwell	272.5	160	260	692.5
Mobley	205	142.5	260	607.5
Nieues	27.5	182.5	62.5	272.5
242 lb.				
Wilcox	27.5	160	250	637.5
Cease	180	182.5	245	607.5
Chatis	217.5	147.5	227.5	592.5
275 lb.				
Klinger	282.5	212.5	297.5	792.5

* = American Record. Best Lifters = Sat. - M. Macri, Sun. - J. Morton. Team = 1st Place - Pro Fitness. And Place - Big Daddy Powerlifting. (from ADFPA).

NASA K.C. Regional PL/BP 5,6 Oct 96 (kg)

Bench Press		138.80		
154.30		J. Caddiell		117.5
C. Wilson	60	187		
205		K. Fredrickson		175
B. Freeman	172.5	205		
170.80		R. Henderson		172.5
T. Brogan	135	205		
205		Earl Evatt		135
B. Freeman	172.5	170.80		
205		C. Beck		147.5
D. Bridges	120	205		
187		Earl Evatt		135
G. Belka	160	187		
205		K. Fredrickson		175
T. Billings	130	154.30		
205		K. Scott		147.5
E. Evatt	135	119		
205		B. Millage		45
Earl Evatt	135			
170.80	SQ	BP	DL	TOTAL
T. Brogan	182.5	135	187.5	505
187				
J. Hartzell	142.5	92.5	175	410
170.80				
T. Brogan	182.5	135	187.5	505
187				
J. Stahl	182.5	132.5	205	520
205				
W. Murphy	170	85	160	415
127.80				
D. Moore	157.5	100	145	402.5
170.80				
D. Aleman	207.5	110	250	567.5
205				
R. Henderson	250	172 50	302.5	725
154.30				
M. Summers	182.5	117.5	200	500
187				
B. Bales	160	62.5	62.5	285
119				
B. Millage	60	45	67.5	172.5
Power Sports				
90				
T. Peters	20	30	60	110
187				
J. Stone	50	97.5	145	292.5
Powerlifting				
250.20				
B. Mann	235	142.5	220	597.5
227				
J. Wilde	180	105,00	227.5	512.5
250.20				
M. Lea	215	170	227.5	612.5
280				
B. Pierce	245	152.5	250	647.5
280				
J. Volland	250	147.5	227.5	625
227				
J. Wilde	180	105	227.5	512.5
250.20				
B. Dale	250	155	250	655
227.5				
P. Jackson	280	185	295	760
250.20				
B. Mann	235	142.5	220	597.5
227				
Bench Press				
J. Caples	0	147	0	147
308				
T. Highfill	0	192.5	0	192.5
280				
A. Doty	0	195	0	195
227				
E. McDonald	0	152.5	0	152.5
308				
T. Highfill	0	192.5	0	192.5
Power Sports				
250.20				
R. Elliott	70	0	0	70
250.20				
R. Elliott	0	170	0	70

(Thanks to NASA for providing these meet results).

(article continued from page 8)

Shane's teammate Loreen Briner, 22, is blond, short, and stocky. She looked to be a "shoe-in" to win gold for Team Oklahoma. The Championships took place April 25-27, 1997 in Blaine, MN. The Women and the Men held their Championships concurrently. Poor poundage selections cost Loreen the title. She made only openers and ended up losing the championships by virtue of being 510 grams bodyweight heavier. Andrea Lyons of Washington took the 101.4 lb. class (46 kg.), hoisting 303 TOT.

Big Shane's chances did not look any brighter. He ranked 5th coming in among the top qualifiers for the SHWT. title. Top seed was Thomas Ingalsbe Jr., 27, of Powder Springs, GA, with an 826 TOT. At 6'5" and 330 BWT, Tom was a true giant. He'd finished 16th at the Olympic Games last year in Atlanta w/804 TOT. Tom has been distinguished as being the 2000th Weightlifter to compete in the Olympics. Kevin Coleman, 28, a thrower from Nebraska turned lifter, was next at 821. Chris DeMartini of Northern CA had 777, while John Tremblay, 31, had 755. Next was Hamman at 749.

It was a big plunge into the Senior Nationals of Weightlifting. This was not Powerlifting - no safety of wraps, spotters or supportive costumes. This was a test of unshackled athleticism and strength.

Coleman, lightest of the contenders at 272, was confident. He opened auspiciously, and had his opening snatch of 363 overhead, but lost it behind. Ingalsbe, weighing 330, hoisted 352, then twice lost 363. DeMartini, 319, lifted 363 strongly on his first try. Hamman paced himself and smoked 352. With the agility of a lightweight he tugged, dipped, and wedged himself under 363 matching DeMartini. Coleman, the favorite to win, twice more missed the same weight and bombed out. DeMartini missed 374 - forward - twice, Hamman had it overhead - the weight too far in front - dropped! As the DL is considered the king of lifts in P/L, so is the Clean & Jerk in W/L. Proficiency in this lift can afford the opportunity to win. Ingalsbe, DeMartini, and Hamman all elevated 418 on their initial efforts. For Shane it was a P/R. Coleman was allowed to participate in this lift even though he'd been eliminated from the competition. DeMartini, in the lead as lighter man, twice failed 429. Hamman made a key clutch lift, hoisting 435 overhead strongly. Ingalsbe, of Coffee's Gym in Savannah, GA, got 435 to his chest twice, but could not make it stay aloft.



Will Shane Ever Come Back *to win that World Powerlifting title that was almost his in Pori, Finland?*

What a surprise! In his first big W/L meet Shane Hamman, a POWERLIFTER, had defeated the country's best weightlifters to became Senior National Champ in O/L.

He was psyched to lift 451, but was called off the platform to allow Coleman to take his attempt. When his turn came to try the lift, now unpsyched, Shane was not close.

Some of the comments concerning Hamman's grand debut and surprise win in U.S.A. W/L's biggest championship: Bruce Klemens, reknowned photographer and W/L critic remarked: "Ex-powerlifter Shane Hamman - although a 5x5 - was fast as Krastev and his technique was more than I'd expected. I was impressed".

Ed Coan, P/L's Icon, was in the audience cheering on Shane. Eddie had been thinking about giving W/L a try a few years ago himself.

One of the greatest USA weightlifters ever, World and Olympic champ, Tommy Kono, 66, commented about the sad state of affairs and the decline of US W/L since his heyday: "It tells you what an all time low we've hit when a powerlifter can train less than a year and beat the best we have." This was not meant to be derogatory towards Shane, but rather a criticism of the lack of a successful W/L program we've had in this country for the past few decades.

Regarding his "surprise win" and other insights, I talked to the big man from Mustang. Here is part of our discussion:

HG: When you dropped P/L like a hot potato, it surprised me and many others. Your bwt. loss of the IPF SHW Title to Spinov in '95 must have been a big disappointment. I figured after you set the IPF W/R SQ of 1008 in March '96 you were right on target to win that big world title in '96. What caused such a rash decision?

SH: *Well Herb, you - after all - put the bug in my ear. I'd been thinking about it for some time. I wanted to do something to really prove my athleticism. I want more than anything else to be an Olympian and compete for the USA in 2000. I figured the sooner I got started it would give me just that much more time to get the ball rolling. Yes, losing the IPF Worlds in PL was a big disappointment. My DL has always been my nemesis.*

HG: Did you work it much?

SH: *Obviously not enough. (Laugh). My stubby hands make it hard to hang on. I carried a pocket hand squeezer around all the time in my pocket and pumped it every chance I got. We have a tendency to work hard at what we like to do and slack off what we don't.*

HG: Were you a DL "slacker".

SH: *(Laugh) 'Fraid so.*

HG: Did you expect to win the Seniors in W/L?

SH: *Not at all. I hoped for a 3rd if I was lucky. I had Ingalsbe and Coleman figured for 1-2 with me and DeMartini battling for bronze.*

HG: Do you consider your win a fluke?

SH: *Not quite. Maybe a little lucky, but I lifted smarter. Coleman was out of sync. Tom just had a bad day, looked overtrained. (Tom confirmed the latter to me - HG).*

HG: Do you do any plyometric work? Like running and jumping?

SH: *Yes, I have a 33" vertical jump. I do wind sprints once or twice a week.*

HG: Please elaborate.

SH: *Well (laugh) I sometimes run in my field racing against GATOR.*

HG: Your pet pot bellied pig - warthog crossbreed?

SH: *Yeah, I stick a cob of corn in my back pocket. He is right behind me all the way.*

HG: Do you always win?

SH: *My winning is a MUST because of his TUSKS.*

HG: You were IOC drug tested following your IPF W/R SQ. Is the USOC drug testing program really tough? I understand they do surprise "out of competition" testing.

SH: *You better believe it! They came to my dad's store before the Seniors and tested me and to my house 1 week after I won the W/L Seniors.*

HG: Tell us about it.

SH: *It was totally unexpected. It was one evening after I finished my supper. Three skinless, boneless chicken breasts, a plate of potatoes and asparagus washed down by my favorite beverage - a GALLON OF ICED TEA!*

HG: What happened?

SH: *Well, it was a rather MEAGER BEAKER. Let's say I complied with OVERFLOWING CO-OPERATION..*

HG: Do you take any food supplements?

SH: *Yes, the SUPER NUTRITION multi-vitamins, Vitamin C, Atletika's Triboxin, and minerals by New Wave.*

HG: Do you have any other athletic interests besides lifting?

SH: *Yes, my brothers and I all play golf. I shoot in the low 80's. My average drive is 260 yards. I can get on the fairway every time. I hope next year I can participate in the Paul Anderson golf tournament. I'd really like that.*

HG: Now that you've switched to W/L, which do you like best P/L or O/L?

SH: *W/L, I like it better than P/L. It is more athletic and allows me to use my athleticism more, There is no way to cheat in W/L. It's just you and the barbell. You either lift it or you don't, plain and simple.*

HG: How do you train for W/L?

SH: *I train 12 hours a week, 3 hours per night - 4 times a week. I take no more than 2 minutes rest between sets. I also do a lot of cardiovascular work.*

HG: Such as?

SH: *One week I back squatted 225 for two sets of 40! My legs pumped to 40" and stayed that way for two days (laugh)!*

HG: What are some of your best powerlifts now and some of your other lifts as well

SH: *I can SQ 650x10 RAW, that's rock bottom, no knee wraps, bar high on traps, O/L style. I've done 825x1 this way. I hadn't done any benches for over a year, so I tested myself just for the heck of it and did 405x12 RAW. I can full squat 551 holding the weight on my chest (front squat) and expect to do over 600 soon. I've learned the double knee bend technique for pulling and expect my lifts to improve rapidly now. I've done a 363 SN and 440 CJ in training before the Sr. Nats. I can seated press overhead 405x3.*

HG: Do you do assistance work?

SH: *Yes, lot of assistance exercises. For legs besides squats I do leg extensions, calf work, leg presses and leg curls. I can stuff a basketball, but not the regulation size, because I can't hold onto it.*

HG: How is your health?

SH: *Excellent, My blood pressure is normal. I'm never sick and never go to the doctor. I feel best at 360-370. My heaviest bodyweight has been 380.*

HG: I think at 340 you'd be at your strongest and fastest.

SH: *I'll think about it. (laugh)!*

HG: Who are your favorites in P/L?

SH: *Ed Coan. Not only is he the best there ever was, he'll talk with a novice lifter. No prima donna, he willingly will rap with anyone and offer advice or encouragement. Kirk Karwoski is a terrific squatter. I wanted to do over a thousand too after he did it at the Seniors, but tweaked my quad and didn't let my heart override good judgment.*

HG: Any advice for aspiring P/Lers?

SH: *Don't miss workouts. Squat low. Train raw as much as possible. Don't resort to cheating, 'cause in the long run you're only fooling yourself.*

HG: You mention your love for vegetables. What about meat.

SH: *Rib-eye, sirloin, porterhouse or T-bones (well done) with baked potatoes (w/lots of butter, sour cream and bacon bits). Oh yeah, plenty of Heinz 57 for the steak.*

HG: What are your future goals for W/L? The qualifying totals are now sky high, especially for SHW, to make World or Olympic team!

SH: *I'm not setting goals. Yes, the SHW qualifying total is very high. I'll have to do an 898 TOT to make the World Team. I still have a 100 lbs. to go. I want to make continuous progress. I want to open a gap above my competitors. I want to become superior, not just win by the skin of my teeth. That is exactly what I plan to do.*

HG: What is your next meet?

SH: *The NACACI Championships is July 18th. If I'm invited, I hope to be there. Following that is the World Team trials in August in Boise, ID.*

HG: Any predictions on what you plan to do. Perhaps breaking Henry's AR's?

SH: No predictions. I don't want to put myself on the hotseat. I do plan eventually to break Mark Henry's American Records of 396 SN and 485 CJ. When I can do 418 SN and 518 CJ I will have surpassed Martinez's "old" A/R and be the best U.S. SHW W/L'er of all time. Only then can I be competitive on a World level. I make no forecasts. My results will do my talking. Words flow too easily. I'm still a beginner at this point.

Upon closing, I will go on the record as saying that Shane Hamman possesses not only the physical attributes to became a top notch O/L'er, but his hard work ethic and determination as well as platform "savvy" seem to be the most significant factor working in his favor. Time will tell. We will wait, watch, and let the chips fall where they may.



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Cecile Jamin... *French National Champion at 67.5 kilos. (photo provided by Jean-Louis NATALI).*

French Championships
15,16 Mar 97 - Guerande (kg)

MEN	SQ	BP	DL	TOTAL
56 KG				
L. BACH	155	105	200	460
P. LEGARD	185	105	222.5	512.5
T. BRUNAT	170	115	210	495
60 KG				
H. EL BELGHITI	180	105	212.5	497.5
M. BOISTUAUD	170	110	200	480
67.5 KG				
B. FIGARO	210	152.5	257.5	620
A. CUVELIER	210	127.5	222.5	560
F. BERTIN	190	140	220	550
R. ESQUIER	202.5	117.5	222.5	542.5
D. BEDRUNE	200	125		
A. GUERRA				
75 KG				
K. BAALI	250	165	275	690
J. TENNIERE	215	115	305	635
M.DUHEM	245	155	220	620
JP. GRES	230	135	250	615
P. NETO	230	147.5	237.5	615
T. BECUAU	210	145	255	610
X. POITEVIN	215	135	240	590
JP. SCHAUBROEUK	235	130	225	590
M. COIFFARD	215	135	237.5	587.5
A. BOUCHAKOUR	200	135	250	585
B. HEMONIC	205	135	230	570
F. LAMESA	215	132.5	220	567.5
A. LOPEZ				
D. REY				
82.5 KG				
F. GANDNER	285	180	287.7	752.7
B. RICARD	270	145	270	685
A.. PEETERS	260	145	270	675
M. GUIOL	252.5	137.5	277.5	667.5
H. RECULE	227.5	162.5	262.5	652.5
JC. CORELLI	235	147.5	262.5	645
F. MALLARD	245	145	250	640
F. MOMPO	250	155	225	630
G.BOUGHAMDOUZ				
P. DUCAMIN	285	160		
D. HENNEQUIN	275	162.5		
E. LELLOUCHE				
P. PASQUIER				
M. SIABDALLAH				
90 KG				
D. DESACHY	307.5	202.5	280	790
F. KALIC	297.5	182.5	297.5	777.5
A. SICOLI	250	152.5	270	672.5
J. BOUCHER	235	155	280	670
E. CATTET	260	160	250	670
P. MOYON	270	150	250	670
B.*QUERRE	265	137.5	265	667.5
M. BOUFRAINE				
1 00 KG				
F. BUTEGIEG	320	215	300	835
E. MAUCHOSSE	280	165	260	705
110 KG				
R. PRONIER	300	190	320	810
+ 125 KG				
AJ. BOYER	300	180	240	720
WOMEN				
44 KG				
V. MARTIN	107.5	50	107.5	265
S. BECHAR				
48 KG				
S. GUILLAUME	120	57.5	145	322.5
52 KG				
B. CRUCHON-TAILLARD	142.5	67.5	160	
370				
A. TREGOAT	125	65	140	330
B. VERNOIS	115	62.5	140	317.5
MC. RIVEAULT	112.5	60		
56 KG				
C. JANY	132.5	75	170	377.5
L. DAUMAS	135	80	155	370
B. SAMSON	127.5	87.5	150	365
D. DEBUISSON	145	67.5	145	357.5
C. GUIGUET	110	70	145	325
M. CABRAL	117.5	67.5	137.5	322.5
I.- LOUARDUZZI	122.5	65	130	317.5
60 KG				
N. CABRAL	147.5	80	170	397.5
MC. LIEGE	130	75	145	350
B. ZOONE KYNDT	142.5	57.5	130	330
67.5 KG				
C. JAMIN	195	92.5	210	497.5

(results courtesy Smiley Productions)

Nebraska State High School
97 Mar - Omaha, NE

114	SQ	BP	DL	Total
N. Hobbie	200	145	280	625
D. Monical	65	95	175	355
123				
P. Monaghan	250	155	285	690
T. Yurk	210	150	245	605
S. Little	205	135	255	595
132				
M. Tillman	305	230	375	910
J. Legry	285	185	330	800
A. Hittner	280	185	295	760
S. Toxano	260	155	315	730
J.P. Lehn	160	160	225	545
148				
D. Petty	370	210	410	990
B. Michael	370	195	370	935
G. Monico	305	225	370	900
B. Ford	305	240	355	900
T. Chytil	270	205	325	800
A. Walker	265	205	280	750
B. Anderson	250	170	270	690
M. Madsen	220	150	310	680
J. Petersen	215	135	245	595
165				
C. Cavanaugh	345	235	420	1000
J. Dicken	310	220	420	950
D. Hancock	350	210	385	945
W. Lanum	325	185	425	935
T. Packer	245	195	460	900
R. Karr	340	185	375	900
D. VonTersch	290	235	370	895
D. Kirk	335	195	360	890
L. Bennett	305	175	360	840
P. Collins	285	225	315	825
S. Johnson	265	225	320	810
C. Wilkinson	220	185	310	715
D. Ford	235	150	315	700
M. Hatz	225	155	300	680
J. Weber	185	200	290	675
A. Barth	250	165	240	655
M. Farr		210		210
181				
N. Divine	465	235	410	1110
C. Reimer	385	225	420	1030
B. Gohr	335	225	405	965
J. Kudym	325	230	395	950
J. Sheppers	275	205	365	845
D. Liu	305	225	320	850
M. Schill	315	185	330	830
J. Rudolph		255	425	680
A. Kava	255	175	225	655
198				
R. Price	390	310	470	1170
P. Sullivan	435	280	435	1150
T. Terwey	405	210	380	995
D. Klostermeier	275	205	475	955
J. Patera	355	215	395	965
D. Avery	265	220	320	805
B. Lenagh	300	155	305	760
B. Griggs	210	185	240	635
220				
M. Klein	500	275	530	1305
J. Kuna	455	325	520	1300
J. Carrel	420	225	445	1090
J. Schulz	330	235	445	1010
B. Wayne	350	235	425	1010
C. Rakers	225	165	335	725
J. Ingels		250		250
242				
M. Maltby	530	330	505	1365
G. Nunamaker	300	215	320	835
275				
J. Walters	380	255	410	1045
B. Fisk	325	225	340	890
A. Hanson		220	325	545
Women				
123				
C. Hall	185	110	240	535
165				
A. Kemling	225	145	250	620
HWT				
S. Greenup	275	125	315	715
114				
C. Memannama	160	95	175	430
148				
D. Ritcheart	205	95	205	505
132				
T. Lehn	150	100	220	470
148				
M. York	175	90	225	490
132				
S. Angus	150	120	175	445
HWT				
E. Duran	205	155	295	655
181				
K. Gohr	200	95	205	500

(Thanks to Joann Maltby for providing the results)

ADPFA Garden County H.S. Qualifier
15 Apr 97 - Oshkosh, NE

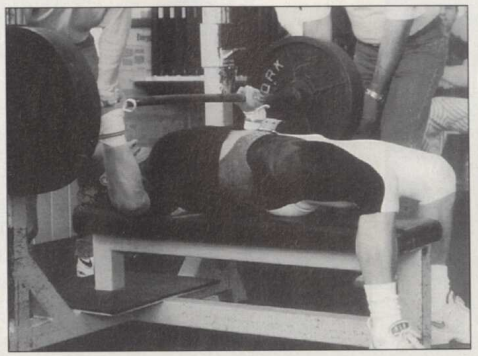
Girls	SQ	BP	DL	Total
104 lb. Class				
A. Baer	90	60		
122 lb. Class				
K. Cheney	195	90	225	510
129 lb. Class				
K. Nalley	205	125	250	580
154 lb. Class				
J. Leopold	200	120	210	530
M. Cheek	165	85	200	450
176 lb. Class				
J. Davis	225	130	250	605
Unlimited				
K. Wills	210	155	260	625
Boys				
114 lb. Class				
T. McVicker	180	105	230	515
132 lb. Class				
C. Kennedy	240	170	305	715
148 lb. Class				
T. Trebilcock	225	150	340	715
C. Miller	170	130	240	540
165 lb. Class				
J. Johns	175	170	325	670

(Thanks to USAPL for providing the meet results)

Ed Jubinville Memorial Bench Press
8 Mar 97 - Pittsfield, MA

116		198	
Lori Hathaway		Mike Wandrei	420
155		Steve Saunders	380
139		Jim Sloan	380
Helen O'Connor	85	Heath Dickson	295
(16-17)		Rob Dwyer	275
Mari Roach	165	198	
(40-44)		(18-19)	
Liz O'brien	150	Steve Way	275
(55-59)		(Junior)	
H. O'Connor	85	Joseph Alston	350
154		Jim Ford	315
Sheila Cintron	190	(35-39)	
Melissa Hladik	150	Jim Sloan	380
(50-54)		Bill Mink	300
Suzy Gleason	160	Mark Bonin	290
Men		(40-44)	
132		Jay Vallone	325
(14-15)		(50-54)	
Seth Kershner	200	Peter Marks	225
(Junior)		220	
Jim Seymour	250	A. Russomano	500
148		Roland Cote	425
Sean Quail	275	(16-17)	
(18-19		J. Raifstanger	285
Sean Quail	275	(18-19)	
(Junior)		Rob Souza	375
Mike Burch, Jr.	260	K. Arcoutte	300
(50-54)		(Junior)	
Bob Conway	265	Jeremy St. Jean	405
165		Matt Benzi	300
Bob Pelkey	380	(40-44)	
Fred Pfister	260	Fred Mink	340
(16-17)		(45-59)	
Brian Soldato	235	Mike Burch, Sr.	435
(18-19)		(50-54)	
Evan Dousmanis	270	Roland Cote	425
Chris Burch	265	242	
		J.D. Reber	445
(35-39)		Matt Van Brunt	425
Tom Fresia	275	James Thomas	405
(40-44)		(18-19)	
Chip McCann	250	Jay Monette	385
(50-54)		(Junior)	
Fred Pfister	260	J.D. Reber	445
181		(40-44)	
Jim Van Allen	400	Robbie Guyette	475
Brock Gazaille	370	Wayne buzzee	400
Chris Toney	360	275	
Ed Elias	340	Brett Helmer	490
Zach Daniels	300	Pete Porcelli	450
Brian Clapp	245	Brian Marcotte	410
(18-19)		(55-59)	
Tim Jonasch	260	J. Mardigian	280
(Junior)		SHW	
Jim Lee	380	Rich Schwed	430
(35-39)		Mark Farinon	
Ed Elias	340	(16-17)	
(40-45)		Josh Miller	305
Jim Van Allen	400	(35-39)	
(45-49)		Kevin Bourassa	425
Mike Lahey	265	Keith Bourassa	375
(50-54)		(45-49)	
Ed Fry	200	Crane Willianson	480
		(65-69)	
		Duane Gleason	205

Best Lifters: Women, Lori Hathaway at 114 lbs doing 155; Men's lighter classes: Bob Pelkey at 158 lbs doing 380; and Men's heavier classes: Angelo Russomano at 214 doing 500. Head Judge Keith Lang. Side Judges Bob Najimy and Steve Kosof. Scorers: Glenn McBurney, Chris Pompi and Pat Hebert. Loaders Jason Huteson, Mike Ambrose, Mike DeMarscio, and Ray Dunn. This year's contest used the all ages/all weight divisions format and this really seemed to bring out the masters and teens. With no less than fifty first place trophies awarded. A lot of lifters went home well rewarded for their efforts. We wanted to have something for everyone and it seemed to pay off. The gang at Berkshire Nautilus was well prepared and the contest ran unusually well. Sixty-seven lifter competed and were finished in about four and a half hours. The beautiful awards were given out only a few minutes after the last lift. A welcome relief from the long wait that happens at too many contests. An enthusiastic audience of over one hundred watched the event. During the awards ceremony, long time deadlift great Fred Pfister was presented a special award honoring his achievements in powerlifting. A special thanks to Ray Dunn, Fitness Director at the nearby Berkshire West Athletic Club, for all his help at the meet. Jim Ramondetta, Owner/Manager of Berkshire Nautilus deserves mention for his fine job of announcing. (Thanks to Berkshire Nautilus for providing *PL USA* with these results.)



Bob Pelkey *missed this big 400 lb. attempt at the Ed Jubinville Memorial Bench Press Contest. He still won Best Lifter in the lighter classes with his 380 lb. lift weighing 158. (photograph by Jeff Pollack)*

TOP 100

For standard 114 lb./52 kg. USA lifting in results received from May 1996 through April 1997.

	SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1	425 Brant..3/15/97	297 Pham, H..9/22/96	501 Green, R..3/15/97	1091 Nguyen, T..4/12/97
2	413 Nguyen, T..4/12/97	260 Gainer, E..2/22/97	451 Thompson, R..1/19/97	1047 Green, R..3/15/97
3	402 Cunningham, T..2/15/97	240 Riddick, B..5/11/96	445 Gainer, E..2/22/97	1035 Gainer, E..2/22/97
4	391 Whigham, A..713/96	237 Nguyen, T..11/16/96	440 Carver, T..2/1/97	1030 Snyder, S..4/26/97
5	385 Snyder, S..4/26/97	231 Jeffrey, M..5/4/96	440 Nguyen, T..4/12/97	1014 Whigham, A..7/13/96
6	374 Shimko, S..11/2/96	231 Ostrum, T..5/11/96	435 Snyder, S..6/15/96	1010 Brant..3/15/97
7	365 Green, R..1/18/97	231 Aberwald, D..9/21/96	435 Whigham, A..8/24/96	1000 Cunningham, T..12/21/96
8	360 Mata, E..3/1/97	220 Jenkins, T..10/12/96	410 Cunningham, T..12/21/96	975 Shimko, S..11/2/96
9	358 Wadwa, A..3/15/97	220 Shimko, S..11/2/96	410 Brant..3/15/97	975 Thompson, R..1/19/97
10	352 Hopkins, S..5/31/96	220 Delmore, A..12/7/96	402 Jenkins, T..10/12/96	948 Jenkins, T..10/12/96
11	352 Street, B..6/29/96	220 Premeau, B..2/1/97	400 Davis,J..7/6/96	925 Hopkins, S..5/31/96
12	345 Davis, J..7/6/96	215 Snyder, S..4/26/97	391 Wadwa, A..7/13/96	915Davis, J..7/6/96
13	345 Bond, M..3/21/97	210 Condon, S..8/4/96	380 Shimko, S..11/2/96	914 Wadwa, A..7/13/96
14	341 Jeffrey, M..5/10/96	210 Ayala, M..3/8/97	380 Ostrum, T..12/7/96	903 Jeffrey, M..5/10/96
15	341 McKinney, D..8/24/96	209 Thompson, R..1/19/97	375 Lee, B..4/14/97	903 Carver, T..2/1/97
16	341 Jenkins, T..2/15/97	209 Murphy, G..2/22/97	369 Leverett, A..12/7/96	900 Ostrum, T..12/7/96
17	335 Mayfield, R..6/29/96	205 Cunningham, T..12/21/96	360 Ngo, T..5/19/96	876 Street, B..6/29/96
18	330 Gainer, E..12/7/96	204 Le, L..8/10/96	360 Mata, E..3/1/97	876 Delmore, A..12/7/96
19	320 Anderson, C..4/18/97	300 McKinney, D..5/11/96	360 Capati, R..6/1/96	875Mata, E..3/1/97
20	319 Galant, A..5/10/96	200 Ulch..11/9/96	360 Soto, V..4/26/97	870 McKinney, D..5/11/96
21	319 Hartwig, S..11/2/96	200 Reed, R..2/22/97	355 Fleeson, R..7/21/96	855 Anderson, C..4/18/97
22	319 Delmore, A..12/7/96	200 Shaffer, B..3/15/97	352 Hopkins, S..5/31/96	845 Bond, M..3/21/97
23	314 Thompson, R..1/19/97	198 Chenault, B..5/11/96	352 Street, B..6/29/96	843Leverett, A..12/7/96
24	303 Washburn, K..11/2/96	198 Wadwa,A..3/15/97	350 Cunilla, D..5/11/96	826 Galant, A..5/10/96
25	300 Burchette, D..7/6/96	195 Kinnard, A..3/8/97	350 Ayala, M..3/8/97	825 Ngo, T..8/4/96
26	300 Gibson, C..9/21/96	195 Davis..3/15/97	350 Anderson,C..4/18/97	821 Kovalchick, P..4/26/97
27	292 Tyree, V..4/12/97	192 Galant, A..5/10/96	347 Kovalchick, P..10/12/96	810 Murphy, G..5/10/96
28	290 Condon, S..8/4/96	192 Whigham, A..8/24/96	345 Bond, M..3/21/97	805 Riddick, B..5/11/96
29	290 Ostrum, T..12/7/96	192 Leverett, A..12/7/96	341 Jeffrey, M..5/10/96	805 Ayala, M..6/1/96
30	290 Davis..3/15/97	192 Kovalchik, P..4/26/97	341 Robinson, C..8/24/96	805 Mayfield, R..1/18/97
31	286 Murphy, G..5/10/96	190 Fleeson, R..7/21/96	340 McKinney, D..5/11/96	805 Lee, B..4/14/97
32	286 Jenkins, D..7/13/96	187 McCulloh, M..5/11/96	336 Delmore, A..12/7/96	804 Hartwig, S..11/2/96
33	286 Luna, V..11/16/96	185 Ngo, T..8/4/96	336 Gibson, C..12/7/96	800 Davis..3/15/97
34	286 Boudreau, P..4/19/97	185 Mata, E..3/1/97	335 Martinez, A..7/20/96	790 Burchette, D..7/6/96
35	286 Kovalchick,P..4/26/97	185 Frankman, L..4/14/97	335 Mayfield, R..1/8/97	782 Gibson, C..12/7/96
36	285 Edgar, C..7/21/96	185 Anderson, C..4/18/97	335 Moore, B..4/18/97	780 Cunilla, D..5/11/96
37	285 Ngo, T..8/4/96	185 Johnson,S..4/18/97	335 Easley, S..4/18/97	780 Frankman, L..4/14/97
38	285 Smith, C..1/11/97	185 Ruiz, J..4/19/97	330 Wesley, G..8/4/96	766 Robinson, C..8/24/96
39	281 Robinson, C..8/24/96	181 Shuflet, T..7/13/96	330 Jenkins..8/24/96	760 Condon, S..8/4/96
40	281 Stephens, S..7/26/96	181 Carver, T..2/1/97	330 Fox..11/9/96	760 Washburn, K..11/2/96
41	281 Leverett, A..12/7/96	181 Green R..3/15/97	325 Shear, J..4/14/97	755 Capati, R..4/12/97
42	281 Carver, T..2/1/97	180 Nemeth, A..5/11/96	320 Burchette, D..7/6/96	750 Chellino, T..3/8/97
43	280 Jewett, R..12/7/96	180 Mayfield, R..6/29/96	320 George, W..3/8/97	744 Arciuolo, V..4/26/97
44	280 Shear, J..12/7/96	180 Dhanda, A..8/24/96	320 Melvin, E..3/8/97	738 Jenkins, D..7/13/96
45	280 Chellino, T..3/8/97	180 Davis,J..11/22/96	320 Frankman, L..4/14/97	738 Ferrero,L..7/26/96
46	280 Zaragoza, T..3/21/97	180 Distaulo, T..1/19/97	320 Riddle, A..4/18/97	735 Martinez, M..7/20/96
47	275 Martinez, M..7/20/96	175 Cunilla, D..5/11/96	319 Murphy, G..5/10/96	735 Wesley, G..8/4/96
48	275 Roberson, Q..3/21/97	175Bluma, S..3/8/97	319 Hartwig, S..11/2/96	735 Shear, J..4/14/97
49	275 Frankman, L..4/14/97	175 Steinhauer, J..3/8/97	315 Riddick, B..5/11/96	735 Zaragoza, T..2/1/97
50	275 Mitchell, J..4/18/97	175 Brant..3/15/97	315 Nemeth, A..6/1/96	735 Kinnard, A..3/8/97
51	275 Distaulo, T..4/20/97	175 Ellerton, G..4/5/97	315 Perry, A..2/28/97	730 George, W..3/8/97
52	275 Arciuolo, V..4/26/97	170 Rosen, D..5/19/96	315 Davis..3/15/97	730 Moore, B..4/18/97
53	270 Cunilla, D..5/11/96	170 Street, B..6/29/96	314 Galant, A..5/10/96	730 Distaulo, T..4/20/97
54	270 Wagner, A..6/1/96	170 Burchetter, D..7/6/96	314 Jenkins, D..7/13/96	730 Soto, V..4/26/97
55	270 Bott, M..11/22/96	170 Ferrero, L..7/26/96	310 Lozito..9/14/96	725 Nemeth, A..6/1/96
56	270 Kinnard, A..3/8/97	170 Wesley, G..8/4/96	310 Smith, C..1/11/97	725 Lozito..9/14/96
57	270 Hudson, A..3/15/97	170 Gibson, C..12/7/96	310 Ourso, C..1/11/97	725 Mitchell, J..4/18/97
58	270 Ourso, C..3/21/97	170 Martinez, M..12/7/96	310 Tassa, C..3/8/97	722 Jenkins..8/24/96
59	265 Mathews, C..12/7/96	170 Fernandez, H..2/15/97	308 Lockard, C..5/18/96	720 Edgar, C..7/21/96
60	265 Cates, K..2/28/97	170 Chellino, T..3/8/97	308 Arciuolo, V..4/26/97	720 Smith, C..1/11/97
61	265 Lee, B..4/14/97	170 George, W..3/8/97	305 Windon,R..9/28/96	715 Wagner, A..6/1/96
62	265 Moore, b..4/18/97	170 Beasley, D..3/21/97	305 Zaragoza. T..1/11/97	715 Easley, S..11/18/97
63	265 Easley, S..4/18/97	170 Arciuolo, V..4/3/97	305 Beasley, D..3/21/97	705 Luna, V..11/16/96
64	264 Ferrero, L..7/26/96	165 Hunsicker, J..5/18/96	305 Chellino,T..4/16/97	705 Walvoord, J..3/21/97
65	264 Michaud, T..7/26/96	165 Silva, S..8/96	303 Ferrero, J..7/26/96	695 Mathews, C..12/7/96
66	264 Simon, J..11/2/96	165 Lozito..9/14/96	303 Washburn, K..11/2/96	695 Ourso, C..3/21/97
67	260 Riddick, B..5/11/96	165 Aguilar, L..10/5/96	303 Stine, A..11/2/96	695 Beasley, D..3/21/97
68	280 Nelson, J..2/22/97	165 Hartwig, S..11/2/96	303 Ufret, G..12/7/96	695 Roberson,Q..3/21/97
69	259 Schhroeder..2/22/97	165 Miller, S..11/16/96	300 Wagner, A..6/1/96	694 Gedney, J..6/1/96
70	255 Ayala, M..6/1/96	165 Frere, J..12/7/96	300 Edgar,C..7/21/96	694 Shufelt, T..7/13/96
71	255 Capati, R..4/12/97	165 Moorman, C..2/22/97	300 Dhanda, A..8/24/96	694 Rinn, S..4/12/97
72	253 Gedney, J..6/1/96	165 Caldwell, S..3/15/97	300 Mathews, C..12/7/96	690 Dhanda, A..8/24/96
73	253 Conca,S..6/1/96	165 Degilio, N..4/3/97	300 Robinson, H..1/18/97	690 Shaffer, B..10/12/96
74	253 Warner, T..12/7/96	165 Lee, B..4/14/97	300 Distaulo, T..1/19/97	690 Nelson, J..2/22/97
75	253 Torres, E..2/15/97	160 Hauglan..11/9/96	297 Gay, L..8/17/96	688 Michaud, T..7/26/96
76	250 Hall, D..7/6/96	160 Radcliffe, S..1/4/97	297 Thomas, C..2/15/97	683 Stephens, S..7/26/96
77	250 Silva, S..8/96	160 Zaragoza, T..2/1/97	297 Pederson, D..3/15/97	683 Simon, J..11/2/96
78	250 Lozito..9/14/96	160 Nagy, M..3/2/97	295 Schillinger, T..9/28/96	675 Nagy, M..3/2/97
79	250 Middleton, L..11/2/96	160 Brazzale, D..3/8/97	295 Pike, B..3/8/97	675 Riddle, A..4/18/97
80	250 Kunkle, E..11/22/96	160 Walvoord, J..3/21/97	295 Walvoord, J..3/21/97	672 Gromala, S..4/26/97
81	250 Istnick,N..2/22/97	160 Mitchell, J..4/18/97	292 Kelly, R..5/11/96	670 Hall, D..7/6/96
82	250 Walvoord, J..3/21/97	159 Robinson, C..2/1/97	292 Renn, R..7/13/96	670 Silva, S..8/96
83	248 Shufelt, T..7/13/96	159 Emry, K..2/22/97	292 Luna, V..11/16/96	670 Jewett, R..12/7/96
84	248 Gay, L..8/17/96	155 Bond, M..3/21/97	292 Parra, A..3/15/97	670 Robinson, H..1/8/97
85	248 Rinn, S..4/12/97	155 Nelson, A..3/29/97	292 Rinn, S..4/12/97	670 Fernandez,H..2/15/97
86	248 Grater, B..4/26/97	154 Gedney, J..6/1/96	291 Shaffer, B..10/12/96	670 Melvin, E..3/8/97
87	245 Bodlak, M..8/4/96	154 Michaud, T..7/26/96	290 Moring, T..11/23/96	666 Gay, L..8/17/96
88	245 Ryman, K..12/7/96	154 Anderson, N..8/31/96	290 Willis, A..2/28/97	666 Ufret, G..12/7/96
89	245 Robinson, H..1/18/97	154 Washburn, K..11/2/96	290 Roberson. Q. 3/21/97	666Hudson, A..3/15/97
90	245 Hymel, J..2/28/97	154 Rinn, S..4/12/97	290 Mitchell, J..4/18/97	666 Boudreau,P..4/19/97
91	245 Ufret, G..3/22/97	150 Barnes, L..5/11/96	286 Gedney, J..6/1/96	665 Pike, B..3/8/97
92	242 Lord, G..5/10/96	150 Bell, B..6/30/96	286 Simon, J..11/2/96	665 Kimbrough, K..4/18/97
93	242 Jenkins..8/24/96	150 Phillips, T..11/9/96	286 Gromala, S..4/26/97	665 Ruiz, J..4/19/97
94	242 Gromala,S..4/5/97	150 Hall, D..12/7/96	285 Barnes,L..5/11/96	661 Lockard, C..5/18/96
95	240 Ramsamooj, A..6/1/96	150 Robinson,H..1/18/97	285 Hall, D..7/6/96	660 Barnes, L..5/11/96
96	240 Scarpulla, G..10/19/96	150 Peterson, M..2/1/97	285 Ryman, K..12/7/96	655 Middleton,L..11/2/96
97	240 Ramirez, E..2/15/97	148 Renn, R..7/13/96	285 Hoiseth, K..1/11/97	655 Ryman, K..12/7/96
98	240 George, W..3/8/97	148 Jenkins..8/24/96	285 Cohen, N..3/15/97	655 Thomas, C..2/15/97
99	240 Ruyle, D..3/8/97	148 Frailey, M..9/21/96	285 Kimbrough,K..4/18/97	655 Torres, E..2/15/97
100	240 Rhodes, T..4/18/97	148 Dickerson, R..3/20/97	281Hudson, A..3/15/97	655 Perry, A..2/28/97

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 123s

Corrections..... Eddie Morgan indicates that he should have been credited with a 660 deadlift on the Masters TOP 20 rankings for the 242 lb. division. Danny McMillans' 550 Bench Press at 220 was not credited on the Masters TOP 20 ranking. Gabe Morgan's 290 bench press in the 132s was not ranked on the Teenage TOP 20. Chris Young's bench press of 515 was not reflected on the TOP 100 list for the 242 lb. class. B. Hickey should have been listed with a 555 bench press on the TOP 100 list for the 275s rather than the 550 we had for him. Tony Simpson should have been credited with a 264 bench press, 380 squat, and 986 lb. total on the Teenage TOP 20 rankings for the 123 lb. class. Michael Nichols's squat of 622 in the 220s was not reflected on the rankings for the Masters TOP 20. Paula Kovalchick should have been credited with a 189 bench press on the Women's TOP 20 for the 105 lb. weight division. LeeAnn Adams should have been credited with a 440 deadlift, rather than 451, on the Women's TOP 20 rankings for the 148 lb. class. John Binkowski's lifts of 545 bench press, 749 deadlift, and 2138 total were not shown on the TOP 100 ranking for the Superheavyweight class. Send corrections to "ERRORS", Box 467, Camarillo, CA 93011.

NASA Indiana State
22 Mar 97 - Indianapolis, IN

Bench Press Only		J. Swirple		150
Beginners BP		227		
187		R. Yee		187.5
M. McGlinchay	127.5	G. Homola		162.5
227		250		
E. Briggeman	145	J. Hoskinson		205
Intermediate BP		D. Johnson		197.5
187		Pure Novice BP		
J. Hall	165	154		
S. Poore	157.5	G. Ortiz		145
205		K. Buckley		125
S. Tenny	177.5	205		
250		S. Tenny		177.5
C. Coy	175	227		
M. Brown	172.5	E. Briggeman		145
Junior BP		154		
170		G. Ortiz		145
J. Halloran	132.5	P. Milebaugh		120
Masters 1 BP		Submasters 1 BP		
127		170		
M. Wenning	110	J. Lay		142.5
187		187		
G. McMullin	162.5	M. Hinders		142.5
205		205		
D. Goble	155	S. Shea		180
T. Boyer	152.5	S. Schulman		177.5
250		227		
D. Johnson	197.5	G. VanHoose		147.5
Masters 2 BP		Submasters 2 BP		
187		205		
H. Ruhser	140	M. Tomey		145
250		227		
B. Engleman	162.5	G. Homola		162.5
Masters 5 (Pure)		250		
187		J. Piercefield		187.5
G. McMullin	162.5	Women's Beginner BP		
M. Piercy	152.5	154		
R. Tinkman	132.5	S. Wade		52.5
205		Women's H.S. BP		
D. Nalley	190	154		
T. Boyer	152.5	S. Wade		52.5
227		Women's Pure BP		
M. Strausburg	155	154		
250		L. Kreiger		85
D. Johnson	197.5	Power Sports		
Natural BP		BP Masters 2		
154		154		
G. Ortiz	145	J. Peirce		85
187		187		
J. Hall	165	H. Ruhser		140
250		BP Pure		
C. Coy	175	154		
Pure BP		M. Logsdan		95
127		250		
M. Wenning	110	D. Anguish		72.5
154		BP Pure Novice		
G. Ortiz	145	154		
170		M. Logsdan		95
J. Lay	142.5-	250		
187		D. Anguish		72.5
B. Snyder	167.5	BP Submaster		
J. Hall	155	250		
205		D. Anguish		72.5
S. Tenny	177.5			
Curls Masters 1				
154	Curl	BP	DL	Total
J. Peirce		85	145	230
Curls Masters 2				
187				
H. Ruhser	60	140		200
Curls Masters 3				
154				
M. Logsdan	42.5			42.5
Curls Masters 5 (Pure)				
SHW				
B. Rakestraw	65			65
Curls Pure				
205				
N. Reiland	52.5	140		192.5
Masters 5 (Pure)				
187				
J. McDonald	57.5	125	137.5	320
Submaster				
205				
R. Thomas	82.5	80	157.5	320
Powerlifting				
Beginners				
138	SQ	BP	DL	Total
T. Grimes	112.5	102.5	165	380
154				
R. Carter	132.5	77.5	145	355
205				
F. Nichols	125	92.5	162.5	380
280				
T. Cook	200	137.5	212.5	550
Intermediate (24 - 29)				
154				
A. Yado	160	125	170	455
170				
J. Whitman	165	112.5	177.5	455
205				
D. Dillon	200	150	247.5	597.5
227				
B. Dunlap	240	137.5	245	622.5
250				
C. Coy	287.5	175	287.5	750
Juniors(13 - 23)				
127				
B. Richmond	62.5	42.5	92.5	197.5
187				
B. Demoff	255	147.5	277.5	680
227				
M. Reynolds	232.5	185	249.5	661
Masters 2(50 - 59)				
154				
J. Peirce	137.5	85	145	367.5
205				
F. Nichols	125	92.5	162.5	380
Masters 3(60 - 69)				
Masters 5 (Pure)				
205				
D. Solan	285	170	277.5	732.5
227				
E. Miller	210	147.5	205	562.5
Natural				
154				
A. Yado	160	125	170	455
M. Doud	145	120	142.5	407.5
187				
J. Latronica	257.5	157.5	245	660
250				
C. Coy	287.5	175	287.5	750
Out of State Pure				
205				
R. Thomas	130	80	172.5	382.5
Pure				
127				
B. Richmond	62.5	42.5	92.5	197.5
154				
A. Yado	160	125	170	455
170				
T. Richmond	110	70	167.5	347.5
187				
J. Latronica	257.5	157.5	245	660
205				
N. Reiland	172.5	140	195	507.5
F. Nichols	125	92.5	162.5	380
M. Reynolds	232.5	185	243.5	661
280				
S. Hadley	272.5	192.5	292.5	757.5
C. Martinez	262.5	165	217.5	645
Pure Novice				
127				
B. Richmond	62.5	42.5	92.5	197.5
170				
C. Crawford	222.5	127.5	227.5	577.5
T. Richmond	110	70	167.5	347.5
187				
S. Cole	227.5	147.5	247.5	622.5
M. DeFrank	212.5	130	230	572.5
C. Hicks	185	100	215	500
205				
B. Beird	227.5	155	210	592.5
227				
B. Dunlap	240	137.5	245	622.5
250				
T. Benoit	262.5	170	227.5	660
Submaster 1(30 - 34)				
170				
T. Richmond	110	70	167.5	347.5
M. Hinders	192.5			192.5-
205				
D. Baldwin	237.5	150	242.5	630
250				
K. Martinez	197.5	147.5	202.5	547.5
Sub Masters	2(35-39)			
187				
J. Kemna	205-			205-
227				
R. Heldman	300	172.5	245	717.5
Teenage				
154				
M. Ernest	125	110	182.5	417.5
W*bmens Beginners				
127				
L. Graff	85	62.5	100	247.5
Women's Masters 5 (Pure)				
187				
M. Hall	65	45	92.5	202.5
Women's Pure				
127				
M. Richmond	50	35	52.5	137.5
187				
M. Hall	65	45	92.5	202.5
Women's Pure Novice				
127				
M. Richmond	50	35	52.5	137.5
187				

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M. Hall	65	45	92.5	202.5
Women's Submasters 1				
127				
R. Heldman	127.5	77.5	145	350
Women's Submasters 2				
127				
M. Richmond	50	35	52.5	137.5

(Thanks to Terri/NASA for providing these results)

ADFPA Northwest Regional
8,9 Mar 97 - Monroe, WA

Teen Men	SQ	BP	DL	Total
98				
K. Engelke	275	152.5	247.5	675
90				
R. Clifford	242.5	112.5	242.5	597.5
87				
M. Bates	220	120	222.5	562.5
96				
M. Butkovich	205	137.5	250	592.5
90				
K. Fahie	210	110	242.5	562.5
85				
P. Cohen	185	97.5	205	487.5
63				
K. Dell	90	65	105	260
61				
K. Song	72.5	55	105	232.5
67				
D. Clausen	87.5	70	90	247.5
104				
B. Strviksma	115	60	150	325
93				
P. Blackmer	90	60	115	265
Men's Master				
75				
L. Woodley	275	145	275	695
88				
B. Bower	272.5	165	242.5	680
D. Stratton	217.5	162.5	250	630
126				
R.O. Smith	250	182.5	247.5	678
108				
R. Burnett	260	140	240	640
91				
M. Franz	230	122.5	227.5	680
80				
D. Arnot	190	125	205	520
75				
J. Rankin	172.5	112.5	187.5	472.5
70				
R. Tigner	70	75	125	270
102				
R. Axtman	240	*-	245	–
Men's Open				
67.5				
E. Jacobs	182.5	117.5	207.5	507.5
K. Oyama	160	95	170	425
G. Valenti	137.5	115	142.5	395
75				
L. Woodley	275	145	275	695
M. Santiago	170	110	200	480
82.5				
S. Hughes	272.5	155	240	667.5
D. Schurman	122.5	122.5	222.5	517.5
L. Sylvester	197.5	115	202.5	515
90				
B. Baertlein	282.5	170	250	702.5
R. Perez	265	160	265	690
T. Depoe	265	150	240	655
N. Williams	250	155	227.5	632.5
B. Dell	217.5	142.5	207.5	567.5
100				
J. Schmidt	322.5	172.5	295	790
A. Dawson	260	160	260	680

PowerPhotos... we encourage those who take photos at meets to submit them to PL USA (Box 467, Camarillo, CA 93011). We prefer sharply focused black and white shots, but color prints will also reproduce well. We pay for all photos we use in the magazine and, of course, we credit the photographer.

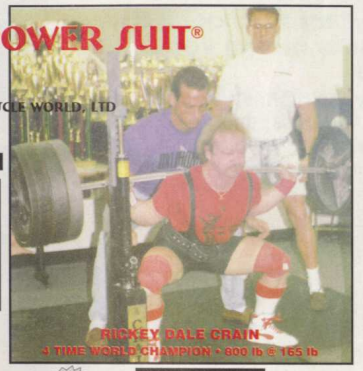
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Genesis™ POWER BRIEF™ $28.00
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E. Muscat	240	175	285	700
P. Marcoff	210		225	
125				
B. Martin	272.5	182.5	250	705
C. Colchado	240	175	250	665
Blassingame	197.5	130	220	547.5
145				
R. Young	322.5	217.5	272.5	812.5
A. Medak	230	182.5	300	712.5
RO Smith	250	180.5	247.5	678
Teen Women				
80				
M. Scott	137.5	67.5	137.5	342.5
63				
M. Minor	60	40	112.5	212.5
85				
H. Talmadge	97.5	52.5	112.5	262.5
67.5				
J. Bruno	67.5	52.5	100	220
88				
N. Burton	65	57.5	110	232.5
46				
N. Burke	42.5	30	60	132.5
48				
D. Black	35	32.5	65	132.5
85				
A. Moore	65	42.5	90	197.5
Women's Open				
50.5				
S. VanKirk	97.5	60	107.5	265
K. Romaine	80	47.5	90	217.5
55.5				
C. Darcy	35	25	50	110
58.5				
C. Smith	110	52.5	115	277.5
L. Narrance	90	47.5	107.5	245
7 0				
V. Reese	125	65	147.5	337.5
C. Schurman	107.5	52.5	135	295
80				
L. Ewing	150	95	192.5	437.5
K. Martinez	132.5	85	130	347.5
C. Purvis	90	40	112.5	242.5
80 +				
J. Leiferman	215	92.5	160	467.5
R. Homme	35	27.5	65	127.5
Women's Masters				
J. Leiferman	215	92.5	160	467.5

(Thanks to Suzzane Righ and LaMont X for results)

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Mark III *Double thickness smooth leather inside and outside. Available in single or double prong.* ***$55.00***

Mark IV *Smooth leather outside, suede inside to prevent slipping. Available in single or double prong.* ***$55.00***

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chest _____ arm _____

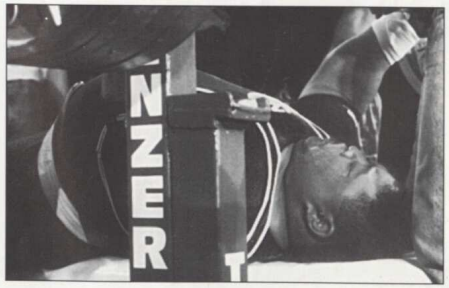
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