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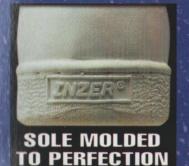
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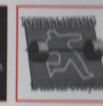
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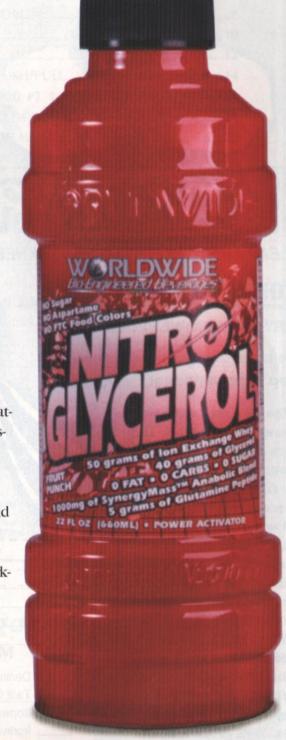
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(part II of the article from last month)

In Law/Fire Open, Andy Ellis at 165 set a Texas State Record with 545 1/2#. At 220, Zach Clark beat out 3 other contestants with a California State Record 661. Matt Lamarque was 2nd with 611. At 275 Casey Smith set a Mississippi State Record with 628. He is a much improved deadlift, about 20 pounds worth. Outstanding Lifter was Brent Howard of Maine with a 744 at 242, about the same as he did a year ago.

In Master Men Law/Fire in 40-47 age group Zach Clark was outstanding lifter with a World Record 661 at 220#. Zach keeps improving with everymeet. Also at 220, Dwayne England set a Texas State Record with 501 1/2. At 242, Arthur Clayton set a California State Record 551 and at 275 Walt Faulkner set a World Record 661. In master 48+ Eldon Elson set a California State Record 429 3/4 at 275.

In Submaster Law/Fire Andy Ellis of Texas set a World Record 545 1/2 weighing only 163 1/2. Eric Fox set an Oregon State Record at 181 with 479 1/2. At 220# Kevin Eller set an Oregon State Record 556 1/2. At 242 Tyler Kopta set an Oregon and World Record 540.

In Master Men Deadlift 40-46 at 123#, Bobby Sanders set a California State Record 429 3/4. Bobby is the leader of a small group of lifters from Aptos, California area - he could be called "little, but mighty". At 132 Nimrod Ochoa of Guatemala set a World Record 418 3/4. At 165 Richard Cirigliano set a huge World Record 584 to break John Tyree's

#### WABDLDEADLIFTWORLDS

#### as told to PL USA by GUS RETHWISCH

Record. At 181, Learnon Woodley was outstanding lifter for the lightweight master 40-46 up to 198# with a World Record tying 672. Greg Zweig was 2nd with an Illinois State Record 639, which in any other federation would give him the win but not against Mr. Woodley, who has never been beaten for an individual title or best lifter award. At 198, there were six competitors with George Herring of Georgia having an off day with 672. He holds the World Record with 734, but on this day, he was good enough for the win. David Bertier was 2nd with a California State Record 545 1/2. Kevin Dunford was 3rd with a Canadian National Record of 507. At 220#, Willy McCoy out of Nebraska set a very impressive World Record 744, weighing only 215. Willy has been in the game a long time and looks great. In 2nd place was Buddy McKee of Alabama with a 551 State Record. At 242, Dan Davidson of Alabama and Jerry Capello of Oregon had a Wild West Shootout. Davidson won the battle with a 722 with Capello doing 716. However. when it came to 4th attempts to beat Davidson's current world record of 733, it was Capello who walked away with the World Record of 734. Bobby Driskill was 3rd with a 683, which is a very good pull under

old record of 578, Danny Winslow

was 2nd with 540, and Idaho State

drug test. Steve Khader of Alabama was 2nd with a 628 State Record. At Super, Randy Young pulled a PR 650 for the Gold. David Chase was 2nd with a Florida State Record 606 and Barry Duncan was 3rd with a Tennessee State Record 562. Jerry Capello was outstanding lifter heavyweight John Tyree set a World Record at 181 out 3 other competi-

ordinary circumstances, but Capello

and Davidson upped the ante. At

275, David Glahn edged out Bob

Smith with 622. Smith did the same

but he weighed more. At 308 Curil

Lewis pulled 733 and set a Nevada

State Record. He also passed the

In Master 47-53. with 601 3/4 to beat tors. Rick Hagedorn, the former world record holder at 584. pulled 573 for 2nd. At 198, Anders Wahlund of Sweden beat out a field of 6 with 595 - under his World Record of 617. David Solan was 2nd with a Nevada State Record of 584. Mick Stevens set a Washington State Record 540 for 3rd and Nick

Sinardi, who was won Blind World Championships, was 4th with a Florida State Record 540. At 220, Jon Wolbers from way up North in Williams Lake, BC, won the Gold with a 584 Canadian National Record. At 242, Cliff Sandberg set a Washington State Record with 633 to beat out 3 other competitors. Roger Nelson and Skip Grindall were 2nd and 3rd respectively with 578 1/2 and with Grindall's being a California State Record. At 275 Sam Pecktol set a World Record 672 to easily beat Tom Ekenberg, who did 600 3/4 for a Texas State Record. Mike Moore was 3rd with a California State Record 578 1/2. Outstanding Lifter heavyweight was Cliff Sandberg of Tri-Cities, Washington.

In Master Men 54-60, 181# class Roberto Contreras set a Texas State Record 496 to beat out 4 other contestants. At 198# Doc Leonard Lense set an Arizona State Record 556 1/2 to beat Tom Haggenmiller, who tied his Minnesota State Record with 534 1/2. Jim Snodgrass was 3rd with a Texas State Record 485. At 220#, Onnie Jordan set a Louisi-

ana State Record with 600 3/4 to take 1st. At 242 Bud Davis set a Utah and World Record 655 3/4 at age 58 weighing 240. He's something to watch with his slow, stiff legged style. He's got one of the strongest backs that I have ever seen. Mac Pope of Washington, DC was 2nd with a strong 600 3/4. At 275 Ronnell Spikes set a California State Record with 589 1/2. My training partner Mike Fryar had an off day to finish 2nd with 523 1/2, but he will be back to take a shot at the World



Leamon Woodley pulled 672 @181. (Baertlein)

Record of 623 held by Bud Davis, At

308, Robert O. Smith of Canada, the world record holder at 584, had to settle for a 565 to win the gold. Outstanding Lifter lightweight was Leonard Lense and heavyweight were Bud Davis and Onnie Jordan.

In Master 61-17 at 148# Larry Vincent set an Oregon State Record 369 to beat Richard Gidcumb, who set an Arizona State Record 330 1/2. At 165 Richard Abbott at age 65 pulled a huge 501 1/2 World Record. Rich is happily married and his wife is always there to support him. They

set an Arizona State Record 330 1/ 2. At 165 Richard Abbott at age 65 pulled a huge 501 1/2 World Record. Rich is happily married and his wife is always there to support him. They both have a great time and that's what counts at meets. At 198, Tom Barth, an Oklahoma Gentleman, set a state record 468. At 220, Bob Bassman set a Texas State Record 462 3/4 to beat Harold Smith, who set a Montana State Record 457 to finish 2nd, Roger Kunz was 3rd with a California State Record 430 3/4. At 242 Skip Sandberg set a World and Washington State Record of 600 3/4 and Omar Bruce was 2nd with a California State Record 545 1/2. At 308, Gary Johnson set a World Record 370#. Gary has a



World Champion Heidi Rodriguez of Guatemala with Glenda Egan (Brian Baertlein photo)

black Dodge Viper that has won numerous awards. Outstanding lifter was Richard Abbott.

In Master 68-74, at 148# 70 year old Robert Cortes, who has been around for 45-50 years in the Iron Game and used to train with Wayne Bouvier back in Michigan in the 70s and 80s, set a World Record 479 1/2#. His coefficient was around 520. Moving on to the 165# class. Jim Schall set a World Record 364 3/4 and Donovan Phillips was 2nd with an Oregon State Record 325. At 220, Lyndle Taylor set an Arkansas and World Record 479 1/2 weighing only 202 - again, that's very impressive for a 70 year old man.

In Master 75-79, Arthur Whinston, who at 77 is still a practicing attorney, set a World Record 165# deadlift in the 148# class. At 181# Bob Accosta set a World Record 319 1/2 and Enrique Garcia of Guatemala was 2nd with 308 1/2. At 242 Herb Brandt set a World Record and Florida State Record 352 1/2. At 275, Cal Davis set a World and Washington State Record 375 3/4. Robert Cortes was outstanding lifter in Master 68-74 and Bob Accosta was outstanding lifter in 75-79.

In Class I Deadlift at 148#, 14 year old Daniel Winslow set an Idaho State Record 424#. At 165, Richard Smith set a California State Record of 473 3/4 to beat out 5 other competitors. Joe Ojeda of Texas was 2nd with 457. At 181 Steve McMillan of Georgia won the Gold with 496. At 198 there were 7 competitors and Brett Blausey beat them all with a Nevada State Record 589 1/2. Michael Rainey was 2nd with a Georgia State Record 545 1/2 and Mark Pearce was 3rd

with a Texas State Record 534 1/2. At 220 there were 9 competitors with Christopher Nelson coming out of top with a Nevada State Record 606 and Bobby Myers 2nd with a Florida State Record 600 3/ 4. James Carter II, also of Florida, was 3rd with 573 and Michael Matteucci was 4th with a California State Record 551. At 242, there were 5 competitors with Cody Colchado setting a blind World Record 600 3/4 as well as a Texas State Record in Class I to win the Gold. Just imagine - Cody is blind and he has per-

fect form in the dead-

lift. In 2nd place Rob-

ert Budd set a Nevada State Record 562. At 275 Tom Ekenberg set a Texas State Record 600 3/4 and William Pontius was 2nd with a Washington State Record 600 3/4. At 308, Kenneth Merck set an Oregon State Record with a smoked 650 and John Newman was 2nd with a Washington State Record 523 1/2. At Super, Barry Duncan set a Tennessee State Record 562.

In Teenage Men 13-15 Deadlift Mitchell Ellis set a Texas State Record with 225#, about 15# shy of a World Record. At 148 teenage phenom Daniel Winslow set a World and Idaho State Record of 424# with room to spare. He's only 14. Clayton Pinson was 2nd with an Oklahoma State Record 248#. At 165 Phillip Boozer set a California State Record 374 3/4 to edge out Andy Munsey of Oregon who did 369. At 198 James Perry set a Washington State Record with 319 1/2. At 275, Zak Smith set a California State Record



Marc Morishige - 501 @ 123 - (Baertlein)

with a huge 496 - that's a big number for a 15 year old.

In Teenage Men 16-19, Randall Griggs set an Oregon and World Record at 105# with 281 3/4. At 132#, Damian Lewis took the Gold with 352 1/2 with Michael Brown in 2nd with a California State Record 303. At 148 Damian Osgood of Maine set a Maine State Record 462 3/4. At 165 Hayward Blake pulled an impressive 512 1/2. He's trained by John Ford, At 181 Nick Luiz pulled a California State Record 540 with Alex Francis coming in 2nd with a Georgia State Record 507. At 198 Matthew Christie pulled a Georgia State Record 507. At 220 Nick Heppner pulled an Oregon State Record 501 1/2. Nick was down a little. He's done 534 as a 15 yr. old. At 242 Brandon Huffer set a California State Record with 424. Outstanding liftes for 13-15 age group was Daniel Winslow and for 16-19 was Hayward Blake.

In Junior Men at Stanley Mendez set a Texas State Record 380. At 148 Steve Newman won the Gold with 440, about 12# off his California State Record. At 165 super puller Rvan Snelling set a Missouri State Record 562 to win the Gold over a field of 5 lifters. He came very close with 600 3/4. He's only 20. At 181 Steve McMillan set a Georgia State Record with 446 and John Harris set a Nevada State Record 418 3/4. At 198 Emie Mil-Homens set a Canadian National Record with 639 to win the Gold over a field of 5. Chad Matthews was a worthy opponent in 2nd with 633. At 220 Phil Davi set a California State Record to take 1st and the World Title. At 242 Tony Arterburn set a North Carolina State Record with 611 3/4. At 275 Jason Parman, a great lifter and worthy drinking partner, pulled 633 for a Kentucky State Record. he will graduate from law school in April. Toby Levers was 2nd with a California State Record 600 3/4. Jerry

Pritchett, who holds the World Record with 716, pulled 705 to beat Ken Merck of Oregon who set an Oregon State Record with 650. Outstanding lifter in lightweight up to 198 was Ryan Snelling and heavyweight was Jerry Pritchett.

Pritchett.
In Submaster men at 132, Salomon Marroguin of Guatemala set a World Record 424. At 148 Marvin Wideman, who is an Army Ranger out of Ft. Benning, GA, and who holds the World Record of 490, had to settle for 479 1/2, but it was still good enough for the gold. At 181, the official meet photographer Brian Baertlein pulled a 562 for the World title. At 198, Jeff Ray of Ala-

bama won the Gold with a 633 state record. Troy Weippert set a North Dakota State Record 578 1/2 for 2nd. At 220 Randy Green beat out 3 other competitors with a Nevada State Record 622 3/4. Dodd Adams of Texas was 2nd with 611. Dodd was not happy with his lifting as he holds the Texas State Record with 661, which he did on September 1. Having done a little deadlifting myself, I believe you only have two meet deadlifts a year in you, at least 4 months apart, and preferably 5 months apart. Bobby Myers was 3rd with a Florida State Record 600 3/ 4. At 242 Ron Harlow of Illinois and Rick Padgett of Georgia hooked up in a gunfight with Harlow finally getting his 3rd with 677. He missed it twice. Padgett set a Georgia State Record with 672 for 2nd. At 275, Matthew Hurcha of Canada set a Canadian Record with 722 to easily win his class. Outstanding lifters were Jeff Rau lightweight and Matthew Hyrcha heavyweight.

In Open Men at 123 Marc Morishige was incredible with a 501 1/2 World Record. He's an old timer that has lot of years of training under his belt and he's good for at least 534 in the near future. Bobby Sanders was 2nd with a 429 3/4 California State Record. At 132, Herbeth Garcia of Guatemala set a World Record 4513/4 to beat Precious McKenzie's old record of 447. Precious was 63 last year when he set the Open World Record!! At 148, Monty Hokoana pulled a monstrous 573 for a World and Hawaii Record. At 165, Richard Cirigliano pulled a bug 584 for a California State Record and Ryan Snelling was 2nd with a Missouri State Record 562. At 181, Leamon Woodley, who is in the Army out of Ft. Lewis, Washington, tied his world record with 672 to win the World Championship. Greg Zweig was 2nd with an Illinois State Record 639. Corey Evans was 3rd with a Canadian National Record 584. At 198, there were 5 competitors with the old legend, George Herring, winning with 672, well below his world record 734. Jeff Ray of Alabama was 2nd with an Alabama State Record 633 and Anders Wahlund of Sweden was 3rd with 595 and Troy Weippert was 4th with a North Dakota State Record 578 1/ 2. At 220 there were 10 contestants. with 2 no shows and 1 bombout. George Herring won that division also with a 683. Phil Davi was 2nd with a California State Record 639 and Scott Burgess was 3rd with a Nevada State Record 639. At 242 there were 8 contestants with a brand new phenom pulling 804 1/2 at 239# in his 2nd meet. If it wasn't for a torn callous, he would have pulled 827. He has passed two drug tests in

(article continued on page 74)



Dan Davidson pulled this 722 lb. deadlfit to win the 40-46 242s. He has been lifting for 20 years. (photograph provided by Andy Mellown)

Before I begin summarizing the results of this years IPF Bench Press Worlds, I would like to invite those bench press specialists to attend the 2004 IPF Bench Press Worlds to be held in Cleveland, Ohio. The Japanese have dominated the World Bench Press meets and hold a majority of the single lift bench press records. The Japanese will be competing when the meet comes to the U.S. and would like to compete against our best. The qualifying meet will be the 2004 USAPL Bench Press Nationals. This notice gives lifters in every organization plenty of time to train in a single ply shirt and



97 lb. winner-Svjantekova (SLO)



Japan's winners at 105-Fukushima (left) and 114 lbs. - Sakurai. (right)



123 winner - Lin (Chinese Taipei)

#### **IPF BENCH PRESS WORLDS**

as told to Powerlifting USA by Dr. Larry Miller



132 lb. Medalists (I-r) Wada of Japan (2nd), Thompson of USA (1st), and Darling of USA (3rd). Photos by Isagawa unless otherwise noted

become familiar with USAPL rules. It would be great to see U.S. lifters dominate a true international event and it appears that a large number of countries (in the neighborhood of 30-40) will be attending.

This year's 12th IPF Bench Press Worlds were held in Christchurch. New Zealand. The Bench Worlds are always held the first weekend in December and are usually held somewhere in a cold European country. My wife Julie and I traveled to Sydney.



Brooke Wessler got bronze at 165. (photo courtesy of Brooke)

Clara Kasbarian of France won the 148 lb. class

riving in New Zealand. Both countries have their summers during December, so the weather is quite pleasant. Considering the great weather and the topless beaches, I would vote to have every IPF competition held in Australia or New Zealand. As an extra plus, we would probably not have any trouble getting coaches to attend at their own expense.

Australia prior to ar-

We received a very warm welcome in New Zealand. Everyone was very friendly and best yet, there were no language barriers. Sydney was an awesome city with cafe's everywhere as well as shopping mall after shopping mall. Sydney's aquarium

watch the activity in the harbor. including some nice sized sharks

swimming about. We could watch the surfers from our hotel room. My only complaint was the annoying flies which were relentless. New Zealand had beautiful mountain ranges, close encounters with seals, dolphins and whale watching. If you're a hiker, you will be in paradise.

The opening ceremonies were held outdoors and included a tribal dance

called the "haka" performed by the native "Maouri" people. This dance was duplicated by a number of our lifters at the banquet, but had a bit of "Whaaaats up" U.S. flavor. Theu also had a custom of rubbing noses, but I tried to refrain since I didn't want to injure any one. The meet was relatively small by

IPF standards. My guess was that it was due to the expense of getting to New Zealand. The meet venue was at the Town Centre Hall, which was theatre-like in its set up. The meet was highly promoted in the local papers and television. U.S. lifter Debbie Ferrell was featured on the front page of their sports section. Mike Hodge and I were interviewed for television prior to the meet and Jennifer Thompson appeared on television following her lifts.

Our coaches were Mike Hartle



181 lb. class medalists ... (I-r) Elena Yurik (Russia) - 2nd, Andrea Kubinova (Czech Republic) - 1st, Eilja Strik (Netherlands) - in 3rd place.

was unbelievable, as it allowed you to and Sandra Perron. I thought we would be short-handed but our US lifters who were to compete on Sunday, helped with the women lifting on Friday, and everything else fell into place. Sandra was supposed to lift, but broke her foot 4 weeks out. He did all the pre-meet legwork for the team and helped get the lifters situated for their flights. She also did the numbers for a few lifters. I thought Mike did a fantastic job calling the numbers for our team. I believe that if it weren't for Mike, we would've been a few medals short in the final count. The Japanese men's and women's team were the pre-meet favorites

> The women's competition began with Eva Sviantakova from Slovakia winning the 97 lb. class with a bench

of 192 lbs. U.S. lifter Ruth Snuder finished 6th with a lift of 121 lbs... Ruth's husband Steve was an enormous help with the lifters in the warm up area, helping to load the bar and helping with bench shirts. In the 105 lb. class, the Japanese lifters began their gold medal attack and finished 1st and 2nd. Yukako Fukushima finished with a phenomenal lift of 259 lbs. which gave her the best lifter award. I did an interview with some members of the Japanese team including Yukako which will hopefully be published in a few months. In the 114 lb. class, Japanese lifter Suoko Sakura finished first with a 220 lb. bench. Chinese Taipei lifter Li-Min Liu won gold in the 123 lb. class on bodyweight over Swedish lifter Riita Limatuanen with a lift of 214 lbs. The 132 lb. class had 2 U.S. lifters competing. Jill Darling showed a lot of character after missing 248 lbs. on her second attempt and finished with 253 on her third attempt for a bronze medal. Jennifer Thompson did likewise, after missing 270 lbs. on her second; as she lifted 281 on her third

for one of two U.S. gold medals. Jennifer came with her husband Donovan who, like Steve Snyder, helped in the back putting on bench shirts and loading the bar Jennifer finished 2nd overall in the best lifter category. Jennifer has only been competing for 3 years and is relatively tall, with long arms for a bencher. In the 148 lb. class, multi

world champion Clara Kasbarian from France won with a lift of 303 lbs.. I attempted to invite Clara to the Bench Worlds in 2004 in the U.S. but my French and her English led to a snafu. The U.S. scored more team points with 2 lifters in the weight class. Angela Simmons and Tammi Callahan. Tammi finished in fifth with a bench press of 231 lbs. and Angela finished in seventh with a lift of 203 lbs. Austrian lifter Claudia Narovnigg won the 165 lb. class with a bench of 275 lbs. U.S. lifter Brooke Wessler, who trains at Kings Gym with me and Steve Petrencak, developed fluid in her ear while flying to the meet. She was dizzy and ended up dropping almost 10 lbs. of bodyweight. Brooke very well could have won had she not been ill, but nonetheless she won a bronze medal with



Deb Ferrell (USA) went for a new IPF World Superheavywt. Record 396 on her 3rd attempt.

a lift of 248 lbs. Czech lifter Andrea Kubinova won the 181 lb. class with a bench of 319 lbs.. Andrea Sortwell finished in 5th with an IPF Masters World Record Bench of 259 lbs. Irina Naskrupuak from Russia finished ahead of her teammate to win the 198 lb. class with a lift of 319 lbs. The 90+ kg class featured a show down between the Chinese lifter Chen-Yeh Chao and U.S. lifter Deborah Ferrell. Deb had the silver locked in on her opener and went for 396 lbs. on her third attempt for the Gold. Deb looked much stronger than the Chinese lifter, but just missed her big third attempt. I have no doubt who will win the Gold next year. Deb spent a day in bed following the meet with some bruised ribs. After being

(article continued on page 72)



90 kilo Flexibility ..... shown by class winner Irina Naskripyak of Russia



Three days, close to 200 lifters from five countries and everyone had a blast. This was one of the smoothest WNPF World events we've had. I can't believe it's been ten years for the WNPF worlds. In year one we had 422 lifters, the biggest one so far. Many people ask if I would ever have another meet that size, the answer is NO! It's hard enough putting on a meet with 200 lifters. Furman is a beautiful campus, a nice gymnasium, and perfect for the Worlds. The only complaint was the distance from the hotel to the school. Tony Caterisano added a projection screen with all of the lifters names on it, weight class, country represented and it showed whether the lift was made or not. This was a nice touch. We had Silver Championship Cups, Plaques and Sculptures for this Worlds and we let the lifters pick what they wanted. Next year we will have a standard award, because I have learned that no matter what you do, you can't please everyone. The judging was very good, not overly strict as in past WNPF World meets. The spotters were the usual, THE BEST. Thanks to John Wallace, Kenny Wallace, Mike Parker, Rob Davis and Will Harrigan. Thanks to Joyce, Brian, Carl, Kate, James, Bryan and Ron Deamicis for officiating. The platform was carpeted so lifters wouldn't slip. We used Ivanko kilo weights and a Monolift. We tested 30 lifters and all passed, which made everyone feel good. I was glad to see that everyone passed because there were a few lifters who had some doubts. Now on to the meet - in the owerlifting, Ms. Frailey, Whidden, Haley, Walker, Smith, Burgess, Summers and McGee won their classes and took home

## WNPFWorld Championships



Jenna Bussard with a WNPF World Record 462 squat. According to Richard Sorin, this is the highest all time squat by any woman of age 15 In training, she has done a deadlift lockout (no straps) with 600 lbs.

their first WNPF World titles Denise Musser won her first title and the best lifter award with a 1,030 total. From the Bahamas, Mr. Darling won the 114s with a 464 pound total. Melrose set four WNPF world records in the police raw division. Holloway from Florida took home best lifter and his first

117.5 85 150 352.5

WNPF world title. Paul Gennaro from Pennsylvania won his first title in the masters division. Gary Hoxworth from N.J. set two new world records and got a world title. Mr. Barnes, Greg Wright, Russ Metivier all won their classes. Greg set new submaster records in all three lifts and the total. Greg

235 180 250

270\* 112.5 255 210 137.5 242.5

will be moving up to the masters class real soon. All the master lifters better watch out. Barnes is a very impressive lifter out of PA and he will be a force in the open division soon. Greg Wright from FL took home the gold in both the open and subs with a 1388 total, Greg is an excellent deadlifter with a 573 pull. Ingram placed second and Metivier came in third. Metivier won the masters class with a 1190 total, Ron Cable won his first WNPF title with a 777 total. Neil Abrey from England brought nome the gold in the junior 181 class with a 1471 total. Neil out-totaled the guys in the men's open class. Ryan Hicks from the USA placed second and Mr. Curry from the Bahamas placed third. Paul Chang and Mike McNinch won their divisions with close totals, Chang 1256 and McNinch 1234. These guys will be paired up next year in the open division with the new submasters rule. Baker from Ohio set a new WNPF world record in the deadlift (573). This record by Russ Barbarino had stood for 10 years in the WNPF. Broderick Chaves starved himself to make weight (198 lbs.) and then set the house on fire. oderick hit a 617 raw squat, a 374 bench, and a 1565 total and Best Lifter for Da Two. Scott Rowe, the new kid on the block in the 198s, totaled 1603 in the 198 open class. Scott had five other competitors in this division with Tyler coming in second with a 1466 total and 600 pound deadlift. Polis placed third with a 1444 total, a big improvement from the 2000 Worlds. Edwards from FL placed 4th with a 1410 total. Mike Kidd from CA totaled 1251 and Julian Sands from the Bahamas placed 6th with a 1107 total. Chris Matos from NC

665	Goodman	332.5 4th	222.5		885*
637.5	SHW	****	/.5		
590	14-16				
	Yates	305	192.5	275*	787.5*
525*	4th	320*			,0,13
	Open				
500*	Johnson	322.5	215	267.5	805
	Yates	305	192.5	275	787.5
765*	Tolmie CAN	242.5	157.5	250	650
685	33-39				
552.5	Johnson	322.5	215*	267.5	805
	Open Raw				
630*	Fromberg	295	170	295	760
	33-39 Raw				
	Dixon	290	215	245	750
627.5*	Police				
	Tolmie CAN	242.5	157.5	250	650
625	IronMan Cha	mpionsh	ips		
	WOMEN	2000	BP	DL	TOT
792.5	132				
715	33-39				
	Chambers		85*	137.5*	222.5*
632.5	14-16 Raw				
	Mehl		47.5*	92.5*	140*
602.5	SHW				
	14-16 Raw				
632.5	Bussard		110*	192.5*	302.5*
520	Open Raw				
	Bussard		110*	192.5*	302.5*
650	MEN				
7	181				
755	Open Raw			MIL ST	
925*	Wahab CAN 220		170	185	355*
867.5	40-49				
810	Wondra		170	185	
010	40-49 Raw		1/0	185	355*
817.5*	Mehl		102 **	227 54	****
787.5	Nalge			227.5* 220	
707.3	Caterisano		147.5		342.5
817.5*	242		147.3	193	342,5
747.5	50-59 Raw				
710	Cushman		140	2125	352.5*
1000000	275		140	212.3	332.3
	Open Raw				
885	Develengas		200	260	460*
867.5	33-39 Raw		3,5404.0		
817.5	Develengas		200	260	460*
	40-49				
712.5	Brown		132.5	182.5	315*
687.5	SHW				Took -
657.5	14-16				
	Yates		192.5*	275*	467.5*
785*	40-49				West.
717.5	Pelis		202.5	275	477.5*

won the submasters class with a 1482 total. Mike Kidd won the masters 40-49, John Phillips won his second WNPF title in the masters 50-59 division. Joe Miozza won the gold in the 60-69 division and master lifter of the year in the WNPF over 60 age group. Charlie Williams and Alki Stathopoulos took home the silver and bronze in the police division. Lance Mosley won the 220 open division with a 1653 total. Norm Blocker and Brad Hennebert won second and third. Tesivich got to SC to lift. He totaled 1394 with only one squat attempt. Greg Campbell from GA won the submasters by a landslide with a 1785 total This total would have been good enough to win the open class. Ralph Menendez won the masters over Dwight Huell with a 1405 total. Dwight won this class last year when Ralph bombed out in the bench press. Mr. Huff in the 70-79 division set new WNPF world records and he totaled 1102 pounds. Mr. Huff is an outstanding lifter. I will tell you - competition brings out the best in some pe Mike McCray and Jerome Neal went at it. Mike won the class with a 1686 total and he also set new world squat, deadlift and total records in the police division. Nick Brosko from PA made some big improve ments from the May American Powerlift-WORLDS, Nick totaled 1376, Mr. Lewis won the open raw division in the 242s. Brian McSwain won his second WNPF title in the open division (1753) over Halliday from Canada (1576). Brad Lovejoy and Roger Flynn competed in the 220 masters 40-49 raw with Brad coming out on top. Mr. Brown took the 50-59 raw division over Ken Cushman from SC. lim Raines won the masters 50-59 division. Tarriq Aziz won the police division with his highest total ever, Tarriq is a former body builder and he is really coming along in this great sport. He will total over 1700 in 2002. Now to the big boys - what a battle

BENCH WORLDS

67.5\*

65\*

35

92.5\*

92.5\*

47.5\*

67.5

110\*

110\*

55\*

102.5\*

150\*

150\*

170\*

170\*

160

160\*

20-23

Pagan

Rayner

Richards

Richards

60-69

198

Madison

Open Knight BL

40-49 Raw

50-59 Raw

60-69 Raw

50-59

14-16

Open

40-49

Copenhaver Wondra

40-49 Raw

50-59 Raw

105

Raw

Proulx 114

132

mehl 148

Taillon

MEN

**Phillips** 

Police Raw

17-19 Ray

Tammaro

Open Raw

20-23 Raw

20-23 Raw

20-23

Elrod

Open Hender

Greer

123

Open Raw

14-16 Raw

SHW

Open Raw

Emig 33-39 Raw

Emig 14-16 Raw

107.5

147.5

207.5\*

182 5

172.5

172.5

145\*

150\*

217.5\*

215

150

155\*

137.5\*

115\*

120\*

210\*

227.5

190

160

160

182.5\*

275

170

170

242

and got two red lights. Corey Ferrell, Willie's what a show in the 275's. Willie Croner training partner, totaled 1785 for third from PA posted the highest total in the meet with 2039. Willie tried an 854 squat, place. We were hoping that George Anderand he came up more than halfway and then stalled out. Jeff Peshek from OH son and Chris Dippre would come to the Worlds. Both of these men are over 1850 but they were no shows. Tom Kristoff to taled 1802 raw in the 275 class. Tom lifted

came in second with a 1911 total. Jeff just missed a 600 pound bench. He pressed the in the equipped class, but only with a belt weight up, but he seesawed it at the top Open Raw 14-16 147.5 SHW 277.5\* 50-59 14-16 Open Fromberg Tolmie CAN 182.5 Yates 192.5\* 40-49 Meyers BL 327.5 50-59 Raw Open 165\* Rychlak 245 4th 337.5 33-39 230 SOUAT WORLDS 60-69 Raw 215 WOMEN 152.5\* Dixon 33-39 14-16 Raw 217.5 Cunningham 227.5 Gardner Open Kelley BL 60-69 Raw 125 Feehan IRE 252.5 40-49 Raw Dratt 4th Police 137.5\* 227.5 Mackey IRE 181 Vargo 33-39 182.5\* Ramey 230 252.5\* Ferguson 165 Williams Cable Feehan IRE 33-39 Raw 50-59 220 Aziz 197.5 187.5 202.5\* Saudners ENG 332.5\* McNinch 215 33-39 Open Raw Open Raw

227.5\* Ferguson 165 DEADLIFT WORLDS 307.5 17-19 40-49 Raw 165\* 275 Baker WOMEN Stuart 50-59 242.5 Davis McBride 40-49 Huell 127.5 137.5 215 Harlan 50-59 Ray 14-16 Raw 40-49 Raw Open 92.5\* Thomas Mehl 307.5\* Rowe 40-49 Gathwrigh SHW 227.5\* 195 Dunr 192.5\* 127.5 50-59 McBride Bussard Bucchioni 220 40-49 265\* 192.5\* Bussard Open Raw MEN 280 Police Kaeser 205 132 Halliday CAN 295 242 33-39 227.5\* 33-39 Edwards Melrose 181 20-23 Raw 307.5 McSwain Aziz 272.5 Police Develengas 227.5\* 40-49 Raw 182.5 227.5\* 33-39 40-49 Raw 282.5 Develenga 33-39 200 Davis 50-59 Lovejoy 265\* 275 252.5 265 Skinner CAN 235 Raines 265 Baron 275 230 Silverbloom 40-49 257.5 Kleinsmith 217.5\* Kadle Open Raw Bizzell 40-49 Raw 237.5 260 207.5 White Develengas 187.5 Skinner CAN 235 33-39 Raw 14-16 182.5 Police Develengas Yates

50-59 Ray

Bizzell

Skinner CAN 235

260\*

160

70-79 Raw



Jason Pagan, the 181 pound class raw champion, with a 457 bench press. (photo courtesy of Troy Ford)

sion. Wade Johnson won his first title in the open and submasters divisions. Seth Fromberg from FL, in only his second meet, totaled 1675 raw, Chris Dixon totaled 1653 in the subs. Ironman/Ironmaiden Worlds Mitzi Chambers, Satia Mehl, and Jenna Bussard all took home gold in their classes. Wahab from Canada placed first in the 181 raw division. Paul Wondra from CA set a new Ironman total record in the masters 220 class. Cushman, DeVelengas, Brown, Yates and "Man Mountain" Ray Pelis al won their classes. There was a nice little battle going on in the masters 220 raw class with Mehl, Nagle and Caterisano. Mehl set new records in the bench, dead-lift and total. Bench Press Worlds - There was some lifting going on in the bench portion of the worlds. Laura Proulx set two new records in the open division with a 143 in the raw and 148 in the equipped division, 105 pounds. Melissa Emig won the best lifter award and set two new records in the 132 open and submasters divisions. Kate Taillon won the master division and claimed her first WNPF World title Take Phillips from NC set a new youth raw record in the 123 class with a bench press of 121 pounds. Tammaro and Melrose won first place in their divisions with 225 & 231 and new world records. Beau Green from Furman University set new records in the open and junior divisions - 330 pounds. Matt Elrod set a new junior world record in the raw and equipped with 374 lbs. and

and wraps. Tom is thinking about lifting

with equipment on at the 2002 Worlds. Can you imagine what he will total with a

squat suit and bench shirt on, 1900 - 1950?

Cornell Raynor placed second and set a

new WNPF World record bench at 485

pounds, Anthony Goodman, the strongest

cop in the U.S., totaled 1956 in the 275

subs and police divisions. Dirk Pounds won the masters 40-49 raw. Jim Ingram

won the masters 40-49 equipped division. Shane Yates took home the gold in the teen

14-16 class and second in the open divi-

WNPF World Record, BL - Best Lifter, t-tie WNPF World Record, BAH - Bahamas, ENG England, CAN - Canada, IRE - Ireland TEAM STANDINGS - POWERLIFTING - 1ST RON'S GYM. 2ND - EPHPATA REC CEN TER POWER TEAM. BENCH PRESS - 1ST GOD SQUAD, 2ND - DIRK'S POUNDERS.

WNPF W	orld C	hamp	ionship	os (kg)
26-28	OCT 0	1 - Gre	enville	, SC
WOMEN		BP		TOT
114 (40-49)				
	92.5*	62.5*	102.5*	257.5*
123 (40-49)				
Whidden	100	65*	132.5	297.5
132 (Open R	aw)			
Haley	105	60	100	265
148				
40-49				
Walker	117.5	57.5	152.5*	332.5
33-39				
Smith	105	60	122 E	207 F

Whidden	100	65*	132.5	297.5
132 (Open Ra				
Haley	105	60	100	265
148				
40-49				
Walker	117.5	57.5	152.5*	332.5
33-39				
Smith	105	60	122.5	287.5
165 Open				
Musser BL	182.5*	100*	185*	467.5*
181 Open Ra	W			
Burgess	125	80	137.5	342.5
SHW				
17-19				
Summers	192.5*	137.5*	165*	495*
Open				
Summers	192.5*	137.5*	165*	495*
14-16 Raw				
Bussard	210*	110*	192.5*	512.5*
Open Raw				
Bussard	210*	110*	192.5*	512.5*
40-49 Raw				
McGee	47.5*	50*	125*	222.5*
MEN				
114				
Darling BAH	72.5	32.5	105	210
14-16				
Darling BAH		32.5	105	210
132 Police/Ra				
Melrose	97.5*	105*	140*	342.5*
148				
Holloway BL	170	122.5	230	522.5
40-49				
Gennaro	182.5	105	172.5	460
50-59 Raw				
Hoxworth	160	105	210	475
4th	170*	110*		
165				

222.5 165 217.5 605

210 160 260 630

192,5 130 217.5 540

192.5 130

212.5 582.5

217.5 540

147.5 112.5 140 400

195 145 227.5 567.5

182.5 137.5 227.5 547.5

180 250 160 250

207.5 165 260 632.5

300 240\* 270 810

232.5 157.5 240

282,5 750

625

272.5 195

235

215

Miozza

Williams

Blocker

Rivers 33-39

Hennebert

Police Kidd

220

· · · · · · ·	210	13/13	242.3	330	14-10				
60-69 Raw					Yates	305	192.5	275*	787.
Zimmerman	182.5*	115*	227.5*	525*	4th	320*			
70-79					Open				
Huff	182.5*	115*	202.5*	500*	Johnson	322.5	215	267.5	805
Police				000	Yates	305	192.5	275	787.
McCray	280*	205	280*	765*	Tolmie CAN		157.5	250	650
Neal	275	157.5	252.5	685	33-39	242.3	137.3	230	630
Koch	192.5	132.5	227.5	552.5	Johnson	322.5	215*	267.5	805
Police Raw		132.3	447.5	332.3		322.3	213	267.5	805
Rivers	222 5*	157.5*	240*	630*	Open Raw	205	470		
242	232,3	137.3	240	630	Fromberg	295	170	295	760
17-19 Raw					33-39 Raw				
Brosko	207.5*	1701	2504	/n= =+	Dixon	290	215	245	750
	207.5	1/0-	250*	627.5*	Police	4		880	
Open Raw					Tolmie CAN	242.5		250	650
Lewis	205	140	280*	625	IronMan Cha	mpionsh	nips		
Open					WOMEN		BP	DL	TOT
McSwain	295	190	307.5	792.5	132				
Halliday CAN	250	170	295	715	33-39				
40-49 Raw					Chambers		85*	137.5*	222
Lovejoy	237.5*	165	227.5	632.5	14-16 Raw			10115	
1-3520000	4th	167.5*			Mehl		47.5*	92.5*	140*
Flynn	210	165	227.5	602 5	SHW		47.3	34.3	140
50-59 Raw				002.5	14-16 Raw				
Brown	227.5*	190*	227.5	632.5	Bussard		110*	192.5*	202
Cushman	167.5		212.5		Open Raw		110	192.5	302.5
50-59	107.3	140	212.3	320			***	***	
Raines	242.5	155	252.5		Bussard		110*	192.5*	302.5
Police	242.5	133	252.5	650	MEN				
Aziz	285	197.5	272 5	755	181				
275	283	197.5	272.5	/55	Open Raw				
	2000				Wahab CAN		170	185	355*
Croner BL	365*	230	330	925*	220				
Peshek	310	265*		867.5	40-49				
Ferrell	332.5	182.5	295	810	Wondra		170	185	355*
Open Raw					40-49 Raw				
Kristoff BL	325*	200		817.5*	Mehl		182.5*	227.5*	410*
Raynor	277.5	220*	290	787.5	Nalge		160	220	380
33-39 Raw					Caterisano		147.5	195	342.5
Kristoff	325*	200	292.5	817.5*	242				
Cottrell	267.5	210*	270	747.5	50-59 Raw				
Develengas	250	200	260	710	Cushman		140	212.5	352 5
Michels			80	1559979	275			2.2.3	332,3
33-39					Open Raw				
Goodman	332.5	222.5	330	885	Develengas		200	260	460*
Peshek				867.5	33-39 Raw		200	200	400
Kristoff				817.5			200	0.00	
40-49 Raw	323	200	292.3	017.5	Develengas		200	260	460*
	257.5				40-49				
			262.5		Brown		132.5	182.5	315*
			262.5*		SHW				
	227.5	182.5	247.5	657.5	14-16				
40-49					Yates		192.5*	275*	467.5
		212.5*		785*	40-49				
	272.5	217.5*	227.5	717.5	Pelis		202.5	275	477.5
D-line									

20-23

Open Wright Ingram Metivier

Metivie

14-16



Brian McSwain won a WNPF World Title at 242. (Kate Taillon)

424 lbs. Bernard Henderson decided to put on the shirt this year and set a new masters world record with 352 pounds. Will Adams defeated Farrell in the masters 40-49 raw with a lift of 253 pounds. Jason Pagan, won best lifter, first place, gold medal, most popular, crowd favorite and more. Jason pressed 457 pounds in the 181 raw division. He defeated Wahab of Canada and Rayner of North Carolina in the juniors. Mr. Ryan, competing in his first WNPF Worlds, defeated master lifter Richards, who placed first in the masters and Anthony Davis, Ed Freeman has really been mproving since the beginning of the year. Ed set a new record at 330 pounds. Rudy Lozano also set a new WNPF world record. Rudy came all the way from CA, had a good time, and then someone took tis Team USA jacket in the audience. It's a shame when someone has to steal someone's personal belongings. Rudy, the WNPF apologizes to you. Ron Madison from Michigan was ready for a showdown against John Wallace. Ron came to lift, pressing 479 pounds in the 198 raw open class. Ron missed the best lifter award by a point against Jason Pagan. Shawn Knight, torn pec and all, pressed 473 pounds in the 198 open division, Shawn is good for 500-510 if healthy. Mark Houseworth won his class in the 198 masters, John Phillips won the masters 50-59 division. Bill Dudley competing in his last event, won his class and peting in his last event, won his class and pressed 303 pounds. Bill had open heart surgery a little over a year ago and he was told to give up the sport due to the pres-sure put on his body with the heavy lifting. Bill, you will be missed on the platform LeVerne Dratt from NY set a new world bench and deadlift record and won both classes in the 198 60-69 raw division. Little powerhouse Logan Dees, only 14 years old, pressed 264, Peter Mehl defeated Bob Nagle and Tony Caterisano in the masters 40-49 raw division. Jerome Kluft and George Walker both became WNPF world champs for the first time in the masters 60-69 and 50-59 divisions. Brad Kelley, the new superstar in the WNPF. Brad pressed an amazing 584 pounds, and missed 606 with an uneven lockout. Brad and John Feehan from Ireland went head to head in the open division. Brad brought the best out in John, who got his opener of 556 and missed 589 on his third. John was going for the win and the thing I like the most was how both of these men hugged after Brad's third attempt. This is the kind of atmosphere at all WNPF meets. Lifters cheer each other on, encourage each other, and pull for each other. I'm sure this battle isn't over in the 242 open class. In third came Mr. Vargo with a 501 pound bench. Paul has benched as much as 540 in the WNPF. Keith McDougald, the powerhouse out of

Jacksonville, FL, won the submasters raw

division with a 501 pound bench and best lifter, Francis McBride from FL came in this meet injured with a very bad knee, but he still managed to get a 281 bench. Chip Davis won this class with a 341 bench. We were hoping for a Mason Gathwright and Dan Smith showdown in the 242 masters 50+ raw division. Mason came and set a new record in this class with a 424 bench. Dan Smith from CA didn't make it this year, but hopefully we can see these two gentlemen go at it in the 2002 Worlds. Jeff Peshek from OH beat his opponents by over 100 pounds for the win, but watch out for Keaser and Vaughn next year. Al Edwards set a new world record with a 501 bench at 275 RAW, Raynor came in at 485, with Big George in third and Shaquan Ramos in fourth. Robert "Mule" Jackson made two attempts and won his class for the second year in a row. Robert was the oldest of the four masters in this class. Cantrell set a new masters 40-44 world record 413 bench. Smith from CA, the other Dan Smith, placed third with a 402. My man Bob Fultz came in fourth in this class with a 352 pound bench. Big and I do mean BIG Gene Rychlak made a 540 opener in the open superheavyweight class for his first WNPF title. Chris Dixon won the subs with 473 and Gerald Cunningham won the masters division with a 501 bench.

Mr. Mackey from Ireland beat two other American lifters in the masters 40-49 raw supers. Mackey made a 418 bench, Ton Ramey placed second, and Walter "The Truck" Ferguson placed third and "the Truck" also won the open class. World Deadlift Championships - Anthony Davis beat Mark Neiman and Andy Skinner from Canada in the 181 open class and A.D. also set a new world record in this class with a pull of 622 pounds. Larry White beat Andy

Skinner in the masters 40-49 division and

Andy placed first in the police division. Ron Madison (Mr. Bench) tried the dead-

lift and, guess what, he set a new world record in the raw division with a 611. Tee

"Skinny Man" Meyers pulled 722 on his third attempt and 744 on a fourth to earn

another WNPF world title in the masters

division. Tee is going to try full meets again in 2002, so watch out, master lifters. Tony

Greene defeated Darren Gardner in the 198 submasters division. Both men are

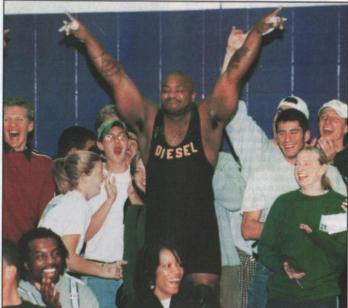
from S.C. Charlie Williams, Skinny Man's

lookalike won the police division with a 507 deadlift. Matt Saunders from England

made a big 733 pound deadlift to win best lifter and his second WNPF World title.

Perry Thomas won both the open and

masters divisions with a 677 pull. Larry



Crowd Favorite ... John "Diesel" Wallace after a 462 BP (courtesy Troy)

Bucchioni, long time WNPF member, won the masters 50-59 division with a 485 pound pull. The very competitive masters 50-59 division was won by Chip Davis with a 584 pound pull. The favorite Jim Raines got his opener at 556. Jim usually pulls in the 620-630 range. Bill Baron made his comeback after a seven year absence. Bill is very strong in the pull but he has a tendency to complete his pull with his shoulders rounded forward. Once he corrects this he will place higher. Larry Bizzell took home the gold in the masters 50-59 275 class. World Squat Championships Mike McNinch defeated Nate Kadle in the subs 181 class with a 473 and Nate squatted 462. Broderick Chaves defeated Jeff Harlan in the 198 raw division, leff looked strong in the squat, but he wasn't getting deep enough to satisfy the judges. Scott Rowe, Paul Dunn, Dwight Huell, and Jerome Neal all won their classes in the Squat Worlds. Billy Warren made a 622 squat to win his division and Tarriq made 628 to win his division. These two may meet next year. Dave Silverbloom, lifting in full meets this year, after trying the

bench only last year set a new World squat record in the masters 40-49 275 class. Again I want to thank everyone that made this event possible. The numbers were down by 25% this year. We expected 250+ at this meet, but we fully understand why and appreciate the numbers we did have. Many of the lifters drove to S.C. for this meet, many of them driving more than 15 hours. Thanks to the Canadians for attending, thanks to the lifters from the Bahamas, and England, and Ireland. Thanks to the WNPF staff for once again doing an excellent job. Thanks to Furman University for having us, a big thank you to Tony Caterisano for setting all of this up. Thanks to the fine Hilton Hotel in Greenville for having us. We hope that everyone will attend the Bench Press, Deadlift and Ironman Worlds in Pennsylvania in August and the Powerlifting and Squat worlds in Youngstown in October. We may hold a Raw World Championships in November or December in New Jersey also. Look in the coming events for a WNPF qualifier or go to the WNPF website at members.aol.com/wnpf (WNPF)



World Natural Powerlifting Federation "TEAM OF THE YEAR" - t he Ephrata Recreation Center Team.

## WPC World PL & BP Championships as told to PL USA by Meet Promoter Ian Morris

The venue for the 2001 WPC Worlds was the very popular and beautifully situated Holiday Inn Garden Court. The hotel is situated on the mountainside overlooking the City of Cape Town and the very busy waterfront area with the infamous Robben Island visible in the distance. With the towering Table Mountain as a backdrop, the setting for this year's Worlds was fabulous. The actual lifting was held in the hotel conference centre, which was superbly decorated, in an African theme. Two great elephants carrying weights in their trunks dominated the background and all the WPC nations flags were displayed in prominence. The lifting platform and referee's chairs were raised off the floor to give the large audience a clear view at all times. The lifting area was fenced off with constant security on the entrance to the warm up rooms; this insured that only lifters and their session coaches occupied these areas. For the first time ever spotters and loaders were provided in the warm up to assist competitors. We were complimented on this service as it helped the lifters tremendously. High resolution video projectors linked to a number of computers were used to project scoreboards onto large screens, both in the main hall and in the warm up area. Several video monitors placed strategically around the venue kept onlookers fully informed as to who was lifting and what was being attempted. Our newly developed scoring program worked really well, but could do with a few refinements especially in the area of master's age groups.

The meet opened on Monday morning, November 5, with a fantastic display of African tribal dancing performed by a large team of traditional Zulu dancers. They performed to great applause for about thirty minutes and had our visitors on their feet applauding. Ernie Frantz officially opened the Worlds at 9.30am with the first attempt in the bench press contested immediately afterwards. With over one hundred entries the pace was rapid

with a large number of national and world records being demolished during the long day of lifting. The absolute superstar of the day was Scott Mendelson of the USA who did a massive 335kg bench that looked so, so easy. Scott opened on a 320kg effort that shot up like an empty bar, I have never seen anything like it. For his second attempt Scott took the new world record 335kg and once again shot it up effortlessly, and then he took a 341kg and just missed it. Awesome lifting from this powerful young man. I feel we are going to hear a lot more of this incredibly strong bencher in the not too distant future. It is very obvious that Scott has not come anywhere near his full potential. In this division Holgar Kuttrof of Germany placed second with 265kg and Mike Robinson of South Africa third with 230kg.

Powerlifting kicked off on Tuesday morning with teenagers and juniors that produced some very respectable poundage. Sixteen year old David Ramokadi of South Africa lifting in the 67.5kg division placed first with three excellent lifts of 240 132.5225597.5kgs.; not bad for his first appearance at world champs. Another South African lifter Pierre Viviers won the 75kg teens with 275 120 240 635kgs. Fourteen year old Lizi Roux also from SA went 80 45 120 260 to take the title in that age group. Lizi is a product of the Hannie Smith camp in North West Province and is improving at each meet she attends. With a training partner like Vicki Heyser her lifting can only get better. In the 60kg teenage division a young lady - Natasha Bracale - only in powerlifting for a few months, broke four South African teenage records and took home gold with 110 60 115 285kgs. Natasha weighed in at 59kgs. In the junior men's 82.5kg Akber Farajov of Azerbaijan was almost 200kgs ahead of his nearest rival, Rowland Owen. Akbar went 240 185 280 705kgs to win easily. Jyrki Varvas of Finland in the junior

(the WPC article is continued on page 65)



Traditional Zulu Dancers opened the ceremonies at the 2001 WPC World Championships



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#### AAU World DI - RP/DI - Intl. RP RM 65-69 M. Stainbrook 120 MALE 1.2 DEC 01 - Laughlin, NV (kg) 66 RY 6-7 INTERNATIONAL RT 16-17 J. Campo 52.5 R. Figueroa Submasters 155 T. Kinney **BENCH PRESS** T Pionk 132 RM 45-49 97 RT 16-17 M. Drake 157.5 G. Landess R Law M 55-59 185 M 40-44 105 RT 16-17 S. Arase 37.5 240 B. Crouch 185 114 RT 16-17 T. Campo 155 M 70-74 42.5 R Open K. Booker S. Fultz 123 RH 14-15 102.5J. Mendoza 227.5 40 RM 45-49 210 T. Teal 220 132 R Open RLM 75-79 155 RLM 70-74 T. Campo G. Ramsay D. Christians J. Selby 165 142.5 102.5R. Monahan 165 Open G. Ashton RM 55-59 245 202.5RM 70-74 181 RM 40-44 162.5 C. McGrail 157.5 M 45-49 A. Demello 198 RLM/RM 60-64 257.5220 S. Pipes SHW RM 40-44 M 60-64 LM 50-54 K Fisher 167.5 R. Scott 290 M 60-64 M 50-54 V. Crowell M. 50-54 R. Scott M. Waldrop 220 MAIF A. Narenbe D. Imrie

Open W. Croft

RM 80-84

R. Stephan Submasters

RLM 65-69

66 RY 8-9

K.Miller

97 Open K. Miller

123 Oper

M 75-79

I. Merrell

132

152.5 RT 16-17

137.5 RY 12-13

Life 142.5 G. Ashtor

117.5 LM 40-44 G. Ashton

195 M 40-44 157.5 G. Ashton

192.5

212.5

182.5

212.5

177.5

177.5

182.5

142.5

175

162.5

175

A. Smith 182.5 148 RT 18-19

M. Namubi 165

W. Croft

122.5 C. McGrail

105

95 Life

120

170

95

RM 40-44

B. Boyles

LM 40-44

R Open J. Heldt

K. Kane

**SHW RT 18-19** 

32.5 75

202.5242 Open

257.5R. Brown

155 319

WORLD PUSH/PULL CHAMPIONSHIPS

270

273

22.5 55 77.5

77 RY 8-9

7. Yokley

G. Landess

A. Martinez

RLM 45-49

R. Tinkham

R. Tinkham

RM 45-49

R. Crain

J. Lopez M 75-79

J. Upton

RH 16-17

RT 16-17

R. Gallan

T. Kinney

LM 50-54

M. Owen

LM 65-69

M. Stainbr

M 50-54

M. Owen

168.45

M 60-65

R. Lozano

M 65-69

Open N. Abery

RH 16-17

RLM65-69

RM 65-69

RT 16-17

R. Gallan

T. Kinney T 18-19

C. Yokley

J. Yokley LM 40-44

J. Yokley LM 50-54

M. Drake LM 70-74

M 40-44 H. FUltz

M 50-54

G. Tornberg

I. William

M. Maclach

R. Lopez M. Stainbroo

M. Stainbro RM 50-54

M. Stainbr

4th 168.45

Life

M. Weinstock

M 65-69

M 40-44

R. Hernandez

114 RT 14-15

132 RM 45-49

27.5

55

77.5

82.5

165

115

97.5

115

115

70

M. Sauders

I Short

LG. Aller

140.5 I. Gilmou

82.5 J.G. Allen

RLM 50-54

km 45-49

RM 60-64

M. Stewart

RM 65-69

RM 70-74

RM 75-79

B. McIntyre

B. Dunham

M 45-49

Open J. Fehan

D. Medeiros

Akaka

. Webb

RIM 45-49

R Open S. Hoekstra

I. Fahrenbruch

S. Hoekstra

RM 45-49

I. Fahrenb

W. Kanyr

M 65-69

R Law

R Poen

K. Kane WORLD DEADLIFT

157.5 SHW RM 40-44

197.5 M. Earl

157.5 RT 18-19

182.5 114 Open

McIntyre

197.5 M. Arrendondo 190

RLM 40-44

M. Arrendondo 190

102.5 RLM 40-44

M. Loh

162.5 W. harris 165

100

90

155

145

72.5

167.5 D. Smith III

167.5 R Life

I. Gilmour

G. Fontain

#### AAU WORLD DEADLIFT, PUSH/ **PULL and International BENCH PRESS**



Mike Booker with 360 raw at 114. (photos courtesy of Martin Drake)

RT 18-19											
e	227.5	Open						4th	140.5		
		L. Ortega		70	157.5	227.5	M 70-74				
PIONSH	IIPS	G. Ashton 181 R Open		90	130	220	J. Selby Open		57.5	102.5	160
75	107.5	D. Vigario SHW R Open		77.5	167.5	245	I. Orais R Open		137.5	210	347.5
rdax o	107.3	B. Harai MALE		100	185	285	L. Takao	4th	140 140.5	232.5	372.5
102.5	142.5	114 Open					R. Ssimbwa RH 14-15				
		R. Crain R Open		42.5	87.5	130	I. Rodriguez RH 16-17		82.5	117.5	200
		M. Booker		160	150	310	R. Rodriguez		110	140	250
55	77.5		4th	163.5			J. Hoyt		85	157.5	242.5
		RH 16-17					N. Holmes		57.5	142.5	200
		E. Mendoza		75	125	200	RLM 70-74				
		A. Walker					J. Selby		57.5	102.5	160
102.5	147.5	T 14-15					RM 40-44				
		N. Rinderrer		82.5	152.5	235	P. Dorner				
92.5	127.5	132					RT 14-15				
		Open					B. Berteaux		70	150	220
		J. Imamura		125	180	305	165				
		RH 16-17					LM 55-59				
		M. Loaiza					B. Weinstock		87.5	207.5	295
130	220	RLM 45-49					M 75-79				
		G. Landess		77.5	155	232.5	R. Merrell		35	80	115
130	220	148					RJR				
		M. 40-44					M. Sadiki				
130	220	A. Martinez		140	240	380	RH 16-17				



USA Team Champions at the AAU World Deadlift and Push/Pull and International Bench Press: Natural Power Team - (left to right) Bob Boyles, Ed Berteaux, Martin Drake, Mo Rau, Gretchen Ashton, Chris Meier



Betty Lee with her 336 DL in the 114 lb. class

The 2001 AAU World Deadlift, World Pushpull and International Bench Press took place at the beautiful River Palms Hotel and Casino in Laughlin Nevada. The hotel sits majestically on the Colorado river . just an hour south of Las Vegas. The lifting venue was the 15,000 square foot special events center. Fantastic eateries with terrific prices were frequentd by the lifters. Other attractions were gambling, live stage shows, helicopter rides, jet boats and much more. The 2002 AAU North American Pushpull, Deadlift and Bench will be held at the same venue June 1-22002 and the 2002 World Deadlift, World Pushpull and World Bench

As always the judging was top notch. With the likes of Don Haley, Fran Haley, Bill Weiss, Richard Schoenburger, Ed Berteaux, Gretchen Buerki, Harry Halverstadt. all taking a turn in the chair.

Randy Gallan and his girl friend

Press will be there Dec 7-8. Approximately 190 lifters competed in a single platform event. Obviously the events of 911 had a major impact, as lifters from 17 countries could not get visas, and many LUSA lifters opted not to travel. I fully expect the 2002 event to be double the 2001 size.

We used identical benches, weights and bars in the warmup room and on the platform. I want to thank Bill Weiss for bringing the third Ivanko set as well as a second sound system. A food bar with juices, water, sandwiches etc. was available inside the venue at all times. Rick Crain and Rick Brewer made available gift certificates for many of the Best Lifters.

Samantha Crain sang the National Anthem, while Dave Dreyer and Keith Ward lead usin prayer. Dave also held a 6:30 AM worship ser-

The football players from Kingman High School did a fantastic job of spotting and loading, and will return in June. We expect many will

ran a great table and were helped by

Karen and Henry Fultz, Kimberly Silva and Richard Schoenburger. Thanks to Brett Williams for su-

pervising the trailer loading.

With so much help, we never stopped the meet.

The hotel was spectacular with beautiful wiews of the Colorado River and the desert. Buffet was very good and Di Angelo's Italian restaurant had fantastic food at very reasonable prices. Saturday evening Richard Schoenburger gave a great (FREE) benching seminar. Rex Monohan did a one hand deadlift exhibition and Roger and Josie Merrel performed the two person deadlift.

Some Highlights - PUSH/PULL: Best Lifter Raw Open Mike Booker 362 raw Bench. 330 deadlift. Best Lifter Raw Master

Bob Boyles. Best Lifter Youth/ Teen/Jr. J.J. Talton 617 DL, 413 bench at 181. Best Lifter Open Patrick Holloway 711 deadlift. Best Lifter Master Jim Defoor. Best Lifter Lifetime/Lifetime Masters - Chris Meier. Best Lifter Women-Gretchen Ashton. DEAD-LIFT: Best Lifter Raw Open John Heldt. Best Lifter Raw Master Robert Stephan 341 at 155 age 80. Best Lifter Open Bill Croft 568 at 165. Best Lifter Master Kevin Fisher. Best Lifter Lifetime/ Lifetime Masters Bill Croft 568 at 165. Best Lifter Women Bety Lee 336 at 114. BENCH: Best Lifter Raw Open Scott Hoekstra 473 raw at 242. Best Lifter Raw Master Al Pio 374 raw at 220 age 72. Best Lifter Youth/Teen /Jr. Kris Yokley Best Lifter Open Martin Drake. Best Lifter Master Rudy Lozano 363 at 181 age 63. Best Lifter Lifetime/ Lifetime Masters Jon Yokley. Best Lifter Women Gretchen Ashton. Heaviest Deadlift Greg Payne 727.5. Heaviest Bench Patrick Holloway TEAMS: Push/Pull-USA Teams: 1) Natural Power 120 points, 2) Black Bart Thorbekes 78 points, 3) Arizona 2 (can't pronounce that name guys). Bench: Natural Power 120 points, Heavy Metal Gym 104 points. (thanks to Martin Drake for report)

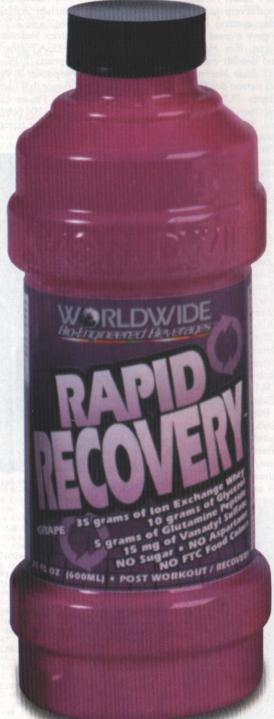


Greg Payne with the heaviest deadlift - 727 lbs

		400		240	n cl				M. Garvin	172.5	220	392.5	RM 40-44			
M. Perez		100	140	240	R. Gingg				RLM 45-49	1/2.3	220	332.3	T.Schade	192.5	272 5	465
RLM 55-59		-			T. Jackson				E. Berteaux	155	235	390	275			100
J. Naftel		70	95	165	M 50-54	100	105	205	RM 40-44	133	233	330	IR			
RM 55-59			100		C. Jones	120	185	305		150	270	420	I. Pritchett	192.5	307 5	500
J. Naftel		70	95	165	Mil/Law				B. Boyles		273	420	LM 40-44	192.3	307.3	300
RT 14-15					B. Styles	120	192.5	312.5		4th		240	D. Smith	190	205	395
J. Randleigh		107.5	145	252.5	R Novice				N. Johansen	135	205	340		190	203	393
	4th	108			B.Malicote	110	182.5	292.5	RM 55-59				M 40-44			
181					R Open				F. Dionisopouls	90	127.5	217.5	C.McGuire			
JR .					C. Settle	147.5	232,5	380	RT 16-17				Open			
I. McHenry		110	185	295	RH 16-17				A. Watt	95	190	285	P. Holloway	225	322.5	
M 50-54					A. Ramos	100	205	305	B. Merklin	65	160	225	J. Pritchett		307.5	
T. Wilson		135	182.5	317.5	C.Saulpin	100	192.5	292.5	242				R. Speno	205	280	485
		4th	187.5		B. Davis	107.5	172.5	280	Law				R Open			
R Open		7.53			RLM 60-64				R. Figueroa	150	227.5	387.5	G. Payne	215	330	545
D. Hill					B. Strange	137.5	240	377.5	M 40-44				RM 40-44			
S. Iga					RLM 75-79				E. Shimomi	152.5	227.5	380	B. Williams			
S. Sowedi					R. Monahan	65	142.5	207.5	M. 55-59				RT 16-17			
RH 16-17					RM 55-59	NO LOT LA PARTIE DE			D. Smith III	182.5	192.5	375	C. Sanchez	110	222.5	332.5
M. Galeano		107 5	142.5	250	T. Smith	117.5	245	362.5	Open					4th	228.5	
M. Ross		90		232.5	RT 18-19		- 10	002.0	V. Garcia	167.5	227.5	395	319			
J. Uriarte		82.5	132.5		D. Miesenbaugh	92.5	177.5	270	RIR				R Open			
RM 70-74		62.3	132.3	213	220	32.3	.,,,,	2,0	C.Millon	135	202.5	337.5	I. Heldt	162.5	225	387.5
		102.5	125	227.5	M 50-54				J. Akaka	117.5		332.5	RM 45-49			2000
R. Simon				227.5	I. Defoor	102 5	277.5	470	R Open	117.3	213	332.3	K. Ward	125	185	310
		4th	145			192.3	2//.5	4/0	N. Arthur	160	265	425	RM 50-54			
T 18-19		MINITED S	MOD		Open		010			100	203	423		155	265	
J.J. Talton		185	280	465	J. Peru	200	260	460	R Sub	450.5	400 F		D. Dreyer	133	203	
	4th	187.5			S. Watson	157.5	237.5	395	M. White	152.5	102.5	255	SHW			
198					RJR				RH 18-19				Open			
Life					S. Hendricks	155		382.5	J. Crite	137.5	227.5	365	W. Anderson			
C. Meier		192.5	280	472.5	G. Hazlewood	142.5		352.5	RLM 45-49				RH 16-17			
M 40-44					K. Ward	100	185	285	W. Harris				J. Weaver	110	175	285
B. Styles		120	192.5	312.5	R Open				RLM 55-59				RT 18-19			
M 45-49					S. Landry	192.5	200	482.5	G. Abernathy	157 5	232.5	390	K, Kane	175		



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	Ironwraps Z \$22	90
2 pair \$40	Shipping _	\$6
	Total	Page

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John Gore shakes hands with Mr. Ed Coan at the Mountaineer Cup.

Who saw the movie Terminator? Let's see the hands ... OK, almost all of you saw it. The ones who didn't see it need to lay this magazine aside, go rent Terminator and watch it before you finish reading.

OK, the first *Terminator* movie was a real classic in every sense of the word. You've got gunfights, homemade explosives, car chases, and a really smelly bad guy. The whole thing makes me nostalgic for my childhood - whoops, got off track in wistful bliss for a minute.

Kyle Reese is having a flashback (to the future ruled by machines) and we see him going through this dark underground tunnel where he comes up on some kids watching TV. Of course, they have no electricity, so they are merely watching a small wood fire burn inside the gutted shell of the TV. In this gripping moment,

## HARD CORE GYM#10

Make-Do With What's Available (Part 1)

as told to PL USA by Rick Brewer, of House of Pain

up, but I had zero seizures.) There's just something about driving through deserted streets to work out. I love it.

At J&S they have a monthly fee with no annual contracts, so it's safe and easy for someone to get started. Once they start, there are SQUAT



You know you're bad when you can hike up the mountain with a loaded bar on your back. John Gore definitely "brings his training to new heights!" <Yeah, it's comy, but it's a direct quote from John. - Rick B.>

we see them <u>making do with what is</u> available. Cool.

That is exactly what we all need to do at our local gyms - make do with what is available. I really appreciated J.M. Blakely's comment on the secret of Westside Barbell (Attitude & Louie Simmons), and Blakely was very clear in pointing out that they had no special equipment secrets - and didn't even have room to deadlift - but they "got their business done."

John Gore wrote and told me about his gym in Ashland, NH. It's called J&S Fitness Center, and they even have images of the 3 powerlifts on their business cards. They have some heavy-duty equipment (I spotted a MonoLift among other things), but that isn't really what really appealed to me. I liked the fact that they do what they can to use what is available, and promote powerlifting.

John works full-time, so they have a 24 hour key pass system. This has to be the ultimate availability. \* myself have fond memories of midnight workouts when I was younger, after which I would stagger home in the middle of the night. I was so tired one night that I took a bunch of my dog's seizure medicine with my vitamins and protein shake. (I was messed

CLUBS, BENCH CLUBS, and DEADLIFT CLUBS to join - and track your progress on the wall for all to see. This sort of informal challenge leads to PRs on a frequent basis. It's easily available in your gym, too. You should start them.

New members even get free personal training! Quit it, John, you're killing us.

John traveled to the Mountaineer Cup with gym member Tony Saunders. They enjoyed meeting Capt. Kirk, Ed Coan, and other top powerlifters. More importantly, John helped and cheered for his buddy Tony. Do you help the other powerlifters in your gym?

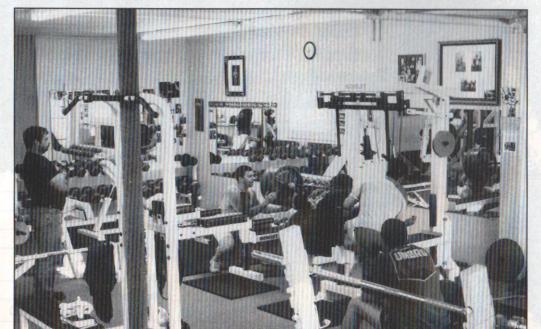
Tiny Meeker was recently telling me about a well-known lifter who won't help anyone - because they are always saving their strength for their own lifts. There is a time to save your energy, but it's not EVERY DAY! Again, do you help the other lifters in your gran?

Next time, we'll contrast two unusual extremes: US Army Reserve Training vs. USA Hockey Team. Who has more equipment? Who gets more results?

Until then, make do with what's available. By the way, did you like (Linda Hamilton) Sarah Conner better as the young airhead in Part 1, or the buff iron queen in T2? If you didn't think she was hot in T2, you better check your thermostat!

Comments?
Rick@houseofpainironwear.com

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Leg Workout Day at J& S Gym .... is that big Tony Saunders under the squat bar? (photos courtesy Brewer)

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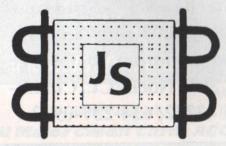
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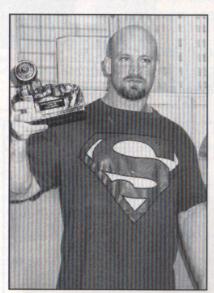
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The biggest problem most benchers have today is finishing out the lockout. How many times have you seen others blast the weight off their chest only to fail at their lockout. So, what's the solution? When I first came to Westside Barbell this too was my dilemma. My first attempts to solve this problem were futile. I tried tricep extensions, tricep pushdowns, lockouts, board presses, etc., only to have very little progress and, mostly, just elbow tendinitis. My first breakthrough came with the introduction of floor chair presses. By doing these on my maxi-



George Halbert has set 10 all time world bench records in his career. (Ned Low)

mum effort day I started to see a little progress on my lockouts, however, I was still dissatisfied with my progress and then, finally, a huge breakthrough was made. I found by slightly modifying the board press exercise, my triceps were hit in a new way that had a

great carryover to my lockout strength. So, let's set up this altered board press. The first rule, and most important rule, to this exercise is DRIVE YOUR ELBOWS INTO THE SIDE OF YOUR BODY AT ALL TIMES DUR-ING THE LIFT. This means on the descent and ascent of this lift, your top priority is driving your elbows in. Now. you will need enough boards that you will only be working the top 4 inches of your bench - this meant 5 boards to me, but may be more or less to you. You will be using a close grip. I go about an inch from the smooth part of the bar. You will probably need a handout and you will definitely need a good spot. Take the weight out of the rack and without breaking at the elbows, lower the bar as far towards your stomach as possible without dropping the weight out of your hands. As you lower the bar in this method you will feel the weight transfer right into your tricep and out of your chest and shoulders. Once you have reached this point, you will want to break at the elbows

## The BENCH

### **Unlocking Your Lockout**

as told to Powerlifting USA by George Halbert

and lower the bar to the boards as low

on your stomach as possible. Now, drive the bar back up towards your feet. If you hit the groove right it will feel like it's on the verge of dropping out of your hands. Now, did you remember the first rule - TO DRIVE YOUR EL-BOWS INTO THE SIDE OF YOUR BODY THE WHOLE TIME. You should only feel the weight in your triceps. If you feel it somewhere else, your form is incorrect. Try this exercise as a max effort and you will see great improvement. Now, let me warn you, as the weight increases on the bar your body will fight the correct form until you build the right muscles up. So, don't cheat, or it won't work. Sure, you will be able to do more weight when you cheat, but your lockout will not improve - so what's the point? Another tip is to always squeeze the bar as

always squeeze the bar as hard as possible. This is how the 5 board press works, but it is only the

Once you have mastered this exercise, you will be ready for the next step. You should notice that your board press is much easier with a nice heave off of the boards. This heave is normal and should not be fought, however, it also greatly hinders total tricep strength because of momentum-so, what to do with this dilemma? The answer is bands. Start with a small percentage of bands and build up over time to as high an amount of bands as possible. These bands will give your triceps a workout like they've never seen and will send your lockout through the roof. However, these bands will once again make it hard to use correct form, until you build the right muscles up, so DON'T CHEAT. By performing this exercise over time, you will realize the secret to locking out with your arms is to keep your arms underneath the weight. This leads to the final modification of this

This modification should only be performed after the five board band press has been mastered. First, you will want to take a board out, and next you will want to go to a max grip, or at least a pinky finger on the ring. You

will want to use as great a percentage of bands as possible. Now, instead of driving the bar towards your feet, drive the bar straight up, however, you will want to squeeze out on the bar to lock it out. Also, instead of driving your elbows in, you will want to lock them in place at about 30-35 degrees angle to your body. This means - don't let them flare out, but keep them locked in place. This will reinforce the need to

This is not an easy road. I have seen some fail on this road because they were unable to perform the first step correctly and chose to cheat instead of lowering the weight. Sometimes, to go forward, you must take a step back and take the detour. Be diligent and persistent and you too can solve the lockout riddle. It only took me 14 years and Westside Barbell to solve the riddle. You can take the shortcut and save yourself a lot of time and save yourself from elbow tendinitis. Just remember - DON'T CHEAT AND DRIVE YOUR ELBOWS IN and next

time you'll be able to grind that PR out.

keep your arms underneath the weight.

At least this way, if you miss, it will be

because your arms failed and not your

technique. This is the maximum effort

exercise that is now my favorite, how-

ever, I took small steps to get here and

I did not start here. First, you must

build your arms up and teach your

body how to bench correctly.

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## TRAINING

#### DON'T CHASE YOUR TAIL

as told to Powerlifting USA by Louie Simmons

effect restoration by increasing cir-

culation. Ten extra workouts a week

is a normal load. Doing special

exercises for the classical lifts will

increase your strength and perfect

form. Concentrate on only the

muscle groups that aid in raising the

lift or total. For example, don't

squat, but do special exercises for

squatting, such as glute/ham raises,

pull-throughs, Reverse Hyper, or

belt squats, plus ab work, Also do

extensions with a bar, dumbbells,

or bands, delt raises, lats, upper

lock, and external rotation work.

With this method, one never stops

cises that work the same muscles

(the conjugate method). This will

allow one to constantly build muscle

reading, phase 2 is the

precompetitive phase, normally last-

ing 6 weeks. The Ph.D. now states

one must raise top strength, or

absolute strength. During this phase

the lifter concerns himself with rais-

ing his squat, deadlift, and bench

press using all major exercises, rack

According to the article I was

building muscle mass. Switch exer-

In place of benching, do triceps

exercises for flexibility.

mass, GPP, and SPP.

I am fascinated whenever my pit bull, Jackie, chases his tail. Round and round he goes, going nowhere fast, until he finally realizes he's right back where he started. But I will give him credit; at least he knows he's going nowhere fast. My dog attended obedience school for 4 weeks, so maybe he has an advantage over his human counterparts, i.e., those Ph.D.s in exercise physiology in schools that are still teaching progressive gradual over-

I recently read an article by a U.S. Ph.D. He described a yearly plan consisting of four phases. The first phase is designed to increase muscle mass, i.e., hypertrophy, and to increase the training base.

A point that must be made is that after the end of phase 1, in as little as 2 weeks, your muscle size will start to diminish, by 10-15%, causing, in a sense, a detraining effect. The stronger the lifter, the faster this will happen. For example, work your lats or abs intensely for 2 or 3 weeks. Then stop completely. You will notice a great decrease in muscle mass. This does not make much sense to me, and I hope it doesn't make sense to you

Raising muscle mass, if that is the goal, or raising GPP is not only a yearly goal but a multi-year goal. It can be accomplished by incorporating a dynamic day, on which just one of a variety of special strengths is refined, and a maximal effort day that occurs 72 hours later using several sets of well-thought-out exercises for the particular muscle groups that need strengthening. This can also be accomplished by doing extra workouts during the week.

For max strength, weights from 30 to 100%+ of a 1 rep max are used. which causes a restricted blood supply, resulting in a hard muscle contraction, thus providing a strength gain. The extra workouts that use weight or resistance less than 30% will

Let's look at an alternative method: the maximal effort method. This incorporates the conjugate method: using special exercises that closely resemble the classical lifts. Examples are squatting with special devices, such as the MantaRay or cambered bar, concentric work, good mornings, or deadlifts using the contrast or reactive method. The weights are always 100% plus, depending on your level of preparedness, i.e., how close one is to top lifting form, which incidentally should never drop below 90% of your all-time records.

work, good morn-

The maximal effort method is calculated much like the Bulgarian system, meaning always doing the most possible, even when far from contest time. As you can clearly see, this method allows you to lift vour current max every week of the year, not just for a few weeks near one or two contests during the year.

Well, so far the Ph.D.s from the U.S. advocate building muscle mass, then allowing it to disappear after ceasing the hypertrophy phase. This is not training, but detraining. The



Louie's Dog Jackie has a P.E.E. degree from Pitbull University (P.U.) photo by Diane Black.

same happens after phase 2. The Westside method, however, allows one to become larger and more muscular and stronger all year long. The Ph.D.'s classes are now

learning phase 3, for explosive strength. This phase again lasts about 6 weeks. For this phase the main goal is to increase bar speed. The weight here reaches 60-85% of a 1 rep max, and they add plyometrics. Then they move into the peaking or contest phase. Here they recommend going from high

> reps, light weights or high volume, low intensity to heavy weights, low reps, which results in lower volume, but high inten-

Controlling volume and intensity is very important. When one does sets with 70, 75, 80, and then 85% for doubles, it is impossible for the lifter to understand what task is the goal. How do you determine if you are lifting with the same effectiveness at each percentage? If the weights are moving at the same max rate of acceleration, all is well. But when the weights are raised that high, this is not possible. Rule of thumb: train at intensities of 60%, 70%. 80%, or 90-100%+. Prilepin's studies of more than 1000 Olympic, National, and European champions showed that

(60%) = 9600 pounds. This works there is an optimal number of reps at certain percent ranges (see table). for any squat of any weight. This is called flat loading. During the 3-If one uses one percent per workout, the task is easier to realize. week wave you also rotate special exercises such as glute/ham raises, Lighter weights are used for explosive and speed strength (60-80%) pull-throughs, and the Reverse Hyper. In week 1, you are unfamiland weights of 90% or more for strength speed. It is not advisable to iar with the exercise that will promote a bigger squat, so the volume train for two types of strength in is understandably low. By week 3

one workout.

Here's how it's done. For speed

after 3 weeks of increasing the

weight. If one continues to increase

the weight, the bar speed will suffer

dramatically, which must not hap-

What about absolute strength?

Three days separate the dynamic

workout and the max effort day.

This is because the major muscle

groups recuperate in 72 hours. The

max effort workout is performed

with the conjugate method. This

allows one to lift weights of 100%+

each week. This is possible by switch-

deadlift day, week 1, 10-inch low

box with the MantaRay; week 2,

bent-over good mornings; week 3,

12-inch low box with the Safety

Squat bar. For the bench press,

week 1, three-board press; week 2,

floor press; week 3, lightened band

press. There are many core exer-

cises to choose from. For the Olym-

pic lifter, week 1, snatch grip high

pulls; week 2, straight leg power

cleans; week 3, cleans from above

one to work on weak areas often

overlooked by doing the classical

lifts. It will also perfect form and

coordination. This type of training

also allows one to perform extra

workouts for strength, restoration,

With the progressive overload

method, it is virtually impossible to

control the volume. But, if you train

at one percent range, it is easily

controlled. To squat 600, we know

that a total volume of 7200 pounds

is needed. This is arrived at by using

a top percent of 60% and a lower

percent of 50%. For example, 50%

of 600 = 300 x 12 sets of 2 reps =

7200 pounds. On week 3 the weight

is 60% of 600 = 360 x 10 sets of 2

reps = 7200. A volume of 9600 is

used to squat 800. 50% of 800 =

400 x 12 sets of 2 reps = 9600

pounds. 10 sets of 2 reps with 480

This method of training allows

the knee.

and flexibility.

For example, for the squat and

ing exercises each week.

exercise and the volume grows. strength, use a pendulum wave. During week 1, use 60% for mul-One cannot succeed by doing tiple sets: 1 rep for pulls, 2 reps for only the classical lifts. One will cease to make progress. The greater the the squat, and 3 reps in the bench. lifter, the more tasks you need to Week 2: 65%. Week 3: 70%. Then drop back to 60% on week 4 and stimulate progress. 65% on week 5. Use 70% on week 6. Then drop back down again. This is a pendulum wave. This kind of wave is used because one cannot increase in speed or top strength

Progressive gradual overload accomplishes only one goal at a gradually, never neglecting one for time, while actually detraining the phase you just completed in as fast as 2 or 3 weeks. In addition, after a contest you must start over exactly

you have grown familiar with the

percent 55-65 70-75 80-85 above 90

> Westside has adapted from the old Soviet system allows you to build muscle mass, speed, and absolute strength, perfect form, raise your GPP, increase your flexibility, and provides restoration all year long, year after year. We raise all qualities

> > I am in no way criticizing the Ph.D.s in the United States. It is the material in the text books that is

where you started. But the system

terribly outdated and perpetuated to be the truth, when - in fact - it leads nowhere, just like my dog Jackie's tail chasing. I suggest reading books such as Supertraining, which contains the ideas of many

well-respected foreign experts on

strength qualities. This book can be

purchased from Elite Fitness Sys-

tems (888-854-8806).

range

18-30

12-24

10-20

4-10

Number of Reps for Percent Training

reps per set

3-6

3-6

2-4

optimal total

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15

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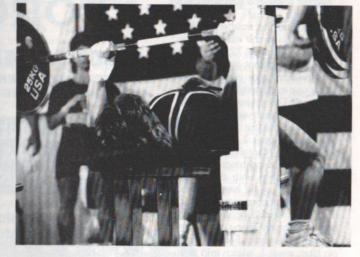
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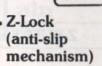
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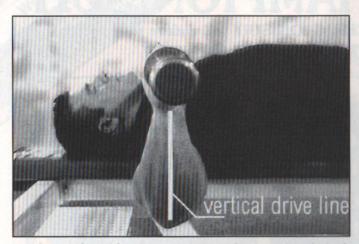
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I designed this program to build shoulder strength for stabilization, not for shoulder power to boost the bench directly. This will have an *indirect* effect of keeping the shoulders tighter and thereby helping you create a cleaner drive line with less waste of power due to wobble. It will build some bulk to the shoulder which will have an inherent tendency to stabilize. It will also place an adaptive stress on the connective tissues (fascia, tendon, and some ligament) that don't

see as much tension in the flat bench, causing them to become denser and thicker. This may have a protective effect and help you avoid injury (this can't be proven, but it sure can't hurt!).

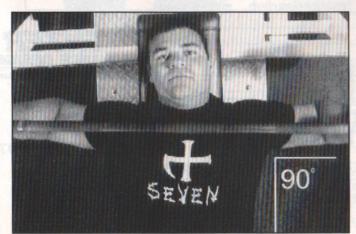
There are 4 core exercises. Benchto Neck, Ultra-wide press, Rainbow press, and Reverse-grip 1/2 press. Each is done 4 sets of 20 reps. Think of it as bodybuilding for your bench press! Again, this is not training to directly increase your benching power. This will increase your shoulder stabil-



Bench to Neck Exercise: the arms are at a 90 degree angle to the body



Bench to Neck Exercise: the elbows are directly under the hands



Bench to Neck Exercise: the elbows are not in the proper position.

## TRAINING

## Eight Week Off Season Shoulder Program

as told to Powerlifting USA by J.M. Blakley

ity, internal strength and overall shoulder joint health.

Exercise One: Bench-to-neck -This exercise places direct stress on the anterior joint capsule and frontal deltoids. If not done properly, this exercise could do more harm than good. Having poor form on this movement will counteract every reason for doing it in the first place. Be very deliberate and disciplined when performing this exercise. There is your warning. If you don't feel you can exhibit the control necessary to perform this lift safely as described, PASS ON IT! It's not worth the risk. You come to the gym to get strong, not to get hurt. Don't let your concentration go on this one, please.

Take an Olympic bar in competition grip or slightly wider. Keep the weight light. (I only use between 135-185 lbs). Put your elbows out at 90 degrees straight out to the sides. Bring the bar down to your Adam's Apple on your neck. Let it touch and remain there for a "one" count. Keep the elbows up toward the ears. Don't let them fall down toward the stomach. They stay at 90 degrees. When you push the bar up try not to use any pec or tricep strength. Concentrate on only flexing the deltoids. Squeeze the bar up with your shoulders. Don't let your triceps help out near the top. Just keep thinking 'shoulders!' all the way. This is exactly what you avoid in the competition bench press movement with the heavy loads, and that is why we purposefully pinpoint it here with light weight. It is important to keep this a linear movement. At the bottom near your neck, you will have a tendency to want to let the elbows "roll under". This will put strain on the internal rotator cuff muscles and is to be avoided. If you can't touch your neck without letting your elbows move away from your head, try a wider grip. This won't give you as much stretch, but it will be easier on the rotators. The bar moves straight up and straight down. The elbows move straight out (90 degrees) and straight in, no rotation. This is a very "square" move-

There is a great stretch on the shoulder, especially at first. Don't over do it. If you can't seem to get all the way down even with a wide grip, be

patient and go as deep as you can. In time your flexibility will increase and you can move your grip back in. Drive up slowly with no jerk or pop. This is a controlled flexing of the deltoids not 'reppin' out'. Do one rep at a time, deliberately feeling only the shoulder working. If you move too fast, you risk injury and will inevitably use tris and pecs. Stay smooth and concentrated. You won't need a lot of weight this way, believe me!

Exercise Two: Ultra-wide Press
- This is another exercise that places
more direct stress on the shoulders.
Uniquely, though, the worst part about
this movement is the strain on the
wrists! Use wraps and only go as wide
as your wrists can tolerate.

Take a very wide grip on a lightly loaded Olympic bar. This should be at least 1 inch outside the rings (more if possible). If your wrists will permit it, go all the way to the collars! Let the wrist strain be your guide. You will be able to go farther and farther in time as your wrists adjust.

as your wrists adjust.

Lower the bar to your normal touch point. This will be a very short stroke. It may only be a few inches. That's OK. The range that it does hit will effectively train the deltoids. Press the bar up in a similar style as outlined above, by flexing only the delts and limiting the pecs and tris. Concentrate all the work in the front of your shoulders, that's what this exercise is all about! Squeeze the bar up by flexing across the delts. At lockout, which comes very soon, be sure to keep the tris from taking over.

You may use a slightly higher load on this exercise than on the previous movement, but not much more. Keep the weight light enough that you can maintain your concentration on your form through all the reps with quality. If the weight is too heavy, you will fatigue and not be able to feel the muscles working on the last reps, and will just be pumping reps to get to 20. That's not focused effort. Sure there is a burn and lots of fatigue, but make sure you're not just counting reps off and that each rep is a purposeful movement: make every rep important!

Keep it slow and controlled. Keep the work in the shoulder. Keep the grip as wide as your wrists will allow. Keep the weight light enough to feel the work.

A word of caution: be extra careful not to pinch your fingers in the rack! Your grip spacing may be right where the uprights are! In this case use a lift off man and start with a competition grip to take the bar out of the rack then with the support of the helper, slowly slide your grip out to Ultra-Wide position. This is awkward at first, but the weight is light enough that it poses no real risk. After you finish your reps reverse the process and move your grip back in while the weight is held stable by a helper. Have the helper guide you back into the rack. I never advise taking wide grips back to the rack yourself, especially after fatiguing yourself. It's just too easy to mis-rack and catch a pinky. Let someone help you.

This exercise should be done in the same drive line as your competition press. The only difference is how short the movement is and how exclusive the work is to the shoulders. This will really help stabilize your press.

Exercise Three: Rainbow Press - This is a traditional exercise done in a non-traditional manner. Set up a military press station so that you can achieve about 10-15 degrees of backward lean. If all you have is a straightback military pad, then shift your hips forward on the seat to allow a slight angle backward (15 degrees). Perform the exercise just as you normally would with only one exception: lower the bar down in front to a point just past your chin then press up ONLY high enough to clear the top of your head. At this point move the bar behind your head and lower it to the base of your neck. Again, press up ONLY high enough to clear your head and bring the bar back down in front of your face to your chin and repeat. Thus the bar is arcing (making a half-circle or rainbow) in front and behind your head. You never extend the arms to full overhead lockout position. This has the effect of keeping the triceps out of the exercise and keeps the load on the delts the entire time. This is another partial movement that focuses on the shoulders.

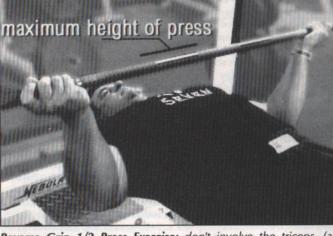
Once you try it (a set of 20 is 10 front alternated with 10 behind) you will immediately feel how it will benefit you in strengthening and stabilizing your shoulder joint.

By eliminating the top half of the movement the work is effectively limited to the delts. The triceps are not allowed to share any of the load as they do in the full military press. Besides, you'll train triceps later. This is an exercise specifically for your shoulders. The bottom portion of the movement is where they get all their work anyway. So we just throw out the triceps portion and put all the effort into the delt portion!

As before, think of flexing out the reps, keeping tight in the shoulders, not just lifting and lowering - but squeezing. The style and rep count will necessitate a light weight

Exercise Four: Reverse Grip 1/ 2 Press - Here's another partial movement that attempts to focus on deltoid work while limiting triceps involvement. Take an underhand (reverse) grip on an Olympic bar at or slightly wider than competition grip. Put your pinkies where your index fingers usually go. Turn the hand so that the fingers point out at an angle away from the body not straight down toward the feet. This just takes some strain off the wrists but is not crucial to the exercise. It is difficult to take out the bar yourself with a reverse grip so, as usual, I highly recommend a spotter to lift it out to you. The grip should feel wide, even though you positioned yourself at competition width. This is because the index fingers are switched around and you will sense this distance. That's normal. It should feel

When you take the bar from the spotter, cock your wrists back and let the bar settle into your hands. This will take some practice to get accustomed to. Always wrap your thumbs. This exercise is a bit risky because of the reverse grip itself, and there is no need to increase the risk by using a thumbless grip. Hold on firmly. The bar should rest deeply in your palms if you have your wrists cocked, but don't let that persuade you to loosen your



Reverse Grip 1/2 Press Exercise: don't involve the triceps. (all photographs by Will Homan). Always use spotters in these movments

grip. Don't become lazy! If the bar ever does roll out you'll wish you'd kept a tight grip. (Even 135# can knock out a few teeth!) Don't slack!

Take the bar down to a very low point on your lower ribcage/upper abdomen. This movement is not performed anywhere near your groove. Touch the bar lightly and, as usual, flex your way out of the bottom with only shoulder strength. Only push about 1/2 of the way up. Any more than 6-7 inches is too far. Above this point the triceps engage and the benefit switches away from deltoids. Return the bar back to the low ribcage point and repeat. You only perform the bottom portion of the movement. This concentrates the work on the shoulders and never gives the triceps a chance to take over. That doesn't mean you can't use the tris plenty in the movement, if you're not careful. You must still concentrate on using only deltoids and shutting down the

The elbows are kept in, dose to the body. This creates a strange stretch in the deep shoulder. Try not to let the elbows drift out too wide. Keep the movement strict and tight. On the last rep do a full lockout and have an assistant aid you in racking the bar.

You should feel this on the outside of your shoulders and a bit down low near the insertion on the humerus beside the biceps. Remember to limit the pecs and certainly the triceps. Focus on the deltoids. The weight will be a bit heavier than the other lifts outlined here, but keep your mind on technique and tightness rather than big strength increases.

My own experience with these exercises has been spectacular. I did just a 6 week cycle at first and noticed such an increase in stability that I put 5 trainees on a full 8 week program to see if they would show similar results. Without exception, everyone showed vastly improved control over the bar path when we began to bench again. I could have spent eons shouting "stay tighter!" trying to get more control from them, but in only 8 weeks they

finally began to exhibit the kind of strict, firm bar control we wanted. All the encouragement and shouting in the world could never have taught them that. They learned how to fix and flex their shoulders so that the tension stayed throughout the whole rep. Their line was cleaner and the wobble exhibited on their max lifts was almost negligible! All this after only one cycle of these lifts!

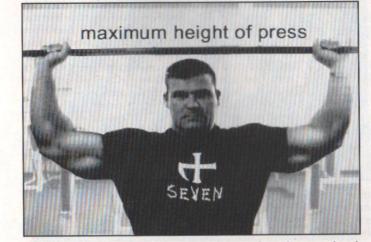
Now I make it a point to do at least one cycle of this shoulder program every year. It's a great break from heavy benching, builds stability, lessens the likelihood of injury (I believe), works muscles in a way that they don't often get used, and provides a mental break from the heavy loads as well while providing an excellent challenge that relates back to competition indirectly. After 8 weeks you will be rested, and mentally charged to get it on with the Big Iron again. And your shoulders will love you for it!

If you have trouble with stability or shoulder strength, I would even recommend 2 cycles per year. This is that

That is my own off season program. I do no actual flat benching during this time. I let my joints rest from the big loads. I focus on muscle work and give the joints a break.

This builds a deep down shoulder strength that feels solid all the way to the bone! If that kind of support sounds good to you, set aside 8 weeks and work through this rep program. Your bench will benefit and you'll be a long way ahead on resisting those pesky aches and little nagging injuries. Be sure to keep the weight light (20 reps sees to that!) and smoothly control the movements. These exercises do place a great deal of stress directly on the shoulder. If done too violently or too heavy an overuse inflammation is likely. Keep it light and super strict and the shoulder will toughen. Too aggressive and the shoul-

Good lifting, J.M.



Rainbow Press Exercise: only push high enough to clear your head.

The greatest achievements in sports and life were performed by individuals, who were too dumb to realize that what they did was impossible.

When I was in high school, we were scheduled to play Reading Central Catholic in basketball. At the time they were a basketball power. They were the defending State Champions and were undefeated when it came time for us to play them. Even more impressive was the fact that they would beat teams by thirty and forty points. We had a great team too, but in all honesty we were not of the caliber of Central. Consequently, no one gave us a snowball's chance in hell of winning that game. Still, we wanted to win that game more than you can imagine, and we believed that it was possible. In the first half we played really well, but everything seemed to go wrong for us. We got a number of bad calls from the referees, and we missed a lot of easy shots and threw away a number of passes. I guess we were just trying too hard. It was like the law of reverse effect. You know the postulate where the harder you try the worse things get. Well, the way things worked out when the whistle sounded, ending the first half, we were 21 points down. We were absolutely devastated because we

had played so well, and we were still 21 points behind.

I hate to admit this but I thought it was hopeless. I really did. At half time our school janitor, Mr. Boilen, came into the locker room and sat next to me. Our coach was screaming at us for blowing the game. He said, "You could have beaten these guys, but you've blown it. You should be ashamed of yourselves." After our coach got done reaming us out, Mr. Boilen turned to me and said, "You can beat these guys. They can't guard you. You are better than they are. You can beat them." I looked at him like he was nuts. Hell, even our coach knew we were finished. I told him thanks, but I said, "This is hopeless. They are 21 points ahead of us.

## Dr. JUDD

### Impossible-nothing is impossible

told to Powerlifting USA by Judd Biasiotto Ph.D.

Even if we play out of our minds we will never out-score them by 21 points." Do you know what he said? He said, "Why not? They out scored you by 21. Why can't you out score them by that number." All of a sudden , what seemed impossible to me seemed very possible. It may sound stupid, but those few words made me believe that we could win that game. Guess what happened? We went out and beat Central by 3 points. That's right; we out scored them by 24 points. It was one of the biggest upsets and one of the greatest comebacks in Pennsylvania high school basketball

In order to win, you must expect to win. If you talk to people who have achieved success, you will find that they are individuals of vision. Their success was in their mind before it ever materialized in reality. Think about this, O.J. Simpson was only ten years old when he told Jim Brown, the greatest running back

day he was going to break every record he held. At the time, Brown didn't know Simpson. He was just a skinny kid with a dream. Brown knows him now. George Herring was only seven years old when he told his parents that he was going to be the strongest man in the world. Cassius Clay was only eight years old when he told his mother he would one day become the heavyweight champion of the world. Neil Armstrong was 10 when he told his dad he was going to be a famous aviator. Robert Kennedy, while in grammar school, told his classmates that one day he would be the President of the United States. Here's something that will really blow your mind. In 1985, while performing in small comedy clubs for minimum wage, Jim Carey wrote himself a check for 10 million dollars for services rendered and dated it 1995. And you know what? The day be-

ever to play pro football, that one

1995, Carey signed a movie contract for. you guessed it, 10 million dollars. Isn't that great? You know, it's interesting, but some of the greatest achievements in sports and life were performed by individuals who were too dumb to realize that what they did was impossible. Men with vision, men who believe, are the men who rule

fore Thanksgiving,

the world. I love the Bill Gates story because it's a prime example of how vision, belief and hard work can take you beyond yourself - into new galaxies. Maybe, I have told some of you this before, but it occurs to me now, and it is such a great example that I want to share it with you even if I have told you it before. I'm sure you know who Bill Gates is, but do you

accomplished? Well, let me tell you. This guy went up against some of the most powerful corporations in the world and literally kicked their butt. Think about what happened there. His established rivals had everything, hundreds of researchers, sophisticated equipment, access to the most current information available, and near limitless financial backing. What did Gates have? Comparatively speaking, he had zilch! It was just he and a friend in the basement of his house with a computer. The odds of Gates defeating any of the Big Guys had to be a million to one. Believe me, Gates knew that the odds were near impossible. Still, he risked everything he had, because of a dream and the belief that he would fulfill that dream. Well, as you know, he realized that dream and some. Not only did Gates beat them to the finish line, but he also totally outmaneuvered them along the way. What Gates did would be analogous to a Volkswagen winning the Indianapolis 500 or "Pee Wee" Herman kicking Evander Holifield's butt. It's that improbable. It's a feat that is almost beyond human comprehension. Today Bill Gates is worth around 56 billion dollars. In one year alone, he made 18 billion dollars - more than China's gross national product for the same year. What an accomplishment - all by a man who wasn't afraid to follow his dream - a man who wasn't afraid of living his life - a man who believed in himself. It's one of the most inspiring stories I have ever heard.

really understand what this man has

Impossible - nothing is impossible. Never say never. Impossible? Of course, it is possible. Everything is possible. Some of the greatest feats in the history of man have been called impossibilities - and then someone went out and proved that the impossible was possible. Think about this. It wasn't that long ago that people were saying that a 600 pound bench press was impossible. Funny, isn't it. Now, guys are bench pressing 800 pounds. A couple of years ago, they said that Mark McGwire's 70 home run record would never be broken. Barry Bonds beat it. And baseball's longest consecutive games streak of 2,632 set by Cal Ripken, the most impossible record to break according to the experts, will also be broken one day if someone has a mind to do it, as will every record in the books. Nothing is hopeless; nothing is impossible, and there are no boundaries for man. If you believe in yourself, there's nothing you can't do. Remember that, the next time you are down by 21 with only a half to play against the defending State Champions.



Joshua Aybar, accepting the award for his father, Victor Aybar, at the 2001 USAPL Maryland State Championships. Perhaps Joshua will be the one to break the records of his father and a lot of other fathers out there. (courtesy Aybar)

#### 50 TOP SQUATS OF ALL TIME

as told to PL USA by Herb Glossbrenner

			-			
KG	LBS.	LIFTER	ATT	BWT.	DATE	LOCATION
472.5	1041.7	MIKESELL, BRENT	3	323	07OCT01	Lethbridge, CAN
471.0	1038.3	COAN, ED	3	237.2	12AUG01	Orlando, FL
470.0	1036.1	GOGGINS, STEVE	2	257.2	12AUG01	Orlando, FL
468.5	1032.8	Goggins	3	241	01JUN96	Atlanta, GA
467.5	1030.7	PASANELLA, DAVID	3	275.1	28MAY89	Rosemont, IL
465.0	1025.1	CLARK, ANTHONY	4	332	08APR88	Honolulu, HI
462.5	1019.6	Pasanella	3	275	08APR88	Honolulu, HI
462.5	1019.6	Coan	3	242	25JUL99	Dallas, TX
460.4	1015.0	Clark	3	333.5	28MAR93	Lancaster, PA
460.0	1014.1 (10)	HATFIELD, FRED	3	258	23MAR87	Honolulu, HI
458.5	1010.8	MEHAN, ALLEN	4	284.4	19NOV00	Las Vegas, NV
458.1	1010.0	DIMEL, MATT	3	319	03MAY86	Sandusky, OH
458.1	1010.0	LOWE, GREG	3	260	14NOV98	Huntingdon, PA
457.5	1008.6	Hatfield	2	250	06APR89	Honolulu, HI
457.5	1008.6	HAMMAN, SHANE	3	373.5	10MAR96	Philadelphia, PA
457.5	1008.6	Goggins	2	241	01JUN96	Atlanta, GA
457.5	1008.6	Mehan	3	297.6	20MAY00	Daytona, FL
457.5	1008.6	Mikesell	2	323	07OCT01	Lethbridge, CAN
457.5	1008.6	Frank	3		01DEC01	Daytona, FL
456.0	1005.3 (20)	TURTIAINEN, ANO	3	274.2	12AUG01	Orlando, FL
455.5	1004.0	WESSELS, WILLIAM	3	233.9	11NOV95	Chicago, IL
455.0	1003.1	WADDINGTON, D.	3	308	13JUN81	Zanesville, OH
455.0	1003.1	KARWOSKI, KIRK	2	267.8	23JUL95	Baton Rouge, LA
455.0	1003.1	Goggins	3	241.5	29OCT95	Columbus, OH
455.0	1003.1	Coan	3	239.8	17DEC98	Las Vegas, NV
455.0	1003.1	Coan	2	242.6	25JUL99	Dallas, TX
455.0	1003.1	Mikesell	3	334	11JUN00	Warren, MI
455.0	1003.1	Mikesell	2	328	17JUN00	Newport, OR
455.0	1003.1	Mehan	3	289	29JUL00	Okotoks, CAN
455.0	1003.1 (30)	Mikesell	3	334	16NOV00	Las Vegas, NV
455.0	1003.1	Goggins	3	258.4	24JUN01	Ormond Beach, Fl
455.0	1003.1	FRANK, GARRY	3	375	24JUN01	Ormond Beach, Fl
455.0	1003.1	Coan	2	237.2	12AUG01	Orlando, FL
454.5	1002.0	WILSON, O.D.	3	380	16FEB89	Long Beach, CA
454.4	1002.0	PASSILO, MARK	3	305	30OCT99	Troy, NH
453.8	1000.4	MORAN, LEE	3	316.6	08JUL84	Dayton, OH
453.6	1000.0	WARE, JOHN	3	360	12MAY90	E. Moline, IL
453.6	1000.0	Lowe	3	262	21MAR98	Huntingdon, PA
453.6	1000.0	BRYAN, TERRY	3	380	19NOV00	York, PA
453.6	1000.0 (40)	RUGGERIA, MIKE	3	360	24FEB01	S. Charleston, WV
453.6	1000.0	VOGELPOHL, C.	3	220	18NOV01	Columbus, OH
450.0	992.1	BADENHORST, G.	3	307	14OCT90	Pescara, ITA
450.0	992.1	Coan	3	240.9	03DEC00	Corpus Christi, TX
447.7	987.0	Ware	3	343	29JUN89	Galesburg, IL
447.5	986.6	Hamman	3	SH	31JUL94	Houston, TX
446.8	985.0	FURNAS, DOUGLAS	3	275	16NOV86	Maui, HI
445.0	981.0	FELY, DWAYNE	3	331.8	12FEB82	Honolulu, HI
445.0	981.0	Furnas	3	275.2	28JUN87	Bloomington, MN
445.0	981.0	Coan	2	242	17DEC89	Las Vegas, NV
445.0	981.0 (50)	Mehan	3	284.4	19NOV00	Las Vegas, NV



Dave Waddington was the first man to squat 1000 over 20 years ago.

## 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)

#### Lamar Gant's Deadlift Routine

People tend to either overtrain or undertrain the deadlift. It is the one lift that demands the most mental toughness, but that doesn't mean you have to go all out every workout. You need to pace yourself in the deadlift. When you are doing 8 reps in a work set, you should be using a weight that you are actually capable of doing 11 reps with. Otherwise, you burn out before you reach your peak. Don't focus so much on the amount of weight you are handling every time you come to the gym; don't do all you are capable of, give yourself space.

In this routine, you will be doing 4 weeks of 5 sets of 8 reps, followed by 4 weeks of 5 sets of 5s, and 4 weeks of 5 sets of triples. Even in the 5 sets of 5 period, you should be capable of one or two more reps. The triples tend to be all out efforts, however, to peak you for the meet.

As for the gear you need, don't wear shoes with a heel, because they put the body too far forward in the pull. You should definitely use a power belt, which probably adds 40 pounds to your max lift. A supportive suit is recommended, because it helps you "build resistance" as you descend into the lift. In any lift, building this resistance is important. For example, in the squat, if you can do 500 lbs., try starting from the bottom position and you won't be able to stand up with anything close to that weight. However, when you take the bar out of the rack, get set, and slowly take it down, you can build up a resistance that just isn't there if you get under the bar loosely. In the deadlift, people usually just bend down, grab the bar, and pull. There's no real 'resistance' built up. I've explained this to several top lifters and now they see a big difference in their deadlifts. Go down as tight as possible. Make the body feel like it's hard to reach that bar. Once at the bottom, you are ready to explode upward. That's exactly why I take a long time to get down to the bar in the deadlift. It's like I'm compressing a spring.

Assistance work, including hyperextensions, is recommended for more advanced lifters, and I can be contacted for personalized, advanced routines incorporating the more effective assistance exercises...

Week 1: warm up and work up to 5 sets of 8 reps with 350.
Week 2: warm up and work up to 5 sets of 8 reps with 365.
Week 3: warm up and work up to 5 sets of 8 reps with 380.

Week 4: warm up and work up to 5 sets of 8 reps with 390.
Week 5: warm up and work up to 5 sets of 5 reps with 410.
Week 6: warm up and work up to 5 sets of 5 reps with 420.

Week 7: warm up and work up to 5 sets of 5 reps with 430.
Week 8: warm up and work up to 5 sets of 5 reps with 435.
Week 9: warm up and work up to 5 sets of triples of 460.

Week 10: warm up and work up to 5 sets of triples with 470. Week 11: warm up and work up to 5 sets of triples with 480.

up to 5 sets of triples with 480. **Week 12:** warm up and work up to 5 sets of triples with 490.

This workout assumes the lifter comes into the program with a 500 lb. maximum lift on the books. After successfully completing this routine, the lifter may expect to be capable of as much as 530 to 540.

## 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 KOK 3KO (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 ANDREA: Here's my take on the supplements you asked about. All the best, Mauro Di Pasquale MD

Methoxyflavone - This isoflavone (Methoxyflavone is 5-methyl 7-methoxyisoflavone) is a phytoestrogen and has weak estrogenic activity. Theoretically, some phytoestrogens, because they may inhibit the aromatase enzyme and thus decrease estrogen formation from testosterone and androstenedione, and because they may act as inhibitors of estrogen by competitively binding to the estrogen receptor, may increase testosterone production much the same way that anti-estrogens (such as clomiphene - Clomid) and the newer aromatase inhibitors (such as anastrazole - Arimidex), by decreasing the inhibitory effects of estrogen on GnRH and LH (resulting in LH driven increased testicular steroidogenesis and subsequently increased testosterone production).

Many animal studies and studies on postmenopausal women, however, have shown, that while the various phytoestrogens vary somewhat in their properties in general they have a dampening effect on the hypothalamic-pituitary-testicular axis and result in decreased levels of both total and, due also to increased levels of SHBG, bioavailable testosterone. As well, isoflavones (such as Methoxyflavone) are significantly poorer inhibitors of aromatase than flavones (such as chrysin - the ingredient I use in my TestoBoost

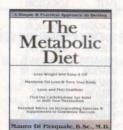
The bottom line is that phytoestrogens, while they may have specific health benefits, and may act to control endogenous sex hormone levels in both men and women, are generally counterproductive for athletes wishing to increase muscle mass and strength.

On the other hand, as already mentioned, some bioflavonoids (a somewhat loose umbrella term that includes isoflavones, anthocyanins, flavans, favonols, flavones, flavanones hesperidin, rutin, and citrus bioflavonoids) may be useful under certain circumstances. For example, in one study, quercetin and fisetin, two naturally occurring bioflavonoids were shown to mobilize lipids and enzymes in the absence or presence of epinephrine in intact rat adipocytes. The results of this study suggest that some flavonoids act synergistically with epinephrine on beta-adrenergic receptors to stimulate adipocyte lipolysis. Thus these bioflavonoids may be especially useful in the high fat, high protein, low carbohydrate anabolic diet. I included quercetin in both Thermo and ReNew, two of the three formulations in Cellusol, my weight and fat loss product). Quercetin also has significant immune system and antioxidant effects (another reason why it's particularly useful in ReNew - for info on ReNew check it out on my web site www.MetabolicDiet.com <a href="http://www.metabolicdiet.com/">http://www.metabolicdiet.com/>.)</a>

Ecdysterone - I wrote about ecdysterone (also known as ecdysterone and 20-hydroxyecdysone, but also commonly referred to as ecdysone, wrongly so since ecdysone is the precursor of ecdysterone - the enzyme ecdysone 20-monooxygenase converts ecdysone to ecdysterone) and related plant and animal sterols over two decades ago (I saw the first mention of the possible hormonal action of ecdysterone in mammals, including plant sources, over three decades ago even though it wasn't until 1991 that the structure determinations were made of both ecdysone and 20hydroxyecdysone). And taking into account the available information and research since then, my views are still basically the same. First a brief intro.

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Mauro DiPasquale, M.D.



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club because you're not alone. Just about anybody who is serious about sports and exercise is bombarded by claims made by all the diet gurus and fitness experts. After a while it gets pretty hard to sort out just what kind of diet is best for maximizing muscle mass and minimizing body fat. Should you do high carbohydrates, low fat, low carbohydrates, high fat, low protein, high protein, or maybe just cycle them all and hope that something works?

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Ecdysterone (a phytoecdysteroid) is an insect molting hormone with other phytoecdysteroids (ecdysteroids) implicated in the molting seen in crabs and lobsters. A variety of phytosteroids, both agonists and to a lesser extent, antagonists, and are found in many plant species. In fact the presence of ecdysone-like molecules, molecules that act as ecdysteroid agonists, in the plant kingdom is nearly universal and new ones, such as the phytoecdysteroid, 3epi-20-hydroxyecdysone, are constantly being discovered. Plants use ecdysteroids as natural insecticides, yet it appears that phytoecdysteroids are completely innocuous in mammals. Despite

(Dr. Di PasQuale's answer will be continued next month)

moldy oldie from the last century or how NFL quarterbacks and wide receivers tremble when they see the Chicago Bear's Brian Urlacher, or Mike Brown, coming at them in the corner of their eye. This article is about a too common tendency of lifters exhibiting knee shake or bowing during the execution of the squat or deadlift. The result of this knee movement is usually a lower total,

No, this article is not about a

of a sack or fumble. Let's start with examining this phenomenon in the squat. When a

which is the powerlifter's equivalent

## STARTIN' OUT

A special section dedicated to the beginning lifter

#### SHAKE, RATTLEAND BOW

#### as told to Powerlifting USA by Doug Daniels

lifter rises up from the bottom of the squat and hits a sticking point, some-

times his knees tend to bow inward which usually causes spectators to grimace in sympathetic pain. More often than that, it usually causes the lifter to miss the squat. Squatting in this manner is very inefficient, as the thigh muscles are not in a good leverage position to do their job of moving the bar upwards. Fortunately this problem is easy to identify and correct with proper action.

First off, many lifters who are guilty of this don't even realize they're doing it. This is primarily due to lack of good coaching. If the lifter would be made aware that they are bowing their knees in at the critical point of the lift, they're half way to overcoming the problem. This should be the job of an alert coach or training partner. If you can't rely on others, I suggest taping yourself during the squat from various angles and watching the tape with an objective and

Assuming the lifter is aware of the problem, let's look at the second part, the resolution of the matter. When the knees bow in, what is happening is that weaker muscles of the thighs that should be contributing to keeping the knees straight ahead are losing out to stronger, yet still probably weak, muscles that are causing the knees to bow in. Actually naming the muscles is no more than an exercise in anatomical trivia, so let's move on.

The first step would be to lower the training weights and squat with super intense concentration to keep the knees straight ahead during squats. Do not increase the weight until all sets and reps are done properly. Even when doing assistance work like leg presses, maintain the proper knee position throughout. The leg press is a very good exercise to actually see if you tend to bow your knees inward. You can see your knee position throughout the entire press right in front of you. Lower the weight used on the leg press also, until you execute every rep with your knees locked straight ahead. Very shortly, the problem will be over-

If your gym has a Nautilus or Keiser-type inner/outer thigh machine, you're in luck. These machines enable you to directly work the inner and outer thigh muscles that are not normally overloaded when performing any other exercise. I'd say 1-2 sets of 15-25 reps each, once a week should suffice. No, this isn't a 'girl only' exercise. You'll be surprised at the extra strength you'll develop in a very short time. A pulley attachment tied to your ankle will work if no specific machine is available

The execution of the deadlift can also suffer from knee shake. This is common among novice lifters as well as lifters lacking sufficient leg strength. What you'll notice is that as the bar is pulled up, the lifter's knees will shake, sometimes violently. Again, just like in the squat, power contribution from the legs is compromised. In most cases, the lifter's back and grip have the power, but their legs limit the lift. Most knee shakers lose the lift just below or above the knees. Ed Coan told me a long time ago that knee shake will go away as the lifter squats more; due to better overall leg strength. Sumo lifters do not generally suffer from knee shake as much as conventional style deadlifters do.

Luckily, most of the same solutions apply. The first, of course, is to know you tend to shake your knees during heavy deadlifts. The saying 'knowledge is power' is bunk; acting on that knowledge is power. If you combine attention to squatting with proper knee position your leg strength will improve and the deadlift will

A lifter can exhibit both knee abnormalities in both lifts so overall improvement to the three lift total could be guite noticeable. Be patient in your training as results may not come overnight, but they still could come quicker than you may think, if you have a plan.

As I mentioned several times in this article, knowing you have a problem with knee bow or shake is just half the battle. Use that knowledge and a few of the tips I have just given you and this glitch in your squat or deadlift will be a thing of the past. Continually monitor your form on all your lifts, as sometimes these old glitches come back or new ones appear. I really can't suggest too much in the way of avoiding Urlacher and Brown though.

Doug Daniel's Web address: members.aol.com/ddanil12345/ default.htm

W.D.F.P.F. NEWS-Calendar of Events for

control and I perfectly seized your opinion and our

federation fully approves and supports this policy. We

agree to doing tests on our athletes. Please inform me in

which approved laboratories we can make these tests?

Please send me your conditions for affiliating our national

federation to WDFPF." The following e-mail message was

received in December from Andrei Buruian in Moldova: "I

want to announce to you the probability that our power-

lifting federation will apply to become a part of the

WDFPF. You will shortly receive the mail address of the

President of the Moldovan P.F. I hope that our team will

visit the European Championships this summer. Wish us

good luck!" It remains to be seen whether either or both of

these approaches results in actual registration. This will

depend on how effectively the organizations concerned are

able to put their drug control policies into practice. One thing

seems clear, however - it is understood that the top priority of

the WDFPF is the dedicated approach of all its members to the

kind of drug control which makes an international drug-free

platform a reality. We will give these applicants our full support

and help. ANDREW COMINOS, President, WDFPF

European Single Lift Championships - September - Antwerp, Belgium; World PL Championships & Congress - 18-20 October - Edinburgh, Scotland; World Single Lift Championships - 22-24 November - Como, Italy. 2003: European Championships - June - St Petersburg, Russia (tentative). WORLD SINGLELIFT CHAMPIONSHIPS 2001 - Taber, Canada-some best lifts-Equipped Squat: NEIL ABERY (Eng) 82.5 JR - 270. Equipped Bench Press: JOHN FEEHAN (Ire) 110 OPEN - 252.5. JOHN BERTRAM (Can) 125 M1 - 250. Unequipped Bench Press: RON MADISON (U.S.A.) 90 OPEN-215.5, DAN SUBERLAK (Can) 145+OPEN-232.5. Equipped Dead Lift: MATT SAUNDERS (Eng.) 100 OPEN -335 - Enquiries from new countries - The following is an extract from a letter received in November 2001, from Riquier critical eye. Banhoud in the Democratic Republic of Congo: "... if our federation decides to apply to join the WDFPF, it is because we are quite conscious that your organization does not accept athletes and federations which use drugs to achieve performances. We agree completely with your policies because the drug-taking does not reflect the true level of the athletes. I visited your web site section on drug

2300 KG.	LB. Tota	ls - Multiple Per		ances NAT.		
1182.5	2606.9	Frank, Garry	375	USA	DATE 01DEC01	LOCATION Daytona, FL
1180.0	2601.4	Frank	375	USA	24JUN01	Daytona, FL
1150.0	2535.3	Frank	375	USA	24FEB01	Datyona, FL
1134.0	2500.0	Frank	374	USA	03DEC00	Burbank, CA
1120.0	2469.1	Frank	374	USA	19NOV00	Las Vegas, NV
1119.5 1117.5	2468.0 2463.6	Turtiainen, A	274	FIN	12AUG01	Orlando, FL
1115.8	2460.0	Coan, Ed Clark, Anthony	239 333	USA	19NOV00 28MAR93	Las Vegas, NV Lancaster, PA
1115.0	2458.1	Pasanella, David	275	USA	28MAY89	Honolulu, HI
1112.5	2452.6	Frank	368	USA	11JUN00	Warren, MI
1109.1	2445.0	Smith, Matthew	335	USA	18NOV01	Columbus, OH
1107.5	2441.6	Coan	242	USA	25JUL99	Dallas, TX
1102.5	2430.5	Wilson, O.D.	380	USA	29JAN89	Long Beach, CA
1102.5	2430.5	Badenhorst, Gerrit	306	RSA	14OCT90	Pescara, ITA
1100.8 1100.0	2427.0 2425.0	Ware, John	343 330	USA	29JAN89	Galesburg, IL
1097.7	2420.0	Kazmaier, B Frank	367	USA	31JAN81 25JUN99	Columbus, GA York, PA
1097.7	2420.0	Kovacs, Daniel	320	USA	19NOV00	York, PA
1097.5	2419.5	Goggins, Steve	258	USA	24JUN01	Daytona, FL
1095.4	2415.0	Kovacs	320	USA	23NOV97	Washington, DC
1092.5	2408.5	Pasanella	275	USA	08APR88	Honolulu, HI
1092.5	2408.5	Coan	220	USA	27JUL91	Dallas, TX
1092.5 1090.0	2408.5 2403.0	Clark Furnas, Douglas	336 275	USA	09OCT93	Shawnee, OK
1090.0	2403.0	Wessels, William	239	USA	28JUN87 078APR97	Bloomington, MN Peoria, IL
1090.0	2403.0	Coan	244	USA	25JUN00	Chester, WV
1090.0	2403.0	Coan	240	USA	03DEC00	Corpus Christi, TX
1088.6	2400.0	Furnas	275	USA	16NOV86	Maui, HI
1088.6	2400.0	Frank	370	USA	28FEB99	Elyria, OH
1088.5	2399.7	Goggins	241	USA	01JUN96	Atlanta, GA
1088.0	2398.6	Bolton, A	SH	GBR	10NOV01	Capetown, RSA
1085.0 1084.5	2392.0 2391.5	Wessels Reinhoudt, Don	236 357	USA	01JUN96	Atlanta, GA
1084.1	2390.0	Kovacs	SH	USA	03MAY75 01NOV98	Chattanooga, TN Annapolis, MD
1083.5	2388.6	Coan	237	USA	12AUG01	Orlando, FL
1079.5	2380.0	Ware	360	USA	12MAY90	E. Moline, IL
1077.5	2375.4	Furnas	275	USA	29JUN86	Dayton, OH
1077.5	2375.4	Noren, Lars	308	SWE	15NOV87	Fredrickstad, NOR
1075.0	2370.0	Hechter, George	353	USA	03MAR85	Honolulu, HI\
1075.0 1072.5	2370.0	Coan Bolton	220	USA	22NOV87	Dayton, OH
1071.8	2364.4 2363.0	Cole, Jon	300 282	GBR USA	19NOV00	Las Vegas, NV
1070.0	2358.9	Goggins	240	USA	28OCT72 29OCT95	Phoenix, AZ Columbus, OH
1070.0	2358.0	Wessels	242	USA	27APR96	Aurora, IL
1070.0	2358.9	Turtiainen	275	FIN	07MAY00	Haiming, AUT
1070.0	2358.9	Fusner, Rob	294	USA	19NOV00	Las Vegas, NV
1070.0	2358.90	Papazov	276	UKR	OCT01	Ukraine
1068.2	2355.0	Smith	SH	USA	17JUN01	York, PA
1067.5	2353.4 2353.4	Hechter Robinson, Mark	347 309	USA RSA	02JUN85	Arlington, VA
1067.5	2353.4	Tregloan, Peter	352	GBR	14OCT90 06JUL97	Pescara, ITA Derby, ENG
1067.5	2353.4	Coates, Richard	307	USA	12DEC98	Aurora, IL
1067.5	2353.4	Frank	368	USA	11JUL99	Daytona, FL
1067.5	2353.4	Frank	374	USA	21NOV99	Calgary, CAN
1067.5	2353.4	Moore, Beau	326	USA	12AUG01	Orlando, FL
1065.9	2350.0 2350.0	Kuc, John	322	USA	11NOV72	Harrisburg, PA
1065.9	2350.0	Reinhoudt Ware	336 SH	USA	10APR76 05DEC87	Findlay, OH Midwest Open
065.9	2350.0	Pasanella	275	USA	13NVO88	Victoria, CAN
065.9	2350.0	Kovacs	SH	USA	24NOV96	Carrollton, MD
065.0	2347.9	Coan	220	USA	19JUN93	Greensboro, NC
063.4	2344.5	Reinhoudt	356	USA	28APR74	Chattanooga, TN
062.5	2342.4	Wrenn, Paul	340	USA	12JUL81	Corpus Christi,TX
062.5	2342.4 2340.0	Mikesell, Brent	334	USA	11JUN00	Warren, MI
060.0	2336.9	Hunt, J.R. Hall, Mike	396 410	USA	18NOV01 26FEB89	Columbus, OH Tempe, AZ
060.0	2336.9	Badenhorst	SH	RSA	03DEC89	Stone, Eng
060.0	2336.9	Henry, Marcus	405	USA	04OCT95	Sussex, Eng
057.5	2331.3	Ware	SH	USA	23JUL89	Columbus, OH
057.5	2331.3	Tregloan	SH	GBR	10NOV96	Durban, RSA
056.9	2330.0	Coan	213	USA	16NOV85	Maui, HI
056.9 055.0	2330.0 2325.8	Ware Turtiainen	SH	USA	08JUN91	Kirksville, MO
054.6	2325.9	Ware	274 SH	FIN USA	19NOV00 28FEB88	Las Vegas, NV Galesburg, IL
054.6	2325.0	Barno, David	308	USA	17JUN00	York, PA
054.5	2324.7	Goggins	242	USA	05MAR90	Honolulu, HI
052.5	2320.4	Formin, Yuri	SH	RUS	30SEP00	Russian Cup
052.5	2320.4	Hamalainen, Mikko	290	FIN	12AUG01	Orlando, FL
052.5	2320.4	Childress, Paul	304	USA	12AUG01	Orlando, FL
052.5	2320.4	Mikesell	326	USA	07OCT01	Lethbridge, CAN
050.0 050.0	2314.8	Coan Warman, Scott	220 275	USA	08JUL90	Hollywood, FL
050.0	2314.8	Saliger, Karl	295	AUT	25JUL92 APR93	Pittsburgh, PA Graz, AUT
050.0	2314.8	Henry	405	USA	16JUL95	Wilkes-Barre, PA
049.1	2313.0	Waddington, David	308	USA	13JUL81	Zanesville, OH
047.8	2310.0	Ruggiera, Mike	380	USA	17JUN00	York, PA
047.8	2310.0	Ruggiera	377	USA	24FEB01	S. Chas., WV
047.5	2309.3	Coan	220	USA	29JUN86	Dayton, OH
047.5	2309.3	Young, Craig	370	USA	14DEC86	Grand Prairie, TX
047.5 047.5	2309.3 2309.3	Ware Clark	SH 331	USA	28JUN87	Bloomington, MN
047.5	2309.3	Clark	331 335	USA	07NOV87 10DEC88	Houston, TX Irving, TX
047.5	2309.3	Karwoski, Kirk	275	USA	28JUN96	Philadelphia, PA
047.5	2309.3	Wessels	242	USA	11AUG96	Las Vegas, NV

1047.5	2309.3	Papazov	275	UKR	19NOV01	Sotkamo, FIN
1045.5	2305.0	Waddington	SH	USA	16FEB80	Findlay, OH
1045.0	2303.8	Kenady, Doyle	301	USA	04MAY79	Honolulu, HI
1045.0	2303.8	Hall	SH	USA	21NOV85	Austin, TX
1045.0	2303.8	Ware	SH	USA	17JUL88	Columbus, OH
1045.0	2303.8	Goggins	240	USA	04FEB90	San Antonio, TX
1045.0	2303.8	Ware	SH	USA	21NOV91	Las Vegas, NV
1045.0	2303.8	Karwoski	267	USA	23IUL95	Baton Rouge, LA
1045.0	2303.8	Coan	242	USA	28JUL96	Philadelphia, PA
1045.0	2303.8	Mikesell	328	USA	17JUN00	Newport, OR
1043.2	2300.0	Hechter	SH	USA	17NOV84	Virginia
1043.2	2300.0	Dimel, Matt	319	USA	03MAY96	Sandusky, OH
1043.2	2300.0	Pitts, Grant	356	USA	27MAR94	Lancaster, PA
1043.2	2300.0	Wessels	242	USA	15MAR97	Murfreesboro, TN
1043.2	2300.0	Hunt	389	USA	01NOV98	Annapolis, MD
1043.2	2300.0	Skiver, Ton	308	USA	13OCT01	Clawson, MI
1043.2	2300.0	Vogelpohl, Chuck	220	USA	18NOV01	Columbus, OH
only lifte	r in the Wo	by 46 lifters over 2300 orld to exceed the 260 ory to surpass the 250	0 Total	- he's d	one it twice o	rry Frank, USA, is the
list there	are 14 lifts	ers who have exceede	d the 2	400 lb l	ceeding that i	gure 4 times. On this
list with	8 times Co	oan - 5 times; Pasanell	a Clar	k Kowas	sand Europe	rrank also leads that
twice Al	together th	ere have been 29 mu	linla a	A, KUVAC	s and rurnas	have gone over 2400
of 2300	lb multiple	performances. Ed Co	upie p	eriorma	nces over 240	O. Regarding this list
Ware (9)	next is Co	oggins (5); Kovacs, We	van ne	ads the	pack (12 time	s), Garry Frank (10),
		oggins (5); Kovacs, vve				

Badenhorst (RSA), Bolton, Papazov (UKR), Tregloan (GBR), Coates, Hunt, Hall, Henry, Waddington, Ruggiera, and Captain Kirk Karwoski. Altogether there have been to date 111 performances by 46 lifters over 2300 lbs. total.

STRONGMAN UPDATE FROM THE GATEWAY CITY: Something every serious lifter should read! Are you a strong lifter and in need of some serious cash? Over the last few years, due to increased television exposure and an ever-growing amount of cash prizes, strongman has had quite a resurgence in the USA. In 2002, it has become even more organized, as well as more lucrative. Jim Davis and Co. out of St. Louis, Mo are looking for new blood interested in winning cash prizes at four regional strongman qualifiers, who also want to qualify for the US finals held in St. Louis, Mo. Those competing in St. Louis in July have a chance at making the USA team, which will compete in the World's Strongest Man competition in Malaysia later this year. Jim's U.S. Finals in July was appointed by WSM promoter Dr. Doug Edmunds, as the USA's qualifier for his contest in September. As a result, Davis spawned a series of four qualifiers. The Strongman series will kick off Feb. 16th & 17th in Boston, MA. The Northeast Strongman Showdown will be held by Art McDermott, and will offer over \$12,000 in prize money! In addition to the normal Pro division, there will also be Amateur and Women's divisions. Info on this contest can be found at Mark Keshishian's site, www.Samson-Power.com. Click on the link to the Northeast Strongman Showdown. The second leg of the series will be the Midwest Strongman Challenge in Columbus, OH on April 6th. Nick Osborne is the man responsible for this qualifier that will offer \$15,000 in prize money. With Pro, Amateur and Women's divisions, this is also a great show for prospective candidates to enter. Nick also has a website setup for this at www.DinoDay.com, where competitors can find all the info needed. May 11th & 12th marks the dates of the 3rd qualifier, which will be in Athens, OH. This contest is being ran by Jim Reece, and will be held on the campus of Ohio University. A total of \$10,000 in cash prizes will be awarded and will be featured on Fox Sports Television in the summer! Jim has everything posted at www. Ohio Valley Strongman.com. The fourth and final stop for the series, will be the Sierra Strongman Shootout, held by Steve Davis in Sonora, CA on June 8th. Like the aforementioned qualifiers, this one also puts up some nice cash. Steve is offering \$10,000 in cash and also has a website. All information on the Sierra Strongman Shootout can be found at www.ValhallaSports.net. The road to the World's Strongest Man will be through St. Louis, Mo at The U.S. Finals in July. Jim Davis and the Gateway Strongman Crew will be offering cash in excess or exceeding a whopping \$25,000! Doug Edmunds was on hand last September and was thoroughly impressed with the show by Team Davis. So much that has was quoted saying that it was the "best in American yet!" (Milo, December, 2001). You can bet master craftsman Rick Stoehr will build something really unbelievable for this event. In his own words Rick says, "If Jim can think it up, I can build it." And build it he will. I've personally seen the playground where Stoehr works his magic. Hidden on a North St. Louis piece of land, the place looks like something out of a Strongman Science-Fiction movie, with portions of what appear to be cyborg parts scattered throughout an implement junkyard where men almost twice his size routinely come to play. Folks, with his ability and imagination, this guy is out there; just as the U.S. Finals will be! Get all the info on this one at www.StLouisStrongman.com! Davis and his army of Christian bikers will have the wild crowd and big cash at the U.S. Finals in July! So, if you're strong and want some big time prize money, find one of the four qualifiers and get in! You could be a raw talent and one of the next US Strongman to compete at the Worlds Strongest Man! Like the Rock says....." JUST BRING IT JABRONI, JUST BRING IT." Rick Fowler



"I never won any contest until I started using the Power Thought System." World Record-Setting Powerlifter Champion C.T. Fletcher

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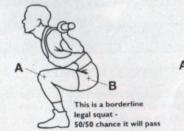
#### What's the WPO Difference?

There has been a state of pandemonium ever since I posted the squat illustration that ran in the December PL USA. There are rumors that I'm becoming even stricter than the IPF. This is just plain nonsense! In fact, the illustration was conveying the exact opposite, that a borderline squat was acceptable in the WPO. I was just reiterating that borderline squats vary from lifter to lifter, from the official's standpoint, because every lifter's physical version of breaking parallel is different. On the other hand, borderline world record squat attempts will be turned down. It's only fair that borderline world record attempts, whether it be the squat, bench, or deadlift be turned down. There should be no doubt in the official's mind when he/she gives a white light on a world record attempt. The officiating criteria in the WPO and the APF/ WPC will be one that is unbiased, not overly strict, but not overly loose either. This consistent level of officiating will be executed and based upon two simple officiating principles. (1) If an official is not 100% certain that an attempt in any lift is pass or fail, then the official will give the lifter a white light. (2) If an official is not 100% certain that a world record attempt in any lift is pass or fail, then the official will give the lifter a red light. With these two core officiating principles,

a level of consistency will be established that a lifter can count on from contest to contest. I will be instructing and encouraging all officials to exercise my unbiased consistent officiating principles. Ultimately, consistent officiating will give lifters a sense of security knowing they need not fear disqualification. I hope this has been helpful and puts to rest any misconception that the WPO is becoming some stringent domineering federation.

Your WPO President, Kieran Kidder.

Arnold Classic Bench Bash Entries: Ltwts. - Larry Miller, Markus Schick. Middlewts. - Bill Carpenter, George Halbert, Donald Robbins. Greg Savino, Bill Gallagher. Heavywts. - J.M. Blakley, Scott Mendelson, Bill Crawford, Ryan Kennelly, Clay Brandenburg, Rob Fusner, Jamie Harris, Tom Manno, Joel Toranzo, Beau Moore, John Zemmin, Joshua Ward (501 @ age 14!) (Ray Allen of the Cowboys underwent surgery). Female: Tina Rinehart and Jerri Lynn Lippert. The APF Senior Nationals are being moved to a new date - June 14th, 15th, 16th, 2002, at the York Barbell Hall of Fame in York, PA. The WPO Bench Bash for Cash will be held September 7th, 2002.





Dear APF/WPO Lifter: I can't tell you how excited I am about the upcoming APF/WPO 2002 season. The Huge Iron Calendar is loaded up with some top notch contests. I will be running the same series of annual contests that I always have, and some new ones as well. What better way to kick the New Year off than with the WPO Superbowl of Powerlifting Finals, the WPO A.C. Bench Bash, and the WPO Qualifier at the high profile Arnold Classic. The WPO power packed weekend in Columbus, Ohio is going to be the culmination of our sport, because finally powerlifters will be embraced and perceived as legitimate professionals - allowing powerlifting, a virtual secret society, to be unleashed like a caged animal on thousands of screaming people. They will fall victim to the Power gods as they handle unfathomable poundages that will mesmerize the common man. The WPO is ready to invade Columbus, Ohio - the Powerlifting capital of the World. The magnitude, alone, of the Arnold Classic Weekend will provide self-contained iron energy that will blow the roof off the Columbus Convention Center and land on top Cleveland.

I'm still anticipating taking over the APF, but it won't happen until after the Arnold Classic. Ernie has asked me if I wouldn't mind waiting a few months so he can tie up some loose ends before he turns the APF over to me. I told Ernie whatever he has to do, I'm behind him. Either way, as I stated in the January issue of PL USA the APF will be the gateway into the WPO. When Ernie is ready to proceed, myself and Russ Barlow plan to soar to new heights with the APF. Aligning the APF with the WPO ultimately will elevate the federation's perception in the powerlifting world and the general public's. So, everything is on track for beloved sport to reach it's pinnacle. Don't forget that the future of powerlifting is in the APF/WPO. Remember that in the APF/WPO success is a journey not a destination! See you at the Arnold Classic!

Your WPO President, Kieran Kidder.

## G.N.C. NUTRITION UPDATE

#### How to Use Various Proteins for Maximal Results by Jeff Stout, PhD

Protein - the building blocks-The word protein is derived from the Greek word meaning "of prime importance." And suffice it to say that protein is pretty darn important to the human body. Enzymes, antibodies, muscle tissue, red blood cells, organs, and many other structural and functional components of your body are comprised of proteins.

Although the primary function of protein is to provide the needed amino acids for maintaining an anabolic state, there are times when it may actually be used as a fuel source. This usually occurs when you're in a carbohydrate-depleted state (ex. on a low carb diet, exercising continuously for >2 hours). The RDA of 0.8 grams per kilogram body weight per day is much too low for ath-

letes. Current research suggests that 1.5-2.0 grams per kilogram per day is better suited for athletes. If you happen to be metric-illiterate, that translates into 0.68 to 0.90 grams per pound of bodyweight. To be on the safe side, perhaps 1.0 grams of protein per pound of bodyweight is best.

Which proteins are best? -

You want to eat a complete protein; one that has all of the essential amino acids. Incomplete proteins, such as from peanuts, do not contain all essential amino acids. But if you mix incomplete proteins (e.g., rice and beans), you can get all the essential amino acids. But they are not as well assimilated as protein from animal sources. In addition, we have fast and slow proteins. How can we take advantage of the properties of these special proteins? Like the glycemic index for carbs, the speed in which you absorb various amino acids dictates how well your body uses them. For instance, when you eat a large protein meal, you'll get an initial high peak in blood levels of amino acids followed by a rapid decline. But if



Dr. Jeffrey Stout at work as Director of Sports Science for GNC's Pro Performance (R) line.

you take the same protein in a slow but continuous fashion (e.g., eat small meals throughout the day) you get a smaller, but more sustained increase in serum amino acids. And even though you may be eating the same quantity of the various amino acids, the time in which they're delivered can have a profound effect on protein synthesis and breakdown. So which is better, a large quick rise followed by a quick drop? Or a slow rise that's sustained for a longer period of time? The answer's easy.

In a study performed by French scientists, they examined the effects of casein and whey protein as a single meal ingested (dose = 0.45 - 0.61 grams protein per kg body weight) by normal healthy adults. They examined blood levels of amino acids for up to seven hours after consuming the protein meal. As expected, the whey protein group experienced a quick rise in blood levels of amino acids with a steady decline while the casein group showed a slow increase that was sustained for the seven hour period. Whole body

protein breakdown decreased by 34% after casein ingestion but not with whey protein. On the other hand, protein synthesis increased by 68% in the whey protein group while the casein group increased by 31% (1).

So why the tremendous differences in protein metabolism? Whey protein is rapidly emptied from the stomach yet casein clots in the stomach. Casein's absorption tends to be much slower. Although casein stimulated protein synthesis less than whey, it had a better effect on inhibiting protein breakdown. This was not due to differing insulin levels (i.e. insulin is a potent inhibitor of protein degradation) since blood levels were similar between the two meals. Interestingly, it may be that you need to maintain a minimal sustained level of blood amino acids in order to inhibit (support?) protein synthesis.

So which is better, casein or whey? Depends on your circumstances. If you are pressed for time and can only get in 2 or 3 meals a day, perhaps a combination of whey and casein will work. On the other hand, if you can eat multiple meals

(5-6) throughout the day, it may be best to stick with whey protein. Also, whey protein contains subfractions of various peptides (i.e. small proteins) (e.g., alpha-lactalbumin, beta-lactoglobulin, immunoglobulins, and lactoferrin). Each of these subfractions may have health benefits.

When should you take your protein supplement?

\* First thing in the morning. A "fast" protein such as whey will deliver amino acids quickly and efficiently to your "starving" muscle fibers. My Recommendation - Pro Performance MEGA Whey. \* Post-training. Immediately after a hard workout, consume a "fast" protein (e.g., whey) to get an immediate boost in protein synthesis. Follow it 1 hour later with your regular meal. My Recommendation - Pro Performance Distance. Distance not only has fast

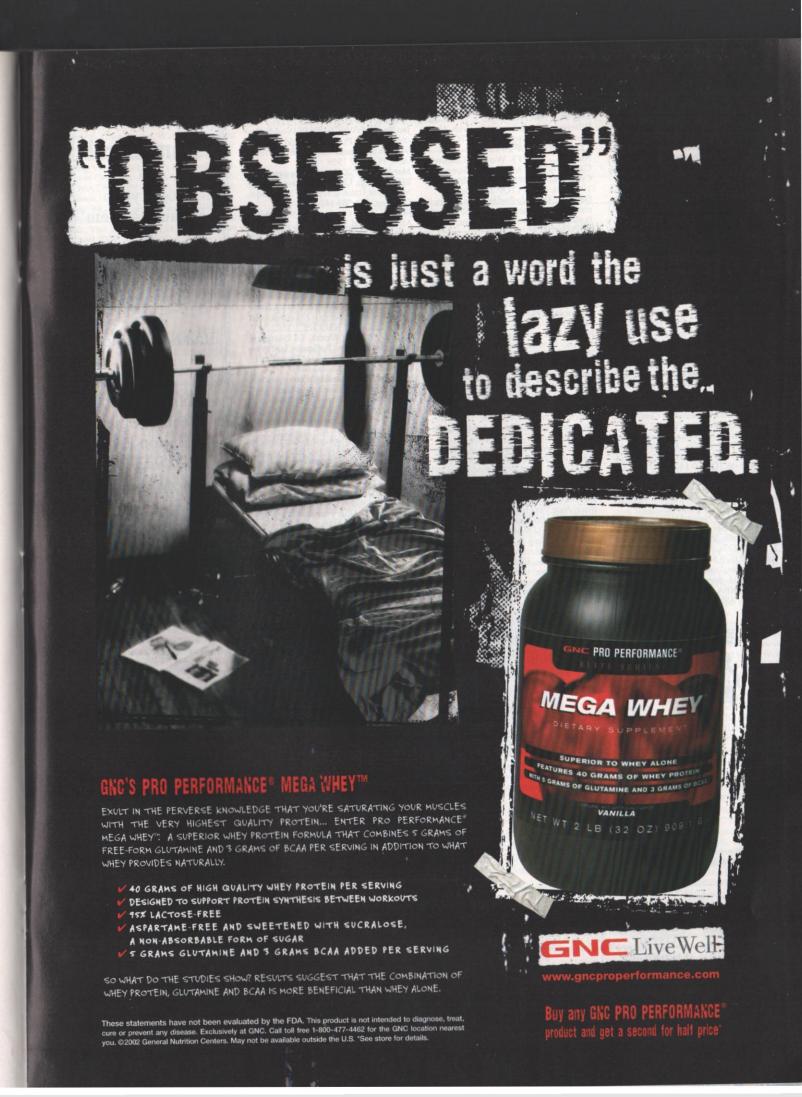
protein, but also contains, carbohydrates, and electrolytes, to help rehydrate and replenish energy.

\*During the day. If you consume an MRP during the day, it is probably best to go with the "slow" proteins (e.g., casein or casein/whey mix) to insure a sustained level of amino acids in your blood for a long period of time. My Recommendation - Pro Performance MEGA MRP.

\* Immediately before bed. Go with the slow protein! This will insure that you keep high levels of amino acids in your blood as you snooze for 6-8 hours. My Recommendation - Pro Performance MEGA MRP.

1. Boirie Y et al. Slow and fast dietary proteins differently modulate postprandial protein accretion. Proc Natl Acad Sci U S A. 1997 Dec 23;94(26):14930-5.

Dr. Jeffrey Stout is the Director of Sports Science for GNC's Pro Performance line, available at all GNC stores. More information is available at www.gncproperformance.com.



#### PL USA Back Issues

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

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

ADFPA TOP 20 220s

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 181s, ADFPA TOP 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

Juny 4... 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, Paula Suzuki Inter-

view, 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 Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.

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 Time 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... NASÁ 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 Colle-

giates/Bench Nationals, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW Jul/95... IPF Women's Worlds, Nick Layitola DerdiitWeigut Ber Tra, 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. Flite Level Supple-

Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s. 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 Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s

Mar/96...TOP 20 Women/Masters/Teenage Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.

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, IPFWomen'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 Feb/97... Power 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 Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP

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Workout, TOP SHW

Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s. Aug/97... Power of Color, How to BP 500

Aug/97... Power of Color, How to BP 500 Easy by Louie Simmons, ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo Profile, TOP 100 123s Sep/97... USAPL/USPF/APFTriple Seniors

Sep/97... USAPL/USPY/APP Triple Seniors Issue, IPF Women's Worlds, World's Strongest Team, NEW Mineral Orotates, Progressive Overload, TOP 100 132s. Oct/97... Brad Gillingham Profile, Resis-

tance Training by Louie Simmons, Ken Emrich Profile, Power Biceps Training, Larry Miller interview, Top 100 Ltwts. Nov/97... U.S. Strongest Man Contest, World's FASTESTBench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.

Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s

Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s

Feb/98... WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors, Asians, Speed Strength, TOP 100 220s

Mar/98... Mark Philippi Interview, TOP 20Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage
Apr/98... Bull Stewart Speaks, USAPL

Women's Nationals, APF All Time TOPWomen, Westside Invitational, Foundational Training by Louie, TOP 242s.

May/98... Ed Coan's Suspension, Pro-Fit Interview, Arnold Classic, Philippine Revolution, APF All Time Top 10 Men, Focused Benching, Top 100 275s.

Jun/98... Mark Henry, Ernie Milian, Olym-

pic Cycle, Simmons on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs.

Jul/98... Kirk Karwoski, Angelo Berardinelli, Greg Blount, World 's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.

Aug/98... USAPL Men's National's, Plat-

Aug/98... USAPL Men's National's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam. Sep/98... APF Seniors. Part 1, the Ed Coan

Sep/98... APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s

Oct/98... "FUD" Lives, APF Seniors Pt. II, Sport Drinks, Mike MacDonald Bench Workout, HIT or Miss? by Louie Simmons, John Neighbour, TOP 100 148s. Nov/98... AWorld's to Remember, Japan

Nov/98... A World's to Kemember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlewts., Isoflavones. Dec/98 ... IPF Masters-Juniors - Mens/

Dec/98 ... IPF Masters-Juniors - Mens/ WPC/WDFPF/AAU/AAPF World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s

Dennis Brady, TOP 100 181s

Jan/99 ... WABDL Worlds, WPC Worlds

Pt. 1, IPF Men's Worlds Report, Louie
Simmons on Bands and Chains, WNPF

Worlds, Jerry Tancil, TOP 100 198s.

Feb/99 ... WPC Worlds Pt. 2, Coan goes

2463, USPF Worlds, IPF World Bench Press, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s Apr/99 ... The ED COAN Book, Why

Apr/99 ... The ED COAN Book, Why Whey?, Gordon Santee Profile, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s. May/99 ... LA Tech Program, "Sir Guggulot", The Arnold Classic, Westside

Guggulot\*, The Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP100 275s. Jun/99 ... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL National

Collegiates, Louie Simmons on Pre-Meet Training, "Choking", TOP 100 SHWs Aug/99 ... the Rubber Band Man, the "Muscletown USA" book, Beauty & the

Beast, IGF-1, Overcoming Plateaus Part 2 by Louie SImmons, TOP 100 123s Sep/99 ... USAPL Men's Natls., APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triac, York Spectacular, TOP 100 132s Oct/99 ... USPFSeniors, APF Seniors Pt. 2,

Oct/99 ... USPFSeniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s

Nov/99 ... Muscle Beach Lives, East German Breakthrough, Deadlift Details, Walk Away From Death, Dynamic Duo by Louie Simmons, TOP 100 165s.

Dec/99 ... IPF World Masters/Juniors, USAPL/AAU BP Nationals, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s Jan/00 ... IPF Worlds, WABDL Worlds,

Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Close Grip BP, Strongman II, TOP 100 198s Feb/00 ... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Nationals Rest Lifters of the Century More Big BPs by Louie S, TOP 100 220s Mar/00 ... USAPL Women's Nationals WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons Apr/00 ... Arnold Classic, WPF Worlds, Mike Danforth Profile, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s May/00 ... Dennis Cieri, What is a J.M. Press?, Knee Wrpas, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.

Jun/00 ... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, Bench Press by Larry Miller, Fred Peterson, TOP 100 SHWs. Jul/00 ... WPO Pro Championships, The World Natural Powerlifting Federation (WNPF) Membership Registration

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900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 Flyweights. Aug/00 ... USAPL Men's, APF Srs. Pt. I, AAPF & APF Natls.,IPF Women's Worlds, Wade Hooper Interview, Joe Onosai,

Wade Hooper Interview, Joe Onosai, Building the Torso, TOP 100 123s Sep/00 ... USPF Srs, IPA Worlds, WABDL BP/DL, TPre-Meet Checklist, How to Do the SQ - by Louie S., Ernie Frantz Insights, Rick Weil BP Workout, TOP 100 132s Oct/00 . Positive Illusions. Tako not Taco.

Powerlifting's Salvation?, Magnus Samuelsson, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s. Nov/00 ... Best Bench of All Time, the final More from Ken Leistner, Drug Free Bench Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 Middleweights Dec/00 ... Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record

+ Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 Lightheavies Jan/01 ... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis Simmons, TOP 100 198s Feb/01 ... Garry Frank Goes 2500, WPC Worlds PT.1, IPA Nationals, Complex Training, HowBrad Gillingham Won, Louie on Special Strengths, TOP 100 220s. Mar/01 ... TOP 20 Women - Teen - Masters Rankings, Hooking Up the Bands,

USAPL Women's Nationals, Westside Deadlifting, WPC Worlds Pt. II/BP Apr/01 ... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Power Breaking, Extra Workouts by Louie, TOP 100 242s May/01 ... Ed Coan Interview, Russian BP

Midote, Jeremy Arias, Power Breaking, Extra Workouts by Louie, TOP 100 242s May/01 ... Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, Top 100 275's Jun/01 ... Siouz-Z Hartwig Interview, Russian Squat Cycle, Big Boys Menu Plan by

sian Squat Cycle, Big Boys Menu Plan by J.M. Blakley, Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs Jul/01 ... IPF Women's Worlds, Bill Crawford, APF Nationals, IPF Double Interview, Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s Aug/01 ... Garry Frank Goes 2601 - APF Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit, Lifting Belts, TOP 100 123s Sep/01 ... WPO Semi-Finals, "No Deadlift" Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s

Oct/01 ... World Games, TomManno Interview, Jamie Harris Interview, John Corsello Jr. Interview700 BP Club, Speed Cycling by Louie S., TOP 100 148s.

Nov/01 ... Nance Avigliano, USAPL BP

Nov/01 ... Nance Avigliano, USAPL BP
Nationals, IPF Jr. Worlds, T.J. Hoerner
Squat Workout, "Analyzing Your Squat"
by Louie Simmons, TOP 100 165s
Dec/01 ... IPF World Masters, WPC Can

Dec/01 ... IPF World Masters, WPC Can Ams, George Halbert Video, WPO Bench for Cash, 1000 kilo Club, Westside Success, Jill Mills, Rich Salvagni, TOP 181s Jan/02 ... IPF Men's Worlds, WABDL BP Worlds, Garry Frank goes 2606, IPA Nationals, Carmen Perrotta Interview, Louie on Training the Lockout, TOP 100 198s LIST THE ISSUES YOU WANT TO RECEIVE (AND ANY ALTERNATE SELECTIONS), MAKE OUT A CHECK (\$5 PER ISSUE) AND SEND IT TO POWERLIFT-INGUSA, BACKISSUES, POST OFFICE BOX 3238, CAMARILLO, CA 93011, USA. (WE CAN QUOTE LOWER PRICES ON QUANTITY ORDERS)

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ZMA is a proprietary blend of zinc and magnesium that preliminary evidence suggests promotes testosterone and IGF-I release in serious athletes.\* By doing so, ZMA\* may help improve recovery times and physiological and exercise-related conditions.\* Check out the study below, recently published in

STRENGTH & RECOVE

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L-THEANINE

L-THEANINE is actually an amino acid derived from Green Tea. The science indicates that L-THEANINE acts as a precursor to the release of an inhibitory neurotransmitter called GABA (gamma amino butyric acid), which counteracts the excitatory neurotransmitter norepinephrine. In other words, L-THEANINE allows you to relax and settle down.\* It's an awesome mechanism and a huge advancement in the pursuit for maximal recovery. ZMA RESEARCH

Effects of a Novel Zinc-Magnesium Formulation on Hormones and Strength

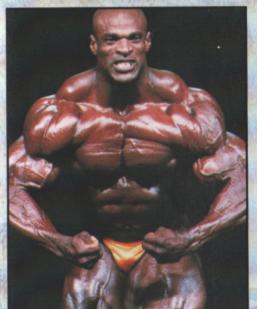
<sup>1</sup>Exercise and Sports Science Laboratory, Western Washington University, Bellingham, WA 98225-9067 and <sup>2</sup>BALCO Laboratories, 1520 Gilbreth Road, Burlingame, CA 94010, Tel: 800-777-7122

L.R. BRILLA AND VICTOR CONTE. Effects of a Novel Zinc-Magnesium Formulation on Hormones and Strength. JEPonline, 3(4): 26-36, 2000. Muscle attributes and selected blood hormones of football players were assessed in response to a nightly supplementation regimen during spring football, over an 8-week period, with pre-post measures. A double-blind randomized study was conducted with ZMA (30 mg zinc monometh aspartate, 450 mg magnesium aspartate, and 10.5 mg of vitamin B-6) and placebo (P), n=12 and n=15, respectively. Plasma zinc and magnesium levels were ZMA (0.80 to 1.04 µg/ml 19.43 to 20.63 mcg/ml) and P (0.84 to 0.80 µg/ml; 19.68 to 18.04 µg/ml), respectively (P<0.001). Free testosterone increased with ZMA (132.1 to 176.3 pg/mL), compared to P (141.0 to 126.6 pg/mL) (P<0.001); IGF-I increased in the ZMA group (424.2 to 439.3 ng/mL) and decreased in P (437.3 to 343.3 ng/mL) (P<0.001). Muscle strength via torque measurements (P<0.001): ZMA (189.9 to 211 Nm at 180% and 316.5 to 373.7 Nm at 300%) and P (204.2 to 209.1 Nm at 180% and 369.5 to 404.3 Nm at 300%). The results demonstrate the efficacy of a Zn-Mg preparation (ZMA) on muscle

Key Words: vitamin Bs, anabolic hormones, testosterone, IGF-I, muscle

Zinc (Zn) and magnesium (Mg) may enhance levels of Insulin-like Growth Factor-I (IGF-D(1); and zinc, in particular, may contribute to elevating serum testosterone (2). Both IGF-I and testosterone are

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> Given Ronnie's hectic schedule and amazingly Milos Sarcey intense training program, he clearly realized the recently described

Despite a hectic Unlike many schedule that professional bodybuilders included a full-time job on that simply train, eat and the weekdays and traveling sleep, Ronnie Coleman for guest appearances on spent 8 stressful hours a day, weekends, Ronnie 5 days a week working the constantly maintained a streets of Arlington, Texas, as healthy diet of whole foods one of the city's finest cops. and supplementation in when training for the biggest order to get his daily total of event in body building. To six meals and 600 grams of be his best, he demanded protein for packing on and optimal recovery and an

anabolic environment.

a workout with Ronnie Coleman as one of the most intense he had ever experienced in his Ronnie, however, says that's just how he's always trained; splitting his workouts between light and heavy days to help avoid burn-out, but going extremely heavy and intense on those days designated

importance of thoroughly recovering and allowing his body to recharge for consistent growth. Each night - err, morning - at two a.m. Ronnie took one serving of ZMA Force in order to quickly settle down and ensure a solid night's rest. Not to mention his using ZMA" Porces" as a vital tool for aiding his recovery process via the additional hormonal benefits of ZMA"



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maintaining his enormous

amount of lean muscle mass.

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#### SLP X-TREME FIT BP/DL CLASSIC 03 NOV 01-UNION, MO

. 01-	CHICK, MC	
	police & fire	
-49		
	Richard Brown	395
165	4th	405
5	275	
	Sgt. B.Holmes	435
300	shw	
7	Mike Werges	415
	open men	
315	165	
	Glen Thomas	345
	198	
350	Ricky Coggins	440
	4th	460
435	220	
	W. Habermchl	460
350	B. Harwood	275
	275	
	Sanford Roth	530
405	4th	550
330	DEADLIFT	
	master women 4	5-49
360	148	
	D. Withington	290
525		17
1	148	
	Jason Brown	405
340		
)	198	
	Russell Smith	500
520		
		500
280		000
295		585
	275	,,,,,
405		550
	Dennis Francis	480
	300 7 315 350 435 350 405 7 330 360 525	149   120   165

\* Son Light Power Missouri state record. The Xtreme Fitness Fall Bench Press/Deadlift Classic was held at X-treme Fitness in Union, Missouri or November 3, 2001, Thanks to fitness owner Bill November 3, 2001. Inanks to litness owner Bill white for his continued support of the sport of powerlifting. In the bench press competition Debbie Withington got a great new pr with her win at master 45-49/148. Making just her opener, Debbie still finished with a new Missouri state record of 165. Josh Quickle won at 13-15/242 with his first 200 baged. The ways also a new state record for 300 bench! This was also a new state record for Josh. At 16-17 198 Chris Holloway was the winner, finishing with a new pr and state record 315. Chris, who holds the state record at 181, moved up to the 198 class for the first time. In the junior division it was Zac 'Coop' Cooper for the win at 181 with his opener of 350. This broke the existing state record by ten pounds. Nick Young won at junior 198, also getting just his opener. However, Nick's 435 set the record in that class. Chris Lastrada won the last junior class at 242 with 350. Bruce Stevens took the submaster 198 class, hitting a personal best 405 for the win. This was also a new Missouri state record for Bruce. Warren Holloway finished secand at 198 with 330. At 220 it was leff Withington making all three of his attempts to finish with 360 and another new state record. Mike Hamby had a great day, finishing with a personal best 525 for the



16 Year Old Iason Brown PRs a State Record 405 deadlift at 148/ 16-17. (Dr. Darrell Latch photos)



X-treme Fitness Best Lifter (BP) Sanford Roth - 550 @ 275, X-treme Fitness owner Bill White (middle) and Todd Furlow - DL - 585 @ 242.

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#### Mon Valley Fitness Center BP Classic 10 NOV 01 - Dunlevy, PA

BENCH PRESS		Pro	
WOMEN		R. Miller	530
A. Schultz	145	275	
K. Blair	140	A. Spirnah	350
TEENAGE		SHW	
J. Batykefer	415	A. Tamules	525
R. Hughes	270	J. Wilson	365
E. Hahn	210	DEADLIFT	
165		WOMEN	
K. Stoner	280	K. Blair	270
R. Hughes	270	181	
181 masters		S. Siwiak	640*
K. McNash	350	Masters	
198		K. McNash	605
Amateur		220	
J. Viglione	410	C. Eberley	540
Pro		242	
B. Zemitiz	410	G. Oliver	655
220		B. Fleming	565
J. Allessandro	455	SHW	
P. Parks	430	A. Tamules	545
242			
Amateur Master	s		
B. Fleming	355		

## him a new pr, but which is easily within his grasp. Todd's 585 @ 236 gave him best lifter honors for the competition... At 275 it was Sanford Roth for the win with a state record pull of 550. Dennis Francis was second with a personal best 480. Thanks again to Bill White, to my son Joey and Kevin White for their help loading and spotting and to nine year old Megan Medley for helping me with the trophies. (Thanks Dr. Darrell Latch for providing the results).

title at submaster 308 and the record there. Steve

Hazen won at master 40-44/220 with 340, just missing 350 for his final attempt. Ron Serra looked strong as he took the 45-49/shw title, finishing with an easy state record of 520. Bill Harris set a new state record at 50-54/198 with his second attempt of 280 for the win there. Also at 50-54 was 242 per Robert Bullock, who finished with his

of 295. Frank Shockley set a new pr and state record with his win at 50-54/275, finishing with

record with his win at 50-54/275, finishing with 405. We had three lifters in the police & fire division, each setting new state records in their respective classes. Richard Brown got two new prs with his third attempt of 395 and his fourth with 405 for the win at 220. This was Richards first competition. 275 winner, Sgt. Brian Holmes, finished with 435 for the record there. At shw it was high waterse for the win with a through 435 just

Mike Werges for the win with a strong 415, just missing a pr 425 for his fourth attempt. In the open division Glen Thomas set the record at 165 with a

new state record of 345. At 198 it was Ricky

new state record of 345. At 198 it was kicky Coggins with some great lifting, finishing with two new prs on his third (440) and fourth (460) at-tempts for the record there. Wayne Habermchi finished with a strong 460 for the win at 220. Brandon Harwood was second at 220 with 275, making just his opener. At 275 the winner was Sanford Roth who finished with 530, then came back on a fourth for a new personal best 550.

back on a fourth for a new personal best 550. Weighing in at 247 this also gave Sanford the best

lifter award for the competition. In the deadlift competition it was Debbie Withington again for the master 45-49/148 title, finishing with a per-sonal best and state record 290. Great job, Deb, wo new prs on the day! Jason Brown also contin ues to improve as he captured the 16-17/148 title with a pr and new state record of 405. Russell Smith

got a new pr along with a new state record with his

win at junior/198, finishing with 500. Jeff Withington tied the existing state record at sub-master 220 with his 500 pull for the win there. In

the open division it was Todd Furlow for the title at the open division it was Todd Funow for the blue at 242, pulling an easy 585 for the win. Todd missed his final attempt with 630, which would have give him a new pr, but which is easily within his grasp.

BENCH PRESS		Pro	
WOMEN		R. Miller	530
A. Schultz	145	275	
K. Blair	140	A. Spirnah	350
TEENAGE		SHW	
J. Batykefer	415	A. Tamules	525
R. Hughes	270	J. Wilson	365
E. Hahn	210	DEADLIFT	
165		WOMEN	
K. Stoner	280	K. Blair	270
R. Hughes	270	181	
181 masters		S. Siwiak	640*
K. McNash	350	Masters	
198		K. McNash	605
Amateur		220	
J. Viglione	410	C. Eberley	540
Pro		242	
B. Zemitiz	410	G. Oliver	655
220		B. Fleming	565
J. Allessandro	455	SHW	
P. Parks	430	A. Tamules	545
242			
Amateur Master	8		
B. Fleming	355		
* APA Record. (1	Thanks !	to MVFC for the	se results)

From Jerry Wilson: "Liust wanted to drop you a quick note to tell you of a positive experience I had November 10, 2001 at THE MON VALLEY BENCH AND DEADLIFT MEET. I certainly am not a nationally known bench presser as most of the many competitors weren't. However, there was a lifter there who is very well know throughout the world for what he has accomplished on the bench press. His name is Jamie Harris. Jamie wasn't there to compete, but he was still very much involved with many of the lifters there. He was helping out in the warm up room giving liftoffs, putting on bench shirts, and cheering on competitors while they lifted. He even remembered a brief conversation we had tow months ago about an injury to my pectoral muscle. With our country going through such turbulent times, it was great to see someone with what Jamie was accomplished helping out those who love to compete at this great sport. Thanks to Carl Seeker & Rhonda (owner of Mon Valley Fitness) for putting on an enjoyable meet.)

#### SLP Fitness One Fall Classic BP/DL 29 SFP 01 - Hamilton, OH

BENCH PRESS		275 Chades Peer	435*
submaster women 97		308	435
Melanie Gibson		Mike Giese	350
teenage men 13-1 97	5	master men 50-54 198	
148	65	Bob Bean master men 60-64	405
Tyler Smallwood 275	185	220 Gene Keesy	300*
Bo Hall	285*	4th	305*
teenage men 16-1 148		police & fire	
Shawn Donohoue Chris Keefer	200	Mike Ferguson openrnen	405
teenage men 18-1 165		John Hammond	305
David Shaw	250	198	430*
junior men		Chris Anderson leff Sandlin	350
148	265	Tim Baker	275
Jay Zurlinden 242		220	
Alan Hibbard	350*	Derek Barnickel	500
B. Chamberlain	465*	Stephvan Tanner 275	425
submaster men 220		B. Chamberlain DEADLIFT	465*
Bobby Burdine	405* 410*	teenage men 13-1 275	5
Barry Smallwood		Bo Hall	440
242	303	4th	450*
Jeff Ritzler	410	junior men	
4th	500*	148	
Mark Ridgeway	315	Jay Zurlinden	335*
4th	325	4th	345*
275 Darryl Simpson	455	submaster men 165	
master men 40-44		Mark Hess	460
220		242	
Ray Thenot	300	Mark Ridgeway	430
242	-	open men	
O. D. Marinich	350	198	
master men 45-49		Tim Baker	335
220	200	4th	360
Toni Boyer * Son Light Power	390		£1/3/2 A

One Fall Classic Bench Press/Deadlift Chan ships were held at the Sport Zone in Hamilton, Ohio. Thanks to Wayne Smallwood and his staff at Fitness One for all their help with the competition the bench press event lone female competition.

Melanie Gibson won the submaster 97 class with Melanie Gibson won the submaster 97, Class with 90. Melanie had been sick the past few weeks, but still toughed it out. In the teenage men's 13-15 age division joel Thenot competed for the first time, taking the 97 class with 65. Tyler Smallwood, following in his grandpa's footsteps, won at 13-15/ 148 with a new state record of 185. Bo Hall broke his own state record at 13-15/275 on his second his own state record at 13-13/2/5 on his second attempt with 285. In the 16-17 division Shawn Donohoue broke the record at 148 on his final attempt with 265. Chris Keefer got a pr with 200 finishing in second place. David Shaw finished with 250 as he won the title at 18-19/165. Jay Zurlinden took the junior 148 title with 265, missing a final attempt of 285 to break his own state record. At unior 242 Alan Hibbard set the Ohio state record with 350 in just his first competition. Brian Chamberlain got a big 465 state record at unior 275. Bobby Burdine surprised even himself (I know it Bobby Burdine surprised even himself (I know it surprised me) at 220, taking the title from Barry Smallwood 405 to 385. Bobby even stole the state record from Barry with his fourth attempt of 410. Jeff Ritzler finished the regular competition with



New PR ... Jeff Ritzler with a 500 @ 242 . (D. Latch photos)



BEST LIFTERS ... (I-r) Derek Barnickel (500 BP) and Mark Hess (460 Deadlift)

410 for the win at 242, but then took a fourth attempt with a pr 500. Good! A new pr and a new Ohio state record at submaster 242. Second place went to Mark Ridgeway who went 315 and a 325 pr fourth. Darryl Simpson finished with 455 for the win at sub-master 275. In the master men's 40-44 group 220 winner Ray second at 220 with 425. In the open 275 class 40-44 group 220 winner Ray Thenot got just his opener in, at 300, lifting in his first competition. Also at 40-44 0.D. Marinich won at 242 with 350. Master 45-49 winner at 220 was Tom Boyer, Jay Zurlinden broke his own state record the win at 13-15/275. Jay Zurlinden broke his own state record twice the state record twice with a 390. Charles Peer won the 45-49/275 title with a new state record 435. Then at 308 state record holder Mike Ciese won with 350. At 50-54/198 Bob Bean continues to break his own state record as he did here with 405. Gene Keesy set the record at 60-64/220 with his 300 third at-

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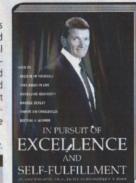


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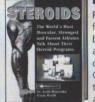
"In Pursuit Of Excellence And Self-Fulfillment" is a collection of Dr. Judd Biasiotto's entertaining and informative lectures, which were delivered worldwide over the last decade. After you read this book you will look at your life anew. Each chapter is filled with true and inspiring stories that will broaden your perspective of what it means to be fully human. It will enlighten you as to how compassion, courage, love and inner strength can be made a part of your daily life. Curtis Leslie, Multiple World Champion Powerlifter, says: "This book can and will enrich your life. It certainly did mine!" Mike White, All-Pro Cincinnati Bengals: Hardcover, 150 Pages

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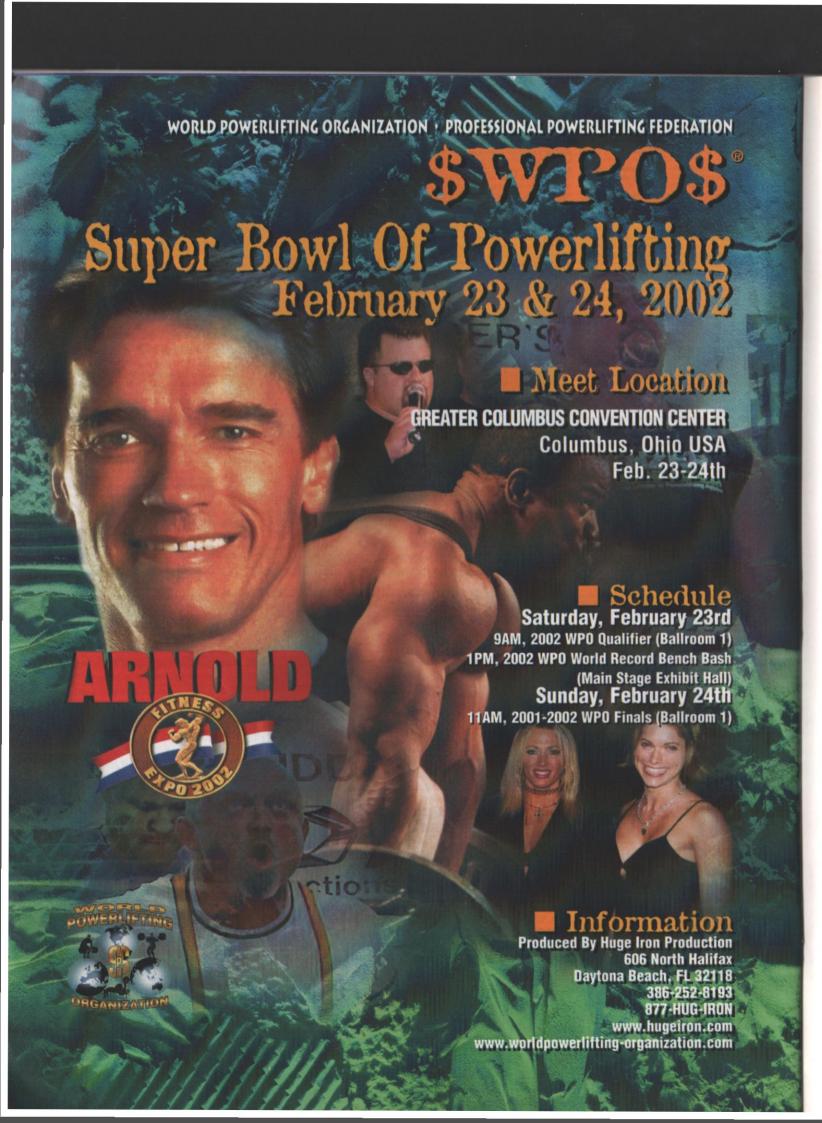
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8-10 FEB, USAPL Women's Nationals, Dennis & Sandi Brady, 773-561-9692 9 FEB, Tomah Winter Classic Bench Press (The Fitness Connection - Tomah, WI) DWG Productions, 2018 Jackson St., LaCrosse, WI 54601, 608-787-5693 or Mike Krause 608-372-3883

9 FEB, Mass. Attack BP, Rip the Grip DL, Bay State Push/Pull (3 separate meets -Men, Women, Teen, Submen, Master -Fitchburg, MA), Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590 (late entries accented)

entries accepted)
9 FEB, 11th New Castle BP, Chuck Ullrich,
214 E. Garfield Ave., New Castle, PA 16105,
724-658-7529

9 FEB, APA Windy City Regional BP, DL, Push-Pull (Waukegan, IL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com 9 FEB, ADAU 14th Drug Free East Coast

9 FEB, ADAU 14th Drug Free East Coast 2 lift raw and separate BP and separate DL and PL, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695

9 FEB, APA Spartanburg Open BP & DL (Spartanburg, SC) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

9 FEB, WABDL Arizona State BP & DL (drug tested - Mesa, AZ) Gus Rethwisch, 503-762-5066

9 FEB, AAU New York State Drug Free BP/DL (Lanscaster's Party House, Clyde, NY - 1st 50 lifters) Steve Rogers, 315-365-3377 after 5:30PM (do not call meet location)

9 FEB, SLP Mason-Dixon Open BP/DL (Paducah, KY) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429,

10 FEB, Oswego State University Open BP, Frank Paino, Oswego State Baseball, Laker Hall, Johnson Rd., Oswego, NY 13126, 315-312-2405, paino@oswego.edu 10 FEB, Pump Total Fitness BP&DL, Jeff Davis, 2352 N. US 27, St. Johns, MI 48879, 989-224-2441

10 FEB, AAU Missouri State (X-Treme Fitness, Union, MO) Darin Gilley, 2820 Gray Summit Rd., Pacific, MO 63069, 636-742-4537

16 FEB, WABDL Southeastern Regional BP & DL (drug tested - Pensacola Beach, FL) Dan Belanger 850-995-7323 16 FEB, USA "Raw" Bench Press Fed-

16 FEB, USA "Raw" Bench Press Federation Winter Nationals, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429,

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16,17 FEB, APF California State, Sacramento Barbell, 4343 Marconi Ave. #7, Sacramento, CA 95821, 916-482-2349, sacbarbellclub@earthlink.net

16,17 FEB, Northeast Strongman Show-down (Wilmington, MA) Art McDermott, 9 7 8 - 6 5 7 - 4 2 0 2, www.highlandstrength.com, amodematt@mediagne.com

16,17 FEB, NASA Ohio State H.S. & Teen World Record Breaker (Springfield, OH) Greg Van Hoose or Richard Peters SQPBDL@aol.com

17 FEB (new date), WNPF North Carolina (PL, BP, DL, SQ, PC - national quali-

fier - Charlotte, NC) Lester Fields, Box 142347, Fayetteville, GA 30214, 770-996-3418

17 FEB, APA Maryland Open PL & BP (open to all lifters from all states - Laurel, MD) Jeff McVicar, gomarines@hotmail.com, or Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

22,23 FEB, 100% Raw Women's International Open (all ages, wt. classes, 5 yr. drug testing, 02/02 deadline) Dr. Spero Tshontikidis, 10266 Redtail Ct., New Market, MD 21774, 301-865-8274

23 FEB, WPO Qualifier & Arnold Bench Classic (Columbus, OH) Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 386-677-4000, 877-HUG-IRON, www.hugeiron.com

IRON, www.hugeiron.com
23 FEB, APA Iron Warrior Open BP & DL
(Montgomery, AL) Scott Taylor, Box 27204,
El Jobean, FL 33927, 941-697-7962,
scott@apa-wpa.com

scott@apa-wpa.com
23 FEB, WABDL Budweiser California
State BP/DL (Monterey, CA), Iron SocietyMatt Lamarque, 831-277-4766

23 FEB, 12th Winter Bench Press Classic (Granger, IN) Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 219-674-6683

23 FEB, APA Iron Warrior Open BP & DL (Montgomery, AL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com, or Johnny Sheakley, Johnnysix@aol.com 23 FEB, WABDL California State BP & DL

23 FEB, WABDL California State BP & DL (drug tested - Monterey, CA) Matt LaMarque 831-277-4766

23 FBB, SLP Southern Illinois Open BP/DL (Effingham, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

24 FEB, WNPF Ohio (PL, BP, DL, SQ-national qualifier - Youngstown, OH) Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

24 FEB, WPO Final Superbowl of Powerlifting (Columbus, OH) Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 386-677-4000, 877-HUG-IRON, www.hugeiron.com

**24 FEB**, WNPF Ohio St., Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

FEB, APA Maryland Open (Laurel, MD) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com FEB, USAPL BP or PL Meet, Phil Harrington, 1112 Haymarket Ln., Wilmington, NC 28412, 910-791-4614 2 MAR, Walker's Gym Bench Press Clas-

2 MAR, Walker's Gym Bench Press Classic (Open & raw - men, women, teen, master, fire, police, military - 5 places - Virginia) Barry Walker, 458-7918

2 MAR, APF/AAPF Silver State Open & Nevada State Closed, Les Cramer, Weight Head Gym, 6620 W. Flamingo Rd. #1, Las Vegas, NV 89103, 702-873-1593, www.weightheadgym.com

2MAR, Junior Olympic PL, AAU Nevada State Meet, Les Cramer, Weight Head Gym, 6620 W. Flamingo Rd. #1, Las Vegas, NV 89103, 702-873-1593,

www.weightheadgym.com 2 MAR, 11th Larry Frederick Memorial BP Challenge, Steve Unrath, North Penn YMCA, 608 E. Main st., Lansdale, PA 19446, 215-368-1601 ext. 230

2 MAR, 5th AAU Hawaii State (Waimanalo Carnival Pavillion), Keith Ward, Box 654, Waimanalo, HI 96705, 808, 259, 9800

Waimanalo, HI 96795, 808-259-9800 2 MAR, USAPL Georgia St. (open, teen, masters - Duluth, GA), Sherman or Ryan, 770-495-0787, rg5520@yahoo.com 2 MAR, 6th Pasco Power Team King of the

Bench (sculptured trophies, BP & SQ semi-



nar) Rick Lawrence, 727-942-7894, or Mike at 727-863-

2 MAR, APA High School & Junior High School National PL & BP and APA Tri-State Open PL & BP (Houston, TX) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com 2 MAR, All Church Powerlifting Contest (Open to all church members & church sponsored teams) Pastor Pete Amerman, Hillside Lutheran Brethren Church, 113 S. Hillside Ave., Succasunna, NJ 07876, 973-584-7410, pamerman@worldnet.att.net

2 MAR, WABDL Great Northern BP & DL (drug tested

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**Elite Fitness Systems** 888-854-8806 Or visit our web site www.elitefts.com Seattle, WA) Bull Stewart, 206-725-7894

2 MAR, SLP Iron House Open PL/BP/DL (Hoope IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
2,3 MAR, WNPF BP/DL Nationals & SQ Nationals &

Power Curl (all single lifts - no totals - Bordentown, NJ - world qualifier) Troy Ford, Box 142347, Favetteville, GA 30214, 770-996-3418

2,3 MAR, NASA Natural Nationals PL, BP, PS (Oklahoma City, OK) SQPBDL@aol.com

3 MAR, USPF New Jersey State High School Champion-ships (Healthquest - Flemington, NJ) Eddie Horton, 16 Lindsey Ct., Lakewood, NJ 08701, 732-886-0199, USPFehorton@aol.com
3 MAR, SI P Iron Slamma-Jamma BP/DL (Indianapolis, IN)

217-253-5429, www.sonlightpower.com

3 MAR, 1st Pittsburgh's Men & Women of Steel Bench Press (assisted & raw: men, women, teen, jr., submaster, master) Bob Verner, 826 Hazelwood Ave., Pittsburgh, PA 15217, 412-521-2620

8-10 MAR, 100% Raw Teenage Nationals (men & women, all ages, wt. classes, 5 yr. drug testing period, 02/09 deadline) Dr. Spero Tshontikidis, 10266 Redtail Ct., New Market, MD 21774, 301-865-8274

9 MAR, USPF New Jersey High School Bench Press & Deadlift (drug free - students only - Hammonton, NJ) Paul Sacco, 537 Pine Rd., Hammonton, NJ 08037, 609-567-

9 MAR, NASA East Texas State PL, BP, PS (Longview, TX)

SQPBDL@aol.com
9 MAR, ADAU Raw Drug Free New Jersey St. PL / Out of State (Hamilton Township PAL) Lorraine Granese, 708 Sugarbush Ct., Mays Landing, NJ 08330, 609-625-0807 9 MAR, USAPL Virginia Open PL/BP, John Shifflett, Box 941. Stanardsville, VA 22973, valifting@aol.com

9 MAR, SLP March Madness BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

9,10 MAR, AAU USA BP, Push/Pull, DL (Best Western Image Suites, Moreno Valley, CA - world qualifier, open, masters, lifetime, junior, youth, mil/law, disabled, submasters - equipped or raw - men & women) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net 9,10 MAR, WABDL Pepsi Northwestern Regional BP &

DL (drug tested - Doubletree Hotel, Eugene, OR) Gus sch. 503-762-5066

9,10 MAR, Pepsi WABDL Northwest Regional (Doubletree Hotel, Springfield, OR) Gus Rethwisch, 503-962-5066 9,10 MAR, I.P.A. Teenage Nationals (12-19 - Columbus, OH) Dan Dague, 2251 Sundew Ave., Grove City, OH 43123, 614-539-8311 (H), 614-266-2683

10 MAR (new date), WNPF Georgia (PL, BP, DL, SQ, PC - national qualifier - Atlanta, GA) Lester Fields, Box 142347, Fayetteville, GA 30214, 770-996-3418

10 MAR, USAPL Military Nationals (Killeen, TX) Johnny A. Graham, 254-526-0779, Fax 254-287-7729, Email - Grahamj7@cs.com 10 MAR, SLP Pecatonica Finess BP/DL Classic (Pecatonica,

IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com 15 MAR, Texas State High School Girls State (Ft. Hood,

TX) Johnny A. Graham, 254-526-0779, Fax 254-287-7729, Email - Grahamj7@cs.com
15-17 MAR, USAPL High School Nationals (St. Louis,

MO) Mike Cissell, 15 Lakeside Dr., Lake St. Louis, 63367, 636-561-1242 8-10pm,

mcis904082@aol.com, usapinationals.com 16 MAR, 8th Midwest Bench Press & Deadlift, Beyond Fitness, 1134 S. Military Ave., Green Bay, WI 54304,

16 MAR, USAPL Ironman BP, DL, and Record Breakers, Pro Fitness, 350 Rt. 46, Rockaway, NJ 07866, 973-627-9156

16 MAR, APA Virginia Open PL & BP (lifters from all states welcome - Roanoke, VA) Mike Brookman, brookmanmec@earthlink.net, Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046,

scott@apa-wpa.com
16 MAR, APA Gulf Coast BP & DL, 54th Ave. Gum, 4195 54th Ave., N., St. Petersburg, FL 33714, 727-521-6162,

Jages55236@aoi.com 16 MAR. USPF Texas State (Houston, TX - men/women open, below I, jr. (13-23, 2 year age groups), submaster, masters (5 yrs age groups to 70+), Bench, Police/Fire) Seguin Fitness, 1415 E. Court St., Seguin, TX 78155, 800-

378-6460, www.seguinfitness.com 16 MAR, WABDL Oklahoma State BP & DL (drug tested McAlester, OK - open, teen, class I, women, jr., law/fire, masters, submasters) Kim Brownfield, Box 36, Council Hill, OK 74428, 918-473-1059, brownfieldpower@lakewebs.net Hard-core lifters need

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16 MAR, SLP Heath Clifton Memorial BP/ DL Classic (Paragould, AR) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com 16 MAR, NASA Ohio State PL, BP, PS

(Springfield OH) SOPRDI @aol com 16 MAR, 14th Beast of the East BP/DL

(Bradford, PA) Carl Seeker, 24 Jeffe St., Warren, PA 16365, 814-723-3442,

16 MAR, ADAU Great Lakes PL/National Qualifier (open & all age groups, men & women) Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

16,17 MAR, APF/AAPF Texas & Oklahoma State (separate meets) PL, BP, DL, Radar Capehart, 1700 Coral Rock Ct., Irving, TX 75060, 972-253-8575 (h), 214-543.9691 (4)

16 17 MAR CPC Canadian Champi onships (Red Deer, Alberta, Canada open to US lifters - entry 50 Canadian) Bruce Greig, Box 4, Okotoks, Alberta, Canada TOL 1TO, 403-938-3067,

16,17 MAR, WNPF Youth, Teen, Submaster, Masters Nationals, Ralph Peace Memorial, South Carolina State and Power Curl (Greenville, SC - world qualifier) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-

17 MAR, USPF Rhode Island State PL/ BP, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-1665

23 MAR, APF Michigan State (Harrison Township, MI) Jim Hinze, 33949 Curcio St., Sterling Hts., MI 48310, 810-381-

23 MAR, 12th Weightlifting Unlimited Bench Press, Randy Brooks, 525 Whitacre St., Winchester, VA 22601, 540-667-6288 23 MAR, APA Kentucky Regional PL & BP (open to all lifters in all states) Jav Gibson. zetchok@hotmail.com, Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962. FAX 801-905-7046. scott@apa-

23 MAR, USAPL Battle of the Great Lakes PL/BP (Cleveland, OH-male/female, men's open, HS1, HS2, Jr., Collegiate, masters, women's open, police/mil/fire, raw, novice) Kanaga, 440-884-7608, higkanaga@aol.com

23 MAR, Georgia State PL & Deep South BP (Holiday Inn Convention Center, Forsyth, GA, exit 186 on I-75) Buddy Duke, 229-896-3988 (d), 896-3989 (after 8pm), bduke@surfsouth.com

23 MAR, Winona Springs Classic BP, Boardwalk Gym, 71 W. 3rd St., Winona, MN 55987, Jim Hearon, 608-787-5693 23 MAR, APF/AAPF Illinois State PL/BP (Rich East H.S., Park Forest, IL) Craig Hanson 1629 Trainer Rd Rockford II 61108, 815-227-0935

23 MAR, WNPF Western Ohio (PL, BP, DL, SQ, PC - national qualifier - Dayton, OH) Lester Fields, Box 142347, Fayetteville, GA 30214, 770-996-3418

23 MAR, SLP Missouri State "Raw" PL/ BP/DL (Rolla, MO) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

23 MAR, APF Nebraska State & Midwest Open, Big Iron Gym, 4519 S. 24th St., Omaha, NE 68107, Rick 402-392-2446 23 MAR, 1st Annual John Ware Classic Collegiate Invitational, TSU Irondogs, Student Involvement SUB, 100 E. Norman, Kirksville, MO 63501, Zac Cooper, tsuirondogs@hotmail.com, 660-785-4850 23 MAR, USPF West Virginia State & Single Lift SQ and DL & Holley Strength System Open PL, BP, DI (Institute, WV) John Messinger, 398 Forest Circle, S. Charleston, WV 25303, 304-744-2475

23 MAR, USAPL Oregon State (open to all USAPL members) Mike Mooney, 1170 N. Valley Veiw Rd., Ashland, OR 97520, 541-

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000000000000 23.24 MAR. NASA Iowa State PL. BP. PS

(Des Moines, IA) SQPBDL@aol.com 24 MAR (new date), WNPF Western New York PL (Niagara Falls, NY - national qualifier) Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, 330-792-

24 MAR, NPA Northern Illinois Open (tested - PL, BP, DL) Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, ask for or leave message for

30 MAR (new date). 13th Cabin Fever DL plus BP, Brendan Yoder, 57745 CR Goshen, IN 46528, 219-875-0471 30 MAR, IPA Mountaineer Champion-ships, Mike Hill, 1007 Dartmouth, Charleston, WV 25302, 304-727-2593 30 MAR, 22nd Central Ohio BP (open, teen, women, masters) Dean Glitt, 351 John St., Circleville, OH 43113, 740-

30 MAR, USAPL March Madness BP/DL (E.Greenbush, NY) Sean Culnan, 518-384-1100 ext

sculnan1@nycap.rr.com
30 MAR, MPA Minnesota State PL (SQ, BP, DL - Teen, Open, 40+, Police - Fire -Military) The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55330, Dave - 763-441-4232 (d), Jerry 763-753-30 MAR, Tamara Rainwater-Grimwood

BP/DL Memorial (Lancaster, PA) Carl Seeker, 24 Jefferson St., Warren, PA 16365, 814-723-3442, seeker@westpa.net

MAR, NASA Kentucky St., Greg Van Hoose, ovhl@wirefire.com

MAR, NASA Kentucky State (Lexington Athletic Club) Greg Van Hoose, RT. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

MAR, AAU MASS State Open (male/female) Bruce Lynch, Box 272, E. Taunton, 02718. 508-822-4534

#### 2202 Huge Iron Powerlifting Schedule

2-23-02 WPO Qualifier/WPO Arnold Classic Bench Bash (Columbus, Ohio)

2-24-02 WPO Super Bowl of Powerlifting Finals (Columbus, Ohio) 4-06-02 APF Florida State Bench Bash (formerly Bike Week B.B.)

4-20-02 APF Nevada State and APF Southwest Powerlifting Open (Las Vegas, NV - qualifier for APF Senior Nationals)

5-11-02 AAPF Florida State Powerlifting Championships

6-01-02 APF Florida State Powerlifting Championships (qualifier for APF Senior Nationals)

6-2-02 APF Bench Press Nationals and WPO Bench Press Qualifer (contest will determine who is selected for WPO B.B.C./

6-14-16-02 APF Mens + Womens Senior National Powerlifting Championships and WPO Qualifier (only other qualifying meet for WPO Semi Finals, York Barbell Hall of Fame, York, PA)

7-13-02 APF Florida Push/Pull (for total) 9-7-02 WPO Bench Bash for Cash

10-?-02 WPO Powerlifting Semi-Finals (Loc. tba)

11-02-02 AAPF Southern States Powerlifting Championships 11-30-02 APF Southern States Powerlifting Championships (light

12-091-01 APF Southern States Powerlifting Championships (heavy day) (qualifier for APF Senior Nationals)

> All contests will be held in Daytona Beach, Florida unless otherwise specified. Call us @ 877-HUG-IRON or E-mail us, hugeiron@bellsouth.net for further info.

> > 5 APR. APF/AAPF First National Curl Contest (Pensacola, FL) Les Cramer, Weight Head Gym, 6620 W. Flamingo Rd. #1, Las Vegas, NV 89103, 702-873-1593, www.weightheadgym.com 5-7 APR, AAPF Nationals (Teen, Masters, Juniors, Open, men/women Pensacola, FL) Les Cramer, Weight Head Gym, 6620 W. Flamingo Rd. #1, Las Vegas, NV 89103, 702-873-

1593, www.weightheadgym.com 6 APR. IPA East Coast Bench Press Nationals, Drew Lindslev, 33501-A Lake Rd., Avon Lake, OH 44012, 440-930-2272, FAX 440-930-2608,

bodybydrew@mediaone.com 6 APR, Bench Press Mania, Rick Padgett, 141 Traylor Ave., Fitzgerald, GA 31750, 912-423-7434

6 APR, USAA BP, DL, Ironman Nationalns (tested, non-tested - Atlanta, GA) USSA, Box 1656, Griffin, GA 30224, 707-227-0008

6 APR, APA Colorado Open BP, DL & Push / Pull (Sterling, CO) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962 FAX 801-905-7046 scott@apa

6 APR, NASA Tennessee State PL, BP, PS (Nashville, TN) SQPBDL@aol.com

6 APR, Dungeon Power Works Drug Free Bench Slam/DL, Mark Mellinger, 15681 Featherstone Rd., Constantine, MI 49042, 616-435-7586 or Tyrone Ward 616-273-

6 APR, Staunton YMCA Spring BP/DL, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

6 APR, Police & Firefighters Open Nationals (Capitol Center Inn, Topeka, KS) James Duree, 913-596-7326, JDuree7086@aol.com

6 APR, USA "Raw" Bench Press Federation Spring Nationals, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL

61953. 217-253-5429.

www.sonlightpower.com 6 APR, USPF High School & Jr. Na tional Champio ships (Ft. Hood, TX 2 yr. age groups 13-23) Seguin Fitness, 1415 E. Court St., Seguin, TX 78155, 8 0 0 - 3 7 8 - 6 4 6 0 ,

www.seguinfitness.com
6 APR, WABDL Idaho State BP & DL (drug tested - Nampa, ID) James Preston, 208-465-0532

6 APR. USAPL Illinois State / Great Rivers BP AND PL, Mark Motsinger, 201 N. Gum St., Harrisburg, IL 62946, 618-252-0881 6 APR, APF Florida State Bench Bash (formerly Bike Week B.B. - Daytona Beach 877-HUG-IRON,

hugeiron@bellsouth.net

6,7 APR (new date), USAPL Pennsylvania State (Greater Scranton YMCA Dunmore, PA) Joe Luciano 570-961-0915 (w), 342-8155, www.geocities.com/ steventmann/vmeets.html

6,7 APR, IPA New York State PL & BP Joe Mitchko, 161 Perth Fitness Rd., Amsterdam, NY 12010, 518-762-3216 6.7 APR. Power Palooza IV PL. BP. DL. Eugene Rychlak Jr., 143 2nd Ave., Roversford, PA 19468, 610-948-7823 7 APR, SLP Primetime Fitness Spring BP/ DL Classic (Crestwood City, KY) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com 7 APR, WNPF Alabama (PL, BP, DL, SQ, PC - national qualifier - Bessemer, AL Lester Fields, Box 142347, Fayetteville, GA 30214. 770-996-3418

7 APR, WNPF Western New York Meet (Niagra Falls, NY), Ron DeAmicis, 6351 New Rd., Youngstown, OH 44515, 330-

7 APR, 3rd Pittsburgh Area Monster BP & DL (men, women - all classes - all divisions - cash prizes - Holiday Inn Airport) Mike Barravecchio, 301 Spring Water Ct., Moon, PA 15108, 724-457-2708

8 APR, New Hampshire State & New England PL & BP, Dave Follansbee, Nutrition 101, 865 Second St., Manchester, NH 03102. 603-626-5489. usabodybuilding@aol.com

12-14 APR, USAPL Collegiate Nation als, (Killeen, TX) Johnny A. Graham, 254-526-0779, Fax 254-287-7729, Email - Grahamj7@cs.com

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13 APR (new date), APF/AAPF Georgia

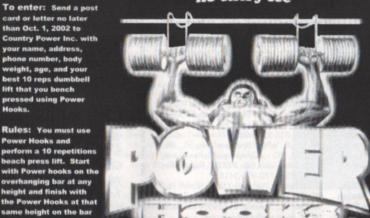
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13 APR, USPF California State PL & BP (Lake Forest, CA) Tony Hardridge, 949-307-9634, www.strengthsystemsdiet.com 13 APR USPF 11th Annual UR Open BP/DL, Triple Gym, Alumni Arena, University at Buffalo, Amherst, NY 14260 (deadline 3/31/02) Matt Malisiewicz 716-645-1461, mmm25@acsu.buffalo.edu

13 APR, WNPF Can-Am Nationals & Michigan State, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515,

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13 APR, SLP Extreme Physique BP/DL (Poplar Bluff, MO) Son Light Power, 122 Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

13 APR. 4th Wisconsin's Best Bench Press. Glen Woychik, N34146 Moga Rd., Independence, WI 54747, 715-985-2608, ww.wisconsinsbestbench.com

13 APR, APF Central California Open/ Novice (open, submasters, teen, women, jrs., masters) Bob Packer, 559-322-6805 (w), 559-658-5437 (h)

13 APR, ADAU Raw Drug Free New York City Open BP & BP/DL, Pete Sanzio, 462 Doane Ave., SI, NY 10308, 178-605-1402 13 APR, lowa/Midwest Open BP/DL and Trap Deadlift (teen, novice, open, submas-

ter, master [1, 2, 3], and women - awards to all lifters) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 641-673-5240 13,14 APR, WNPF Powerfest 2002 (PL. BP. DL. SO. PC . Lancaster, PA world qualifier) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996

3418 13,14 APR, NASA High School Nationals (PL, PS - Oklahoma City, OK) SQPBDL@aol.com 14 APR, 16th Olympic Bench Press Champion ship. Olympic Fitness Center, 224 N. Fourth St., St. Charles, IL 60174, 630-377-7527 17-21 APR, IPF Masters World Bench Press Championships (Killeen, TX) Johnny A. Graham, 254-526-0779, Fax

254-287-7729 Email Grahamj7@cs.com 20 APR, YMCA of Saratoga BP, John

Hart, 20 Old Gick Rd., Saratoga, NY 12866, 518-587-3000

20 APR, AAU New England High School ngham, MA) Dale Caparaso, 401-232-7320

20 APR, APF Nevada State & APF Southwest PL Open (Las Vegas, NV - qualifier for APF Sr. Nationals) 877-HUG-IRON. hugeiron@bellsouth.net

20 APR, Georgia State Open BP/WABDL BP & DL Qualifier (open, master, teen, women, novice - Atlanta, GA) George Herring 770-963-6788, Steve Ramey 770-955-

20 APR, SLP Effingham Open BP/DL Classic (Effingham, IL) Dr. Darrell Latch. 122 W. Sale St., Tuscola, IL 61953, 217-

253-5429, www.sonlightpower.com 20,21 APR, NASA N. Carolina St. (all Hickory/Conover, NC) events. SOPBDL@aol.com

21 APR (new date), ADAU Seneca Nation of Indians Bench Press Warriors (open men & women, native, youth & teen, junior, submaster, masters) Dr. Jay Toth, 3446 Center Rd., Salamanca, NY 716-673-4613, Jay. Toth@Fredonia.edu

27 APR. NASA Wisconsin St. PL. BP. PS (Marshfield, WI) SQPBDL@aol.com

27 APR, South Florida Spring Bench Press (Lantana, FL) Bob Youngs, 561-718-9877, byoungs@bellsouth.net

27 APR, 23rd Raw ADAU "Power Day Classic" separate BP & DL contests (open and all age groups - men & women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214,

27 APR, USAPL Kansas State & Sun Flower Meet (Red Coach Inn, 2110 W. Crawford, Salina, KS 67401) James Duree, 913-596-7326 JDuree 7086@aol.com

27 APR, SLP National BP/DL Championships, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

27,28 APR WNPF Pan-AM Championships (PL, BP, DL, SQ, Curl - W. Palm Beach, FL) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-

27,28 APR, USAPL Heavy Metal Classic PL, Pro Fitness, 350 Rt. 46, Rockaway,

A.A.U. Sr. NATIONAL BENCH PRESS CHAMPIONSHIP Saturday & Sunday May 4<sup>th</sup> - 5<sup>th</sup> 2002

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Schedule: 5/4/02: Spec. Olym.-10:00-12:00 W 97-132 - 1:00-2:00 W 148-SHW - 2:00-3:00 HS - 3:00-6:00 5/5/02: M 114-181 - 12:00-3:00 M 198-SHW - 3:00-6:00 Awards

\_\_\_\_\_

NJ 07866, 973-627-9156

27,28 APR, WABDL House of Pain World Cup (drug tested - Holiday Inn Select North Irving, TX) Gus Rethwisch, 503-762-5066 APR, USPF New Jersey State & Region II PL (Mountaineer IV Qualifier) Eddie Horton, 16 Lindsey Ct., Lakewood, NJ 08701. 732-886-0199, USPFehorton@aol.com

APR, NASA W. Virginia St. Greg Van Hoose, gvhl@wirefire.com

APR, NASA WV State, Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

APR USPF North American PL/BP (men. women open, 14-23, 35-39, 40+, collegiate) Dave Follansbee, 865 Second St., Manchester, NH 03102, 603-626-5489, usabodybuilding@aol.com

APR, PPL Drug Free Georgia State, PPL, 2250 Lumpkin Rd., Augusta, GA 30906,

706-790-3806, pythongym@aol.com 4 MAY, 10th Mon Valley Fitness Center Classic BP/DL & BP for reps, MVFC, Box 567, Dunlevy, PA 15432, 724-483-2438, MVFC@dp.net

4 MAY, WNPF Record Breakers BP & DL & West Coast PL (Anaheim, CA) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

4 MAY (new date), WNPF Western Pennsylvania PL (Beaver Falls, PA - national qualifier) Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, 330-792-

4 MAY, NASA IL/IN St. (Flora, IL) SQPBDL@aol.com

4 MAY, Costal Bench Press Extravaganza Biggest Bench Meet in the Southeast (15 divisions, 11 wt. classes, quest lifters, demos, seminars, videos, t-shirts, and products-Savanah, GA), 912-660-0033 4 MAY, USAPL Missouri State/Ozark Open

(St. Louis - men & women, open, teen, masters & novice men) Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367, 636-561-1242 mcis904082@aol.com, usaplnationals.com 4 MAY, WABDL Hawaii Invitational BP & DL (Drug tested - Lahaina, Maui) Mike Saito 808-373-5739

4 MAY, ADAU NJ State Drug Free Raw 2 lift and separate BP and separate DL. Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695 4 MAY, 3rd annual Bench Press Meet,

Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158

4 MAY, SLP Indiana State BP/DL (Indianapolis, I) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, 4 MAY, WABDL Hawaii State (drug tested

Lahaina, Maui) Mike Saito, 808-373-5053 4,5 MAY, AAU Sr. National Bench Press (all wt. class, div., & age groups . 1st place watches - team clock trophy) Merritt Atrhletic Club, 1388 Progress Way, Eldersburg, MD 21784 Josh 410-549-8855, FAX 410-549-9452 4.5 MAY, WABDL MonsterMuscle.com

World Record Breakers BP & DL (drug tested - Doubletree Hotel, Pasco, WA) Gus Rethwisch, 503-762-5066 4.5 MAY, WABDL Monster

Breakers (drug tested, Doubletree Hotel, Pasco,

762-5066 4.5 MAY, USAPL National Masters, John Shifflett, Box 941, Stanardsville, VA

2 2 9 7 3 .

WA) Gus Rethwisch, 503-

valifting@aol.com 5 MAY, SLP Southeast Iowa BP/DL (Coralville, IA) Dr. Darrell Latch, 122 W. Sale St., Tuscola, II 61953, 217-253-5429, www.sonlightpower.com

Atlantic Triple Crown Classic (4 contests in one) Barbara Beasley, 1811 Southcliff Rd., Richmond, VA 23225, 804-233-9570,

11 MAY, APA Midwest Regional (Burlington, IA) Roger Broeg, 525 S. Garfield, Burlington, IA 52601, 319-753-0676, apa-

11 MAY, AAPF Florida State PL (Dautona Beach. FL) 877-HUG-IRON, hugeiron@bellsouth.net

11 MAY, SLP Cross County Pull BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
18 MAY. Fred Pfister Memorial Push &

Pull (All divs., all age groups, deadline 5/ 6/02 - no late entries) Ray Dunn, Berkshire Nautilus, Pittsfield, MA 01201, 413-499-1217

18 MAY, West Virginia State and West Virginia Hall of Fame, Paul Sutphin, Box 523, Bluefield, WV 24701, psuthin@inetone.net

18 MAY, USPF Open BP & DL (sponsored by Erie C.C. Football Team - Buffalo, NY men, women, teen, masters) Dennis Green

18 MAY, ADAU "No Druggies Allowed" Open PL (national qualifier) Joe Orengia, 4468 W. 26th, Erie, PA 16506, 814-833-

18 MAY, Lifetime Natural Powerlifting Society Nationals, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9 , www.sonlightpower.com

18 MAY, NASS Missouri Strongman with the Microbrewery Festival, Jim Davis & Willie Wessels, 314-837-1372 or 609-6031, dwes370162@msn.com

18 MAY, ADAU Pennsylvania State (men, jr., teen - national qualifier) Joe Orengia, 4468 W. 26th, Erie, PA 16506, 814-833-

18 MAY, 5th Newman BP, Robert Ybarra. 2109 5th St., Sterling, IL 61081, 815-626-

18 19 MAY, WABDL Capitol City BP &

DL (drug tested - Rancho Cordova, CA) Jody Woods 916-417-7647, FAX 916-443-18,19 MAY, USAPL Texas State & Re-

gion 8 Open and BP (TX & OK) & Special Olympian Slots, Tom North, 507 Cora #106, Arlington, TX 76011, 817-469-9375
19 MAY (NEW DATE), WNPF North Americans, High School Nationals, New England States PL & PC - Stamford, CT--world qualifier) Troy Ford, Box 142347, Fayetteville, GA 30214,

24-26 MAY, APF Nationals (WPC World Qualifier - Picadilly Inn Hotel -Fresno, CA) Bob Packer, 559-322-6805 (w), 559-658-5437 (h) 25 MAY WNPF Western Pennsulvania

(Beaver Falls, PA) Ron DeAmicis, 6351 New Rd., Youngstown, OH 44515, 330-792-6670 MAY, NASA Kansas St. SQPBDL@aol.com

MAY, NASA New Mexico PL, BP, PS SOPBDL@aol.com

MAY, NASA PA St. Greg Van Hoose, 11 MAY Carolina Police & Fire Games (Push/Pull, BP, Raw - High Point, NC) Travis Pardue, 704-243-2173, tpardue@cmpd.org
11 MAY, AAU Virginia State Open & Mid-

MAY, NASA Pennsylvania State (New Stanton) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283,

MAY, USAPL New England States Open, Greg Kostas, Bx 483, Whitman, MA 02382, 781-447-6714 (8-10pm) Rene Moyen, 401-

MAY, NE Regional World Qualifier, Bruce Lynch, Box 272, E. Taunton, 02718, 508-822-4534

29 MAY-2 JUN 02, IPF Women's Worlds (Riesa, Germany)

31 MAY, 1 JUN, AAU North American Push/Pull. BP. DL (River Palms Casino - Laughlin, NV - world qualifier, open, masters, lifetime, junior, youth, mil/law. disabled. submasters equipped or raw - men & women) Mar tin Drake, Box 108, Nuevo, CA 92567,

909-928-4797, ntrlpwr@pe.net MAY/JUN, USAPL Hudson Valley Ironman (Worlds Gym, Newburgh, NY) Frank Panaro, 839 Rt. 52. Walden, NY 12586, 845-778

1 JUN, SLP Big Bench at the French BP/ DL (Memphis, TN) Son Light Power, 122 S. Sale. Tuscola, IL 61953, 217-253-5429. www.sonlightpower.com

1 JUN, MPA State BP & DL (Teens 15 and under, 16-17, 18-19, Open - nonresidents welcome, master (40-49), 50-59, 60+, police/fire/military, 40+ police /fire/military) The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55330, Dave - 763-441-4232 (d), Jerry 763-753-6064 (n)

1 JUN. APF Florida State PL (Daytona Beach, FL) 877-HUG-IRON,

1,2 JUN, WNPF American Champion-ships (full meet & single lifts & power curl - Bordentown, NJ - - world qu fier) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996 3418

1,2 JUN, NASA Masters/Submasters Nationals PL, BP, PS (Nashville, TN) SQPBDL@aol.com

2 JUN, APF Bench Press Nationals & WPO Bench Press Qualifier (contest will determine who is selected for WPO B.B.C./WPO A.C. - Daytona Beach 877-HUG-IRON

hugeiron@bellsouth.net 2 JUN, SLP Indiana Summer BP/DL (Franklin, IN) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429,

www.sonlightpower.com 8 JUN, APF Venice Beach Open BP (Venice Beach, CA) 310-399-2775

8 JUN. Raw ADAU Pennsylvania St. & open (from any state) for men submaster, master, and women of any age (Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

8 JUN, USPF South Texas Championships (men/women - open, below I, jr. (13-23, 2 year age groups), submaster, masters (5 yrs age groups to 70+), Bench, Police/Fire Seguin Fitness, 1415 E. Court St., Seguin, TX 78155, 800-378-6460 www.seguinfitness.com

8 JUN, SLP Superman Classic BP/DL (Metropolis, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL

61953, 217-253-5429, 8,9 JUN, WABDL Bend Summer Strength & Fit ness (drug tested - Bend Riverside Motel, Bend, OR) Gus Rethwisch, 503-762-

14-16 JUN (NEW DATE), APF Men's & Women's Senior National PL & WPO Qualifier (only other qualifying meet for

49



WPO Semi-Finals. York Barbell Hall of Fame, York, PA) 877-HUG-IRON, hugeiron@bellsouth.net

14-16 JUN, USAPL Teen/Jr. Nationals (Killeen, TX) Johnny A. Graham, 254-526-0779, Fax 254-287-7729, nail - Grahamj7@cs.com

15 JUN, USA "Raw" Bench Press Federation Summer Nationals (Mattoon, IL) Dr. Darrell Latch, 122 W. Sale St... Tuscola, IL 61953, 217-253-5429,

www.sonlightpower.com
15 JUN, WABDL Utah State (drug tested -Provo, UT) Randy Marchant, 801-375-8781 15 JUN, USAPL Eastern USA BP, John Shifflett, Box 941, Stanardsville, VA 22973.

15 JUN, NASA Texas Classic PL, BP, PS (Longview, TX) SQPBDL@aol.com 21,22 JUN, IPA Worlds - Nazareth

Barbell Strength Spectacular (55 lifters/day) Mike Miller or Deb Ames, Nazareth Barbell (PA), 610-746nazbar@enter.net, 7000. www.bigbenchpress.com

22 JUN, USAPL California State Bench Press (Los Angeles) Lance Slaughter, 310-995-0047, Lance.Slaughter@heart.org, Planas, 818-242-1906, jplanas@pacbell.net, www.usapl-ca.org 22 JUN, WABDL Hard Hitters Louisiana

State BP & DL (drug tested - New Orleans, LA) Arrid Hansell, 504-392-9743 22 JUN, SLP Iron House Gym Open PL (Hoopeston, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429.

www.sonlightpower.com
22,23 JUN, WNPF USA (PL. BP. DL. SQ, PC - Atlanta, GA -- world qualifier) Troy Ford, Box 142347, Fayetteville,

22 or 29 JUN. WABDL Silver State Push & Pull & Nevada State Closed, Les Cramer, Weight Head Gym, 6620 W.

GA 30214, 770-996-3418 Flamingo Rd. #1, Las Vegas, NV 89103,



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702-873-1593, www.weightheadaym.com 29 JUN, SLP Wisconsin Rapids Push/ Pull BP/DL (Wisconsin Rapids, WI) Son Light Power, 122 S. Sale, Tuscola, IL 217-253-5429,

www.sonlightpower.com 29 JUN USBF Lawrence Garro Memorial Raw Ironman/Ironwoman (BP & DL) Open, Brian Washington, Box 20042, Baltimore, 21284. 410-265-8264

29 JUN, USSA CAN-AM National BP/ DL & Ironman (Ottawa, CAN-tested, non-tested) USSA, Box 1656, Griffin, GA 30224, 707-227-0008

29 JUN, WNPF CAN-AM National BP-DL, IronMan Championships & Power Curl - Ottawa, Canada - world qualifier) Lester Fields, Box 142347, Fayetteville, GA 30214, 770-996-

29 JUN, USBF Wayne Detling Memorial Raw Bench Open, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, EastCoastPower@Home.com

29,30 JUN, APF West Coast Open PL, BP, DL & Power Sport, Big Bear's Gym, Box 304, Yachats, OR 97498, 541-574-

30 JUN-6 JUL, AICEP Team Russia & Team Canada versus Team Russia, Team Finland, Team Sweden in Helsinki, Finland - AICEP, 15 Cartier, Suite 3, Pointe-Claire, Quebec, H95 4R5, Canada, 514-697-0628 (FAX) 514-697-3735, www.aicep.com

JUN, YMCA National PL & Curl Competition, Les Cramer, Weight Head Gvm. 6620 W. Flamingo Rd. #1. Las Vegas, NV 89103, 702-873-1593, www.weightheadgym.com

JUN, NASA WV Open (Buckhannon) Greg Van Hoose, Rt. 1 Box 166, Ravenswood 26164, 304-273-2283, gvhl@wirefire.com

JUN AAU Raw Nationals (Roston MA) Dennis Brennick, 617-567-5177 3 JUL, Iowa/Midwest Open Touch and Go

BP (Sigourney, IA - teen, novice, open, submaster, master 1-2-3, women) Wavne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240

6 JUL, SLP Ft. Hamilton Days BP/DL Classic (Hamilton, OH) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-

253-5429, www.sonlightpower.com
6.7 JUL. WNPF Nationals (Youngs) town, OH - world qualifier) Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

7 JUL. USAA PL Nationals (tested. non-tested - Atlanta, GA) USSA, Box 1656, Griffin, GA 30224, 707-227-

11-14 JUL, 100% Raw Sr. Nationals (men & women, all ages, wt. classes, 5 yr. drug testing, 6/15 deadline) Dr. Spero Tshontikidis, 10266 Redtail Ct., New Market, MD 21774, 301-865-

13 JUL, APF Venice Beach Open DL (Venice Beach, CA) 310-399-2775 13 JUL, 4th annual Push/Pull, Jamie Fel-

lows, Box 375, Belmont, NH 03220, 603-267-8158 13 JUL, ANPPC World Cup, Dr. Dar-

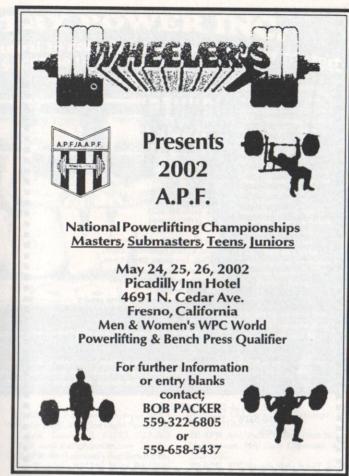
rell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429.

13 JUL, APF Florida Push/Pull (for total -Daytona Beach, FL) 877-HUG-IRON, hugeiron@bellsouth.net

18-20 JUL, IPA Worlds, Fitness America, 9109 Duer St., El Paso, TX 79924, 915-755-3032, 915-544-6559 (FAX), Jesse Lopez or David

20 JUL, Beach Bench Press Champion ships (Angola, NY) Butch Murr, 716-652-

20 JUL, Midwest open PL & PS (Red Coach Inn, Salina, KS) Jim Duree, 913-596-7326, JDuree7086@aol.com



20 JUL, USSA USA PL Championships & S.C. State (tested, non-tested - Gaffney, SC) USSA, Box 1656, Griffin. GA 30224, 707-227-0008

20 JUL, Blackberry Barbender BP/DL ampionships (Brewster, NY) Bruce son 845-279-2346, David Corsi 845-279-3817, http://www.geocities.com/ ruceswan500/index.html

20 JUL, SLP Mid South BP/DL (Paducah, KY), Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, ww.sonlightpower.com

20 JUL, Santa Barbara PL Championships, Kevin Fisher, 25 E. Arrellaga, Santa Barbara, CA 93101, 805-963-3439, KFISHER54@aol.com

26 JUL, USPF Barbee Classic (men/women open, below I, jr. (13-23, 2 year age groups), submaster, masters (5 yrs age groups to 70+), Bench, Police/Fire) Seguin Fitness, 1415 E. Court St., Seguin, TX 78155, 800-

26,27 JUL, WABDL National BP & DL Championships (drug tested - Clarion Hotel, Houston, TX) Bob Garza 281-

26,27 JUL, WABDL National BP & DL (Houston, TX - Clarion Hotel) Bob Garza, 281-820-5923

27 JUL, 26th Southeastern Illinois BP & DL Classic (open, teen, police & fire, masters, d.o.c.) Mark Motsinger, 201 N. Gum St., Harrisburg, IL 62946, 618-252-0881 27,28 JUL, NASA Grand Nationals (all Hickory, NC) SQPBDL@aol.com

JUL, NASA Arizona State PL, BP, PS SQPBDL@aol.com JUL, PPL Drug Free Southeastern PL, PPL,

2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com JUL, USAPL Men's Nationals, Dennis & Sandi Brady, B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-5619692

1-4 AUG, AAU Youth, Teenage and High School, & Junior Nationals in conjunction with the AAU Jr. Olympics (Knoxville, TN) Rudy Garcia, Rt 1 Box 212, New Canton, VA 23123, 804-5 8 1 - 1 9 1 0 , ironsportsofva@hotmail.com

2-4 AUG, AWPC Amateur Worlds (Athens, GA) L.B. & Nadine Baker, 770-725-6684, lbbaker@musclemaker.net, www.irondawg.com

www.musclemaker.net 3 AUG, Team Weber Strength Powerlifting, Robert Weber Jr., 1412 5th St., Camanche, IA 52730, 563-259-8695

3 AUG, SLP Ohio State Fair BP/DL (Columbus, OH) Dr. Darrell Latch, 122 W. Sale St., Tuscola, II, 61953, 217-253-5429 www.sonlightpower.com

3 AUG, USPF Gulf Coast (Vidor, TX-men/ women - open, below I, jr. (13-23, 2 year age groups), submaster, masters (5 yrs age groups to 70+), Bench, Police/Fire) Seguin ess, 1415 E. Court St., Seguin, TX 155, 800-378-6460, 78155.

www.seguinfitness.com 3,4 AUG, WNPF World Bench Press -World Deadlift - Single Lift or Com-bined - Lancaster, PA - lifters must qualify at a WNPF national or major championship) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

3,4 AUG, WABDL North American BP & DL (drug tested - Holiday Inn Airport - Portland, OR) Gus Rethwisch, 503-762-5066 10 AUG, USAPL New Jersey Bench Press

Open, Pro Fitness, 350 Rt. 46, Rockaway, NJ 07866, 973-627-9156 10 AUG, WABDL Midwest Regional BP & DL (drug tested) Rich Edinger, 701-298-0764 or 361-8813

10 AUG, SLP Wisconsin State Fair BP/DL

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(West Allis, WI) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

10 AUG, Greene County Fair Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 22973,

10.11 AUG, NASA World Cup (all events, Oklahoma City, OK) SQPBDL@aol.com 11 AUG, SLP Missouri State Fair BP/DL (Sedalia, MO) Dr. Darrell Latch, 122W. Sale St., Tuscola, IL 61953, 217-253-

5429. www.sonlightpower.com 17 AUG, SLP Indiana State Fair BP/DL (Indianapolis, IN)

Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com 17 AUG, WABDL West Coast BP & DL (drug tested

Rancho Cordova, CA) Jody Woods, 916-417-7647, FAX 916-443-6200

17 AUG, USAPL Mid-Atlantic Open PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

18 AUG, APF Venice Beach Push/Pull Powerlifting
Championships (Venice Beach, CA) 310-399-2775

18 AUG, SLP Illinois State Fair BP/DL (Springfield, IL) Dr. Darrell Latch, 122W. Sale St., Tuscola, IL 61953, 217-253-

5429, www.sonlightpower.com
19 AUG, ADAU Raw Drug Free New Jersey Youth BP and 2 lift (19 & under, out of state division) Lorraine Granese, 708 Sugarbush Ct., Mays Landing, NJ 08330, 609-625-

24 AUG, WABDL Alki Beach BP & DL (drug tested Seattle, WA) Bull Stewart, 206-725-7894

24 AUG, SLP Kentucky State Fair BP/DL (Crestwood City, KY) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

24,25 AUG, AAU National PL (equipped) & Raw USA PL & International BP (Convention Center, San Bernadino, CA - last world qualifier for Virginia & Laughlin, NV: Nationals - open, masters, lifetime, jr., mil/law, submasters; Raw USA & BP: open, masters, lifetime, jr., youth, mil/law, disabled, submasters book rooms @ 909-381-6181) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net

25 AUG, USSA Teen, Jr., Submaster, Masters Na tionals (Lake City, FL-tested & non-tested) USSA, Box 1656, Griffin, GA 30224, 707-227-0008 31 AUG, USPF Bench Press Nationals (Ocean

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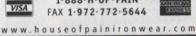
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(DuQuoin, II.) Dr. Darrell Latch 122 W Sale St., Tuscola, IL 61953, 217-253-5429, 31 AUG. NASA Virginia Regional

(Charlottesville, VA) Greg Van Hoose, 31 AUG, NASA Virginia Regional

(Charlottesville) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com AUG/SEP, USAPI, Fast Coast DI (Worlds

Gum, Newburgh, NY) Frank Panaro, 839 Rt. 52, Walden, NY 12586, 845-778-1884 1 SFP. APF/AAPF Muscle Maker Push Pull & Bench Meet, L.B. & Nadine Baker 1410 Jefferson Ave., Bogart, GA 30622, 770-725-6684, lbbaker@musclemaker.net 7 SEP. WPO Bench Bash for Cash (Daytona Beach, FL) 877-HUG-IRON.

eiron@bellsouth.net 7 SEP, SLP Tennessee State Fair BP/DL (Nashville, TN) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429. www.sonlightpower.com

7 SEP, APF West Coast Open BP (Venice Beach, CA) 310-399-2775

10-15 SEP, IPF World Jrs (Venezuela) 14 SEP, SLP Village Square BP/DL (Effingham II.) Dr. Darrell Latch 122 W Sale St., Tuscola, IL 61953, 217-253-5429, w.sonlightpower.com

14 SEP, Iron Boy Bench Press Classic (Winston-Salem, NC) Keith Payne, 336-766-3347, keith@ironboyenterprises.com 14 SEP, WABDL Washington State BP & DL (drug tested - Hoguiam, WA) Don Bell, 360-533-5711

15 SEP, USSA American PL Championships (Dayton, OH - tested & non-tested) USSA, Box 1656, Griffin, GA

30224, 707-227-0008 15 SEP, SLP Iowa State BP/DL (Coralville, IA) Dr. Darrell Latch, 122 W. Sale St.,

Tuscola, IL 61953 217-253-5429 ntpower.com

15 SEP, ADAU Seneca Nation of Indians Allegany Reservation Bench Press Championships II (open men & women, native, youth & teen, junior, submaster, master) Dr. Jay Toth, 3446 Center Rd., Salamanca, NY 14779. 716-673-4613

Jay. Toth@Fredonia.edu 21 SEP, SLP Open National Powerlifting Championships (Hoopeston, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, 61953, 217-253-5429,

www.sonlightpower.com
22 SEP, ADAU Connecticut Raw Drug Free PL & BP, Robert De La Vega, Power house Gym, 71 Commerce Dr., Brookfield, CT 06804 203-775-8548

22 SEP. SLP Wisconsin State BP/DI (Burlington, WI) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429. www.sonlightpower.com
28 SEP, SLP National 'Raw' Powerlift-

ing Championships (Rolla, MO) Dr. Darrell Latch, 122 W. Sale St., Tusc IL 61953, 217-253-5429, www.sonlightpower.com

28 SEP (additional contest), USBF Raw BP Nationals & USPC Power Curl Nationals (open, masters, teen, police/fire, military - wraps & belts Brian Washington, Box 20042, Baltimore, MD 21284, 410-2 6 5 - 8 2 6 4 , EastCoastPower@Home.com

28 SEP, NASA Wisconsin Regional PL, BP. PS (Marshfield, WI) SOPBDL @aol.com SEP, NASA Kentucky Regional (Lexington. KY) Greg Van Hoose, gvhl@wirefire.com SEP, NASA Kentucky Regional (Lexington) Greg Van Hoose, Rt. 1 Box 166. Ravenswood, WV 26164, 304-273-2283,

5 OCT, SLP Fall Bench Press/Deadlift Classic (Mattoon, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

5 OCT 2nd annual Record Breakers Most amie Fellows, Box 375, Belmont, NH 03220, 603-267-8158

5 OCT, NASS North American Strong man Championships (St. Louis, MO) Willie Wessels, 314-609-6031, dwes370162@msn.com 5 OCT, NASA Ohio Regional PL, BP, PS

ringfield, OH) SQPBDL@aol.com 9-13 OCT, IPF World Masters (Argen-

10 OCT, ADAU Raw Drug Free Open New ersey BP & BP/DL (Hamilton Township PAL) Lorraine Granese, 708 Sugarbush Ct., Mays Landing, NJ 08330, 609-625-0807 12 OCT, SLP Arkansas State BP/DL (Paragould, AR) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
12 OCT, NASA Tennessee Regional PL,

BP, PS (Nashville, TN) SQPBDL@aol.com 13 OCT, White's Truck Stop YMCA BP/ DL. John Shifflett, Box 941, Stanardsville. VA 22973, valifting@aol.com

13 OCT, APF Semi-Annual Bench Meet, Olympic Fitness Center, 224 N. Fourth St., St. Charles, IL 60174, 630-377-7527 19 OCT, APF N. California Open PL &

BP (San Francisco, CA) John Ford 650-757-9506 19 OCT, 6th Pennsylvania Power Challenge (BP/DL) Gene Rychlak, 143 2nd Ave., Royersford, PA 19468, 610-948-

19 OCT, SLP Midwest Open BP/DL (Indianapolis, IN) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429.

www.sonlightpower.com 19,20 OCT, NASA Iowa Regional PL, BP, PS (Des Moines, IA) SQPBDL@aol.com 20 OCT, SLP Pecatonica Fitness Fall BP/ DL Classic (Pecatonica, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-

253-5429 www sonlightnower com 25-27 OCT, WNPF World PL & SQ Championships (Youngston, OH - lifters must qualify at a WNPF national or major championship) Ron Deamicis 6531 New Rd., Youngstown, OH

44515, 330-792-6670 26 OCT. 20th ADAU "Central PA Open" (open and all age groups for both men & women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-

3214. al@pikitup.com 26 OCT, ANPPC Nationals, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953. 217-253-5429. www.sonlightpower.com

26,27 OCT, NASA North Carolina Regional PL, BP, DL, PS (Hickory, NC) SQPBDL@aol.com

OCT, WPO Powerlifting Semi-Finals tba) 877-HUG-IRON. n@bellsouth.net

OCT, PPL Drug Free Nationals (sculptured awards) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806. pythongym@aol.com

2 NOV, USPF Texas Cup (Austin, TX men/women - open, below I, ir. (13-23, 2 year age groups), submaster, masters (5 yrs age groups to 70+), Bench, Police/Fire) Seguin Fitness, 1415 E. Court St., Seguin, 78155, 800-378-6460, .seguinfitness.com

2 NOV. SLP Illinois State BP/DI Dr Darrell Latch, 122 W. Sale St., Tuscola, IL 61953 217-253-5429,

2 NOV. AAPF Southern States Pl (Day tona Beach, FL) 877-HUG-IRON,

2 NOV. USBF Fastern Regionals Raw Bench Open, USPC Power Curl, AAA Armwrestling, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264. EastCoastPower@Home.com

3 NOV. USA "Raw" Bench Press Federation Grand Nationals, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953. 217-253-5429, www.sonlightpower.com

8-10 NOV, USSA World PL Champi onships (Atlanta, GA - tested & nontested) USSA, Box 1656, Griffin, GA 30224, 707-227-0008

9 NOV, NASA Illinois & Indiana Regional PL. BP. PS (Flora, IL) SOPBDL@aol.com 9 NOV, SLP Fitness One Fall Classic BP/ DL (Hamilton, OH) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
9,10 NOV, USAPL New Jersey State PL.

Pro Fitness, 350 Rt. 46, Rockaway, NJ 07866 973-627-9156

10 NOV, SLP Franklin Health & Fitness BP/DL Classic (Franklin, IN) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com 12-17 NOV 02, IPF World Men's

(Bratislava, Slovakia) 14-17 NOV. 100% Raw World Cham pionships (all ages, wt. classes, 5 vr. drug testing period, 10/19 deadline) Dr. Spero Tshontikidis, 10266 Redtail Ct., New Market, MD 21774, 301-

865-8274 14-18 NOV, WABDL World BP & DL Championships (drug tested -Peppermill Hotel, Reno, NV) Gus Re-thwisch, 503-762-5066, FAX 503-

762-5067 16 NOV, SLP Kentucky State BP/DL (Paducah, KY) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429,

www sonlightnower com 17 NOV, WNPF Lifetime National PL, BP, DL, SQ & Sarge McCrary BP/DL (single lift or combined) & Power Curl (Bordentown, NJ) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-

996-3418 17 NOV, SLP Rhino's Fitness BP/DL Classic (Roscoe, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429,

ww.sonlightpower.com 30 NOV, APF Southern States (light day qualifier for APF Sr. Nationals - Dautona FL) 877-HUG-IRON, hugeiron@bellsouth.net

1 DEC, APF Southern States (heavy day qualifier for APF Sr. Nationals - Daytona FL) 877-HUG-IRON, hugeiron@bellsouth net

5-8 DEC 02, IPF World Bench Press

7 DEC, APF 49th Iron Man Open PL & BP Challenge, Mr. Iron Man, Ms. Iron

Woman, Over 40 Mr. Iron Man (Fresno. CA) Bob & Kim Packer, 559-658-5437, 322-6805

7 DEC, MPA Miller Chevrolet Christmas BP Classic (Teen 19 & under, open - nonresidents welcome, masters 40+, police/ fire / military, 40+ police / fire / military) The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55330, Dave - 763-441. 4232 (d) Jerry 763-753-6064 (n)

7 DEC, USAPL New York State BP/DL Championships (Brewster, NY) Bruce Swanson 845-279-2346, David Corsi 845. 279-3817, http://www.geocities.com/ ceswan500/index.html

7 DEC, SLP Christmas For Kids BP/DL Classic (Mattoon II ) Dr. Darrell Latch 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
7 DEC, APF/AAPF Georgia Muscle Maker

Open PL, DL, BP, L.B. & Nadine Baker. 1410 Jefferson Ave., Bogart, GA 30622, 770-725-6684, lbbaker@musclemaker.net 7.8 DEC. AAU World BP. Push-Pull DL (River Palms Casino - Laughlin, NV open, masters, lifetime, junior, youth, mil/law, disabled, submasters equipped or raw - men & women) Martin Drake, Box 108, Nuevo, CA 92567. 909-928-4797, ntrlpwr@pe.net 7,8 DEC 02, USAPL Virginia State PL/

John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

8 DEC. 10th Raw ADAU "Coal Country" Classic (separate BP & DL contests, open & all age groups - men & women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield. PA 16830, 814-765-3214, al@pikitup.com 8 DEC, WNPF South Florida BP/DL (single lift or combined) & Power Curl - West Palm Beach, FL, Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418 14 DEC 02, Christmas Bench Press, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

28 DEC, SLP The Last One! BP/DL Classic, Dr. Darrell Latch, 122 W. Sale St. Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

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P.P.S. Italicized entries in this listing are new competitions or undates to

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88 12-13 85 D. White 190 181 14-15 181 250 170 I. Barnes Master I M. Krisinksi 170 181 170 14-15 Master 1 135 I. Payne M. Krisinks 170 319 135 165 320 165 320 K. Gibson 181 Master II Master II F. Sumner R. Hammond Assisted 181 T. Hines 420 T. Hines 420 400 480 R. McCull Master I C. Gibson 450 345 M. Leibacher 480 I Hanson 320 A Reane 355 B. Rush I. Rav D. McMilla 475 355 355 L. Ray L. Rav 500 B. Rush R. Thelin 385 475 D. McMillan 355 315 S. Deuel 315 S. Deuel 319 C. Middleton EAST COAST FULL POWER DL SQ BP 60 15 70 88 12-13 115 85 175 375 I. Beane 220 10-11 180 105 250 535 A. Crowder II SHW Women 16-17 250 125 260 635 319 Men 16-17 1000 400 200 400 Open 165 205 135 315 655 148 P. White 170 115 260 545 D. Bryant 275 285 300 790 D. Hill 325 T. Helton 265 345 935 S. Routh 410 345 520 1275 405 370 340 475 L. Deason 1250 1165 S. Lock 405 420 415 240 400 1055 Master II 225 245 320 790 A. Crenshaw M. Brady 425 295 510 1230 250 260 335 845 Master I 275 245 325 845 350 280 405 1035 M. Fox . Freeman 425 285 435 1145 I. Thor 275 150 400 825 B. Cahill 390 290 520 1200 1125 375 350 400 V. Armstrong Master II 350 250 385 I. Michael 242 500 A.Crowder 405

Master I

275

B. Strauss

D. Michels

425 305 425 1155

650 365 605

600 450

500

1700

AAU East Coast/N.C. State

18 AUG 01 - Randleman, NC

North Carolina

**Assisted Bench** 

FAST COAST

**Bench Press** 

220

Men

123

P. Capps

B. Boggs

Master I

B. Walke

Master I

M. Baker

P. Capps

I. Brown

Open B. Rush

J. Jobes

Master III 625 330 545 1500 A. Arrington Submaster B. Dunn 650 400 570 1620 Event held at Randleman Senior High School. The competition was met with much anticipa-tion and enthusiasm from the 100 plus entries and the crowd of some 400 spectators gathered to watch these combatants take the platform. Before the lifting began I took time to recognize some of the people who have been invaluable to the lifting program at King's Gym. Randleman High School Head Football Coach Charles Arrington and his staff were recognized for their assistance with the youth ers attain their lifting goals. Bryan Rush was recognized for his coaching and mentoring of the lifters in the King's Gym youth program. Last but not least, Arnold Arrington was given friend to anyone who has stepped on the lifting lifters from our gym was overheard asking the ticket sales table, job well done. To my Lemonds, Meet Director

Arnold what it would take for him to retire!! The lifting went smoothly with hard battles being fought in many of the divisions and weight classes. The crowd Arnold Arrington. He garnered the American and North Carolina Records across the board in the 275 lb./62 year old age Carolina Open Record in the squat. On the other end of the age spectrum we had 8 year old Amanda Boggs lifting in the Girls 77 lb. weight class. With a full 3 weeks of training under her belt she charmed the crowd with her pixie-like appearance and her seemingly effortless mastery of lifting techniques. She will be one to watch in years to come. The theory that genetics will tell was proven when 13 year old Justin Beane and his dad Alan Beane both set American Records in the bench in their respective divisions and weight classes. On the subject of records being broken, 22 American Records and 63 North Caroina Records bit the dust during the competition. King's Gym lifters were responsible for bringing home 16 American Records and 45 North Carolina Records.

King's Gym lifters setting American Records
Also included Elizabeth Schoeppler, Mike to Phyllis Swaney, Terry & Bree Lamb; all of you sion. Jason's efforts not only gained him an If you have never put on a Full Power compe-tition, you have no idea the amount of time and job well done. To my table help, Shannon Seay, Courtney Lorimer and Verlinda McMillan,



Left to Right: Arnold Arrington, Amada Boggs & Arnold's coach and training partner Bob Dunn (Sandra)

Brady, Bryan Rush and Bobby Walker. It was a worked diligently at the concession table from good day for the home team. Others had a beginning to end. To all of you who sat in the good day as well, most specifically first time Referee's chair, Red Swaim, Tommy Coble lifter, South Carolina's Jason Rauch who toiffeer, South Carolina's Jason Rauch who to-taled 1700 lb. in the Raw 275 lb. Open Divi-Young, John Nesbitt, Victor Armstrong and sion. Jason's efforts not only gained him an Mario Torrez, thanks so much for a service that awesome total for a first timer but the Best Lifter Award in the Full Power Open Division. Arrington and members of the RHS Football The following lifters joined Jason in winning the Best Lifter Award the their respective Divisions: Arnold Arrington - Master & Submaster /Full Power, Jonathan Freeman - Junior & meet set-up. Thanks to Paul Rossiter for putting meet set-up. Thanks to Paul Rossiter for putting Teen/Full Power; Alan Beane - Overall/Bench. together any and all forms I requested for the meet and for helping to keep me sane the days effort it takes to hold a meet. It takes coopera-tion from so many people and I am certain I least, a great big THANK YOU to my right arm Invaluable to the litting program at King's

Gym. Randleman High School Head Football

Will forget someone as I attempt to thank those
coach Charles Arrington and his staff were
recognized for their assistance with the youth
program at King's Gym. Bobby Walker received recognition for his team participation,
going everywhere with everybody to help othindicate the competition as uccess.

Waugh, Rodney Sargent, Tommy Rush, Drew

Waugh, Rodney Sargent, Tommy Rush, Drew

Ounn, Jay Diggs and Bob Gelsimino; you guys
going everywhere with everybody to help othlifted more weight than anybody - thanks for a
ing with prayer. Thanks to Pastor Wayne Eller,
from my church of from my church - Sunset Avenue Church o Wanda Bray, Brenda Daniel, Amy Spell, Melissa Grant, Sandra Watson, Trisha Brown,
but he blessed all the lifters and the competi tion before he prayed. I am truly blessed to have so many wonderful people in my life who a "Life Time Achievement Award" for his years thanks for keeping things running smoothly have so many wonderful people in my life who of being an excellent lifter, coach, referee and putting up with Charles!! And while we're will go the extra mile to help me when I need on the subject, many thanks to Charles Beane, help. If you helped at the meet in any way, and platform in the past 15 years at King's Cym. As you read the stats on this 62 years old lifter, you tive table announcer in the sport of Powerliftwill understand why more than one of the ing. Thanks to Terrie Talbert for holding vigil at I have "old timers" disease!!! Be blessed, Sandra

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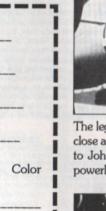


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O'Connell,	150	165	300	615
165 lbs.	130	103	300	013
Cannon,M	325	250	505	1080
Runkle,S	285	175	380	840
Stone,D	300	170	350	820
181-ins,	300	170	330	820
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Enquist,T	650	435	655	1740
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Prentice,G	325	280	375	980
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Left to Right: Jason Carroll, state record holder in the bench press for the 275 lb. class, and Tom Enquist, with a state record in the squat, bench, deadlift and total, as well as best lifter award, at the USPF New Hampshire State Record Breakers Meet. (photograph provided byTom Enquist)

to a fast start this time. The meet went on without a hitch. We only had one DQ this meet. We had two Woman lifters. Both did record bench, and a 450 lb. deadlift. Rememoutstanding. We hope to see all the lifters ber, Robert, you said if you get the state record come back to our future meets. Marcy Ferrara you would lose some weight. It's time. Thanks broke two state records in the 35-39 114 lb. class she did a 170 lb. squat, 120 lb. bench, both state records-she ended the day with a 210 lb. deadlift. Carol Khoury smashed all the did the scorekeeping. Thanks to Paul Mancini records in the 45-49 148 lb. class she did a very did the scorekeeping. Thanks to Paul Mancini easy 225 lb. squat, 125 lb. bench and smoked and Ed Kirila for the computer projection a 260 lb. deadlift to total 610 lb. all state records. J. O'Connell was the only one in the 148 class. We will try next time to have some like to thank everyone that turned out to lift and competition in the class for him he did a 150 lb. support our first annual NH Record Breakers meet. squat, 165 lb. bench and a easy 300 lb. dead. We only had 38 lifters, but we set 29 new state Sample of the Polymer of the Polymer

Application for Registration

UNITED STATES POWERLIFTING FEDERATION

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315 lb. bench and pulled a 460 lb, deadlift for a 1195 lb. total. The 198 lb. class was won by Masters had their share of records also. C. Ray Fowler, he had personal best lifts across McDonald set all of the records in the 198# divi sion for his age group with a 250# squat, a 205# BP, a 400# DL, and an 855# total. S. Zeldow set a Bench Record in the SHW with 390#, and Pete Bennett set the board: 505 lb. squat, 360 lb. bench, and he pulled a 600 lb. deadlift for a 1465 lb. total. Joel Smith took second with a 475 lb, squat state record 45-49 class his deadlift and total are a squat record in the Grand master 220's weighing only 201 with a 400# squat. He also won the Grand Masters class, which, in my opinion, was a long time coming and well deserved. I've seen Pete state records also. Bob Adams just wanted to bench a 370 lb. state record 45-49 class. The 220 lbs. class was won by a novice lifter Keith Mountjoy did a strong 500 lb. squat, 275 lb. bench, and a very easy 525 deadlift. Paul Kulas compete in every meet I've put on in the last couple of years, and he keeps getting better and better. We only had two women in the contest, but both of them set records. Marcie Ferrara finished with a took second with a 450 lb. squat, 315 lb. bench and he pulled 470 lbs. for a total of 1235 lbs. 170# squat and a 120# bench, which were both new state records. Carol Khoury also had a good day setting all new records with a 225# squat, a man came in third with a 375 lb.squat a 400 lb, bench state record 40-45 class and ended the day with a 400 deadlift. The 242 lbs. was won by Tom Enquist, and he broke all the 125# BP, a 250#DL, and a 600# total in the master 181# dass. Well, on to the open classes. The 148# class was won by J. O'Connell. The 165# class was won by M. Cannon with a 1080# total. J. Loudarowicz won the 181# class with a 1245# state records in the class, and took best lifter: 650 lb.squat, 435 lb. bench, 655 lb. deadlift for a 1740 lb. total. Second went to Joshua Fairbanks a novice lifter. He did a fine job with total. The 198# class was the biggest class and was won by Ray (the scale was wrong) Fowler with an impressive 1465# total. K. Mountjoy won the 220# a 600 lb, squat and a 585 lb, deadlift - both are state records in the junior division - and his class with a 1300# total. The 242# class was won by 1520 lb. total is a state record not bad for his the meet's best lifter Tom Enquist who rewrote the state 242# records with a 650# squat, a 435# first meet. The 275 lbs. class was won by Terri Davis, and he did a 585 lb. squat, 380 lb. bench and he pulled 580 lbs. for a 1545 lb. total pr. If bench: a 655# DL, and a 1740# total, T. Davis v the 275# class with a 1545# total, Second place went to new state record holder Jason Caroll with a 470# BP. The SHW bench record was set by he didn't hurt his back on his first squat he would have came close to the 1600 mark. Second went to Jason Carroll, and he did a very Robert Adams with a 490# BP on his fourth at-tempt. We are sure that he will be in the mid 500's easy 525 lb. squat, 470 lb. state record bench, and a 400 lb. deadlift. Third went to Andreas shortly! Special tanks to score keepers Rodney Roy and Paul Mancini, and thanks to Dave Follansbee from USABodybuilding.com for judging. (thanks to Jamie Fellows for sending his report to Pt USA) Antoniou a novice lifter. He went 9 for 9 - 405 lb. squat, 400 lb. bench, and 505 lbs. on the

to the spotters and loaders: Kurt Costello, Kyle Decoff, Sean Macdonald and Moe Grimard.

Jamie Fellows, Dave Follansbee and Al Eason judged this meet. Rod Roy and Paul Mancini

urrent Card # (If Keneu

YN

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

In recognizing the need for drug-usage detection, I agree to submit to

any testing procedures deemed appropriate by the USPF or its agents and shall accept the results and consequences of such tests.

Best of the Southwest IV 20 May 01 - McMurray, PA

Heavyweight Open

(14-16) 165 lbs.		C. Walker	460
J. Spaziana	195	C. Washington	415
K. Long	190	M. Thomas	380
S. Antoinette	165!	Teen Light	
Teen Heavy		(14-16) 165 lbs.	
(14-16) 166+ lbs	S.	S. Antoinette	400!
A. Weaver	220	K. Long	370
WOMEN		R. Welsch	300
Light 132 lbs.		WOMEN	SHIP
J. Rhoades	220	Light 132 lbs.	
220 lbs. Heavy		J. Rhoades	350!
Heavy 133+ lbs.		Heavy 133+ lbs.	
J. Post	110	J. Post	250
Grandmaster		Master	10 0
C. Koch	80	T. Antoinette	250
MEN		Grandmaster	0
Master		N. Schuchert	265
B. Tomko II	405	C. Koch	220
C. Venturella	320	K. Oberst	255
A. Retucci	405	MEN Master	
Grandmaster		B. Jelinek	700
F. Gallagher	310	W. Countz	450
J. Kuth	300	Grandmaster	T
T. Sikorski	245	T. Sikorski	360
Open 132 lbs.	allet	Open 132 lbs.	300
J. Spaziana	195	S. Antoinette	400!
R. Welsch	145	R. Welsch	300
148 lbs.		148 lbs.	300
C. Venturella	320	J. Cessar	400
M. Kreisel	265	C. Tarr	340
C. Tarr	260	165 lbs.	340
165 lbs.	200	K. Cyprowski	500
J. McDonald	280	W. Countz	500
J. McDonald	260	181 lbs.	300
181 lbs.	200	D. Buyan	520!
D. Boyan	340!	M. Wakulik	500
B. Thompson	335	B. McDermott	450
B. McDermott	325	198 lbs.	430
198 lbs.	323	A. Gavlak	555
B. Zemaitis	380	T. Simanovich	520
T. Simanovich	340	W. Donalds	500
A. Gavlak	315	220 lbs.	300
220 lbs.	313	Simanovich, Jr	630
B. Tomko III	415	B. Tomko III	610
A. Retucci	405	J. Gasbarrini	550
B. Simanovich	325	242 lbs.	330
242 lbs.	323	G. Oliver	F7F
T. Gibson	450		575
C. Luisi	345	A. Rowicki J. Siwiak	485
G. Oliver	315		450
275 lbs.	313	275 lbs.	700
J. Ward	445	B. Jelinke	700
		T. Smith	575
T. Smith	425	S. Fisher	550
S. Fisher	365	Outstanding 1	
WOMEN	nters.	Outstanding Li	iters:
WUMEN JOD	Kno	aues leens St	even

Antoinette (Bodytorium) Open Denny Buyan (Bodytorium) Team Bodytoritum. Meet Direc-

tor: Steve Simak, The Bodytorium Health Fit-

ness Center 122 Gallery Drive McMurray, PA

15317, Phone: 724-941-7270, (Steve Siwiak)



Best Lifter at the USA Raw Bench Federation Grand Nationals ... Doug Haycraft made a 470 National Record @ 242, Master 40-49.

#### USA 'RAW" BPF Grand Nationals

		-Tuscola, IL		
master women 4	0-49	4th	470	
148		275		
Anne Davis	210	Mark Wittler 34		
teenage men 18-	19	master men 50-59		
198		198		
Joe Brammeier	375	Wally Strosnider	370	
4th	385	4th	385	
master men 40-4	9	master men 60-69		
165		181		
<b>Butch Davis</b>	345	Ron Bishop	285	
4th	350	novice men		
181		275		
M. McNairy	260	Owen Neill	385	
220		open men		
Dennis George	345	220		
242		Kurt Hess	290	
Doug Haycraft	465			

\* USA "RAW" Bench Press Federation national record. The USA "RAW" Bench Press Federation Grand Nationals were held once again at Son Light Power Gym in Tuscola, Illinois. Although the turn-Power Gym in Tuscola, Illinois. Although the turnout was smaller than in the past we still saw a
number of new national records set. Lone women's
competitor Anne Davis had a great day, setting an
new national record in the master 40-49/148 class.
Anne, who also holds the 148 record in the submaster and open divisions, finished with a personal best 210. In the teenage division, first time con petitor Joe Brammeier set the national record at 198 with 375, followed by a great 385 fourth attempt. Butch Davis, another multi-national cham-pion and husband to Anne, retained his title at 40-49/165, and broke his own national record with a 345, then locked out with 350 for a fourth. Michae McNairy, lifting in his first competition, captured the title at 40-49/181, making all three attempts to



Wally Strosnider (left) who got 1st in master 50-59, 198, with a 385 bench at the USA Raw BP Federation Grand Nationals with Dr. Darrell Latch's son JOEY and his special award for all of his work loading and spotting and encouraging lifters throughout the year. (Darrell Latch)

#### LOUIE SIMMONS PRESENTS

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	Back of t-smit
	250

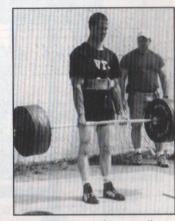
ing the national record with his last three attempts. Wally took 350 for his second, 370 for his third and finished up with a 385 for his fourth. Ron Bishop returned after nearly a year off to retain his title at 60-69/181. Ron finished with 285, just missing a go at his own national record of 300 with a 305.

Antrim, NH. Jean is 56 years old and shouther first these was sent and shouther first the same and shou Another first-timer was novice/275 winner Owen Neill. Owen finished with his 385 second attempt Neill. Owen finished with his 385 second attempt for a new national record there. Our final competitor was Kurt Hess who continues to improve after shoulder surgery a couple of years ago. Kurt has slimmed down to the 220 class where he finished with a solid 290 for the win. Thanks to my wife help. (Thanks to Dr. Darrell Latch for the results)

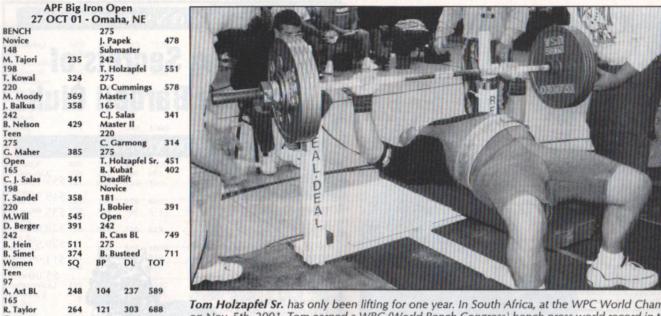
#### New England's Strongest Man

14 JUL 01 - Keene, NH 165 class - tie for first palce - 1st Tim McNab overhead jerk 180, cement block carry - 45-46 seconds, cheat curl 170, tire toss - 31'3", deadlift 340. 1st - Ernie Christian - overhead jerk 155, block carry 47.5 seconds, cehat curl 160, tire toss - 43'6", deadlift 365. 3rd place - Kyle Fisk: overhead jerk 125, block carry 49.31 seconds, cheat curl 125, tire toss 42'1", deadlift 300. 190 class - 1st Dan Dore: overhead jerk 205, block carry 42.46 seconds, cheat curl 190, tire toss - 52'0", deadlift 550. 2nd - Bill Brown: overhead jerk 250, block carry 52.79 seconds, cheat curl 185, tire toss - 45'7", deadlift 500. 3rd - Eddie DiFruscia: overhead jerk 190, block carry 48.0 seconds, cheat curl 230, tire toss - 35'2", deadlift 550. 4th - Brian Pateledes: overhead jerk 190, block carry 49.66 seconds, cheat curl 190, tire toss - 44'7", deadlift 475. Kevin Fisk: overhead jerk 200, block carry 1 min. 10 sec., cheat curl 175, tire toss 41'3", deadlift 375. 215 class - George Sousa; overhead jerk 260, block carry 44.75 sec., cheat curl 210, tire toss 51'10", deadlift 560. 2nd Joe Bergeron; overhead jerk 225, block carry 48.16

finish with 260. Dennis George retained his title at 40-49/220, coming down from Wisconsin to finish with 345, just missing a prattempt with 365. At 40-49/242 it was Doug Haycraft, making all four of his attempts to finish with a 470 national record. Weighing in at just under 240, Doug was also awarded the best lifter trophy. Mark Wittler won again at 40-49/275, finishing with a strong 345. Wally Strosnider took the 50-59/198 crown, breaking the national record with his last three attempts. contestants. The overall winner was George Sousa from Topsfield, MA. George has a fine future, if he sticks with it. The overall ir. champ Masters champ was Jean Gamache from Antrim, NH. Jean is 56 years old and gave the young guys a run for their money. Judges: Joe Romano, Ken Mattson, Charlie Lane. Spotter/ Loaders: Lyle Fisk, Phil Thomsen. Scorer's Table: Bill Durant, Louie LaPoint, Till Next Time, (thanks to Louie LaPoint for providing report)



George Sousa ... the overall winner at the New England's Strongest Man contest, deadlifting 560. (photograph provided by courtesy of the meet director Louie LaPoint)



Tom Holzapfel Sr. has only been lifting for one year. In South Africa, at the WPC World Championships on Nov. 5th, 2001, Tom earned a WBC (World Bench Congress) bench press world record in the 125 kg. wt. class with a 207.5 kg. effort. (photograph and information provided to PL USA by Becca Swanson)

463	1278	APF Natl. Reco				
650	1747	(Submaster - So				
474	1262	US	APL Fa	all Cla	ssic	
451	1174	27 OC	T 01 -	Gonza	les, L	A
431	1117	Women 97	SQ	BP	DL	тот
363	876	C. Richard	180	95	210	485
-		B. Seimeca	150	55	185	390
435	1162	114				
		5. Campanile 123	230	135	280	645
		A. Smith	225	130	290	645
501		132	325	210	360	895
		J. Rey M. Morello	270	130	300	700
577		148	2/0	130	300	700
		J. Newman	215	140	270	625
501		165				
		L. Picou 181	215	85	280	580
551		K. Lonque	260	130	305	695



114 M. Holmes

D. Brignad

I. lenkins

R. Steele

C Gallo

Master

J. Lyons

181

198

J. Comardell

I. Blackwell

M. Luckett

M. Godawa

S. Arnold

E. Howard

C. Holman T. Werner

K. Reynolds D. Possa

N. Ruppert T. Babcock

C. Steele

275 B.Locklair

K. Wnuk D. Sharon G. Reed

8-9 year old

lason Kline 35-39

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Tyler Rudacille 165

Richard Stokes 275

SHW

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490 1240

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500 1355

510 1280 450 1260

575 1370 410 1135

650 1700

465 1180

620 1700

705 1955

500 1415 475 1120

ouis Persinger 365

Gentry Maddox 385

Gentry Maddox 385

560

355

430 1065

120

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260

345

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375

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275 225 520 500

410 355

420

370

340 305

45-49

242 275 Open Allen Hicks

> 275 RAW

Brandon Tabler 345 Randy Goodrick 385

Klye Pighini

315 205

370

420

530 480

485 435 285 375

405

360

600 480

575 340 Meet Director: Paul Fletcher, Meet Site: Lama Dixon Expo Center. (results courtesy USAPL)

275

18-19 Supers Mike Gorman 385 Jim Smith

Bethel Baptist Van Fund Bench Press 15 SEP 01 - Stanardsville, VA

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			ZIP CODE MUST BE PRESENT
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REGISTRATION MASTERS TEE \$25.00 YES   NO	CLUB MEMBER	NAME OF CLUB YO	U REPRESENT

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SIGNATURE X

#### SLP Arkansas State BP/DL

13 OCI 01	- Kector, AK	
BENCH PRESS submaster women 181	198 Ricky Coggins 4 275	20*
Cyndi Crossland 310* master women 40-44 114	DEADLIFT junior men	00
Terry Morris 105* teenage men 18-19 220		80
Drew Price 300 master men 40-44 198	Tim Hawkins 4 master men 60-64	20*
Tim Hawkins 320* master men 60-64 242	Toni Barth 4	60*
Jimmy Duckett 310* master men 70-74 220	Jimmy Duckett 3 master men 70-74 220	50*
Lyndle Taylor 260* openrnen 148	Lyndle Taylor 4 open men 105	75*
Albert Pyland 315*	Seth Dearing 1 165	35*
Glen Thornas 360* Parrish Morris 280	Parrish Morris 3	75
181 Chris Sorrentino	Jose Muro 4 Matt Fisher -	50
Chris Sorrentino	275	00*

Son Light Power Arkansas state record. The SLP Arkansas State Bench Press/Deadlift Champion-ships were held at Pro Filness in Rector, Arkansas. A special thanks to owner Kevin French for once again hosting this event. In the bench press competition Cyndi Crossland came from Oklahoma to set tition Cyndi Crossland came from Oklahoma to set still another state record. Holding state records in Illinois, Kentucky and Missouri, Cyndi can now add Arkansas to the list. Competing in the submas-ter women/181 class Cyndi finished with a strong 310, just missing a pr 320 fourth attempt. In the awards program Cyndi was given a special award designating her as the SLP Female Powerlifter of the Year. Our only other female competitor was Terry Morris. Terry repeated as champion at master 40-44/114, breaking her own state record with a strong 105. Drew Price tied his own state record at teenage 18-19/220, finishing with 300 for the win there. At Master 40-44/198 Tim Hawkins had a great day, taking that title with a new state record of 320, which was also a new personal record for him. Jimmy Duckett came all the way from Oklahoma for the title at master 60-64/242, finishing with a personal best and Arkansas state record of 310. Then at 70-74/220 there was Lyndle Taylor, one of the premier master lifters in the world. Lyndle set the record at 260, looking stronger with each lift. In the open division Albert Pyland retained his title at 148 with a new state record of



Cyndi Crossland with a new Arkansas State Record of 310 in the Submaster Women's 181 pound class

WABDL Worlds the next month. Our other master gifter at 60-64, Jimmy Duckett, won at 242, pulling a personal best and Arkansas state record 360 for the win. Parrish Morris, sore shoulder and all, finished second with 280, tying his own personal record. Chris Sorrentino failed to get his opener of 300 in at 181. Ricky Coggins broke his own state record at 198, finishing with a 420 personal record at 198, finishing with a 420 personal record as well. At 275 it was D. D. Nichols, opening with an easy 580 before moving to an equally easy 600 as eagain, the big man captured the title at 275 and best lifter award, as usual. In the deadlift competition, Matt Harvey finished with a new personal record of 480 as he captured the title at 270. That's the first time I can remember a lifter of wond to the day at master 40-44/198. Tim finished with another prand Arkansas state record at 1820. To me are the record at 4242, pulling an easy 350. Jimmy "The Baby" Duckett, won at 2424, pulling an easy 350. Jimmy "The Baby" Duckett quit after record at 105, pulling a personal best 135 with perfect form. Parrish Morris won at 165 with 375, with a personal best 105, pulling a personal best 135 with an easy 350. Jimmy "The Baby" Duckett, won at 242, pulling an easy 350. Jimmy "The Baby" Duckett quit after too high and failed to get his opener of at 80 at least 375t) 1 guess just solong enough to get the state record and trophy is enough for some people! Our final master compatition was seven year old Seth Dearing set the state record at 105, pulling a personal best 135 with perfect form. Parrish Morris won at 165 with 320. Matt Fisher one of 400 (1 should have overloaded the bar at 350 to at least 375t) 1 guess just an easy 350. Jimmy "The Baby" Duckett quit after the record at 105, pulling a personal best 135 with perfect form. Parrish Morris won at 165 with 320. Matt Fisher one of 575 in at 220. Taking first place at 220 was first time compatition as very seried form. Parrish Morris won at 165 with 320. Matt Fisher one of 575 in at state record with 420. Tom Barth set the record at 60-64/198, pulling an easy 460. Tom looked good for another fifteen pounds as he prepared for the



At the SLP Arkansas State Meet: 71 year old wonder Lyndle Taylor with (I-r) Pro Fitness owner Kevin French and Best Lifter in the Bench Press D.D. Nichols (600 @ 275). Both photographs courtesy Dr. Darrell Latch



1417 DEMOREST RD. COLUMBUS OH 43228 PHONE (614) 276-0923

E. Crapo

K. Grandick

B. Swanso

Master 1

L. Spath Bench

M. Barlett

Novice

T. Young

N. Runge

A. Napie

I. Ground

B. Cass BL

198

220

Open 165

114

209 99

209

352

490 325

418 270 352 242

203 512

198 755

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242 545

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451 1140 451 1047

529

474 749 1967

314 237 402 953

Grandick

D. Abbey

Master 1

P. Barlett

Push/Pull

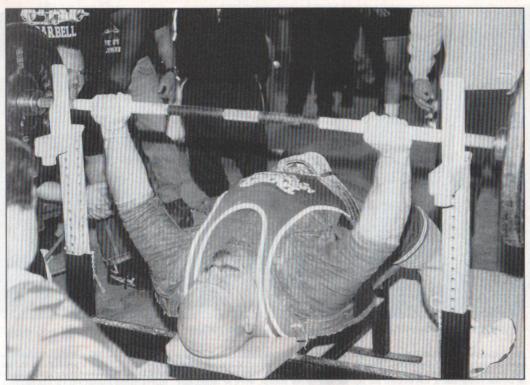
T. Gilbert

I. Bockal

220

220

148



Louie Simmons benches 575 in the 220s at the IPA Power Den "Git Cha Sum" Meet. (Eskill Thomasson)

IPA Power D	en "G	it Cha Sum" BI	/DL	USAPL	Pacifi	c Coa	st Me	et	275 lb. (45-49)			
27 OCT 01 - Beaver Creek, OH		16 Jur	16 Jun 01 - Seattle, WA							1800		
BENCH PRESS		308		WOMEN	SQ	BP	DL	TOT	Held at the Gates	vay Ati	hletic Club. (via	USAPL)
165		B. Hodson	465	132 lb. (60-64)								
M. Vallone		SHW		S. Olson	175	80	185	440				
181		"Tilt" Henry 19	605	148 lb. (55-59)					USAPL	Mr.	Ms. MN BP	
F. Boldt	450	J. Guthridge		F. Ireland	215	120	235	570	16 Jun 01	- Mi	nneapolis, A	IN
T. Huffer		Deadlift		Open					The same of the sa	.,	165 lbs.	
198		220		V. Selca	175	120	220	515	MEN		J. Miller	390
R. McNutt	575	L. Simmons	705	(40-44)	100	A CONTRACTOR OF THE PARTY OF TH			Teen	-	181 lbs.	390
J. Adams		242		P. Houston	330	190	305	825	J. Grant-165	325*	E. Alter	275
220		B. Evans	535	165 lb. (50-54)			110		D. Pope-144 N. Schmidt-165	300 295	198 lbs.	2/3
L. Simmons	575	275		C. Chapman	205	110	275	590		295	M. Burns	420
242		D. Tate	700	(55-59)					Master	200	D. Berding	345
B. Evans	450	B. Coe	600	D. Backiel	215	85	260	560	Marispini-BL	390	220 lbs.	343
B. Denlinger		SHW		181 lb. (45-49)					J. Syrovatka-146	280	K. Belisle	405
275		J. Guthridge	635	L. Smith	245	135	265	645	Open 148 lbs.	205	I. Prazak	420
D. Tate	500		The same	198 lb. Open					B. Thompson	295	WOMEN	420
		with 405. Tom h		R. McGaughy	550	320	450	1270			Open 198+ lb	
		Gritter" Adams bo		MEN							K. Franklin	300
		ger bombed with		220 lb. (55-59)					t C4-4	Thank	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	
/shanks to laff "	Crittor	" Adams for the re	culte)	B. Davenport	295	215	345	855	*-State record.	inank	S to USAPL for	results)

	interna	"	Lifting for	Lifters"	ssociation	
		Appli	cation for	Registratio	<u>on</u>	
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State or Province			Zip Code		Country	
Telephone	Date of Birth	7101	Age	Sex	Pro A Elite Am	AND RESIDENCE AND RESIDENCE
Sign if above answe	rs are correct. Par	ents sig	n if under 18 y	ears.	Date	

#### PPL Drug Free Georgia State 21 JUL 01 - Augusta, GA BENCH PRESS ONLY PETE MESSINA 345 242 LB CLASS 148 LB CLASS (PFM & OPEN) KEITH MACKEY 480 NORMA PECK 115\* 181 LB CLASS 275 LB CLASS (33-39)A HARRIS S. THOMPSONN 145 4 TH 150\* (17-19) JOSEPH CLARK (40-49)THOMAS PRICE 360 165 LB CLASS (14-16) J. JOHNSON (50-59)ROGER WEAVER 470 (OPEN) CHRIS NEAL 198 LB CLASS DEADLIFT ONLY 181 LB CLASS (NOVICE) (33-39)A MCCHRISTIE C. MORGAN 220 LB CLASS C. LAWRENCE 405\* GARYIONES (33-39) A.HARRIS IRON MAN T. PRICE 360 530 890 POWERLIFTING 14-16 I. IOHNSON 315 235\* 330 900 D. HAGAN 500 350 A. McCHRISTIE 530\* 340 NOVICE J. STREETMAN P. McCOHAN 635\* 375 735\* 1745\* 555\* 410 525 1490 R. WRIGHT 505\* 375 455 1360\* B. MONEY

\* INDICATES NEW PYTHONLEGUE RECORDS. BEST BENCH - KEITH MACKEY. BIGGEST BENCH - KEITH MACKEY, BEST DEADLIFT - PAT McCAHON, BIGGEST DEADLIFT-PAT McCAHON, BEST LIFTER - PAT McCAHON. BIGGEST TOTAL -PAT McCAHON. BEST LEGENDS LIFTER - BOB MONEY. MISSISSIPPI, FLORIDA, ALABAMA, SOUTH CAROLINA, GEORGIA AND NORTH CAROLINA WERE IN THE HOUSE AND THE HOUSE WAS A-ROCKIN' AS WE PUT ON OUR SECOND STATE CHAMPIONSHIP IN AUGUSTA, GEORGIA, WE HAD SOME NEW STARS SUCH AS CHRIS "RHYNO" LAWRENCE, JUSTIN "LIL JAY"
JOHNSON, NORMA PECKAND OLD STARS SUCH AS BOB "BIG DOG" MONEY, ANDREW MCCHRISTIE, DANIEL HAGAN AND ALBERT HARRIS BUT THE BIGGEST STAR OF THE SHOW WAS "THE MACHINE" PAT MCCAHON FROM FT. LAUDERDALE, FLORIDA. THIS 21 YEAR OLD CYBORG SQUATTED AND DEADLIFTED LIKE HE WAS POSSESSED AND SPEAKING OF POSSESS-ING, WHEN HE LEFT THE MEET HE WAS IN POSSESSION OF FIVE AWARDS! A CHALLENGE WAS ISSUED BETWEEN THE MACHINE, MARK PHILLIPS AND YOURS TRULY, EVERYONE SEEMS TO WANT TO BEAT THE SKINNY MAN BUT AS I HAVE TOLD THEM "YOU MAY BEAT ME ONE DAY, BUT TODAY IS NOT THAT DAY! AS YOU CAN SEE WE HAD FUN, FUN, FUN! THAT IS WHAT WE ARE ABOUT .... STRICT JUDGING, HAVING FUN AND MAKING FRIENDS! I'D LIKE TO THANK MY STAFF ... MELLIE MEL GIVENS, HAMBONE, JERMIAH "JUKEBOX" SMITH, SANDRA "COCOA" WALKER, LANESHA "NI NI" WALKER, SHAYLA "LAST LICK" BROWN, MARIE "DA WATUSI", SAM, DANNY MORAFTES, DOUG GURTH, DWAYNE "BUDDA BEAN" REYNOLDS, ISAAC "WARRIOR" SCOTT AND GREG "DA HEAD" CAMPBELL WITHOUT THESE FINE FOLKS IT WOULD HAVE BEEN JUST ANOTHER SATURDAY BUT INSTEAD WE HAVE NEW CHAMPIONS, NEW FRIENDS, NEW RECORDS AND WE SHOWED THE CROWD WHAT DRUG-FREE POWERLIFT-ING IS ALL ABOUT! STAY CLEAN, STAY STRONG AND I'LL SEE YA ON THE PLATFORM! (THANKS TO TEE" SKINNY MAN" MEYERS, PRESIDENT, PYTHON POWER LEAGUE, FOR RESULTS)

Lincoln Gym & Fitness Invitational 16 JUN 01 - Lincoln, NE 132 SQ BP DL TOT M. Hafenbrack 280 140 310 730 T. Laughlin 410 250 415 1075 145 145 415 705 Judges: Monte Lofing, Don McElravy, Mike Taylor. (thanks to the USAPL for the results)

#### SLP Eastern Indiana Fall Classic

20 OCT	01 - 1	Richmond, IN	
BENCH PRESS		master men 50-54	4
teenage women	16-17	198	
148		Bob Bean	410
Tiffany Evans	145*	police & fire	
teenage men 13-	15	165	
220		Lester Mast	310
Eric Michalski	225	openmen	
275		165	
Bo Hall	250*	Lester Mast	310
teenage men 16	-17	Sergio Cabral	305
148		4th	315
Chad Warvel	255*	Mike Elleman	195
4th	260*	198	
198		Bob Bean	410
Ryan Michalski	290*	Shawn Miller	360
teenage nnen 18		Jeff Wyatt	330
132		220	
Darren Collins	255*	Chris Smith	480
4th	270*	Nate Wilson	415
181		David McQueen	415
Jese Toombs	285	242	
junior men	-	Jeff Ritzler	410
165		4th	510
Lester Mast	310*	308	
198		John Martinez	480
David Hanson	400*	DEADLIFT	
submater men		teenage men 13-1	15
123		275	
loe Antrim	205*	Bo Hall	450
242		junior men	
Jeff Ritzler	410	165	
4th	510*	Brandon Elmore	400
242		master men 45-49	9
Rick Oliver	405	220	
master men 40-4	14	Tom Boyer	425
181		master men 65-69	9
Tracy Conner	445*	181	
4th	460*	Luke Anderson	430
master men 45-4	19	4th	460
220		open men	
Tom Boyer	395*	198	
275		Shawn Miller	535
K. Hutchinson	525*	4th	540
		220	
		Steve Mendel	515
		308	
		Andrew Adkins	670



69 Year Old Luke Anderson locks out a State Record (SR) 460 at 181.

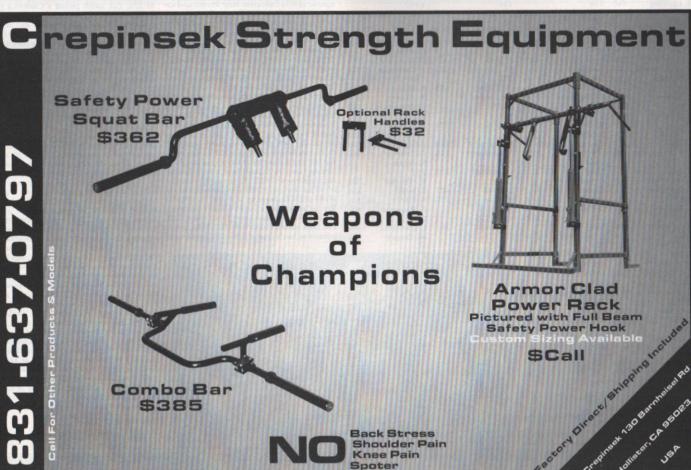
running the meet. In the bench press event lone women's competitor Tiffany Evans broke her own Indiana state record with a great 145 second attempt. In the teenage 13-15 division Eric Michalski won at 220 with 225 while Bo Hall set the record at 275 with 250. Chad Warvel broke the state record at 16-17/148 with a 255 third followed by record at 16-17/148 with a 255 third followed by a 260 fourth attempt. Ryan Michalski also set a new Indiana state record at 16-17/198 with a strong 290 second attempt. At 18-19/132 Darren Collins got his first double-bodyweight bench with his 270 fourth attempt, weighing in at just 130. Both his third attempt with 255 and his fourth were new state records for the class. Also at 18-19 was Jesse Toombe who took the 1811 class with 285. This was Toombs, who took the 181 class with 285. This was Joombs, who look the 181 class with 285. Inis was jesse's first competition. Lester Mast captured the junior 165 title with a new state record of 310. David Hanson got his first 400 bench with his win at junior 198. Joe Antrim, getting just his opener of 205 in, set the record at 123 for the submaster class. At submaster 242 it was Jeff Ritzler, who are adjusted to the submaster state of the submaster class. \* Son Light Power Indiana state record. The SLP Eastern Indiana Fall Classic Bench Press/Deadlift Championships were held at Powerhouse Gym in that same weight proved successful and along with Richmond, Indiana. A special thanks to the staff at his win Jeff also had a new personal and Indiana

Oliverwho finished with 405. Tracy Conner had his best day of lifting to date as he captured the title at competing; I'm sure we haven't seen the last of master 40-44/181. Tracy finished with 445 for his him! Jeff Ritzler won at 242, setting the record

best day of lifting to date as he captured the title at master 40-44/181. Tracy finished with 445 for his third and an even stronger 460 fourth attempt, both new state records. These lifts were also new personal marks for Tracy, who had just recently moved up to the master's class. Tom Boyer continues to set records at 45-49/220 wherever he goes, breaking his own state record with a great 395. Best lifter Kevin Hutchinson got a solid 525 for the win at 45-49/275, weighing in at 253. This was also a new Indiana state record for that class. Bob Bean is another one who just keeps getting stronger with each new outing. Taking the win at master 50-54/198, Bob finished with a new pr and state record 410. Lester Mast captured his second title of the day with his win of the police & fire 165 class. Lester won still another class with his 310 final attempt, taking the open 165s. Second place at 165 went to Sergio Cabral who finished with 305, followed by a personal best 315 fourth. Mike Elleman, competing in his first meet, finished third with 195. At 198 it was Bob Bean for his second win of the day, followed by Shawn Miller's 360 and Jeff Wyatt's spense of 270 Aeother fine lifter. Christopher it was Bob Bean for his second win of the day, followed by Shawn Miller's 360 and Jeff Wyatt's opener of 330. Another fine lifter, Christopher Smith, had a great day with his win at 220. Chris, who weighed in at just 218, finished with a personal best 480. Nate Wilson was second at 220, setting personal records with each attempt to finish with 415. Dave McQueen also lifted 415, but (thanks to Dr. Darrell Latch for these meet results)



New PR & SR for Tracy Conners - 460@181 Master 40-44. (D. Latch)



	RITTER	Coast BP & D ho Cordova, (	75
BENCH PRESS	- Luiic	R. Smith	220
Teen 13-15		A. Contreras	121
123		B. Spence	352
I. Pingree 165	126	J. Woods 198	352
P. Seaver	275	G. Stephens	413
4th 281w		A. Guerra R. Parale	407 374
A. Contreras 242	121	220 6 Parrer	374
M. Morvai	148	S. Barnes R. Budd	341
4th 16-19	154	J. DePalmer Jr. D. Tubridy	319 292
132		242	
J. Womack 181	176	A. Porter E. Barnes	413
N. Luiz Submaster	275	J. C. Tolle R. Exum	402 380
165		R. Hebeler	369
A. J. Agamao 181	358	275 L. Contreras	396
J. Woods 298	352	M. Cravea Junior	352
G. Buffington	402	198	
J. Tovar	490	G. Stephens N. Bruckner	413
J. Yoder	385	G. Strommen	286
Open Men 165		P. Davi	451
R. Hickman	402	242 M. Womack	385
S. Dias 220	258	275	
M. Lamarque F. Dena III	545 424	T. Levers Master Men	402
4th	435	Law/Fire	
S. Burgess A. Taylor	369	40-47 181	
242 R. Kitani	501	R. Lopez 242	352
275		A. Clayton	396
T. Yamanaka 308	600	W. Faulkner	402
S. Wong		48+	
Masters 40-46		D. Martinez	352
M. Laurel	325	4th Open Men	374
181		Law/Fire	
B. Levering M. Reifkind	440	N. Bruckner	402
198		242	
K. Feeney D. Sperry	363 336	A. Porter J.C. Tolle	413
D. Bertier D. Peterson	314	308 B. Clark	507
M. McCormack	248	Submaster	30,
L. Wyckoff 220		Law/Fire 165	
E. Hanson	479	A.J. Agamao	358
4th F. Dena III	485	J. Tovar	490
4th P. Wondra	435 314	Women Submaster	
242		132	
T. Starkweather 47-53	446	E. Womack Junior	77
181	200	123	
E. Martinez R. Bermudez	303 270	A. Svendsen Open	
198 S. Phillips		105 D. Pedersen	126
220		4th	132
D. Martinez 4th	352 374	J. Rodriguez	170
J. Klassen 275	231	148 B. Liss	126
M. Moore	396	Master	120
L. Contreras 54-60	396	40-46 105	
G. Boucher	292	D. Pedersen	126
R. Creevy	314	4th 148	132
61-67 165		N. Garcia 181	165
K. Gardner	236	I. Novak	93
68-74 220		47-53 114	
C. Rice	275	G. Egan	93
J. Peters	225	4th 148	99
75-79 220		B. Liss SHW	125
E. Miranda	220	D. Chilgren	82
R. Turner Class I	187	54-60 181	
148	264	K. Polansky	143
E. Nahorniak 165	264	Teen Women 16-19	
M. Laurel	325	105	

F. Kubiak

DEADLIFT

D. Pedersen

L. Paquette

D. Pedersen

N. Garcia 181

I. Novak

47-53

G. Egan 4th

B. Liss

SHW

54-60

D. Chilgren

K. Polansky

Teen Womer 16-19

K. Womack

Junior Women

J. Harper

N. Luiz

J. Kegrice

M. Lamarque

A. Taylor

D. Glahn

13-15 123 M. Brown

Teen Men

A. Contreras

T. Faulkner

M. Morvai

275

Open Men

132 E. Womack

B. Liss

SHW

40-46

132 181

187 242

93

253

264

275

93

341

248 253

264 242

198

292

220

236

N. Luiz

198

220

275

P. Davi

Open Men

M. Lamarque

Masters Men 231 Law/Fire

Law/Fire

A. Porter

A. Clayton

R. Exum

Masters

198

225 H. Munro

275 W. Faulkner

203 47-53

D. Glahn

I. Klassen

198

457 L. Lense

457 R. Spikes

O. Bruce

622 308 606 J.P. Krachunis

Class I 165

633 B. Blausey A. Guerra

275 H. Munro M. Hunter

358 J. Depalmer Jr.

R. Parale

R. Hebeler

R. Budd

A. Porter C. Paquette

A. Contreras

G. Strommen

617 242

578 501

330

1 Contreras

D. Askanas

M. McCormack 435

W. Faulkner Submaster Men

242

275

457

419

556

512

485

523

655

551

523

545

363

655

633

529

485



lifters. Over 100 showed up. His first one on June 2nd had about 130. In the Deadlift in Class I, Brett Blausey set a Nevada State Record with 540 at 198. Anthony Guerra was 2nd with 451 3/4. At 220 Harry Munro pulled 545 on an opener to set a California State Record and the win. He got one white on two other attempts Record 407 3/4. In Teenage 16-19, Nick Luiz at 573. At 242, Ryan Hebeler defeated Robert pulled a California State Record 457 at 181 - Budd 551 to 534 1/2. Budd's lift was a Nevada very good weight for a 17 year old. At 242, Budd 551 to 534 1/2. Budd's lift was a Nevaua
State Record. Leo Contreras has dropped about
40 pounds in the last 6 months and won the
40 pounds in the last 6 months and won the
40 Leo Leo Contreras has dropped about
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40 pounds in the last 6 months and won the last 6 months 40 pounds in the last 6 months and won the 275# class with 496. In Masters 40-46 Deadlift, the California State Record holder at 198 with 496. In Masters 40-46 Deadlift, the California State Record 667, opened with 617, which was like air, but couldn't quite get 672 for a state record. At 655 2/4 at 275#. David Bertier won the with 540 and Harry Munro won at 220 with 540 and Harry Munro won at 220 with 545. In Master 54-60 Leonard Lense came in from Arizona and pulled a 518 at 198. In is owned and managed by Randy & Julie Green, where many good deadlifters train. Pat Beck Master 61-67 Omar Bruce pulled a California where many good deadlifters train. Fair beach where many good deadlifters train. Fair beach was 3rd with a nice 578 1/2 and Matt LaMarque, the California State Chairman, was 2nd with the California State Chairman was 2nd with the California State Chairman was 2nd with the California St California State Record with 573, had to settle has set world records in Junior 220 in the for 551 and a close try at the record weight of Bench Press, At 275, David Glahn pulled a 578. In Law/Fire Arthur Clayton set a Califor-nia State Record 523 1/2 in Law/Fire Master in Open, Barbara Liss set a California State 40-47 242# class at 242# weight class. Also, in Record at 132 with a powerful 264 1/2 and at 40-47 Walk Faulkner set a World Record 655 3/4. In Junior Men's Deadlift, Garry Stommen Record 275 1/2. In Junior Women at 123 set a California State Record 440 3/4 at 198. Phil Davi was very close with 656 at 220 on two ons, but he had to settle for his opener of

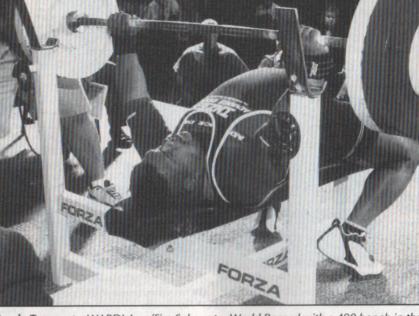
Jody Woods and his wife Loraine put on an-other great meet for WABDL and California Paccord 644 deadlift at the WABDL Record 644 deadlift at the WABDL West Coast meet (courtesy Gus)

> 556. In Teenage 13-15 Deadlift, Mike Brown set a California State Record with 275 at 123#.
> At 275, Zak Smith pulled a California State Jennnifer Harper gutted out a 4th attempt California State Record 236 3/4. In Submaster Women, Elodia Womack set a California State Record 203 3/4 at 132#. In Master Women 40-46, at 148# Norma Garcia pulled a huge 341 1/ 2 and came close to the World Record 358 held by Dru Amos of Alabama. At 181#, Ildiko Novak hauled in a State Record 231. In Master Women 47-53 at 114, Glenda Egan set a California and World Record 253 1/2. At 132 Barbara Liss set a California State World with 264 1/2, her 2nd state record of the day, as she had earlier set the open record. At 198+, Delia Chilgren set a California State Record with 198. In master 54-60 at 181# Karen Polansky pulled a World Record 319 1/2 at age 54 that's unbelievable for a woman that age to pull 300+. Polansky, Chilgren, Novak and Norma Garcia are all coached by Al Garcia, who is obviously doing a great job! In Teen Women 16-19, Emily Kubiak set a California

> At Left .... Matt Lamarque with his 545 bench in the 220s at the WABDL West Coast BP & DL. (photograph provided courtesy of Matt)

State Record 225 3/4 at only 104# bodyweight and Kelly Womacl was impressive with a World Record 292 at 181#. In the bench press, Elodia Womack set a Cali-fornia State Record in Submaster 132# with 77# in her 1st meet. In Open Women, Judy Rodriguez set California State Record 170 3/4 at 132. In Master Women Bench at 132. In Master Women Bench, 40-46 age group, Dusty Pedersen seta California State Record 132# on her 4th attempt in the 105# class. Norma Garcia pushed a fine 165 at 148 to go along with her 341 deadlift, which is good, bal-anced lifting. In Women Master 47-53, Glenda Egan set a couple of California State Records, end-ing up with 99# to o along with ing up with 99# to go along with her World Record Deadlift. At 148# Barbara Liss set a California State Record 126 3/4. At 198+ Delia Chilgren set a California State Record with 82 1/2 and at Master 54-60 Karen Polansky, who may deadlift 400# at age 60 some-day, set a California State Record with 143 at 181# weight class. In Teen Women, 16-19, Emily Kubiak set a California State Record 132# in the 105# class and Kelly Womack set a California State Record at 181# with 187. Kelly and her two brothers and about 6 other teenage lifters came from Modesto Christian School and they are very well coached by Russ

Record 374 at 220#. In Open Men Law/Fire Nick Bruckner set a California State Record 341 1/2. At 275, Leo Nick Bruckner set a California State Record at 198 with 402 and Barry Clark looked massive 386 3/4. In Master Bench 40-46, 242, Tom California State Record 220 in the 220# class.



Jamie Tovar set a WABDL Law/Fire Submaster World Record with a 490 bench in the 275 lb. class at the West Coast BP/DL meet. (photo provided courtesy of Jaime Tovar)

at 308 (weighed 297) and set a California State Starkweather pushed a respectable 446. In In Men's Open, Ray Hickman of Oregon, and report provided by Gus Reth

benched an impressive 402 at 165, about 16# short of Shawn Bell's State Record. At 220, Fil Dena III put up a Nevada State Record 435, but Matt Lamarque won with a fine 545 on a second attempt. At 242, Russell Kitani set a Nevada State Record 501. He holds the California State Records in Open and Submaster 242 with 545 and 567 respectively. He's just recently moved to Reno and I think he will bench 600# someday. At 275, Tomonari Yamanaka did just that - bench 600# - for a California State Record. In Teen Men 13-15, Isaac Pingree set a Teenage State Record at 123 with 126 3/4. At 165, Paul Seaver, at 15, set a World Record 281. He only weighed 156 and I don't need to tell you how impressive that is. Matt Morvai se a California State Record at 242 with 154#. In Submaster Bench, Jaimi Tovar set a California State Record at 275 with 490 1/2.Special thanks go to Darian Dunlap, Jon Broun, Steve Keep, Gretchen Etzold, and Loraine Woods, The MCs were Greg Broan and Jody Woods. The spotters were leremy Fountain, Steve Wong, Ryan Hubler, Ron Evans and Steve Evans. Gold's Gym and Tim Bonham provided the warm up weights. Steve Ughe provided the nice Ivanko competition weights. John Ford provided the competi-

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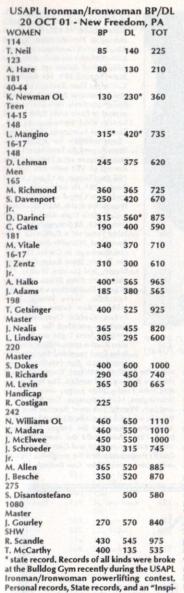
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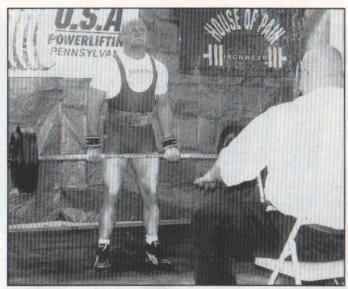
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rational record", were set by many lifters, both male and female and across many age groups.



Joe Nealis pulls a 455 deadlift to go with his PR 365 bench to win the 198 lb. Masters division at the USAPL Ironman/Ironwoman competition. Meet Director Dennis "NIKO" Hulslander is judging at right.

Thirty one lifters came from all parts of the arms length for a new State Record in the 181 country to the facility located in New Freedom, PA. Dennis "Niko" Hulslander, Asst. State weight class. More impressive lifts were com-pleted by Nate Williams of Scranton, PA. Nate Chairman of the USAPL and Marketing Director of the Bulldog Cym, was the host of this very light at 221. However, this did not deter inaugural event. Niko reported that the con-test was kicked off with the singing of the resulted in a 460 bench press and a huge 650 National Anthem, which was sung by his wife, Dyan. Immediately afer, the excitement of the contest grew as female competitor, Kim biggest bench of the meet, a whopping 500 Newman, 43, of Fairfield, PA set a new PA State record in the deadlift of 230 pounds! Roughly inspirational moment has it's own special way 70 spectators witnessed young Anthony Mar-tin of Freeland, MD, compete in his very first the rest of us. Niko reports that three days prior powerlifting contest. Anthony, 15, bench to the meet, he received a call from a gentle-pressed 125 pounds and deadlifted an outstanding 265 pounds while himself only weighing in at 114! It didn't stop there, as 17 year old too late, but sensed that this was no ordinary Teenage Bench Press National Champion Loren
Mangino, weighing in at 148 pounds, pressed
315 and competed a rugged deadlift of 420

are tinfo" phone call. The gentleman continued to ask questions regarding the different categories a lifter could enter. Niko described pounds, Both of these lifts became new State the categories, which were essentially broken Records for Loren. Dan Carinci came all the down according to a lifter's age, With that, the way from Ellwood, PA to set a new deadlift man inquired if there was a separate division for handicapped persons. Pausing for a brief between the age of 20-23 by pulling a bar moment, Niko did not anticipate having a bending 560 pounds! As the day continued, handicapped person's division for this loca Andrew Halko, 23, of Yardley, PA shoved a contest, but he then told the man that he would mind boggling 400 pounds off his chest to be more than honored to have this gentleman William Waller - 48. (thanks to USAPL for results

come and lift. Robert Costigan of Harvey's Lake, PA (north of Wilkes-Barre) lost his leg in February and explained that this would be his first endeavor into the sport of powerlifting, but he wanted to give it a try! Well, try he did, and then some. Robert first successfully attempted 215 pounds in the bench press and steadily increased to an awesome press of 225! With each successful lift, Niko reports that the could see Robert gain confidence in himself and the cheering of the crowd got louder and louder!!! Congratulations to Robert and to all the lifters. A special recognition needs to be sent out to all those who volunteered thei hard work to make this special event so special. Thanks goes out to Titan Support Systems, Quest Nutrition, House of Pain, Crain's Muscle World, Powermag Magazine, Spataro's Family Restaurant, Apple Bagel, ESPN WYOK AM 1350 Radioa, HealthSouth Rehab, DaleGullio, Dan Ratchford, Cathy Boyd, Katie Boyd, Lauren Adams, Ed Conway, all the spotters and loaders, as well as the judges - Steve Mann, Erik Steiner, and Theresa Nealis, You made the records possible (results by "Niko" Hulslander

#### **USAPL Salem Wellness Bench Press** 6 OCT 01 - Salem, VA

	BENCH PRESS		M. Carter	365
	FEMALE		220	
	165		J. Shaner	450
	D. Grieco	90	D. Seacrist	405
	45-49		M. Cumbee	400
	L. Facemire	100*	242	
	MALE		D. Patrick	510
1	Teen 14-15		J. Crocker	
	148		275	
	J. Dunbar	215*	W. Murrell	440
1	18-19		D. Reynolds	420
r	275		Masters 40-44	
	M. Tingler	420*	181	
•	College		M. Dennis	330
'	181		220	
•	J. Hooper	320*	M. Vandervort	365
	Junior		275	
)	148		R. Peck	385
١	M. McCann	280	319	
1	181		T. Gladden	405
;	W. Osborne	325*		
r	220		198	
	N. Miller	405*	er maine	340
	Open		50-54	
ŀ	165		198	
,	C. Pannell	340	M. Cassell	275
	J. Snider	275	242	
	181		A.C. Burke	320
ì	W. Waller		55-59	
١	D. Hull	405	220	
	D.J. Latham	340	K. Christian	400
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ı			. Best Overall Lift	
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Competing Divisions:	Membership Prices:	USAPL Merchandise:	Method Of Payment:
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lunior (20-23 yrs.) Master (40 yrs. & up)	High School - \$30.00	Polo Shirt w/Logo - (s-xl) = \$35.00 (xxl & up) = \$37.00 (navy - white) (Size Qty)	
Collegiate Military	Special Olympian - \$10.00	•Sweatshirts w/Logo - (s-xl) = \$30.00 (xxl & up) = \$32.00 (navy) (Size Qty)	Credit Cardholder Signature
Police & Fire	Tax Deductible Donation	<ul> <li>Logo Hats (denim – black – white) = \$15.00</li> <li>Referee Designation Polo w/Logo - (s-xl)=\$30.00 (xxd &amp; up)=\$32.50</li> </ul>	Check / Money Order #
Special Ohympian	•	Del Ctobio (Cine Ob. )	

(article is continued from p. 13)

90kg division was very impressive winning the class with 300.5kgs (European Record squat) 215 (European Record bench) 310 825kgs total. Gerald Matthys, a 100kg junior from South Africa, went 320 160 300 780kgs to win the class by a 50kg margin. Top South African junior Toni Correia had a fight on his hands with his team mate Duane Matthus. Toni came out tops by 20kgs with 330 225 290 845kgs. Zach Hudak of the USA took the 125kg class with 320 205 320 845kgs. Zach attempted a 365kg squat twice, but failed both times.

Wednesday started with the submasters and masters ladies. A lot of the classes were uncontested, but nevertheless the lifting was impressive. Two of the heavier sub-masters did very well - South African Johan Rheeder and Russian Karkh Viatcheslav. Johann made 340 230 330 900kgs and attempted a 342.5kg squat for a new world record, but the force of gravity was too strong. Viatcheslav went 335 245 300 880kgs to place second.

Thursday was start of masters and what a line-up from all over the world. Masters are fast becoming the largest category and what good lifting they produced. Long time campaigner Dave Mannering of Great Britain kicked off by winning the 75kg division Master 1 with an easy 635kg total and South African Pieter DeWaal winning Master 275kg with 270 140 260 670kgs. Piet has had a long forced layoff through injury. so it was a well lifted comeback. My good friend and long time campaigner Gordon Santee of California was in top form going 192.5 142.5 245 580kgs and then pulled 255.5kgs on a fourth attempt for a new world record, not bad for a fifty five year old. Jan Ferriara of South Africa and Robyn Brown of Great Britain fought it out in the Masters 4 class 82.5kg division. Jan had the edge with 765kgs to Robyn's 685kgs. Richard Flores of the USA made a new world deadlift record of 243kgs in the Masters 5 division. In top form this year was John Atkinson of USA setting three new world records. John went 292.5 185.5 260 738kgs great lifting, John. Jim Rouse of USA coasted through with three world records 277.5 200 232.5 710kgs. It is always an absolute

In the Masters 3 / 100kg division big Alan Luker of Great Britain pulled an awesome 341kg to set a new world record deadlift and totalled 801kgs to win the division. Johnny Kay of South Africa came in first in the Masters 4 / 100kg division and Valerie Nongoumanov of Russia took the Masters 5. Naas Cronjie, Danie Snyman, Thenus Naude, Marius Pottas, Ian Visser and JEP Ras - all South Africans - won their respec-

pleasure to watch Jim in action.

tive divisions. Joe Avigliano of Los Angeles had a bad day with depth. Joe shot up his openers only to get red lights each time. Big Pete Tregloan also hit only reds. Both Joe and Petere-entered in the open class to be contested on Saturday.

Friday started with a bang - a big controversy started over the weighin procedure for top South African lady Vickie Heyser - and someone queried the legitimacy of her bodyweight, which set off a huge argument. Anyway Gordon Santee eventually resolved it and Vicki went on to set a new world squat record in the senior ladies open class 56kg. Vickie's lifts were 212.5 115 187.5 515kgs. Jane Thomas of Great Britain placed second. We have since heard that Brian Batcheldor of Great Britain has lodged an objection with Ernie Frantz so to save any further drama the South African Powerlifting Association have put forward the following suggestion. Vicki will not claim the records broken at the Worlds providing Brian Batcheldor and Vanessa Gibson attend the 2002 South African Championships in Durban next year and personally supervise Vickie Heyser's weigh-in. The matter is now academic in any case as Vickie improved on all three lifts at the North West Championships in Johannesburg (after the Worlds) and I can personally assure everyone that she was correctly weighed in under the supervision of three international referees and a senior law enforcement officer. The weigh-in has also been recorded on video for anyone that cares to again question the integrity of our officials. I have been to twelve world championships and have never seen weigh-ins done one hundred percent as the rulebook states, yet it is the first time the integrity of an official or a lifter has come into contention. Hey guys, we have to have some drama at the Worlds - look what happened with the refereeing two years ago in Canada - vet no objection was lodged

nor anyone's integrity questioned. South African teenager David Ramokadi had also entered in the open and for the second time in a week took to the platform and beat Finnish lifter Timo Heiskanen into second place with an improved total of 625kgs - look out for this young man in the future. SA again with another winner in the 75kg open Franco Manca went 775kgs to take gold. Krista Ford of the USA an absolute delight to referee with her classic squat style. Krista leaves no doubt as to depth or other infringements. Krista went 227.5 132.5 230 590kgs and they all looked like openers. Andries Randall from SA is a comparatively newcomer to world class lifting, but one thing is for sure, he is on his way to the top of the

(meet results follow, however, the article is continued on page 68)



Scott Mendelson was in a record jamming mood, eventually shoving up a 738 bench in the 308s. (all photographs provided by Ian Morris)

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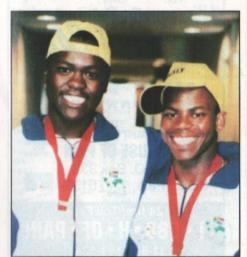
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(article continued from page 65)

82.5kg division having made 360 165 290 815kgs. and there is room for a lot of improvement in his bench. Everyone was looking forward to

Saturday lifting and seeing the "Big Guns" in action. They were not disappointed. The first winner was Bernhard Schwab a junior from Austria who set two European and one World record. Bernhard went 372.5 220 332.5 915.5kgs. This won him the open 100kg class. Mike Fessendon came in second with 355 220 302.5 877.5kgs and Nikki Blackie of South Africa third with 350 240 280 870. In the 110kg open South Africa once again took gold with Chris Muller going 370 260 330 960kgs. Chris just missed a 352.5kg deadlift. Jani Khalainen of Finland was 60kg behind with 360 215 325 900kgs - a total that looked very easy. USA lifter Jim Gorrell was third with 367.5 207.5 282.5 857.5kgs and lifting for the second time in three days Joe Avigliano of USA, who did 337.5 197.5 287.5 822.5kgs to place fourth. I think lifting twice in the week took its toll on Joe. It is my great pleasure to have made friends with Joe and Nance - they are great people to have around with a contagious enthusiasm for powerlifting. A classic lifter in my book is Lee Marshall of Great Britain. Lee lifted in the 125kgs and I had him tipped to win but that was not to be. Michael Schrott of Germany took the honours with 335 230 320 885kgs and Lee came in second with 360 190 317.5 867.5kgs with SA lifter Quentin Kannameyer third on 315 215 305 835kgs. Well-done Quentin, for your first Worlds

At this stage an atmosphere of anticipation came over the large



Teen WPC World Championship Gold Medalists: Johannes Hadebi and David Ramokadi



Happy Referees ... (I-r) Gordon Santee, Yuris Sterns, and Jim Rouse

Great Britain's Andy Bolton and to be sure they were not disappointed. Andy opened on a very easy 350kg, took 390kg for his second, and pulled the Big One - 418kgs - to complete the triple. I have never seen a bar curve like this before - it was something to see. Andy then called for 425kgs that had the crowd standing in their seats, but it was not to be. Andy totalled 1088kgs to take first place in the 140kg+ followed by Big Pete Tregloan and South Africa's new superheavy Adriaan VanDerBerg with 360 220 340 920kgs.

In the senior ladies 90kg+ division USA super-lady Becca Swanson set two new world records with lots more to spare. Becca missed her first squat of 272.5kgs, took it again, and satisfied the referees, then went 285kgs for a world record which she failed. She took it again for a fourth attempt and got it easily. Becca's opening deadlift of 265kgs was also audience. All were waiting to see a a new world record, which gave her promised awesome deadlift from no problem, but 275kgs got stuck

twice when the force of gravity was stronger than Becca, 272.5 162.5 265 700kgs for a 90kg+ lady - it was awesome. It was an absolute pleasure having Becca at the meet. With her great friendly personality she was a favourite with everuone. Our own Mirinda VanDyk had a really bad day, lifting well below her best, and came in second to Becca. Another SA win in the 90kg open was our own Bronson Brown from Neville Primich's gym taking the honours with 310 160 295 765kgs. I often wonder if Neville is cloning some lifters in Durban - every year he comes up with some new

A very special mention must go to USA master lifter Frank Richie who lifted in the 70-74 age group 75kg division. Frank weighed in at 69.5kg set a new world master's squat record with 167.5kg a new world deadlift record of 192.5kg and totalled 482.5kgs. (167.5 122.5 192.5 482.5kgs) Frank is seventyone years young and an inspiration to all of us. The total he made won him the overall best master trophy. We all loved his very laid-back manner and enthusiastic approach to the

A function was held at the venue on Saturday evening to present the best overall lifter awards. I was at a loss to decide what type of trophy to hand out but wanted to do something unique, so after some deliberation I decided on sticking to the meet motif', which was the African elephant. I had copper plagues formed with elephants superimposed on the front surface in all different sizes and groupings. When they went on display I knew I had made the right decision. I think all the recipients were very pleased. The African elephant was also on the World Medal with the Cape of Good Hope emblem on the reverse. All in all. I feel the meet was a great success. If all the complimentary e-mails and faxes I have been receiving are any indication, then I am a happy promoter.

The refereeing was excellent, but as usual we had a few unhappy chaps complaining the refs had failed their squats. I always reply with the words 'sorry pal, you failed it yourself, the referees just told you about it". Gordon Santee, Jim Rouse, Radar Capehart, Fred Badenhorst, Yuris Sterns, Pete Tregloan, Phil Niemandt, Lee Marshall and several others put in quality time in the referees chairs. To me, they did a

fine job. The spotting and loading crew were all South African and did a tremendous job for the week. Loading was rapid with little or no delays. Our student announcer was excellent, as he really put some excitement into the meet with his vibrant personality. How he lasted non-ston for six days is a mystery. To put the cherry on the cake South Africa, for the first time in sixteen WPC World championships, won the team tro-

On Sunday, I invited as many of our overseas visitors as we could accommodate to our home for a barbeque. About one hundred came along for the afternoon. We had a sing along band playing that entertained everyone all afternoon and it looked like all had a good time. It was my great pleasure to host the 2001 Worlds here in Cape Town. It was a tremendous amount of work, but all the new friends I got to know made it all worthwhile. I want to thank all you guys and girls that attended the Worlds - it was really great having vou all here.

242 Jason Williams John Peterson

P. Simpson (47) 660 Greg Rutter (50) 490 Jim Walk (46)

Tom Graver Sr. (47) Les Schoelkuph (55)

Dave Daneaut BL605j 475

660

Congratulations to all of the lifters who competed in the 2001 WPA Masters - Juniors

Teens Record Breakers Meet! The Lancaster Y

was a great host as always. Thanks also to all

those who helped with organizing the meet: Mike Patton, Tom Levering, Sue Mason, Tom

Good, the "Y Crew", and everyone else. Way to go! The Judging was first rate, with strict but fair calls for all the lifters. The spotters and

fair calls for all the lifters. The spotters and loaders did a fantastic job, with no misloads or dropped attempts all day. There was great lifting all day, with big lifts coming from both veterans and newcomers. The turnout was

lower that usual due to Pennsylvania hosting four other major meets that same day. None-

master lifters, turned in a workman-like day. At master lifters, turned in a workman-like day. At 59 years of age and at a bodyweight of 159, he is still going strong. Off his best numbers, though still very impressive, St. Laurent went 525 in the squat, 320 in the bench, and 525 in

the deadlift. One of the country's best 165ers,

Ron Librandi

Chris Riedy

365 540

270

425

4th 385

380

450 1210

565 1646

575 570

Most of you WPC affiliated nations have experienced IPF interference at one time or another. We were no exception. Two weeks before this Worlds, Neville Primich and myself were called in to a meeting with our Minister of Sport. This was done on the insistence of the local IPF representative. We were told, in no uncertain terms, that unless we agreed in writing to full drug testing there would be no WPC World Championships. We had no problem with this, as it is a stringent requirement of South African sporting laws and the laws of our country. We notified all concerned and are happy to say there was not one withdrawal. Eight lifters were tested out of three hundred plus, and results will be available shortly. What satisfaction the IPF get out of this kind of interference is a mystery to us. Possibly it is jealousy at the rate we are growing.

> Keep strong, Ian Morris ianmorr@iafrica.com



Meet Promoter - IAN MORRIS

#### APA/WPA Record Breaker Meet 20 OCT 01 - Lancaster, PA 315! 775 110 250 600 Flizabeth Torre 305! 740 135 A. Maurer M. Malkasian 350 340 860 Jerry Mattis (40) 375 300 430 1105 Brian Crowe BL 640 M. St. Laurent 535 525 320 525 1380 310 475 Shay Larrisy 400 Fred Piermatti 375 Cory Smith Justin Mc Shane 585 315 550 1450 450 S. Mittleton (48) 500 Jeff McVicar (BL) 535! 400 505 Robert Powers Dan Stitt 510 Mike Patton

Jeff McVicar benching an outstanding 555 @ 198, for a WPA World Record and Best Overall Bench at the WPA Record Breakers (Seeker)

all the ladies), was, as always, strong! Crowe, a wPA record attempt) went right along with his vegetarian and lifetime natural lifter, turned in a big 640 squat, 435 bench and 575 deadlift to lb. master lifter Steve Middleton had a fine day finish the day with a 1650 total and best lifter. as well. Steve went three for three in the squat 198 lb. class Jr. World Champion and new ending up with a 500. A 320 bench and 450 wyer, Justin McShane somehow found time deadlift rounded out his strong 1270 total lawyer, Justin McShane somenow found time
to compete just days after passing the PA Bar
Exam. With all he did, which included judging
and helping other lifters, McShane turned a
while giving a 500 lb. third attempt a good ride. strong day going 585 in the squat 315 in the PA's Dan Stitt was a couple weeks off his peak bench and 550 in the deadlift. McShane's though wanted to use this meet to gauge hi lifting partner and strong up and coming 165er Shay Larrisy had a good day as well. His strong that he's right on track to move bigger numbers 535 squat, 310 bench and 475 bench are signs of good things to come. United States Marine, Palmer Simpson put it all together on this day going 8 for 9 in an outstanding performance. Simpson, a 257 lb. 47 year old masters lifter went three for three in the squat and bench finishing up with a big 660 squat and a 480 ing his second and third attempts in the squ went three for three in the squat and bench bench. His strong second attempt 580 pull was followed by a close miss at 600 ... one lift shy of a perfect day. 132 lb. master's lifter Jerry former teenage PA state champ, Chris "Bull" Mattis turned in some fine numbers. His big Riedy is still making steady gains in his come-

Brian Crowe (the stacked guy with the hair for 430 pull (as well as a very close ride with a 455 ending up with a 500. A 320 bench and 450 real soon! Robert Powers had a PR day in only his second meet. Powers, who benched and pulled, drove up 400 in the bench and stood up strong with a 505 deadlift. 50 year old master lifter Greg Rutter had a good day going 490 in and bench, Greg completed three strong dead-lifts finishing off with a 450. Veteran and

back to powerlifting after some major surger-ies. His strong 660 squat, 570 pull, and 385 bench were evidence of his continuing improvement. The 308 class included an exciti performance from up and coming 22 year old Canadian Jr. lifter Dave Daneault. Setting jr. world records on his second and third attempt squat and deadlift, Dave ended up with a strong 605 squat, a 485 bench, and four all ou attempts deadlifts ending up with a 575 4th. 47 year old master lifter, Tom Graver Sr. had a gutsy day in the bench and deadlift, going 380 on his second attempt bench and gutting out 580 on his third attempt deadlift after coming up just short on his first two attempts. Con gratulations again to all of the lifters who competed. Keep up the great lifting and stay strong! Hope to see you all next time! (Thanks to PA APA chairman, Carl Seeker for results)

Women	SQ	BP	DL	TOT
B. Goodman	200	185	305	715
4th	225			
Teenage				
B. Frisch 285		465*		
Submaster				
M. Rodriquez		640*		
Master 40-49				
G. Boldissar 215	•	420		
T. Gainer 254		405		
S. Pullaro 195		355		
50-59 J. Stehman	325	305	410	1040
D. Baumtstein	323	303	410	1040
Open 148				
I. Anderson	315	290	350	955
181	d posts	224 10		
R. Frazier		420		
198				
V. Lopez		415		
S. Pullaro		355		
220				
R. Meyer	665	500	635	1800
J. Howe	500	380	500	1380
G. Boldissar		420		
242				
S. Schuler	550	500	575	
H. Garcia	485	345	475	1305
D. Wiesenfeld		420		
275		405		
T. Gainer		405		
J. Taylor 308				
M. Rodriguez		650		
D. Rollins		540		
Best Lifter Powe	rlifting		ich Me	ver Re

#### APPLICATION FOR REGISTRATION American Powerlifting Association

four other major meets that same day. None- theless, everyone did a great job, with the crowd really getting into it On the women's side, America's top 97 lb. squatter (and top overall for '00) Elaine "Scraps" Grimwood was on hand to lift big once again. Scraps squatted a nice 315 before going to 325 to break her own all-organization American record. She got out of the groove a bit though, and had to settle for her 315. She also pulled a strong 315 deadlift on her way to winning best lifter. 97 lb.	APPLIC	o. master's lifter Jerry fine numbers. His big	ifts finishing off with a 450. Veteran and former teenage PA state champ, Chris "Bull Riedy is still making steady gains in his come REGISTRATION fting Association
Heather Schmoyer did a fine job as well. She was very strong in setting a new teen record with a 240 lb. squat and had a Pt total on the day. PA discus champion, Alison Maurer did a great job in her first meet setting records in the	Last Name	First Name	Initial Date of App.
148s. The 17 year old went 300 in the squat, 135 in the bench, and 310 in the deadlift, setting records along the way. Margaret Malkasian turned in another strong day going	Street Address	City	State or Province
350 in the squat, 170 in the bench, and 340 in the deadlift for an 860 total in the teen 165s. She has a strong future! Elizabeth Torres al- ways pulls big; this meet was no exception! The feisty 123'er attacked the bar to pull a fast and	Country	Zip Code	Telephone Number
strong 300 in the deadlift. On the men's side, the standout performance of the day was cer- tainly Jeff McVicar. The 197 lb, U.S. Marine from Maryland seemed to be benching in the	Date of Birth	Age Sex A	Mail and make checks payable to APA P.O. BOX 27204
"Twilight Zone"! All of his lifts looked the same Strong! After opening with 475, McVicar went an amazing 520, then 535, then 555 on a fourth attempt, shattering records all along the way! Wow! Brian Crowe and Canada's Marcel St Laurent are two of the best in the business. St. Laurent, one of the world's best matter lifters turned in a workman like day. All the strong stron	Registration Fed	Number e: \$20 High Schoo	EL JOBEAN, FL 33927  ol Athlete: \$10

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the above answers

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If Under 18 yrs.

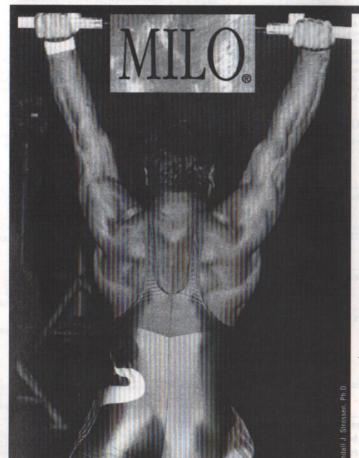
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Vomen Junior	SQ	BP	DL	TOT
). Walker 123		125	225	580
		4th	290	
ubmaster (form	nula)			
McVicar 194	625	500	585	1710
th	650	515		
Kenley 175	350	250	370	970
. Perrotta 289	875			
Peterson 219		475		
. Loganbill 218		360		
Master 40-49 (fo		1)		
. Robertson	450	380	525	1355
V. Ferguson 28:		365		
L. Trail 175		255		
0+				
. Jones 216		230		
Open				
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C. Clinevell	420	315	450	1185
. Sanfilippo		415		
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R. Kenley	350	250	370	970
198				
. McVicar		500		
th		515		
2. Perconte		445		
220				
. Peterson		475		
75				
. Galya	625	415	610	1650
M. Brookman				
808				
V. Ferguson		365		
Meet Director:	Mike		nan, Be	est Lifter

(Bench Meet) Jeff McVicar, Best Lifter (Power

		ol City BP/DL cramento, CA		47-53		P. Davi	440	R. Granados	148	Master Women		B. Huffer	402	B. Sanders	413
	1 - 3a	The state of the s		220		275		123		40-47		275		181	
BENCH		275		D. Martinez	341	D. Freeland	501c	J. Green	143	123		M. Womack	413	R. Smith	473
Law/Fire		A. Dilk	385	308		Teenage Men		148		L. Buie	303	4th	451	220	
Master Women		308		B. Sabin	451	13-15		T. Callahan	148	132		Class I		M. Wheatfall	567
123		B. Sabin	451	L. Contreras	396	132		Junior Women		R. Chisman	253	148		275	
L. Buie	159	L. Contreras	396	54-60		J. Womack	159	132		4th	264	J. Shapiro	352	R. Magni	617
Law/Fire		Submaster Men		181		148		R. Jaffe	115	Master Men		181		A. Dilk	534
Men		165		R. Tsutsui	352	J. Crozier	148	G. Eddy	93	40-47		N. Nelson	523	308	
220		A.J. Agamao	402	J. McCamman	319	220		148		220		198		C. Lewis	705
Z. Clark	418	G. Figard	148	220		V. Tovar	137	L. Appelt	187	Z. Clark	650c	S. Ughe	507	C. Aichs	650
R. Evans	292	198		J. Pujol	231	16-19		165		242	OJOC	A. Bixler	358	Master 40-46	
242	and Dear	G. Buffington	418	61-67	30	165		C. Richer	165	A. Clayton		220	000	123	
M. Smyser	380	220		165		H. Blake	303	DEADLIFT		308		C. Nelson	540	B. Sanders	413c
Law/Fire	000	M. Hatfield	363	L. Thach	231	181	000	Master Women		W. Faulkner	633c			148	7130
Master Men		242	505	220		I. Harris	281	40-46		I. Minahan	551	J. Taylor 380	301	B. Uyeoka	473
40-47		R. Ludlam	402	R. Kunz	292	A. Horvath	275	123		Open Men	331	242		165	4/3
198		275		75-79		4th	286	L. Buie	303	220		I. LaGrill	551	D. Marxheimer	457
R. Lopez	347	B. Passero	534	181		M. Minahan	242	47-53	303	Z. Clark	650	R. Hebeler	512	242	43/
220	347	J. Tovar	485	B. Accosta	181	B. Scotch	236c					275	312	J. LaGrill	551
Z. Clark	418c	Masters	403	Open Men	101	275	2300	G. Egan	2420	R. Evans 242	418	A. Dilk	534	275	221
J. Jones	403	40-46		123		M. Womack	374	68-74	2420			308	534		***
242	403	123		B. Sanders	242	4th	380c			M. Smyser	56		405	B. Smith	640c
TO A TOTAL OF THE PARTY OF THE	400		242c		242	Open Women	3800		450	SHW		L. Contreras	485	T. Stewart	573
A. Clayton	402	B. Sanders	242C	M. Hara	485			P. Forquer	159	R. Russell	644	4th	507	M. Moore	529
4th	413	148	200		485	114	440	4th	1650	Teen Men		Junior		K. Huffer	473
308		B. Uyeoka	308	181	400	R. Granados	148	Women		13-15		148		308	
J. Minahan	534*	165		G. Gibson	402	132		132		132		S. Newman	462c	C. Lewis	705
W. Faulkner		D. Marxheimer	363	S. Dias	391	R. Jaffe	115	R. Jaffe	214	D. Harter	264	198		W. Faulkner	633
Submaster		181		J. Meixner	325	148		148		148		J. Fountain	407	SHW	
165		B. Levering Jr.	418	198		T. Callahan	231	T. Callahan	330c	J. Crozier	325	A. Bixler	358	P. Benvin	407
A. Agamao	402*	4th	440c		540	L. Appelt	187	165		165		220		47-53	
275		J. Jones	403	F. Dena III	418	SHW		P. Carroll	214	P. Boozer	358	P. Davi	633c	198	
J. Tovar	485*	M. Reifkind	396	220		A. VanderPol	137	SHW		T. Faulkner	303	275		D. Solan	578
Class I Men		M. Laurel	314	M. Lamarque	540	Master Women		A. VanderPol	303n	220		D. Freeland	573	220	
148		198		E. Hanson	451	40-46		Junior Women		P. McKeirnan	473	Submaster		D. Imrie	490
J. Shapiro	286	K. Kanemoto	473c		314	123		132		16-19		165		R. Spill	486c
181		F. Dena	418	275		L. Buie	159	G. Eddy	220	165		G. Figard	369	275	
R. Eley	374	R. Lopez	347	A. Dilk	385	148		R. Jaffe	214	H. Blake	473	198		S. Grindall	473
N. Nelson	352	220		R. Magni	380	R. Wilson	181	165		181		G. Buffington	529	308	
M. Laurel	314	E. Hanson	451	308		47-53		C. Richer	314	A. Horvath	446	220		L. Contreras	485
198		J. LaGrill	385	S. Wong	600	114		Teen Women		I. Harris	424	R. Green	600	4th	507c
S. Ughe	363	242		C. Lewis	578	G. Egan	88	16-19		M. Minahan	402	M. Hatfield	512	54-60	
A. Bixler	187	W. Page	358	C. Aichs	479	68-74		165		M. Julian	363	242		220	
220		275		Junior Men		132		K. Womack	286	198	19100	R. Exum	523	I. Puiol	429
M. Jones	429c	T. Starkweather	457	148		P. Forquer	82	4th	297*	D. Cody	451	R. Ludlam	473	61-67	
R. MacQuarrie	363	B. Smith	429	S. Newman	259	Teen Women		Submaster Won	nen	220		275		220	
242		M. Moore	402	198		16-19		123		J. Taylor	380	L. Hariu	600	R. Kunz	407
S. Pena	462	308	ale 3	N. Bruckner	314	165		I. Green	303	B. Boozer	341	308	and the same	4th	429c
4th	473*	C. Lewis	578	I. Fountain	297	K. Womack	159	148	IL IST	242	341	D. Askanas	567	75-79	
I. LaGrill	385	SHW	1	A. Bixler	187	Submaster Won		T. Callahan	330	C. Clark	407	Open Men	30,	181	
R. Hebeler	347	P. Benvin	303	220		114		Law/Fire	550	4th	418c	123		B. Accosta	303!
A. Trebelei	34/	Jenvin	303	and reserve as and other		THE RESERVE				Tul	4180	.23		b. Accosta	303:



### **We Have A Different Perspective**

O.K., so we're into overhead lifting, not just what you can bench, and, yeah, to us, backs are sort of what biceps are to bodybuilders, but that's only the beginning. Strength is our thingwhat you can do, not what you look like. That's why we cover Olympic lifting, Highland Games, strongman, and arm wrestling as our main events. Training. Athlete profiles. Major contest coverage. We feature the top writers in the strength world, and even though we don't lure you with bikini shots, we recognize the value of good photography, so we strive to bring you the best anywhere when it comes to lifting, throwing, and pulling.

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\* - world record, c - state record About 135 lifters showed up for Jody & Loraine Woods' meet in Rancho Cordova, a suburb of Sac ramento. According to Gordon Santee, it was the biggest meet ever in California. In master mer 40-46 age group deadlift, Bobby Sanders set a California State Record with 413, weighing only 120! That's close to 4 times his bodyweight, At 148, Brian Uyeoka pulled 473, short of his own 496 California State Record, At 165 Dan Marxheimer set a Washing-ton State Record with 457. At 242 John LaGrill puled 551. At 275, Bob Smith set a California State Record with 640# - a big pull for a master lifter. Ted Stewart of Sparks, Nevada was 2nd with 573. Mike Moore was 3rd with 529. At 308, Big Cyril Lewis set a Nevada State Record with 705. You don't see too many 700# deadlifters any more. Walk Faulkner was 2nd with 633 3/4. At Super, Patrick Benvin set a Nevada State Record with 407 3/4. In Master men 47-53 age group Dave Solan broke the state record by over 100# at 198# with 578 1/2. At 220, Donn Imrie set a California State Record with 490 1/2. Rick Spill was 2nd with 486, which was the California State Record until Imrie broke it. At 275 Skip Grindall set a California State Record with 573. At 308, Leo Contreras pulled a 507. In Master 54-60, Jerry Pujol pulled a state record 429 3/4. At Master 61-67, 220, Roger Kunz set a state record 429 3/4. In master 75-79, Bob Accosta set a World Record of 303 at age



Newman pulled a State Record 462 3/4 at 148. At 220, 20 year old Phil Davi, who is a 700# pulled in the making, set a California State Record with 633 3/4. At 275, Dave Freeland set a California State Record with 573. In Class I, Special Olympian John Shapiro set a Class I California State Record with 352 at 148. At 181 Nathan Nelson set a Nevada State Record of 523 1/2. At 198 Steve Ughe set a California State Record with 507. At 220, Christophe Nelson set a Nevada State Record of 540 to beat fellow Flex Gym member Rick MacQuarrie, who did 501 1/2. At 242 John La Grill pulled a State Record of 534 and at Super Leo Contreras set a California State Record 507. In Teen Men, 13-15, 132# Dean Harter set a California State Record 264 1/2. At 220, Paul McKiernan set a World and California State Record of 473 3/4 - that's a big time lift for a 15 year old. In Teen, 16-19, 165# Hayward Blake pulled 473. At 181, John Harris set a Nevada State Record with 424, but Andy Horvath won with a Califor-nia State Record 446 3/4. At 220, Johnny Taylor set a State Record of 380. At 242, Chris Clark set a California State Record with 418 3 4 and at 275 Mike Womack pulled a California State Record 451 3/4. Womack is coached by big Russ Lewis, a Gulf War veteran and a very nice guy. In open men's law/fire deadlift at 220, Zach Clark coming back from a major illness, smoked a 650 for a California State Record. At 242, Mike Smyser set a California State Record with 567 1/2. In Master Men 40-47 Zach Clark set a World Record with 650 at 220. At 308 Walt Faulkner set a California State Record with 633 3/4. In Master Women's



Walt Faulkner with his 633 deadlift that was a California State Record and a World Record in the Law/Fire Master category, 275 lb. class. (photographwas provided by Gus Rethwisch)

Now on to the bench press. In Junior Women Robin Jaffe set a California master Women, Rebecca Granados set a California State Record at 114 pushed 281 for 1st and a Nevada State Record. Andy Horvath was 2nd with 275 but got a California State Record

Paulie Forquer set a World Record at 4th attempt. His 418 on a 3rd was also a new 132 with 165# and she looks terrific. state record. At 198, Keith Kanemoto did a picture perfect 473 3/4 for a California State Record and at 220 Ed Hanson set a California State Record 451 3/4. Back to 198, Fil Dena III
Louisa Appelt at 148 put up a fine
looking 187 for a California State
Record. At 165, Christy Richer set a
Nevada State Record. In master 47-53, Bruce Nevada State Record of 165. In Sub-Sabin set a California State Record 451 3/4 at 308. In Master 54-60, Rich Tsutsui set a Califo nia State Record 352 1/2 at 181. In master 76with 148 3/4. At 123 Julie Green, the 79, 77 year old Bob Accosta set a California co-owner of Flex Gym in Reno, pushed State Record 181 3/4 at 181. In Submaster co-owner of Flex Gym in Reno, pushed State Record 181 3/4 at 181. In Submaster a Nevada State Record 143# and Bench, at 198#, Greg Buffington set a California State Record 231 at 148#. In Passero set a Nevada State Record with 418 3/4. At 275 Bill fornia State Record 231 at 148#. In Passero set a Nevada State Record with a big Teen Women 16-19, 165# Kelly 534 1/2 and Jaimi Tovar set a California State Record 485 to finish 2nd. In Class 1 Bench at 159 3/4. In Master Women 40-46, Renee Wilson set a California State 874 3/4 to win a 3 way race. Michael Jones 184 200 at Record 181 3/4 at 148#, Glenda Egan a California State Record in 220 with 429 3/4 set a California State Record 88# in and Rick MacQuarrie was 2nd with a Nevada master 47-53 114 and Paulie Forquer at age 70 pushed 82 1/2 for a World Record weighing 125#. In Open Women, Tammi Callahan had the biggest bench with 231 at 148 and Amy Record with 385 3/4 and at 308 Bruce Sabia (24.1). gest bench with 231 at 148 and Amy
VanderPol set a Nevada State Record
VanderPol set a Nevada State Record
Set a California State Record with 451 3/4. In with 137 3/4. In Teen 16-19 at 165.

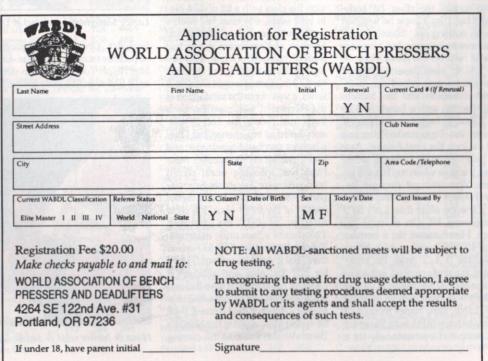
World Record 402. At 275 Jaims
Record 137 3/4. In Teen 16-19 at 165.

World Record 402. At 275 Jaims
Record 137 3/4. In Teen 16-19 at 165.

World Record 485. In Master Men Law/Fire Record 137 3/4. In Teen 16-19 at 165, World Record 485. In Master Men Law/Fire Hayward Blake set a California State 40-47, Rudy Lopez set a California State Record with 303. At 181, John Harris 347 at 198#. At 220 Zach Clark set a California State Record 418 3/4 for the gold and Sergeant Jeff Jones of the Sparks Police Department was 2nd with a 403 Nevada State Record. At 242, on a 4th with 286 1/2. At 275 Michael Arthur Clayton set a California State Record or Womack set a California State Record a 4th attempt with 413 and big John Minahan with 380. In Junior men at 148, Steve set a World Record with 534 1/2 and he had Newman set a California State Record room to spare. In Master Women Law/Fire 40-with 259#. At 275 David Freeland set 47 at 123 Leticia Rosales Buie set a World a California State Record with 380. In
Open men Michael Hara was the story
with a 485 World Record at 165 and a close try
at 501 - he's without a doubt one of the best

WITH 259#, At 275 David Freeland set
4 / at 123 Leticia Rosales Bule set a World
Record 159 3/4. Special thanks go to Darian
Open men Michael Hara was the story
Dunlap, Jon Broun, Steve Keep, Cretchen
Etzold, and Loraine Woods. The MCs were
at 501 - he's without a doubt one of the best
Greg Broan and Jody Woods. The spotters lightweight benchers in the World. The old were Jeremy Fountain, Steve Wong, Ryan record was 447, held by Sean Kaneshiro. At Hubler, Ron Evans and Steve Evans. Gold's 198, Fil Dena III set a Nevada State Record 418

Gym and Tim Bonham provided the warm up 3/4 and Gustavo Warrington did a 540 and weights. Steve Ughe provided the nice Ivanko locked out a World Record 562, but was turned down because his butt came off the bench. At 308, there were 3 very good lifters. Chad Aichs was 3rd with 479 1/2, Cyril Lewis was 2nd with Woods, who did an excellent job and provided accommodations for the judges at a class hotel. Elma Thomas did the computer work



(article continued from page 9)

featured in the paper and television, she probably could have won an election for Mayor.

Team points for the top three teams were Japan 59 points, China 56 points and the U.S. ladies finished in 3rd with 49 points. Yukako Fukushima from Japan finished in first for best overall and had a fourth attempt of 271 lbs. passed. She may be the first female lifter to do a triple body weight bench press. U.S. lifter Jennifer Thompson finished second overall followed by French lifter Clara Kasharian



SHW-1st-Chen-Yeh Chao (TAI)

In the men's division, German lifter Christian Klein won the 114 lb. class on bodyweight with a bench of 281 lbs. Japan began their gold medal collection with Yuji Miyazaki winning the 123 lb. class with a big bench of 385 lbs. and missing a world record attempt of 402 lbs. on his third. My training partner Steve Petrencak won a bronze medal finishing third with a bench of 330 lbs... Steve missed the silver on boduweight by .1 kg. I hope he weighed in with nothing on. Steve's bench continues to improve, but he needs serious help on the dance floor. In the 132 lb. class Japanese legend Hiroyuki Isagawa edged out multiworld champion and fan favorite Tagy Parnian with a bench of 418 lbs.. (I thought I was the world's worst dancer, but Tagy made Petrencak and me look like Fred Astaire). As a 47 year old lifter, I always worry about the time when my lifts will go down. You can't get stronger forever. I always find it uplifting when I see someone older than I am do a phenomenal lift. On a fourth attempt, Hiro Isagawa did a tremendous 452 lb. bench, which is approaching 3 1/2 times his bodyweight, in a single plyshirt, at the ripe old age of 48. Truly inspiring for me. (Editor's Note: as reported in POWER HOTLINE, Hiro hopes to do 473 before he turns 50!) Lance Slaughter has competed internationally for a



Men's 114lb. winner-Klein (GER)



USA's Steve Petrencak (It) with 123 lb.winner Miyazaki of Japan

few years now and he finally took home a medal with a third place bench of 396 lbs. in the 148 lb. division. Polish lifter Pawel Pracownik won the class with a lift of 424 lbs.. In past years, this class has been a battle between Itoh of Japan and Sivokon of Kazakhstan. I was told that Itoh had been doing an astonishing 507 lbs. in training, but although his 473 lb. starting weight went up 3 times, it was not to the satisfaction of the referees. I was planning on a three man race in the 165 lb. division. I missed my opener, but I had a high lot number. I repeated it, and had it passed on my second. Mike Hara was following world record holder Keisuke Takahashi from Japan. Mike had the lowest bodyweight of the three of us. His third attempt of 501 lbs. equaled Takahashi's second attempt. Takahashi went for 507 lbs. on his third, but it went up uneven. I went for 507 lbs. also, and although it came off my chest well, it stalled and Mike had the Gold as well as the new Master's Bench World Record. I will be seeing Mike again at the Master's Bench Worlds in Texas this coming



132 lb. winner Hiro Isagawa (JPN)

April. In the 181 lb. class Alexu Vorobyev won hands down with a world record bench of 551 lbs.. Mike Hartle started U.S. lifter Leonard McCormick out conservatively at 496 lbs., which was good enough for the silver. Leonard is thinking about retiring, but I am trying to keep him around until 2004 when this meet comes to the U.S. Dennis Cieri represented the U.S. in the 198 lb. class. Dennis blew out his shirt on his opener, which put him in the hole. Japanese lifter Yoichi Kishimoto won the class with a world record lift of 551 lbs. We had a bit of trouble in the 220 lb. class. World record holder



Lance Slaughter medaled at 148.

Szabolcs Onozo from Hungary upped his record to 606 lbs. Ohio lifter Ralph Young looked as strong as I'd ever seen him and it looked like



Hara & Miller - 1st & 3rd @ 165



USA's Leonard McCormick (lt) shared the victory platform with Russia's Alexey Vorobyev @ 181

silver was a sure thing. Japanese lifter Shinichi Hara made a big 22 lb. jump on his third attempt and appeared to own the Silver. Unfortunately, for him, the lift was protested by Hartle due to a seam across his bench shirt that looked like a tear to me. The judges found it to be an illegal repair, and the Silver went back to Ralph which was great because I was getting nervous seeing all



198 winner - Kishimoto of Japan



220 winners ... (It) Szabolcs Onozo of Hungary and Young of USA.

of that steam coming out of his ears. The 242 lb. class was also quite interesting. Polish lifter Wieslaw Kruk won the gold with a lift of 606 lbs. Japanese lifter Masashi Saitoh was second with a lift of 589 lbs. Japanese coach Susumu Yoshida protested Kruk's winning lift as one of the side referees continually redlighted him for lifting his buttocks off the bench. I decided to look for myself and I had to agree with Susumu, but the Jury indicated that it



Kruk (POL) posed down at 242

was a judgment call and would not reverse the decision. U.S. lifter Dave Doan finished in 7th with a bench of 534 lbs. The U.S. team tried to make Dave more comfortable by repeating his daughter's chant of "Go Daddy Go". Eduard Isakov from Russia won the 125 kg class with a lift of 611 lbs. The U.S. had two lifters, Collin (Pooh Bear) Rhodes and Scott (I Can Dance) Lade, Unfortunately, Scott just missed a medal in finishing 4th with a bench

IPF World Bench Press Championships

6-9 DFC 01 - Christchurch, New Zealand

181

165

110 121

248

<del>198</del> 176 198 187

198

137

<del>203</del> 192

165

170

253

231

242 225

286

270 281

231

220

209 209

203

259 270 275

253

248

97 lb. class

Sviantekova SLO

Iwasaki JPN Kleszczynksa POL

Friedrich GER

Dalling CAN Snyder USA

105 lb. class

Iwaki IPN

Svahn DEN

Arpala FIN

114 lb. class

Sakurai IPN

Muldrock NZ

123 lb. class

Liimatainen SWE

Villwock GER

Takahashi JPN

Thompson USA

Green NZ

Orbon NZ

Peniry GB

Wada JPN

Komi IPN

Darling USA

Sidorova RUS

Kasbarian FRA

Kuleshova RUS

Aoki JPN Callahan USA

Chang TAI

Jessop NZ

Witt GER

Simons USA

165 lb. class

Wessler USA

Hung TAI

Narovnigg AUT

Wernig AUT

Chen TAI

Sirki FIN

Lin TAI

Fukishima JPN

BP2 BP3

176

<del>159</del> <del>126</del>

271

225

192

187

159 159

214

214

<del>192</del> <del>187</del>

<del>201</del> 253

253

242

303

297

259

253

236

220

220

270

259

259

165 181

<del>176</del> 154

259

220 225

220

209 <del>187</del> 154

148

203 214

170 170

270

248 242

236

220

297

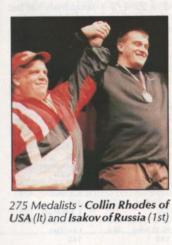
236 248 231 220

220

225

264 259

242



of 567 lbs. Collin won the bronze

with a 584 lb. bench and was just 5.5

lbs. away from the silver. Collin looked

strong and went for a 4th attempt, but somehow got timed out. The

Superheavyweight class featured

overall best lifter Daisuke Midote

from Japan. Midote finished with a

661 lb. bench and U.S. heavyweight

lifter Mike Hodge won the bronze

with a bench of 600 lbs. After help-

ing Mike in the back room, it is

apparent to me that Mike should be

able to give Midote a run if he can get

a bench shirt that fits.

USA (lt) and Isakov of Russia (1st)

187 Woolridge NZ <del>101</del> 137 Kereopa NZ **Ouellet CAN** 126 181 297 308 <del>303</del> 297 Yurik RUS 292 286 Strik NDL 264 281 **Duhem FRA** 248 231 Sortwell USA 259! 242 Speth GER Hartale CAN 203 Naskripyak RUS 303 319 286 Paltseva RUS 242 242 Lee TAI 270 v.d. Meulen NDL 259 Guha IND Chao TAI 374 385! Ferrell USA 358 Formgreen SWE Buckley NZ 253 270 225 236 220 Johnson NZ Pal IND 203 Teams; Japan 59, Taipei 56, L Russia 39, New Zealand 39, C 22, France 19, Austria 17, Swe Finland 15, Netherlands 15, Can Slovakia 12, Czech Republic 11, Denmark 8, Poland 7, Aus Champion of Champions: Ful 157.77, Thompson 143.25, Ka 141.39 Men 275 275 Klein GER 253 281 Wu TAI Ishiwatari JPN 330 123 385 Miyazaki JPN 363 Jancsar HUN 308 314 325 Petrencek USA Patra IND 325 197 Zeebadee GB 198 Kuan TAI 132 lb. class 198 209 Isagawa JPN 4th 385 305 Parnian NDL 352 Wu TAI Tandelu IND 297 Gupta IND 286



Mike Hodge of USA - 3rd @ SHW

The Japanese won the men's team title with 66 points. The U.S. finished second with 54 points. Poland was third with 40 points. Mike Hara was fourth overall on formula for best lifter, which is quite an accomplishment.

Unfortunately, our team t-shirts from Rickey Crain came to Sandra Perron's house the day she left and then didn't make it to New Zealand in





SHW Winner ... Midote of Japan

242 lb. class

14 (150)	uler didit tillane	it to i to	53/19/1	
198	148 lb. class			
192	Parcownik POL	407	413	424
143	Cucuzella FRA	396	407	410
	Slaughter USA	380	396	413
319	Cossen NZ	286	308	325
303	Rheaume CAN	286	308	300
300	Itoh JPN	473	473	473
297	165 lb. class			
270!	Hara USA	462	485	501!
242	Takahashi PIJPN	485	501	507
209	Miller USA	462	462	507!
	Chadkov RUS	451	462	468
330	Chesnokov RUS	451	451	451
319	Schlieter GER	396	407	413
201	Jonson NZ	300	308	363
275	Rasmusen DEN	358	369	369
236	Flynn CAN	259	286	297
	181 lb. class		Ser obs	All I
396*	Vorobyev RUS	523	540*	551*
396*	McCormick USA	496	512	512
286	Watanabe JPN	485	405	485
253	Heinirich GER	424	429	429
236!	Giblin NZ	363	374	396
214	Frogatt NZ	347	363	374
USA 49,	Morgan RSA	308	325	347
Germany	Otani JPN	510	510	510
eden 17,	198 lb. class			
nada 13,	Kishimoto JPN	523	551*	551*
2, India	Yang TAI	507	529	529
tralia 6.	Zubriks LAT	496	507	523
kushima	Lekomtzev RUS	485	507	512
asbarian	Cieri USA	512	512	523
	Theuser CZE	405	485	490
BP3	Krokkee NDL	462	462	473
	Frank NZ	429	429	462
281	Friedrich GER	440	457	468
292	Luftinger AUT	435	446	457
330	Chala UKR	396	396	413
ALL PARTY IN	Sharma IND	374	396	396
402±	Truchon CAN	286	308	330
330	220 lb. class			
330	Onozo HUN	584	595*	606*
308	Young USA	512	529	540
220	Semskij GER	501	518	534
209	Furmanek POL	529	540	540
Negro A	Dahlstrom SWE	501	512	523
418	Raskin GER	496	496	534
452	Hara JPN	490	510	540
396	Lewis GB	468	405	485
391	Williams RSA	407	429	451
330	Tagra IND	396	407	418
292	Pavulans LAT	308	330	352

242 ID. Class			
Kruk POL	578	595	606
Saitoh JPN	573	589	606
Fatianov RUS	551	567	578
Mattson SWE	556	573	578
Pfeifenroth HUN	551	573	595
Kastaneer NDL	518	545	556
Doan USA	534	551	551
Giffen CAN	485	507	518
Pomana NZ	496	523	523
Sachdev IND	440	457	473
Lousich NZ	473	485	485
Rosslee RSA	440	462	479
Stojanoski AUS	305	385	402
Hoen GER	405	485	405
275 lb. class			
Isakov RUS	600	611	611
Klawski POL	556	573	589
Rhodes USA	551	551	584
Lade USA	545	567	504
Kathi HUN	529	551	573
Doyle NZ	473	473	534!
Pomana NZ	518	534	556
Battye GB	501	501	518
Heerden RSA	479	501	523
Royer CAN	440	451	462
Little AUS	440	462	462
Furman RSA	424	446	446
Speth GER	418	440	446
Wendt FRA	496	496	496
Hirvonen SWE	556	556	556
SHW	330	330	330
Midote IPN	639	661	672
Wiklund SWE	600	606	617
Hodge USA	573	600	617
Taamaru NZ	551	584	600
Staerkjaer DEN	584	600	606
Simanu NZ	529	556	600
Kaletoona FRA	518	540	551
Sharp AUS	462	485	507
Chao TAI	462	462	30,
	507	512	512
Lofe FRA Teams: Japan 66,		54, Pol	
Russia 39, Germa			
35, Hungary 33, 1			
Indian 23, Nethe	daper 3	10 Era	nce 1
Canada 13 Cross	britain	12 5	nice 1-
Canada 13, Great	Dornali	12, 30	Cree
rica 10, Latvia 9	, Denn	thee's	1 A
Republich 5, Aust	ralla 5,	kraine	Middet
tria 1. Champion			
169.26, Onozo 16	8.46, Vo	probyev	168.2
(*-world record,!-	master	sworld	record

(article continued from page 7)

the last 3 months. Brent Howard was 2nd with 744 and Jerry Capello was 3rd with 716 and a 734 on a 4th for a Masters World Record. Phil Andrews opened with 771 and hurt his back and bombed. At 275, Patrick Holloway pulled an Arizona State Record 722 to easily beat out 4 other contestants. At 308, Jerry Pritchett of Arizona won with 705 and at Super Dean Munsey of Oregon won with 705. Outstanding Lifters were Leamon Woodley (lightweight). George Herring (middleweight) and

#### WABDL DEADLIFT WORLDS 15-19 NOV 01 - Reno, NV

T. Ekenberg 600

Master Men

40-46		M. Moore	578
123		L. Contreras	
B. Sanders	429	B. Wright	424
N. Ochoa	412	SHW	
N. Ochoa	413	L. Barrett K. Ward	551
R. Cirigliano	584	54-60	385
D. Winslow		181	
V. Ledford	473	R. Contreras	495
R. High	457	J. Christian	
181		F. Isernio	424
L. Woodley	672	M. Scott	418
G. Zweig	629	J. Rankin	396
R. Cummins	446	198	
198	(70	L. Lense	556
G. Herring D. Bertier	672 545	Haggnmiller	
K. Dunford	507	J. Snodgrass Hawkinson	
C. Grier	485	220	402
McCormack		O. Jordan	600
D. Gomez	446	F. Silva Sr.	319
220		242	
W. McCoy	744	B. Davis	655
B. McKee	551	M. Pope	600
L. Benner	512	D. Smith	440
P. Wondra 242	485	275	589
D. Davidson	722	R. Spikes M. Fryar	523
J. Capello	716	E. Olson	429
4th	734	308	-
B. Driskill	683	R. Smith	565
A. Dawson	644	61-67	
A. Clayton	551	148	
J. LaGrill	507	L. Vincent	369
275		R. Gidcumb	330
D. Glahn	622	165	
B. Smith	622	R. Abbott	501
P. Ratsch T. Stewart	573	198 T. Barth	468
308	3/3	220	400
C. Lewis	733		462
S. Khader	628		457
J. Newman	523	R. Kunz	430
SHW	10h #16	242	M. Control
R. Young	650	L. Sandberg	
D. Chase	606 562	O. Bruce 308	545
B. Duncan P. Benvin	473		341
47-53	4/3	68-74	341
132		148	
H. Shivaie	418	R. Cortes	479
165		165	
Henderson	490	J. Schall	364
181			325
J. Tyree	601	M. Garry	
R. Hagedorn		181 R. Phillips	451
J. Mauldin C. Wood	407	198	451
198	407	A. DeMello	325
A. Wahlund	595	220	
	584	L. Taylor	479
M. Stevens	540	75-79	
N. Sinardi		148	
	490	A. Whinston	
R. Ward	479	4th	165
220 L Wolhers	584	181 P. Accepta	214
J. Wolbers D. Imrie	485		314 308
242	-03	242	300
C. Sandberg	633		352
R. Nelson	578	275	Que sale
S. Grindall	578		375
Anderberg	551	Open Men	
275	Nobal Jan	123	ar 031
S. Pecktol	672	Morishige	473

Noah Chambreau (heavweight).

Now on to the ladies and what a show they put on. Lots of great deadlifting - some of the best female deadlifts I have ever seen. In open women law/fire Illinois State Trooper Karen Gordon weighing only 118# and she pulled a big 352 1/2 World Record deadlift. She's right around the corner from 400.

In Master Women Law/Fire Leticia Rosales-Buie pulled 297 1/2 weighing 121# at 40+ years of age. In Law/Fire Master 48+ Louise Turner of Pennsylvania set a World Record at 132# with 303.

R. Harlow 677

601 523

R. Padgett 672

M. Hyrcha 722

W. Pontius 600

V. Eldridge 672

S. Mendez 380

S. Newman 440

R. Snelling 562

J. Tcruz 507 J. Ojeda 457

A. Stephens 451

181 S. McMillan 446

T. Baisy 424 J. Harris 418

198 Mil-Homens 639

Thompson 501

K. Roberson 429

242 T. Arterburn 611

J. Pritchett 705

K. Merck 650

D. Winslow 424

R. Gidcumb 330

S. McMillan 446

B. Blausev 589

M. Rainey 545

M. Pearce 534

B. Bishop 512 K. Dunford 507

D. Gomez 446

B. Myers

I. Carter

Matteucci

B. McKee

J. Boettger

MacQuarrie 534

S. Pena 534 J. DePalmer 507

C. Colchado 573

352

639

600 518

435

402

660 573

551

551

C. McGrail

Matthews

A. Bixler

P. Davi

I. Parman

T. Levers J. Verside

Class I

148

165

I. Ojeda

R. High

Takayoshi

G. Figard

R. Straker

lunior Men

R. Exum

SHW

132

B. Sanders 429

S. Mendez 380

Wideman 479

Montague 473 D. Osgood 462

R. Cirigliano 584
R. Snelling 562
Henderson 490

V. Ledford 473

. Woodley 672

198 G. Herring 672

J. Ray 633 A. Wahlund 595

. Weippert 578

M. Pearce 534

220 G. Herring 683 Davi 639

S. Burgess 639 D. Adams 611

Lamarque

Wheatfall

J. Boettger

R. Schutz

H. Higgins 545

B. Howard 744

J. Capello 716

R Matheson 705

A. Dawson 644

G. Lands 601

J. Westling 529

P. Holloway 722 S. Hendricks633

D. Glahn 622

J. Pritchett 705

S. Khader 628

SHW D. Munsey 705

V. Eldridge 672

Marroguin 418

B. Baertlein 562

D. Guches 529

T. Weippert 578

479

611

600 589

132

4th 148

165 G. Figard 413

I. Ray

R. Green D. Adams

. Marcoff 545

T. Fryar

P. Beck

551

C. McGrail

G. Zweig C. Evans

N. Nelson

451

H. Garcia

Hokoana

In Master Women 40-46 at 123 Leticia Rosales-Buie pulled a 297 1/ 2 for the win. Selina May was 3rd with a Texas State Record 253 1/2. At 132, Heidi Gantz, coached bu Jerry Capello (who set a World Record 734 in Master 40-46, 242) pulled a 391 World Record herself, which I'm sure pleased Capello. At 148 Dru Amos of Alabama tied her World Record of 358. At 165, Lyn Silbert set a World and Hawaii Record 385 3/4 subject to drug testing results. At 198+ Susan Adkison set a World Record and Florida Record 352 1/ 2, a 22 1/2 # jump from her last

meet on Sept. 15 in New Orleans. Outstanding Lifter was Heidi Gantz.

In Master Women 47-53 at 114#, Glenda Egan set a World Record 264 1/2, followed by Heidi Rodriguez from Guatemala, who did 220. At 132, Patty Pendergast, another lifter coached by Jerry Capello pulled a World Record 314 and Rosemary Harrington, also coached by Capello. at 165 also pulled a World Record 325. She put 100# on her deadlift in the last 5 months. At 181 Claire Ashton Heckathorn lost 18# in two months and set an Idaho State Record 275 1/2 at age 50. She holds the

R. Budd	562	Master Me	n	E. Matlack	192	M. Zierold	303
R. Peck	529	Law/Fire		198		Christophe	
G. Ramsdell	1518	40-47		H. Matlack	148	123	
J. LaGrill	507	181		Disabled		V. Tyree	413
275		T. Wilson	529	97		Higginbthm	
T. Ekenberg	600	220		S. Rosas	99	D. Snow	248
W. Pontius		Z. Clark	661	123		132	240
L. Contreras	473	D. England		K. DeLeon	209	J. Lippert	413
308		242		148		H. Gantz	380
K. Merck	650	A. Clayton	551	Ellingsworth	242	E. Moore	308
J. Newman		M. Irwin	551	Master Wor			
SHW	-	275	33.	40-46	ilicii 3	K. Liuska	253
B. Duncan	562	W. Faulkne	r 661	123		148	250
Teen Men	302	308	. 001	L. Buie	297	D. Amos	358
13-15		J. Minahan	572		0.00	165	
97		48 plus	3/3	D. Ruff	281	M. Jacobson	
M. Ellis	225			S. May	253	L. Silbert	385
123	223	275	400	132	200	L. Saleh	286
	154	E. Olson	429	H. Gantz	380	181	
B. Huffer	154	308		4th	391	J. Warner	451
132	200	I. Pankratz		148		SHW	
Z. O'Quinn		Submaster	Men	D. Amos	358	D. Cal	363
N. Worley	264	Law/Fire		165	Te Date of	Williamson	347
148		165		L. Silbert	385	vanderPol	330
D. Winslow		A. Ellis	523	M. Jacobson	n369	L. Paquette	292
C. Pinson	248	181		SHW		K. Williams	225
N. Luttrell	170	E. Fox	479	S. Adkison	341	Teen Wome	n
165		220		47-53		13-15	
P. Boozer	374	K. Eller	556	114		97	
A. Munsey	369	242		G. Egan	259	L. Garcia	171
Borchardt	352	T. Kopta	540	Rodriguez	220	123	
A. Contreras	\$242	Men's Spec	ial	132		K. DeLeon	209
181		Olypian - D		Pendergast	314	181	203
M. Martin	248	Disabled		L. Turner	303	Buck-Wood	296
198		123		165	-	16-19	200
J. Perry	319	B. Huffer	154	Harrington	325	97	
275		198		181	323		154
Z. Smith	496	N. Sinardi	540	C. Ashton	275		154
16-19	130	220	340	SHW	2/3	105	000
105		S. Pena	534	Fay	242	E. Kubiak	232
R. Griggs	281	242	334	Chilgren		114	
132	201		- 567		225	M. Baker	253
	352	C. Colchade		54-60		148	
D. Lewis		Special Oly	mpian	123		Underwood	
M. Brown	303	132		C. Paulson	225	Ellingsworth	231
J. Womack	2/5	D. Morgan		4th	236	165	
148		E. Janvier	270	J. Honeycut		K. Womack	297
D. Osgood	462	148	THE PERSON		192	181	
165	2000	J. Shapiro	363	148		E. Tawney	303
H. Blake	512	165		S. Butler	264	198	
181		B. Ruth	330	M. Goffey	203	K. Wiliams	225
N. Luiz	540	D. Hodges	270	181		Jr. Women	
A. Francis	507	181		K. Polansky	330	114	
M. Minahan	413	A. Belfils	374	198		S. Henrise	253
198		M. McHugh	1324	T. Strom	254	123	
M. Christie	507	E. Greene	198	SHW		Coulombe	303
K. Vorsatz	451	198		D. Ivey-Vick	242	Higginbthm	
D. Rogers	391	A. Bixler	352	61-67		J. Wilson	253
220		J. Marchu	330	181		165	233
N. Heppner	501	L. Rivera	303	Cloninger	281	Richardson	274
242		R. Dunning		68-74			
	424	220	233	132		C. Richer	330
275		A. Johnson	116	P. Forquer	170	Submaster V	vomen
J. Davasher	116	K. Dean	424		148	105	
M. Morvai				Whinston			325
	303	J. Gonzales		Master Won	nen	114	BRITA
Open Men		J. Hybl	259	Law/Fire		Christopher	225
Law/Fire		275 M. Hon	412	40-47		123	C-692
165	F22	M. Uon	413	123	207	J. Green	308
A. Ellis	523	Henderson	341	L. Buie	297	H. Hughes	303
4th	545	308	250	48 plus		S. Decker	297
220		J. Mayes	352	132	D. OLD	132	
	661	Women's Sp		L. Turner	303	E. Womack	209
	611	Olympian	& Dis-	SHW		148	
	551	abled		C. Fay	242	K. Mahoney	203
E. Carvajal	523	Special Olyn	mian	Open Wome	en	SHW	1073116
242		97		97		D. Cal	363
B. Howard	744	L. Garcia	170	T. Kentris	154	S. Wyatt	341
	567	165		105		Open Wome	
275		B. Hanson	259		325	Law/Fire	200
C Smith	620	1 Dave	240	E Vulial	222	Lawithe	

L. Dare

I. McGrath 473

E. Kubiak

232

123

Idaho Records in the 198 and 198+ as well. At 198+ Carolyn Fay, whose husband Patrick has set Master World Records, set a Washington State Record with 242 1/2 and in 2nd place Delia Chilgren set a California State Record with 225 3/4. Out-

standing lifter was Patty Pendergast. In Master 54-60 at 123 Carolun Paulson set a World Record with 236 3/4. She is ably coached by Beth Higginbotham, Jane Honevcutt of Louisiana, the former World Record holder, set a Louisiana State Record with 209. At 148 Sandi Butler set a World Record with 270, an improvement of about 15# over her old World Record. At 181 Karen Polansky pulled a huge 330 1/2. She is very well coached by Al Garcia. The 330 1/2 was a World Record, needless to say. At 198 Thea Strom pulled a World Record 259, an improvement of about 30# over the last 6 months. At 198+ Dawn Ivev-Vick pulled a World Record 242 1/

In Master 61-67 at 181 Grace Cloninger pulled a big 281 World Record and at 75-79, 77 year old Paulie Forguer pulled a very impressive 176# World Record. That's like lifting two sacks of cement at once,

To Whom It May Concern: I wanted to take a moment share

my impressions of the WABDL World Championships recently

held in Reno, Nevada, and to personally thank the entire

WABDL organization and staff, along with supporting sponsors

such as Powerlifting USA, for setting a new standard in power-

lifting competitions. I'm a 54-60 Masters (181#) division lifter

from Plano, Texas, and over the past 10 years, I've participated

in numerous local and regional meets sponsored by a variety of

powerlifting federations, so it's with some authority that I can say

I have never had as completely enjoyable an experience as the

Reno event. I will begin with the most important element, that

is, the quality of the competition. The number and calibre of

participating lifters was extraordinary, and the opportunity to

"rub shoulders" with so many nice, helpful, encouraging people

made a first timer like me feel like an old hand. Whether it was

strategizing over opening lifts or cramming folks into their

bench shirts, I never saw so many people willing to help friends

and strangers alike. Sportsmanship has never been more ably

displayed. The next thing that comes to mind is the consistency

and evenness of the judging. Results from almost all other

contests I've ever been involved in have been tainted in some

respect by the quality of judging. Whether you thought the

commands were too fast or too slow, or the standards for a good

lift were too lax or too rigid is purely a matter of personal

opinion. What counts is conformity with clearly articulated

rules that reward or punish all lifters with equanimity. I was red-

lighted on my third bench press, and, although I completed the

lift, I never considered whether it was a fair call or based on my

perception of the judging. What can I say about the venue?! The

facilities were fantastic, from rooms to restaurants, from training

areas to the auditorium and from scoreboards to staging. The

processes, like weigh-ins, made it easy for all the lifters. The hotel

and all its amenities provided for wonderful accommodations

and services. Thanks to Gus Rethwisch for putting on an

incredible competition, that from end to end, met my every

expectation. I genuinely look forward to next year's contest,

and becoming re-acquainted with the many new friends I made

at this year's meet. Best regards for the holidays and a healthy

and happy New Year to all, Steve Hoffner Plano, Texas

and believe me, that's not light. I've unloaded thousands of sacks of cement at my Dad's yard back in Iowa when I was a youngster, Outstanding lifter was Grace Cloninger in 61+ and Karen Polansky in 54-60..

In Open Women some big numbers were put up. First of all, Jerri Lunn Lippert, Valerie Tyree, and Joanne Warner passed the drug tests. At 97#. Tera Kentris won the Gold with 154. At 105. Carmela Bagui pulled 325, 6 pounds shy of her World Record. for the win. At 114, Mindi Zierold pulled 303. At 123, weighing only 1191/2, Valerie Tyree set a World Record 413. She also holds the World Record at 114 with 429 3/4. She is probably the greatest female deadlifter in the world. At 132, Jerri Lynn Lippert pulled a World Record 413 to go along with her World Record 319 1/2 bench. Heidi Gantz was 2nd with 391. At 148 Dru Amos won Gold with 358. At 181 Joanne Warner, in spite of a groin pull, pulled an impressive 451 3/4, the 2nd highest deadlift in WABDL history, by a woman. The highest being Judith Sverchek's 462 at 148#. Judith is now competing in Ultimate Fighting Contests. In her last two fights she broke one woman's

leg and another's arm! At 198+, Daria Cal. coached by Bull Stewart. pulled 363 3/4 for the World Title. Michele Williamson was 2nd with a State Record 347. Amy Vander Pol was third with a Nevada State Record of 330 1/2. Outstanding Lifters in Women's Open were Valerie Tyree, lightweight, and Joanne Warner, heavyweight.

In Teen Women, 13-15, Lisa Marie Garcia, who is blind, pulled both an all time blind record deadlift of 171 3/4 as well as the regular Teenage World Record - very inspiring and heart warming to watch! At 123 Katherine DeLeon, who is coached by Bull Stewart and Yueh-Chun Chang (who herself deadlifted over 400# in the ADFPA) pulled a world record 220 1/4. At 181 Bonnie Buckwood, likewise coached by Stewart and Ms. Chang, pulled a World Record 286 1/2.

In Teen Women, 16-19, Tera Kentris of Hawaii at 97# pulled a World Record 154#. At 105, Emily Kubiak pulled a World Record 236 3/4 - she looks like a miniature Audrey Hepburn. At 114, Merissa Baker, coached by John Tyree, pulled a World Record 253 1/2. At 148, Queen Underwood, another of Yueh-Chun Chang's pupils, pulled a World Record 3521/2!-just imagine-a 16 year old girl deadlift 352 1/2. At 181, Erica Tawney pulled her 2nd World Record in 4 months with 303. Outstanding Lifters for Teen Women were Queen Underwood and Lisa Marie Garcia.

In Junior Women at 114 Stephanie Henrise set a Texas Record 253 1/2. At 123. Tamara Coulombe who had set a World Record in the bench with 220, pulled a 315 World Record until the eyeballs were popping, the veins bulging, and the teeth grinding, but not quite. She settled for 303. At 165, Leonetta Richardson, who wants to deadlift 500#, pulled a World Record 385 3/4. She's from Hawaii and is coached by the Master - Larry Akivama, Cristy Richer was 2nd with a Nevada State Record 330 1/2. Outstanding Lifter was Tamara Coulombe.

In Submaster Women Carmela Bagui of Hawaii, coached by Keith Ward, won Gold at 105 with 325. At 114. Lunda Christopher won with 225 3/4. At 123, there was a battle, with Julie Green winning the Gold with 308. Heather Hughes did 303 and the current World Record holder Susan Decker did 297 1/2. Susan's World Record is 319. At 132. Elodia Womack set a California State Record with 209. At 148, Kelley Mahoney won the World Title with 203 3/4 and at 198+, Daria Cal won with 363 3/4.

In Men's Special Olympian, Jon Shapiro was Outstanding Lifter with a 363 deadlift at 148. Antwon Belfils pulled 374 3/4 at 181 and Anthony Johnson pulled 446 at 220.

In Men's Disabled, Nick Sinardi of Florida was Outstanding Lifter with 540 at 198. Cody Colchado pulled 567 at 242 and Steve Pena pulled 534 at 220.

In Women Disabled, Lisa Marie Garcia was Outstanding Lifter with 171 3/4 at 97# - a World Record, and in Women's Special Olympian Bernadette Hanson pulled a very good 259 at 165. Katherine DeLeon set a Disabled World Record with 220 at 123#.

I want to thank the MCs, Dr. Don Bell and Ted Davis. The scorekeeper was Beth Mallory - not one mistake in 5 days!! On the computer was Elma and Gary Thomas - excellent work!! Thanks also to Gary Thomas in the weigh-in room; Chris Erhardt who served in the weigh-in room was a scorekeeper and part-time MC. Drug Control officer and medical officer was Dr. Mark Webber. Brian Baertlein was the photographer and did the video. Jocelyn Ronolo and Terry Crawford did the computerized expediting. The judges were John Ford, Terry Luehrs, Donna Delleree, Ken Anderson, Mike Scott, Jim Snodgrass, Rick Hagedorn, Ross Phillips, Sam Pecktol, and Gus Rethwisch. Christie Hansen was excellent in the weighin room and selling tickets. Linda McBroom was great in selling tickets. Jody Woods judged and helped in the weigh-in room. James Partch was the platform manager. Paul Brown was a spotter, and Matt Lamarque was a judge.

I want to thank our sponsors: Wes Kampen of the Powerlifting Superstore and Monster Muscle.com. Rick Brewer of House of Pain, Victoria Krieser of 24 Hour Fitness, John Inzer of Inzer Advance Designs, Don Harine of Coca Cola, Brian Clary of Budweiser, Ed McDonald and Dave Silver of Thermalink, Mike Lambert of Powerlifting USA for your great coverage, Johnny Anderson of Advocare, Neal Spruce of Apex Fitness & Nutritionalysis, Doug Patterson of MAC Barbell, Tim Isaac of Johnston Key Labs. Giorgio Usai of Forza Strength Systems, Mark Chaillet and Jan Dellinger of York Barbell and George Nelson and Byron Beebe of Bend Fitness.

There was a total of 551 lifters and 920 benchers and deadlifters. The 5 day attendance for the Worlds was 2060. The Peppermill Hotel's Tahoe Ballroom is beautiful and the perfect place to hold a World Championship. If you want to come to a Worlds and really enjoy yourselves come to Reno at this same fabulous venue in 2002, November 14-18. See you then, GUS RETHWISCH.

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1000 Vogelpohl, C..11/18/01 854 Fessenden, M..6/24/01 820 Cox, J..11/18/01 805 Patterson, K..11/18/01 800 Burlingame, D..3/4/01 800 Karam, D..6/17/01 799 Mash, T..8/12/01 780 Ferrara, K..11/18/01 775 Zweng, M..7/15/01 771 Maxwell, C..6/24/01

771 Ferranntelli, M..11/3/01 5767 Cote, S..10/27/01 5766 Collings, P..10/27/01 5765 Black, J..6/17/01 5750 Jackson, J..6/16/01 5750 Young, C..2/24/01 5749 Benemerito, R..8/20/01 5727 Heck, B..4/22/01 5725 Sampson, M..5/12/01 5725 Sutphin, P..5/29/01 5

725 Sutphin, P.,5/29/01
725 Augenstein, J., 11/18/01
725 Tomko, W., 11/18/01
722 Bell, G.,3/4/01
722 Blue, D.,6/24/01
720 DeBenedetti, M., 10/27/01
711 Impastato, R.,6/24/01
715 Fields, G.,12/2/00
705 Lawrence, R.,6/24/01
705 Szudarek, M.,8/11/01

1 705 Gerard, H..8/25/01 2 705 Pearce, R..11/3/01 3 705 Scott, G..11/18/01 4 705 Patterson, E..11/18/01 5 700 Arcamone, F..2/10/01 7 700 Dick, P..6/17/01 7 700 Ferro, B..10/27/01 8 699 Teets, D..2/25/01 9 699 Roberts, S..5/6/01 0 699 Maroscher, E..5/20/01

688 Chovanec, P.J..3/11/01 688 Seaman, K..6/9/01 688 Jesolva, D..10/7/01 685 Waits, S..12/3/00 685 Blanchard, S..11/18/01 683 Allesandro, J..5/12/01 683 Fusilier, B..6/9/01 683 Mistric, L..8/4/01 680 Hardy, R..5/12/01

6 675 Bennett, B..5/5/01 2 675 Bennett, B..5/5/01 2 675 Henderson, A.J. 6/17/01 3 672 Walker, J. 3/11/01 4 672 Duke, B..3/31/01 5 672 Burbank, S..8/12/01 6 672 Burbank, S..8/12/01 6 672 Burbank, S..8/12/01 6 670 Bethel. 4/28/01 9 670 Werner, T..10/27/01 0 665 Cadotto, C..12/3/00

665 Meyer, R. 6/24/01 665 Rlemer, T. 10/27/01 661 Zwaansta, S. .7/15/01 661 Drueppel, M. .7/15/01 661 Garcia, T. 9/23/01 661 Campbell..10/28/01 660 Becker, M. .1/20/01 660 Mello, R. .6/16/01 660 Weaver, J. .7/15/01 660 Halverson, J. .11/3/01 655 Hopper. .4/29/01

1 660 Halverson, J..11/3/01 2 655 Hopper..4/29/01 655 Hoover, L..9/22/01 3 655 Hoover, L..9/22/01 655 Hoover, L..9/22/00 650 Hicks, D..12/2/00 650 Rospe, J..1/20/01 650 Mozdiak, F..2/10/01 650 Davis, M..3/24/01 650 Klayhold..4/29/01 650 Ironfield..5/12/01

650 Montembault, D..5/20/01 650 Pena, J..11/10/01 650 Delsignore, M..11/17/01 650 Simpson, P..11/18/01 645 Griner, M..12/2/00 645 Gahagan, C..1/20/01 645 Whitman, B..3/10/01 644 Wusto, M..3/11/01 644 Bider, J..5/20/01 640 Cabrera, A..4/29/01

90 640 Caorera, A..4/29/01 91 640 Brown, J..8/18/01 93 639 Keene, J..12/2/00 94 639 Titus, G..3/3/01 95 639 Whalen, E..3/11/01 96 639 Moritz, B..3/11/01 97 639 McCahon, D..5/12/01 98 634 Matthews, C..7/28/01 99 633 Ruszola, T..12/2/00 633 Henderson, R..3/3/01

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733 Halbert, G..9/8/01 683 Patterson, K..12/2/00 630 Nealy, D..11/17/01 622 Carpenter, B..6/24/01 578 Lawrence, R..6/24/01 575 Simmons, L..10/27/01 570 Jackson, J..3/17/01 565 Kelley, B..6/17/01 562 Ludovico, M..10/20/01

555 Barrett, P..11/10/01 551 Scott, G..1/20/01 545 Lamarque, M..9/8/01 545 Will, M..10/27/01 545 Rectenwald, E..11/18/01 544 Young, R..9/23/01 540 Lord, R..12/9/00 540 Stitt, D..4/29/01 540 Parrish, K..6/9/01 534 Dunham, B..4/29/01

534 Ferrantelli, M..11/3/01 530 Zweng, M..7/15/01 529 Campbell..10/28/01 525 Rhodes, Z..2/18/01 525 Vellake, T..6/16/01 525 Patterson, E..11/18/01 524 Wilkinson, E..6/9/01 520 Erb, R..3/01 520 Miller, R..5/5/01 520 Miller, R..5/19/01

520 Mills, M..10/18/01 519 Arterburn, T..5/12/01 518 Burbank, S..8/12/01 515 Ferrara, K..11/18/01 512 Anderson, T..9/29/01 512 Wilkins, J..11/18/01 510 Makcomson, L..5/5/01 510 Barnickel, D..8/25/01 510 Burkett, K..10/14/01

507 Keene, J..12/2/00 507 Benemerito, R..7/15/01 506 Johnson, D..9/23/01 505 Pollard, S..2/10/01 505 Poore, C..4/8/01 505 Bossi, P..5/19/01 505 Landing, M..11/11/01 505 Vogelpohl, C..11/18/01 502 Martin, T..7/8/01 501 Jackson, E..12/2/00

501 Bell, G..3/4/01 501 Castillo, M..3/10/01 501 Dohaniuk, R..4/22/01 501 Slater, A..4/22/01 501 Jackson, J..6/16/01 501 Rinehart, J..7/29/01 501 Mash, T..8/12/01 501 Blue, D..8/12/01 501 Davl, P..11/18/01 500 Pochiba, B..2/10/01

500 Young, C..2/24/01 500 Stateer, P..2/24/01 500 Groves, J..6/9/01 500 Sprague, J..6/10/01 500 Succarotte, A..7/21/01 500 Rush, B..8/18/01] 500 Schultz, G..10/20/01 500 DePalma, L..10/27/01 500 Spinelle, S..11/11/01 490 Woods, H..7/29/01

490 Hardridge, T..8/11/01 490 Hall, J.T..8/19/01 485 Jeter, T..1/27/01 485 Austin, G..2/24/01 485 Boyles, L..3/3/01 485 Schoenebeck, N..3/17/01 485 Cook, S..4/22/01 485 Morris, S..5/26/01 485 Fusilier, B..6/9/01 485 Henry, C..7/7/01

485 Hanson, E.9/8/01 485 Pearce, R.11/3/01 485 Ramey, S..11/18/01 485 Gingg, R.11/19/01 480 Hori, E.9/23/01 480 Flori, E.2/10/01 480 Cormier, E.3/18/01 480 Moore, J.4/21/01 480 Schuler, S.4/22/01

480 Gerard, H..5/20/01 480 Pelletier, C..6/9/01 480 Young, M..7/7/01 480 Grezaffi, A..7/7/01 480 Arnold, J..7/21/01 480 Shahid, M..7/29/01 480 Stevenson, C..9/8/01 480 Decato, S..10/13/01 480 Smith, C..10/20/01 480 Gordon, C. 10/21/01

#### DEADLIFT

815 Jackson, J..6/16/01 805 Gahagan, C..1/20/01 795 Vogelpohl, C..11/18/01 775 Ferrara, K..11/18/01 755 Chovanec, P.J..3/11/01 755 Henderson, R..10/7/01 744 McCahon, D..11/3/01 744 McCop, W..11/19/01 725 Herrick..5/6/01

722 Benemerito, R..7/15/01 722 Mash, T..8/12/01 710 Willett, M..4/28/01 705 Duke, B..3/31/01 705 Lawanstra, S..7/15/01 705 Hardfidge, T..8/11/01 705 Simmons, L..10/27/01 700 Whitman, B..3/10/01 700 Burbank, S..3/24/01 700 Righetti..6/2/01

700 Heck, B..11/17/01 699 Lawary, R..4/21/01 688 Drueppel, M..7/15/01 685 Cadotto, C..2/10/01 683 Herring, G..11/19/01 680 Tahrenfeld, B..10/27/01 677 Leland, E..3/4/01 677 McSwain..10/28/01 675 Gerard, H..8/25/01

675 Safran, C..8/25/01 672 Johnson, D..12/00 672 Stratton, D..4/22/01 672 Ruiz, L..5/20/01 670 Brown, R..11/3/01 670 Blanchard, S..11/18/01 666 Allison, J..2/10/01 665 Patton, J..3/24/01 665 Burlingame, D..6/10/01

661 Tremblay, J.,3/11/01 661 Reda, M.,5/20/01 661 Fessenden, M.,6/24/01 661 Succarotte, A.,7/15/01 661 Garcia, T.,9/23/01 661 Garcia, T.,9/23/01 661 Clark, Z.,11/19/01 660 Owens, J.,12/9/00 660 Maroscher, E.,4/28/01 660 Shoopman, J.,6/17/01

660 Miller, B. 7/29/01 660 Stills, R. 8/11/01 660 Ferro, B. 1.0/27/01 660 Augenstein, J. 11/18/01 655 Harris, T. 12/9/00 655 Adams, D. 5/12/01 655 Landry, S. 8/26/01 655 Fervantelli, M. 11/3/01 651 Matthews, C. 7/28/01

650 Poinsett...2/25/01 650 Lowery, W...3/17/01 650 Tracy, P..4/8/01 650 Meyer, R...4/22/01 650 Madison, E..5/12/01 650 Koulopoulos...5/20/01 650 Hansen, R...5/26/01 650 Thomas, P...6/9/01 650 Zweng, M..7/15/01 650 Blue, D..8/12/01

650 Karacson, R. 9/15/01 650 George, N. 9/22/01 650 Clark. 10/20/01 650 Groves, J. 11/17/01 650 Patterson, K. 11/18/01 650 Scott, G. 11/18/01 649 Neal, G. 12/2/00 644 White, E. 12/00 644 Schlegel, A. 2/17/01 644 Whalen, E. 3/11/01

644 Davi, P..7/21/01 644 Hill, B..8/19/01 640 Schepper, T..12/9/00 640 Deigan, J..12/10/00 640 Debvey, P..6/17/01 640 Bateman, S..7/21/01 640 Halverson, J..11/3/01 640 Mosley..11/12/01 639 Tilford, T..12/00 639 Musto, M..3/11/01

639 Kelly, K..6/9/01 639 Pearce, R..11/3/01 639 Burgess, S..11/19/01 635 Will, M..3/17/01 633 Ruszola, T..12/2/00 633 Williams, N..2/25/01 633 Shirey, M..2/25/01 633 Bell, G..3/4/01 633 Edmondson, S..3/4/01 633 Edestein, M..6/3/01

#### 14315

2300 Vogelpohl, C..11/18/01 2115 Patterson, K..11/18/01 2072 Jackson, J..6/16/01 2070 Ferrara, K..11/18/01 2022 Mash, T..8/12/01 1967 Fessenden, M..6/24/01 1962 Ferrantelli, M..11/3/01 1955 Zweng, M..7/15/01 1951 Benemerito, R..7/15/01 1950 Young, C..2/24/01

1900 Scott, G..11/18/01 1900 Cox, J..11/18/01 1896 Maxwell, C..6/24/01 1890 Burbank, S..8/12/01 1894 Chovanec, P.J..3/11/01 1875 Gahagan, C..1/20/01 1860 Gerard, H..8/25/01 1857 Bell, G..3/4/01 1851 Blue, D..8/12/01 1830 Patterson, E..11/18/01

1829 Pearce, R..11/3/01 1825 Blanchard, S..11/18/01 1825 Augenstein, J..11/18/01 1820 Burlingame, D..6/10/01 1820 Tomko, W..11/18/01 1818 Lawrence, R..6/24/01 1818 Zwaanstra, S..7/15/01 1813 Theck, B..4/22/01 1802 Drueppel, M..7/15/01

1802 Collings, P..10/27/01 1800 Meyer, R..6/24/01 1785 Waits, S..12/3/00 1785 Campbell..10/28/01 1780 Succarotte, A..7/15/01 1780 Ferro, B..10/27/01 1779 Mistric, L..8/4/01 1763 Fusilier, B..6/9/01 1757 Lawary, R..4/21/01

1755 Debenedetti, M..10/27/01 1752 Teets, D..2/25/01 1751 Garcia, T..9/23/01 1747 Maroscher, E..5/20/01 1745 Righetti..6/2/01 1745 McCahon, D..7/21/01 1741 Avigliano, J..12/3/00 1740 Dick, P..6/17/01 1730 Peterson..4/28/01 1725 Cadotto, C..12/3/00

1725 Simpson, P. 11/18/01 1719 Roberts, S. .5/6/01 1719 Jesolva, D. .5/20/01 1715 DePalma, L. .2/10/01 1715 Sampson, M. .5/12/01 1705 Bennett, B. .11/18/01 1705 Rectenwald, E. .11/18/01 1704 Matthews, C. .7/28/01 1703 Jackson, E. .12/2/00 1703 Tremblay, J. .3/11/01

1703 Thompson, J..3/17/01 1703 Allison, J..11/10/01 1700 Becker, M..1/20/01 1700 Hardy, R..5/12/01 1697 Musto, M..3/11/01 1695 Rush, B..8/18/01 1692 Dennis, J..12/2/00 1692 Reda, M..5/20/01 1686 White, E..12/00 1686 Ruiz, L..5/20/01

1686 McCray..10/28/01 1685 Stills, R..11/3/01 1684 Ruszola, T..12/2/00 1681 Cote, S..5/20/01 1680 Mozdiak, F..2/10/01 1680 Halverson, J..113/01 1675 Titus, G..3/3/01 1675 Allesandro, J..5/12/01 1670 Szudarek, M..8/11/01

1664 Keene, J..12/2/00 1664 Callahan, B..4/28/01 1662 Durso, J..5/12/01 1660 Brown, J..8/18/01 1660 Safran, C..8/25/01 1655 Ironfield..5/12/01 1655 Black, J..6/17/01 1655 Black, J..6/17/01 1653 Montembault, D..5/20/01 1653 Seaman, K..6/9/01

1653 Mosley..10/28/01 1653 Jaramillo, J..11/3/01 1650 Fausey, M..4/29/01 1650 Pelletier, C..6/9/01 1650 Hutchinson, L..8/11/01 1647 Davis, M..3/24/01 1647 Amtzen, A..6/24/01 1645 Hunt..4/28/01 1645 Hopper..4/29/01 1645 Shoopman, J..10/27/01

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#### **NEXT MONTH... TOP 20 lists**

Corrections.... Steve Wunz's lifts of 507 squat, 530 deadlift, and 1362 total were not reflected on the TOP 100 for the Middleweight Class. Also, Alex Martinez's Master Class lifts of 319 in the bench press and 496 in the deadlift were not reflected on the TOP 100 for the 148 lb. class. We recognize that we do make errors in our compilation of the various ranking lists we publish, however, in some cases we were not able to obtain a copy of the necessary meet results from the meet director, and occasionally the meet results themselves contain errors as well. We apologize for any errors that our readers find in our competition reports or ranking lists, or anywhere else in the magazine, regardless of the source of the problem, and we encourage you to please send any corrections that you find to "PLUSA ERRORS" Department, P. O. Box 467, Camarillo, California 93011. (Sometimes, it takes a while to verify the correction.).

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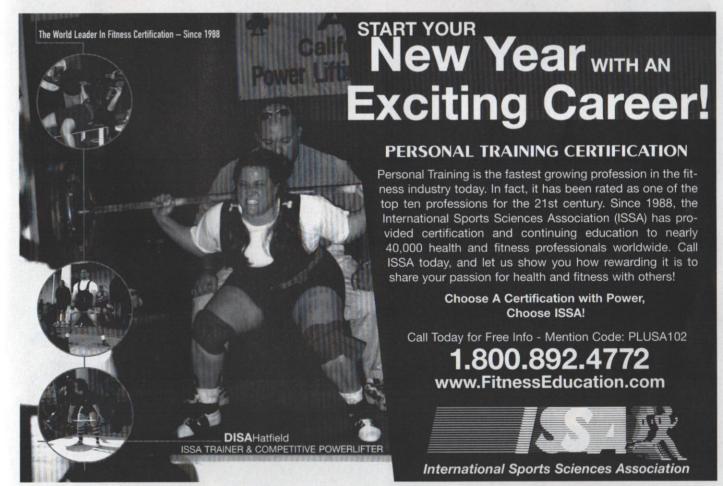
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