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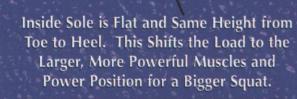
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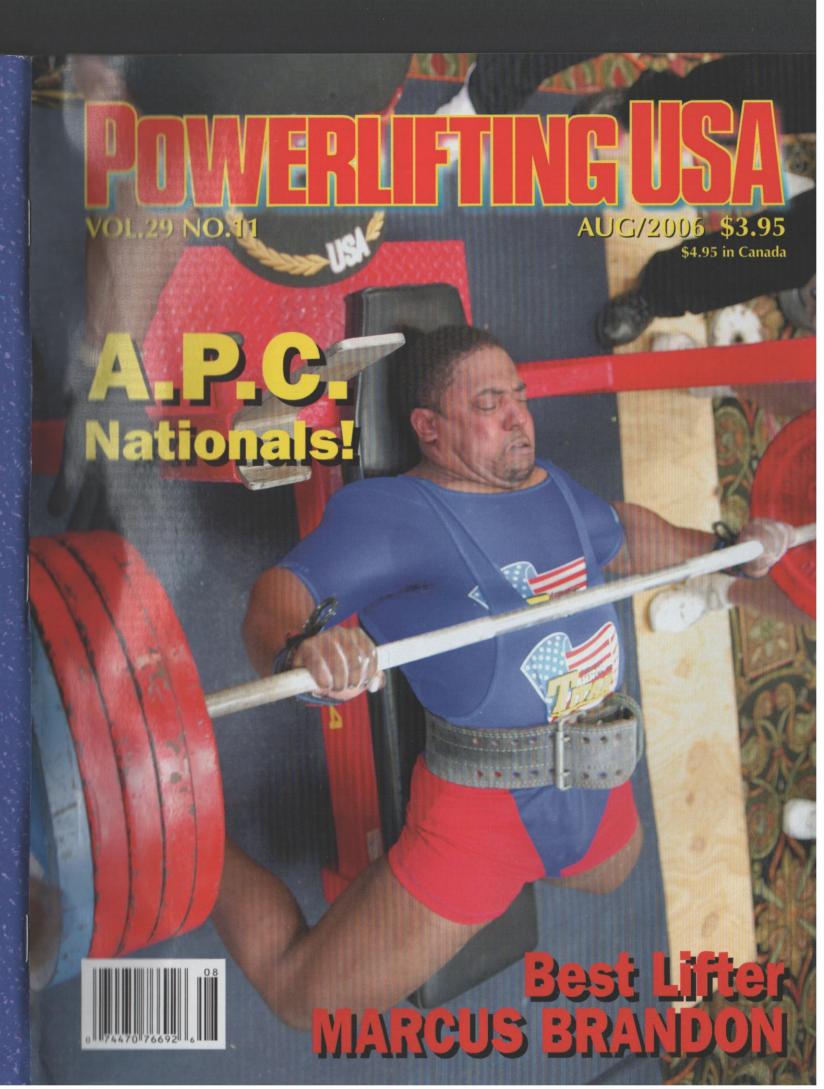
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POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$31.95 by Powerlifting USA Magazine Co., 2486 Ponderosa Dr. North, Suite D-216, Camarillo, CA 93010. Periodicals postage paid at Cama-rillo, CA and additional mailing offices. POSTMASTER: Send address changes to POWERLIFTING USA. P.O. Box 467, Camarillo, California

#### PRINTED IN THE USA

SUBSCRIPTION RATES: (US funds) USA addresses, 1 vr......\$31.95 USA addresses, 2 yr......\$58.95 First Class Mail, USA, I yr ... \$54.00 Outside USA, surface mail \$42 US Outside USA, air mail .. \$84.00 US

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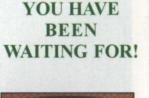


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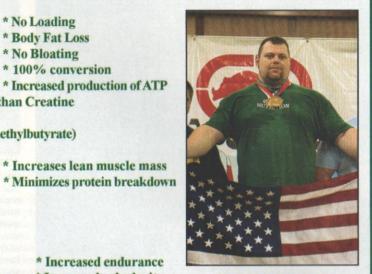
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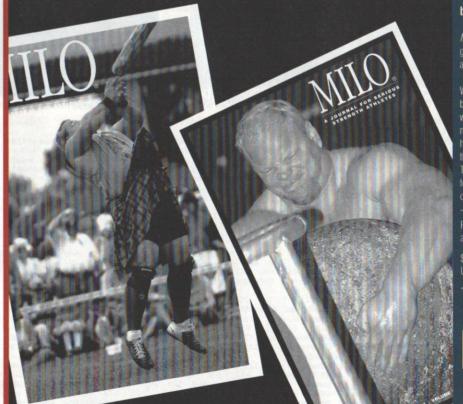
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## A.P.C. Nationals

as seen by PL USA's Mike Lambert



Best Woman Lifter Sonji Baldwin receives award from Steve Parkhurst

This was a three day event, held at the DoubleTree Hotel at 2001 Pointe West Way, Sacramento, CA 95815, a very large facility, more than capable of handling this and much larger events. The staff here was the most sincerely courteous of any American hotel I have stayed at in nearly 30 years of powerlifting-related travel. The air conditioning was gloriously effective, thankfully so as the Central

Valley of California had just been through a week and a half of consectuve 100 degree plus temperatures, the beginning of the nationwide heat wave that we've all suffered through recently.

It was ladies first, on Friday, July 7th, and the lightest of them was Susan Hedman, one of the most lean yet muscular 114 pound lifters you will ever see, and remarkably - in the 40-44 age group. She missed only 2 lifts, and set GPC World Records in the bench with her 176 and 192 lb. attempts.

In the 132 lb. division, Evangeline Kersey set/re-set world record after world record in the squat and bench press and almost topped it all off with her stunning 402 lb. deadlift attempt. Some may recall a record breaking California Masters lifter named Evangeline Kizer, some years back. Well, this is the same lady, now competing in the 60-64 lb. class. Dawn Norrison was out for some records of her own, but missed an AR 181 lb. BP twice, and a 314 deadlift.

The 148s were world class, with Sonji Baldwin opening her attempts with an American Record 473 squat and proceeding to shred the record book from there onward. She came back a winner with a repeated 352 bench atttempt and made all three DLs to produce a massive total. Shannon Hartnett was just a . 1 kilo heavier than Sonji at 66.6, but couldn't keep up with her in the bench press. In the deadlift, she opened with a new American Record of 451, and then smoothly elevated a nice 507. A PR of 523-29 looked feasible, but she wanted the all time world best poundage of 556, and made a convincing effort, though it was more than her body was ready for .. it's obviously on the schedule, Jeanne Watts, a WABDL legend, won Best Submaster honors overall with her 7/9 day.

In the 165 lb. class, Vanessa Farmer, smiled her way to a clean 6/9 performance, and in 2nd place was Desiree Spencer, well coached by meet director Al Garcia. She squatted deep and made all three

In the 181 lb. class Kim Packer set new Masters World Records with her 446 and 468 squat successes, and went 5/6 after that. What a quality performance! Helen Pardee



Ripped & Ready - Susie Hedman



A Masterful Squat by Kim Packer



could not satisfy the judges with her Evangeline Kersey back for more

																	0		/		
								APC N	Vationa	ls - 7-9 J	UL 06 - Sacramente	o, CA									
WOMEN	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOT	Ir.	1312							10.00		
14 lb.		100									P. Flagg	518	562	600	275	308	325	529	567	600	1487
. Hedman 40-44	281	303	314	176	192	203	281	309	325	821	Open				I II B	2 1 1	1899				S I THE R P.
32 lb.										E TE	J. Kegrice	677	710	733	418	435	435	639	677	705	1857
. Kersey 65-69	286	308	341	159	170	176	352	385	402	903	M. Caplan	705	760	815	429	468	501	551	600	622	1851
. Norrison	253	281	303	159	181	181	253	303	314	744	J. Thurman	501	551	600	336	374	407	479	529		1504
48 lb.										1111	N. Bruckner	523	573	600	341	374	374	451	507	529	1504
. Baldwin	473	507	518	303	352	352	407	429	451	1311	J. Melgozia	407	451	501	385	407	429	457	501	501	1361
. Hartnett	473	473	501	214	236	236	451	507	556	1245	J. Sawyer	462	490	529	270	292	292	440		518	1317
Watts SM	297	336	374	203	214	214	363	402	413	992	J. Burdette	705		705	TIE					1 1 1	15 3 2 7 1
65 lb.								THE R		金牌店店	Submaster		100								
. Farmer	286	308	330	187	209	220	308	341	380	859	R. Smith	424	512	512	314	336		473	501	529	1240
). Spencer	187	209	236	110	132	132	253	297	325	655	45-49				111			711		KIT R	
81											M. Caplan	705	760	815	429	468	501	551	600	622	1851
. Packer	407	446	468	209	220	231	347	385	402	1085	D. Overbay	485	529	529	282	292	303	457	473		1251
HW										TABLE !	50-54				T			111			RANGE
I. Pardee	192	203	203								D. Bertier	462	462	501	297	319	319	485	534	545	1344
MEN											220 lb.									THE REAL PROPERTY.	MALL F
48 lb.											16-17										
Johnson 13-15	198	220	253	110	137	154	264	308	336	744	C. Henderson	341	385	424	220	264	292	352	468	501	1157
65 lb.											S. Southard	176	231	248	121	143	165	253	275	314	705
. Brown 50-54	308	341	380	303	325	325	352	380	402	1047	Open										
81 lb.											M. Brandon	677	733	788	529	573	600	617	672	699	2088
. Martin 65-69	468	507		220	248	275	424	451	479	1234	J. Villarreal	523	573	611	424	451	451	529	551	600	1636
). Ortiz 16-17	325	363	385	176	176	203	347	396	424	986	Submaster			1 10							
1. Garry 75-79	270	303	308	170	181	187	374	385	424	876	J. Villarreal	523	573	611	424	451	451	529	551	600	1636
<b>国家的证券</b>		4th	314			188					40-44			PEG	P		4841				
. Olson 55-59	562	600	600								F. Lomelin	413	440	462	270	292	303	413	446	462	1179
98 lb.											50-54			100	BR	A DE	16	100	15.83	BREV	<b>机长速整束</b> 套
6-17											R. Arredondo	529	556	584	385	396	413	457	490	490	1438
. Jimenez	347	385	402	275	303	303	402	457	479	1135	242 lb.	TO HER			EH H	8 8 8	REFE	8 1 1	100		DONES
A. Cuthbert	220	264	303	198	220	231	319	341	363	826	16-17										



Dan Martin - impeccable form ..... Brian Meek ... 800 squat @ 60+

squats and left the SHW title unclaimed. Other outstanding Lifters for the Women included Susan Hedman in the 40-49 age range, Evangeline Kersey in the 60 plus category, and Best Overall Woman Lifter was Sonji Baldwin.

In the Men's competition, Scott Johnson, in the 13-15 age group, made the 2nd meet of his life a national victory in the 148s, with no missed

Gary Brown took the 165s, 50-54, cruising through his day, taking notable attempts at a 325 bench press.

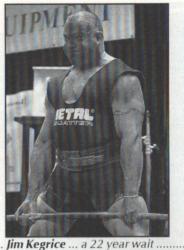
There was a goodly group at 181, with Dan Ortiz having a nice 8/9 day, and he was thus the champion in the 16-17 age group. At 55-59, veteran Gordon Olson opened big at 562 in the squat, a new American Record, but missed that and then missed twice more with a more massive 600 and was gone. Dan Martin of Las Vegas showed textbook Sin City Barbell Club form and strength in the 65-69 age group, with his most exceptional lift being a 507 squat that was satisfying enough that he didn't take his third attempt. Martin Gary, the "Singing Powerlifter", took the 75-79 age group competition, setting Masters World sor



man'/announcer Bob Packer throughout the

The Bench Press competition took place following the previous proceedings. Jody Smith made her first meet a winner at 165, and Brenda Pfau won Best Lifter with a clean 192@181. For the Men, Chris Keyser was the youngest/lightest and Nick Diliddo the oldest. Mark Swank got only his opener at 573 (missing a PR 611, barely,





Rvan Girard ... in the 700 Clu

twice), but the baddest bencher of them all was muscular 275er Ryan Girard, who opened magnificently at 661, missed at 677, and then went to bust the barrier, with 705. Despite a waggle or two, he would not let the bar stop him, and finished off the epochal lift with a rage. That effort won him the Best Bencher Overall title. The Lincolns, Robert Jr. (622) and Sr. (501) provided their own highlights in the 275s, for the Lincoln's

> World of Iron team. At 308, Dave Marr rammed a nice 628, and Brian Meek took only 2 attempts, to save something for his full meet lifting on Sunday. Art Ramsey clearly prevailed in a busy SHW class. A clever idea that Al Garcia had at the meet was blocks with Velcro hook material on the bottom that stayed put on the carpeting on the platform.

> The 198s were loaded ... Tom Jimenez was too ready for Andy Cuthbert in the 16-17s, and Parker Flagg was markedly improved in taking the Jr. title. In the Open, it was a memorable display of sportsmanship and strength. After James Burdette had dumping difficulties with a 705 squat, Marc Caplan (who had to wrap) re-wrap 3 times on one squat) and Jim Kegrice seemed destined to take

ecords all alor rt of vaudevil						est W	omai	Ber	nch P	resser v	vas Brenda Pfau v	vith h	er 19	2 BP		t to the last deadli who was also in			
Paredes	314	358	407	314	330	363	501	562	584	1251	eleta a leta a l								
en											SHW						13.5	150	
Hakola	606	650	705	451	485	485	644	677	683	1873	J. Burdick	881	903	903	407	462 518 672	705	705	2017
Parkhurst	655	655	710	473	501	518	617	633	661	1873	BENCH PRESS			433		60-64	7 5 5		1 1 8 1 1
Wilbur	722	755	755	374	402	424	633	661	688	1818	Women	BP1	BP2	BP3		B. Coleman	352	352	369
Hodenschild	473	473	501	473	502	502	418	462	501	1449	165 lb.					242 lb.			
Orwoll	523	556	573	330	363	363	501	529	551	1416	J. Smith	77	88	99		M. Swank	573	611	611
O'Neal	462	501	540	281	303	314	501	545	562	1416	181 lb.					D. Petez	402	418	424
Matalia -54	518	529	529								B. Pfau MEN	181	192	198		T. Orwoll 275 lb.	330	352	374
Bowman	650	716	749	352	402	429	551	617	617	1631	148 lb.					R. Girard	661	677	705
Robinson -64	336	380	407	292	303	325	341	369	-	1102	C. Keyser 13-15 165 lb.	154	165	181		J. Cazares Submaster	325	336	352
Hodenschild 5 lb.	473	473	501	473	502	502	418	462	501	1449	J. Evans 15-16 181 lb.	159	176	187		R. Lincoln Jr. D. Esqueda	600 336		650 369
											C. Tremblay	451	451	485		55-59			
White	633	672	683	451	529	529	540	589	589	1675	Submaster					R. Lincoln Sr.	485	501	518
Sturm	440	479	523	336	363	363	473	512	551	1410	C. Tremblay	451	451	485		308 lb.			
oen		111						FIF		10 10 11	198 lb.					D. Marr	584	628	633
Bailey White	986 633	1037 672	683	606 451	639 <del>529</del>	661 529	672 540	727 589	755 <del>589</del>	2430 1675	N. Diliddo 70-74 220 lb.	220	231	242		M. Womack 55-59			
-44	633	072	003	431	323	329	340	303	303	10/3	16-17					D. Van Brocklin	363	402	402
Bailey	986	1037		606	639	661	672	727	755	2430	C. Finley	281	303	319		60-64			
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-49	020	133	004	1	4.0	433	330	000	000		I. Miller	363	380	402		SHW			
Ford	749	755	804								Open					A. Ramsey	529	551	573
-54	743	133	004								T. Robinson	341	341	402		S. Dozier	479		512
Moore	733	733	733	402	424	451	584	622	644	1779	Submaster	911				D. Coleman	507	512	
8 lb.	733	7.33	/33	402	724	431	304	022	044	11/1	J. Delucca	429	451	473		R. Marshel	330		347
Lanier	837	854	903	402	462		683	705	705	2022	40-44	11				Submaster		NIL BE	1111
Meek	733	804	804	518	545		551	650	703	1901	C. Robertson	363	407	407		D. Coleman	507	512	
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Joel Paredes exemplified the young guys who are coming up fast and Chris Hodenschild represented the old guys who are getting it done.

the issue with 3 controlled pulls. Kegrice has been waiting for a national title for 22 years, and he pulled up the winner 705 to come from behind for the win, and everybody shook hands afterward ... proving what a great sport this is. Thurman and Bruckner had a bodyweight-decided lift for lift struggle of their own when it came to the next two places. Senior participant Dave Bertier closed out with three excellent deadlift attempts. There were a few loading errors around this time ... the problem being a combination of plates that didn't match the loading

In the 220s, again one of the 16-17s was clearly more experienced, as Cody Henderson prevailed. In the open division, it was a day of sensation for Marcus Brandon. Not that long ago he was a promising Middleweight, and with his new bulging muscle mass that promise has been kept - a 9/9 performance of perfection ... 2088 proves he is strong all over, but that 600 bench must have been especially delicious. It didn't hurt to have the likes of Jon Grove and Curtis Leslie in his corner either, and they did a great job helping all the other Georgia lifters. John Villarreal took the Submasters title for the class (and the whole meet, it turned out), and Ruben Arredondo looked good for 600 in the squat, and at least 400 in the bench.
At 242, Joel Paredes looks like

he was born to deadlift, and he should keep at it for another 10 years at least.

There was competition at its best in the open division. Pat Hakola looked like a 275 pounder and showed some real character in dealing with his bench troubles (Finnish heritage?). Steve Parkhurst judged earlier and then lifted in this meet, and went lift for lift with Pat ... until he ran out of attempts and watched Hakola smoothly pull the winner at 683. Phil Wilbur was just off the torrid pace and locked third up. Chris Hodenschild had quite the cheering section from San Diego, and deserved it. Obviously, he was in great pain getting under the bar in the squat, but WOW. can he bench. 473 was a trivial opener, and 502 nearly went two times. He finished up with a clean 501 deadlift. Chris could probably make the Marlboro Man slink away in shame when it comes to rugged looks, and this guy is in the 60-64 age group!!! Tyson Orwoll and Pat O'N eal tied up to finish out the placers. Tom Bowman

Patrick Hakola pulled out a bodyweight win at 242.

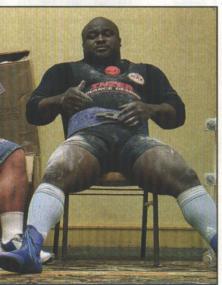
had a nice 650 squat opener, and was frustrated by his misses at much more, in the 50-54 group.
In the 275s, Rick White had more than

enough for the Jr. title, though promising Jordan Sturm made his own statement in that class, but the open and 40-44 title went to the absolutely incredible lifting of Charles Bailey ... almost nonchalantly, he hydraulicized up the biggest lifts of the meet ... that 1037 squat (with the record breakers), his 639 bench press, and he positively willed up a 755 deadlift .. that's a 2430 total, AS A MASTER!! Rocky Tilson had a spectacular failure with an 804 squat, dumping the bar behind him, but somehow bounced up from the disaster with just a little residual tightness in his quads. Fellow Hoosier John Ford joshed Rocky before the session that he might be able to get a refund on his entry fee, since they were both in the same weight class, but it was John who

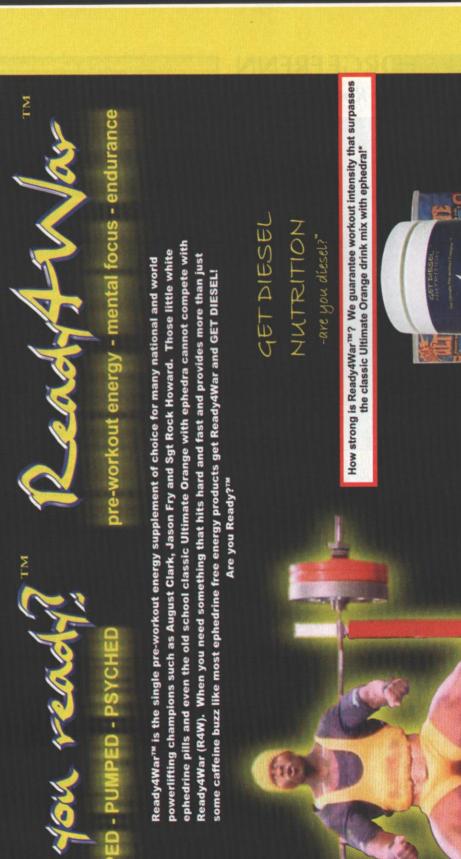
headed home (he's in Southern California now) early and short of the 903 squat he was hoping for. In the 50-54s, Mike Moore jutted his goateed chin out and got that wicked 733 squat he started with on his final try, and topped out with an excellent 1779 total.

At 308, Mike Lanier showed he sure can squat and that he is recovering from a little elbow repair work with his 2022 total. Just back of him, but first in the 60-64 age group was Brian Meek. Calm after missing his 733 opener and 804 jump, he just took it little deeper on that 3rd try for majority white lights and the distinction of being only the 2nd 60 year old man in history (after Ernie Frantz) to break the 800 barrier in the squat. At SHW, Jesse Burdick nearly broke the 900 barrier in the squat, and the 700 barrier in the deadlift, and went over 2000 despite those Best Lifters: Overall - Marcus Brandon,

Teen/Jr. - Parker Flagg, Submaster - John Villarreal, 40-49 - Marc Caplan, 50-59 - Mike Moore, and 60+-Brian Meek. A.P.C. President L.B. Baker was on hand to judge, and seemed pleased with the proceedings. Veteran of all things PL, Bob Packer was well involved as well, coaching many lifters when he wasn't announcing. All in all, it was a well-run competition, and a testament to how fast the A.P.C. has grown in California.



Charles Bailey ... shredding the record book.

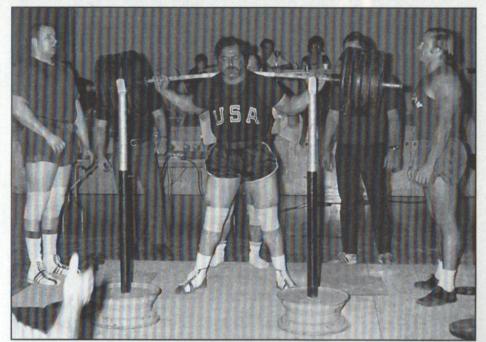


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#### THOUGHTSABOUT GEORGEFRENN

as told to Powerlifting U.S.A. by Ron Fernando



The Late, Great George Frenn squatting at the historic International event featuring TEAM USA versus TEAM GREAT BRITAIN promoted by Joe Weider at the L.A. Police Academy.

On the somber occasion of the death of lifting legend George Frenn, at age 64, in Sacramento, California, on June 26th, a man who has followed his career for decades (and a 2007 nominee for the same California Hall of Fame that George was inducted into in 2004) Ron Fernando shared his feelings about this legend of lifting with POWERLIFTING USA:

GEORGE FRENN WAS BORN DEC. 26, 1941 IN SAN FERNANDO, CA AND DIED ON JUNE 26TH, IN SACRAMENTO, CA, AGE 64. (WE ARE AWAITING INFORMATION ON THE CAUSE OF DEATH). AN OBITUARY NOTICE APPEARED IN THE SACRAMENTO BEE ON JULY 11-12TH, 2006. THERE IS AN ON-LINE GUESTBOOK ASSOCIATED WITH HIS FUNERAL SERVICE, WHICH MAY BE VIEWED AND AND YOU MAY LEAVE COMMENTS ABOUT GEORGE. MANY OF THE GREAT NAMES IN POWERLIFTING AND TRACK & FIELD HAVE SHARED THEIR THOUGHTS ABOUT GEORGE THERE, AND IT WILL REMAIN OPEN FOR ONE YEAR. AS PART OF THE MEMORIAL, THEY HAVE A PHOTO OF GEORGE WHEN HE APPEARED ON THE COVER OF SPORTS ILLUSTRATED. IF YOU WISH TO VISIT THE GUESTBOOK, THE WEB ADDRESS IS WWW.LEGACY.COM/SACBEE/ DEATHNOTICES.ASP?PAGE=LIFESTORYPRINT& PERSONID=18426007

**Mike:** Ron, you told me an interesting story about how you got started in powerlifting and how George Frenn had a role in it. Could you relate that?

Ron: It was in the summer of '71. My family and I went to Sri Lanka for a holiday. With my brother and cousin, I started a rudimentary weight training program at the YMCA there. That was when the barbell bug bit me, and I could think of little else. On the way home, we had a layover in Bangkok, and there I was able to find my first muscle magazine, Joe Weider's MUSCLE BUILDER POWER. I remember. sitting down with a Coke in my hand, and I spilled it. When I went to wipe it off, I accidentally opened the magazine up, and there was a picture of George Frenn squatting at the US vs. Great Britain Powerlifting meet, the historic international event that that Joe Weider sponsored. Seeing the bar bending like a Q-tip had an unbelievable impact on this 17 year old kid. George wrote a lot of the early powerlifting articles for Joe Weider. I really got involved in the sport through admiration for George's strength and his ability to dominate two sports, powerlifting and track and field. I swore I'd earn as much as I could and started delving into

the world of powerlifting.

Mike: Ithinka lot of people were influenced in the same way: Louie Simmons, for example, and myself as well. A new world was opened up with George's writing in Joe Weider's magazine. You actually made the effort to train with George Frenn. How did that work out?

Ron: I had finished school and my Army obligation, and got my first job with IBM. I transferred from Tucson to Los Angeles. By then I was a subscriber to POWERLIFTING USA magazine, and I remember contacting you after the Central California meet where I did my first article on Hiro Isagawa. You said to go ahead and interview more people in the LA

area. Being too young and stupid to realize how invasive this was, I just called information and asked for George Frenn's number, and he actually answered the phone! I stammered and tried to introduce myself. He slowed me down, and invited me to his place for the interview. I was able to see a lot of his old photos, and his two most prized possessions, his Boesendorfer grand piano (So big that it had to be lifted into his one bedroom apartment with a crane! George was an accomplished jazz pianist who revered Oscar Peterson) and his beautiful 1977 BMW 630 CSI coupe. And, I ended up training with him.

**Mike:** Training with George Frenn must have been an experience and a half. Could you describe what went on that first time?

Ron: I still remember that night. He told me to prepare to train for about six hours. I had already worked a full day and I was used to training an hour and a half, maybe two at the most. He was working out at Cal State Long Beach in a utility shed that housed the track and field equipment. He had his original squat racks, made out of tire rims and pipes, a couple of good bars, a lot of weight, and a bench. We started out with power cleans. I was never an Olympic lifter, but there I was, doing PCs. During the hammer throwing season George would not bench press. The exercises he substituted for the bench and the incline were the power clean and the power snatch, as he wanted his shoulders and pecs to be flexible. After about six sets of power cleans, we went the power snatch, and after that he said, "OK, we're warmed up", and brought out a giant Paul Bunyon piano stool and said, "This is our high box, a lot of big asses have sat on this thing. took a normal stance, wider than shoulder width, and he said, "No, that's not how you do it. We're going to work up to your max, we're going to come in with your feet about six inches part, or less, and we're going to come down in arocking box squat. You sit down, get your toes up in the air, slam them forward as you come down, and do that for a maximum set of ten reps." Years later I found out that this adhered perfectly to Louie Simmon's 'Time Under Tension' philosophy. This movement accomplished two things. It gave you a physiological shock that your system needed with a maximum weight for an extended period of time. And it really built up your quads because of that narrow stance. After those he brought out a tough old 'Knudsen' wooden and metal milk crate. This thing could support an elephant. George announced, "Low box." Here you take your normal squat stance and you sit deep with it. You subtract about 75-100 lbs. from your high box lift, and do several singles. Then we did about 12 sets of "light" (80%) benches. We finished those, and I thought that was it, but we went on to deadlifts. We hit a maximum deadlift, then he said, "We need to do some assistance exercises. We need to get some lat work in, some triceps, and some curls." I was already dead, and handled the lightest possible weights or I would've collapsed. went home and fell asleep in my workout clothes because I was so tired. It was that hard of a workout. He would do that workout on uesdays. Thursday he would do "Belly toss bench press." He would use two thick rubber pads, bring the bar down to his belly, then throw t up. He would work up seven to ten sets of heavy weights, then a couple sets of singles, and he wouldn't do any squatting movements. He would do power cleans and triceps work, and then on Saturday he would max out in a

#### GEORGE'S BEST LIFTS

**SQUAT - 853 -** DONE WITH TWO ACE KNEE WRAPS, OLYMPIC LIFTING BELT, POLISH LIFTING SHOES.

BENCH PRESS - 520 - DONE WITH ACE ELBOW WRAPS (LEGAL BACK THEN)

DEADLIFT - 815 - HE PREFERRED LIFTING BOOTS RATHER THAN SLIPPERS, FEELING THAT THEY PUT HIM IN A BETTER POSITION TO PULL THE WEIGHT.

HIGH BOX SQUAT - 1000x1, 950x10 (ABOVE PARALLEL WITH A CLOSE STANCE)

Low Box Squat - 715 (HIS 'OLD BUDDY') FOR SEVERAL SETS OF SINGLES, 775x1 ALL OUT SINGLE.

**'BELLY TOSS' BENCH PRESS -** 2 HEAVY RUBBER PADS WITH PEANUTS WEST SPOTTING - LOOSE STYLE - 565x1

'TOUCH' DEADLIFT - WITH BILL WEST SPOTTING - 855x1

Incline Press - 400x1 Good Morning - 525x1 (seated) Clean - 400x1

CLEAN & JERK - 369x1 SNATCH - AROUND 292

simulated three lift meet. People would laugh at him in those days, but half the benchers now are what are known as belly benchers.

**Mike:** George could be a difficult person. You encountered some of that trait. What can you tell us?

Ron: At 17, Iidolized him the same way someone would idolize Joe Namath or Ali. I first met George when I was about 26, and was shocked to find out that he was a human being. He could be very nice, but at the drop of a hat he could become a complete SOB. Idon't know if he suffered from

but at the drop of a hat he could become complete SOB. Idon't know if he suffered from bi-polar disorder or what. He did not go out of his way to make friends. In fact, he had a lot of enemies. It was difficult for me, as a young guy, to differentiate George Frenn - the elite athlete, from George Frenn - the ordinary human. Once I got around that, it was OK. I understood that George was unique, and wasn't going to change for anybody. The late Roger Estep, one of George's most stalwart training partners for years, came to much the same conclusion.

**Mike:** What do you think are the contributions that George made in the world of powerlifting, and beyond?

Ron: He and Peanuts came up with box squat training, the belly toss bench press, and the 'touch system' in the deadlift. One guy would place one hand on the sternum of the lifter and the other on the sacrum, and lightly "touch" the lifter through the sticking point. I became a top ten deadlifter using some of that system, and I used it to help guys even when I was living in New Zealand. They also took the art of spotting a lifter to the modern level. George also came up with a clever trick of stretching the scapula to actually shorten the pull in the deadlift. He made a contributions in terms of equipment, too. I recently had a conversation with Bob Packer, and he said that George used to use wraps, no more than the guys use now, but in a more formalized way than anyone else back then. He applied science to powerlifting, and was brilliant at it. Louie Simmons took some of those basic philosophies and evolved

them into the Westside system we know

today. He'll be the first to give George and

Peanuts all the credit in the world for

originating that system.

He had a role in the reform of amateur sport in the United States. In George's day, powerlifting was under the AAU. He wanted to get the sport away from them, and give it to the athletes. Bob Packer and George rarely saw eye to eye, and there were a couple times where they almost came to blows, but they did share that vision for the sport. Then, the mentality was if you even thought about making money in your sport it eliminated any chance for you to make the Olympic team. George sacrificed a lot of opportunites to be able to work out, and compete in various international events. It was different circumstances in those days. Corporate America didn't care if any one of their employees won a gold medal. They would only care if they didn't show up to work. His accomplishments in Powerlifting were probably secondary achievements in track and field, where he won numerous titles and set dozens of national records in the hammer and weight throw, went to the Olympics, and appeared on the cover of SPORTS ILLUSTRATED. He was also a good Olympic lifter,



Olympians .. Jon Cole and George Frenn at the Mexico City Olympic Games in 1968. Both men had large hands, which probably contributed to their success in handling heavy weights in training, and doing all sorts of other things athletic

having won the California state title one

Mike: Much has been made of George's being a flag bearer at the original Gay Games. What effect do you think that had on his life? Ron: George lived a rather tragic life because he was so far ahead of his time. Had he been in his prime today, he would have been earning a six figure income as a hammer thrower, and would probably have been a much sought after personal trainer. If he was gay, today, he would have probably been an out-athlete and not have anybody admonish him for it. Back in those days, if this was a statement he made about his own sexuality, that's George all over, because George marched to the beat of a different drum. He didn't care what anybody thought. There were rumors that the reason he did it was to get an investor to provide financing for a gym, and this individual was of that persuasion, but the gym didn't happen. He is widely recognized in the gay community as an athletic icon. I know he never married and never had children. It was difficult for me to get along with the guy, even with as much respect as I gave him. I wrote some favorable articles about him back in the 80's, but one time I went to train with him and he just threw me out of the gym, for no reason. At this point, I think his thing in the Gay Games is irrelevant. It doesn't have any bearing on the man's contributions to the sport of powerlifting or track and field, but you can surmise what effect it may have had

Mike: Is there anything you'd like to add? Ron: His legacy lives on. When you squat, think of George Frenn, because that's who made the movement what it is today.

on his personal life.

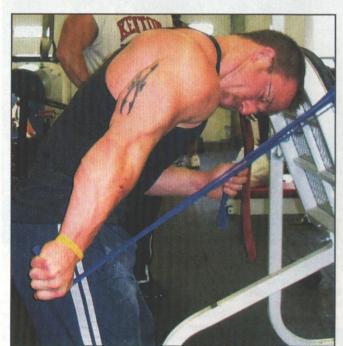


George Frenn in the middle of one of those marathon training sessions that Ron Fernando was referring too, spotting one of his longtime training partners, the late Roger Estep, at Muscle Beach Gym

## **TRAINING**

### WESTSIDE'S TOP BENCHERS

as told to Powerlifting USA by Louie Simmons



Jay Fry made remarkable BP progress, up 120 lbs. in 18 months

I receive many calls asking how our top benchers train. We have 17 benching over 700: one has done 830 (Mike Wolf), in addition to two 198s who have done a 683 (George Halbert), a 655 (Jayson Fry), and a 181 (Fred Boldt), who has done 628 and is an Arnold Classic winner. Then there's Nick Winters, who made 650 raw at the New England Strength Spectacular.

In 1993 I wrote an article entitled "Three of a Kind". We had three guys benching 600, one of whom (Kenn Patterson) went on to become the youngest to bench 700, at 22. His actual lift was 728, a world record at 275.

Then along came Mike Brown. At 19 years old, he made 735 at 308 and totaled 2300

Here are some of the routines and exercises they use.

First, everyone does speed work. This is known as the dynamic method. This alone will not make you strong, but rather build a fast rate of force development. Research shows that 154 pounds can develop 264 pounds of force with maximal acceleration. Nine sets are performed: 3 sets with the index finger on the smooth part of the bar, 3 sets with a 2 inch wider grip, and 3 sets with the little finger on the power ring.

After speed bench, using about 40% of a 1-rep max on the floor press, they do 2 sets to chaos that goes along with it. near failure with one of three dumbbell weights. Fred uses either 155, 125, or 100 pound dumbbells. Sometimes a barbell is used. Fred's weights are 365, 315, or 275. Remember, they go to near failure. Then it's triceps, lats,

upper back, and rear and side delts. Some hammer curls finish the workout.

Speed work can be waved by using 2 sets of 5/8 inch chains accomodate resistance or minibands, which add 45 pounds in the bottom and 85 pounds at the top of the lift. A monster mini provides 110 pounds at the top and 50 pounds in the bottom. Speed benching can be done off rack pins, in the floor press, or with a cambered har

Now let's look at what some of Westside's top benchers do.

Jay Fry has made incredible progress in a short time, going from 530 to 650 at 181 in less than 18 months, plus 655 at a body

weight of 193. has become quite a student of the game while working with George Halbert, To raise absolute strength, he uses heavy assistance work such as kettlebell

triceps extensions and J.M. presses. This teaches him to fire the correct muscles at the right time. Using chains or bands or hanging kettle bells from the bar not only allows the muscles to become stronger, but develops muscle coordination for benching. Jay feels this is far more important than just throwing heavy weight around.

To test his strength, Jay uses fullrange band presses, floor presses with chains or bands, or just weight. These records are dependent on the special exercises that were mentioned above. Jay does a lot of upper body sled work. This makes him stronger and raises his GPP. The sky is the limit for Jay. His potential is very high, and with his drive, only time will tell.

Jays's teammate Fred Boldt has been at Westside for close to 5 years. Fred's bench went from 400 at 165 to 556 at 165, placing him second to the great Marcus Schick. He then won the 2005 WPO semifinals with a 628, over Jay's 622, in Chicago. He went on to winning the Arnold Classic in 2006 with 628. It's not easy to win the Arnold with all the

How does Fred do it? To test his bench press max, he tries a max off the floor press with 5 sets of chains weighing 200 pounds on the bar. His power ring on the bar. A second strength test is a full-range bench with light Jump-Stretch bands that add 100 pounds in the bottom and 200 pounds at lock-out. His best is 370. This is what Jay has also done, and their bench presses are

Of course, like all Westsiders, Fred uses the conjugate method. He will rotate from 4 or 5 boards with bands to a steep incline with a barbell. Fred uses a cambered bar on boards to reduce the camber to 1 inch.

For hypertrophy work, Fred likes dumbbell presses. His 1-set record is 34 reps with 100 pounds. He rotates three dumbbell weights: 100, 125, and 155 pounds. His best 3-set record is 14. 12, and 9 reps with 155's. He also has done 104 push-ups with his feet elevated

Fred's speed work is done with 185 or 205 plus mini-bands that add 85 pounds at lock-out or with 2 sets of 5/8 inch chain that when locked out is roughly 60 pounds.

For special work, straight bar extensions and kettlebell extensions are his mainstay. He does lots of lat and upper back work and rear and side delt work

Fred never misses a workout (nor does

(continued on page 92)



best is 345 with his little fingers on the Fred Boldt put over 150 lbs. on his BP as a 165 lber.

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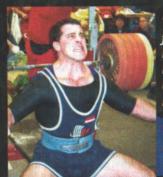
At 198 lbs. and using only a single ply shirt, Dennis Cieri broke the IPF World Record Bench Press with a 590 lb. bench! What helped him get there? Dennis says, "It wasn't a triple or quadruple ply shirt-it was hardcore training and hardcore nutrition provided by MHP's TRAC Extreme-NO and Up Your MASS!" These revolutionary supplements blasted Dennis' bench to the next level!

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Dennis Cieri -501 RAW opening lift at the 2006 IPF World's!

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LM: Bill, how about starting out with some personal information about yourself. Give us your age, marital status, information about your kids and your profession. BG: I am 46 years old and have

been married to my wonderful

wife Anita for 22 years. We have

two children, including my son

Cameron, who is a sophomore here at Liberty University. He plays on the football team as a nose guard, so I get the chance to coach my son through his college career. We are one of the top father/son teams in the world in the bench press. His best was 462 when he was 16. Many people think we are strong because of genetics, but the truth is it's my wife's cooking. I am blessed to have a wife who cooks so well. Our daughter Rachel, who is 16, is the most beautiful young lady with a great out-going spirit. Many people can't believe she is my daughter, because she is so pretty, until they meet my wife, and then they realize she fortunately takes after mother. She is the pride of her mother and father. I haven't convinced her to participate in a bench contest, yet. I work as a Strength Coach at Liberty University. This my second year back at Liberty University. I went to school here. then stayed on and coached as a track and field coach and later as a strength coach, for seven years. In 1991 we went to Seattle and I became a strength coach at the University of Washington. I coached there for 11 years where I had the chance to work with several great athletes and had the chance to attend several bowl games including three Rose Bowls. After working at UWI had the chance to go to work with the Seattle Seahawks for two years. The NFL was great and truly first class. I had the chance to work with several All Pro athletes, like Shawn Alexander, Matt Hasselbeck, Walter Jones, Steve Hutchinson and Jerry Rice. Coach Holmgren is a great coach and it was exciting to work under a coach with so much success. I also really appreciated the General Manager Bob Ferguson for taking me under his wing and teaching me so much about the NFL. often get asked "why did you leave the NFL to go to Liberty?" Liberty is a strong Christian school and it is a very special place. My mentor Dave Williams stepped down as the Head Strength coach and now we work side by side. I have the greatest strength coach job in the world. LM: What is your sports background

been competing? **BG:** I played football, wrestled and threw the shot while in high

and how did you get started in

powerlifting? How long have you

## INTERVIEW

## BILL GILLESPIE

as interviewed by Dr. Larry Miller



Bill has made historic lifts in Gus Rethwisch's WABDL Federation.

school. In college I played football and did track and field. I was able to be a 4 time All American and a two time National small college champion in the shot put. Powerlifting was something I could continue with as an outlet to compete. My first contest was November 1981. I think I squatted 635, benched in the mid 300s, and deadlifted in the mid 600s. I went to the first ADFPA National Championships in 1983 in Allentown, PA. I remember the bench most of all because this was before the round system and I was done at 341. and then they added 35 pounds to the bar for the first attempt of the next worst bencher of my weight class. The sad part was -1 didn't have a bad day. I just was bad at benching until I got to the age of around 35. Then my bench started taking huge jumps. It was a combination of several things that has allowed my bench to go up, but never has it been because of drugs. I am a lifetime drug free

LM: What organizations do you prefer to lift in and whu?

BG: I lift in drug tested meets only. I want to be available to get drug tested to prove that I am drug free. I started in the ADFPA when they started in the early 80's and in the mid 90's I started lifting in WABDL. Now I lift in the USAPL and WABDL meets. I love Gus Rethwisch's meets. I

was ready to retire and Gus put the joy back into competing. would not be where I am today if it wasn't for Gus. He is a huge supporter of our sport and runs the best meets. He has backed me 100% even while I've been away for a while lifting in IPF meets. He has even offered to help me with my travel expenses to the IPF Worlds. He has done so much for me and I owe him a lot. LM: What are your views on drug testing? How do you convince both professional and collegiate athletes to stay off steroids?

BG: I am a life time drug free athlete. As I have talked with many coaches that are involved with the Olympics it has become clear the only reason powerlifting isn't in the Olympics is because of steroids. They don't want to bring in a sport that could give the Olympics another black eye for athletes using drugs. You have to mentor your athletes and teach them about all areas of life, not just the about the weight room. I nelp them to understand that what I'm attempting to do is help them become a better man, not just a better athlete. By teaching them to be a better man, I will have a better athlete in the long

run. They know that taking drugs

is cheating and I'm not teaching

an athlete how to cheat, but to be

been noted many times, it's not

just the finish line that counts,

man of their word. As it has

but what you learn along the way. The great thing about lifting weights is that 100# is 100# today and will be 100# tomorrow. If 100# beats me today, but next week I come back and beat 100#. who got better, I did! 100# didn't have a good or bad day; it is me that has to change. If I took drugs then I wouldn't learn the struggle it takes year after year to continue to make improvement. I have to always be learning what it takes to get stronger and then as a strength coach I can pass this information on to them.

LM: What are some of your lifting

accomplishments?

BG: My best lift of all time was May of 2005 in Atlanta at George Herring's WABDL meet when I benched 800 in a single ply shirt at the age of 45, to become the first man ever to bench 800 as a master lifter. I have set over 30 WABDL world records and three IPF master's world records in the bench. I have been 13 time WABDL world champion. I have finished second twice in powerlifting at the ADFPA national championships. In my career, I have set several American and National records in all three lifts. Early in my career I was best at the deadlift with a personal best in competition of 716 and in a workout I once did a triple with 755. Later I became better at the squat and did 800 in the mid 90's at an ADFPA meet. I won Bench America II in the 308 weight class and finished 4th over all. I have finished 4th two years in a rows at the IPF Bench Press World

LM: How did you enjoy competing at the IPF level? Was it what you expected? Did you enjoy competing as a team member?

BG: I wish every lifter could experience the IPF World Championships. You realize you are truly no longer lifting for yourself, but you are lifting for your country and your teammates. It is a totally different approach to lifting in a meet. The bonding you share with your teammates is great and you want them to be successful so you jump in and help in any way possible. You are competing with so many different countries and the lifters from other countries are so friendly and open to talk with you about what they do in their training. It is truly an international affair, also it been great to travel out of the country to see different parts of the world. LM: What goals do you have in the

BG: Of course, I would love to win an IPF World Championship and set the IPF World Record, but I have some really great lifters who keep me from reaching my

goals. It forces me to evaluate my program and then adapt the workout to make the improvements. I want to continue lifting heavy until I stop getting stronger. I have made gains slowly, year by year, but that makes it even more rewarding when a big surge occurs in your training. The key is to stay healthy and avoid injuries. Like Louie Simmons says, "even an old man will jump if you poke them with a needle". It's all based on how effective our nervous system is and how injuries slow the response of the nervous system. I love lifting heavy weights and will keep lifting as long as possible.

LM: Who are some of the people you've met and learned from over the years?

BG: My Mother and Father, of course, had a huge impact on my life. They taught me to work hard for what I want, and that I would get nothing for free. My wife is a hard working person and I admire her work ethica lot. I have learned a lot from her about doing things the right way, even if it means that it is a lot harder. My mentor is Dave Williams. He has taught me so much about lifting and life. He is the most humble man I know and I wouldn't be a strength coach without him. I'm lucky to be able to be back together and working with him. I have learned so much from Louie Simmons. As all the information was coming out from the USSR about training in the mid 80's Louie started writing about his training philosophy. Many lifters and strength coaches didn't listen, at first, but I knew we were studying the same facts and I knew he was right. History has proven that he is a leader in the world of strength training and we are fortunate to have him in the US. Kent Johnston and Mike Clark were wonderful strength coaches to mentor me in the NFL and I will always appreciate what they taught me. I also worked with Rick Huegli who was National Strength Coach of the year after we won the National Championship in football in 1991 and his approach of understanding the game of football and what we needed to

LM: Do you have any favorite lifters that you enjoy watching?

do was very helpful.

BG: First, I really enjoy powerful athletes, people who make a heavy weight look like it weighs nothing. Second, I really study women lifters because they are very smart with their technique and because they don't have the same strength levels as men they find other ways to lift incredible amounts of weights. I think it's a shame that we study technique and training routines of just the strongest athletes. I know from working with NFL athletes that there are freaks out there who can do things most people only dream about with very little training. It's so important for us to understand that there is a difference between talent and routines. Just because a lifter is talented doesn't mean he knows what he is

Early in my career I really looked up to fters such as John Gamble, John Kuc, Paul Wrenn, Doug Furnas, Kaz, Mike Bridges, and Ed Coan. Most of them I had to watch from a distance because they were in a different league than me, but I have had the chance to talk with many of the top lifters and they have all been very friendly and helpful. Now I have met so many great lifters that it is tough to name them all. I would hate to leave someone out. Ryan Kennelly and I came on the bench press scene together and I believe he is truly one of the strongest men I have ever met. Matt Lamarque has put up numbers that just amaze all of us. Tiny Meeker is really on the cutting edge on the bench press. We knew the day Steve Wong learned how to use the shirt that we were all in trouble after watching him do 633 raw at the WABDL Worlds a few years ago. George Herring has impressed me since we were in college and I saw him set World Records at the first powerlifting meet I ever watched. Tom Manno has pushed me each year we competed at the WABDL Worlds. I want to "Thank" George Nelson and Jim Cunningham for teaching all about bench shirts. Priscilla Ribic has some of the best technique and is very strong. Brent Mikesell is one of the nicest gentlemen I have ever met. He is a true hero to our sport. Horace Lane and David Doan are truly incredibly strong and I have enjoyed their friendship at different IPF World Championships. Deb Ferrell and Jennifer Thompson are two ladies that can put up some huge numbers. Larry, I am amazed and encouraged with the success you have had into your 50's. Brian Siders is the best SHW bench presser in America in the USAPL. I love to watch his lifts; the speed is just amazing. There are many lifters whom I have left out, but I really enjoy a lifter who has studied what they are doing, uses a technique that works for them, and then works his butt off to execute a huge lift under strict judging.

LM: Do you have any funny stories you can share with us concerning our sport?

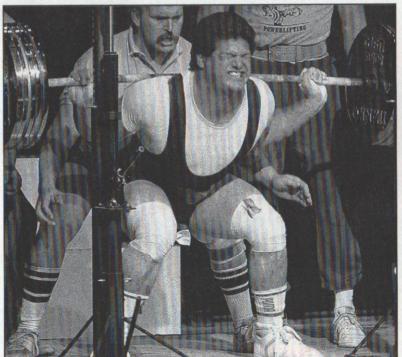
BG: With all the quick fixes in the world of fitness I have been thinking of writing a book on bench press training. There was "8 minute abs", so I thought I would write a book on "How to develop a world class bench press in just 30 short years without drugs"

LM: What has been your employment history as a strength coach? Who have been your mentors in the field of strength and conditioning? BG: I started out of college working as a track & field coach at Liberty University and by my vear out of college I was named the head track & field coach. I really enjoyed coaching track, but it was because of my strength and conditioning background that my team did well. Dave Williams is my mentor and has taught every thing I know about strength training. I worked at Liberty University from 1983 to 1991. In 1991 my family and I traveled across America to the University of Washington. I worked there as an assistant under Rick Hueali where we won a National Championship in football and went to two Rose Bowls. In 1999 I was promoted to Head Strength coach. In three years we had 23 out 27 of our victories come in the fourth quarter come from behind wins. My second year we were 11-1 beating University of Miami for their only loss and finished 3<sup>rd</sup> in the polls. We were also able to win the Rose Bowl that year. We had a great group of athletes that competed well and a coaching staff that kept the fire going. After coaching at Washington I went to the Seattle Seahawks. There I had the chance to work under two of my favorite strength coaches, Kent Johnston and Mike Clark. These are great men and they really know what they are doing. I really enjoyed working with the NFL athletes. They are hard working, completive men and they are incredible athletes. I was amazed at some the feats of athletic abilities from bowling to strength training. After the 2004 season I left the Seahawks to come back to Liberty to

be the head strength coach and work with Dave Williams again. It was a tough decision to leave the NFL and it killed me not to be with the team at the Super Bowl, but I am very happy here. I am able to have a huge impact on the young men's lives that I work

LM: To what degree has your career in powerlifting helped you as a strength coach?

BG: Powerlifting has helped me and it has hurt me as a strength coach. The athletes know that I understand what is strong and how to get there. The problem has been that sometimes people are shortsighted in believing you are going to convert all your football players into powerlifters. I remind them that I am training them to be football players and that benched 800# and the Seahawks never once asked me to play for them. Many people get confused into



Bill was in the middle of things at the 1986 ADFPA Nationals out in California.

(continued on page 90)



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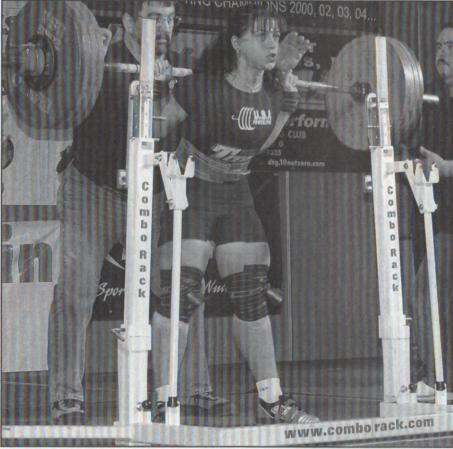
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## **INTERVIEW**

## **PRISCILLA RIBIC**

A.K.A. Little Powerhouse Lifting Huge! as interviewed for Powerlifting USA by Greg Stott



Priscilla Ribic set two IPF World Records (one in squat, one in deadlift in less than a month!)

On June 15<sup>th</sup> in Dorado, Puerto Rico at the North American Championships Priscilla set a new IPF World Record Deadlift of 551 lbs. On July 7<sup>th</sup> at the USAPL Women's Open Championships in Miami Florida, Priscilla put her name in the IPF record book again, by Squatting a huge 546 lbs. She's an 8 x National Champion, 2 x IPF World Champion & Record Holder. Age: 33. Height: 5'2" Weight: 154 lbs. Class: 148 lbs. Federations: USAPL & IPF

**GS:** First off, Congratulations on your new IPF World Records!

BG: Thanks, Greg!

**GS:** Priscilla, tell us about your big pull and the competition in Puerto Rico in June?

PR: It was actually a shock. I went into that meet headed for the WR squat, which didn't happen that day. I had a not-so-hot training cycle for my deadlift, although I pulled an easy 470 for a couple of singles unequipped, but the heaviest I went in my cycle was an ugly single at 515. I just don't have the drive

and adrenaline in the gym to pull. Friday nights in the gym are a morgue! The judging was pretty tough in Puerto Rico, only one squat passed; I lowered my opening deadlift from 501 to 485 just to play it safe. 485 flew up, textbook sumo deadlift, next onto 518, then 534 to bump up my total, they all flew off the floor like no weight at all. So, we went for a 4th... the magic 250 kg. (551 lbs.). This pull went up so easy and smooth that it felt like my opener. I WISH I could of had a 5th attempt!

**GS:** How long was your training cycle leading up to championships in Dorado?

**PR:** My training cycles are relatively short, only 6 weeks.

**GS:** OK, you come back from Puerto Rico and in less than a month you're back on the platform in Miami, how did you prepare for the Women's Open?

PR: I didn't. There were three weeks between meets, so I took the week after Puerto Rico off, just doing some light weights

(225 squats, 175 bench and 315 deadlift), the second week, I put on gear, did some light weights for reps (445 squat, 275 bench, 445 deadlift) and called it good. Although I peaked for Puerto Rico, I was still in good condition leading into the Miami.

**GS:** What did your family & friends think about, not only your victory & records, but also your schedule, stacking two major competitions so

close together?

PR: Family and friends, of course, think that I am nuts, not only for doing the sport, but competing so often. They were also ecstatic with the new records, so it is great to have them share in the excitement. My dad just can't be excited, and warns his little girl that I am going to hurt myself. Most can't comprehend what 550 lbs. is, so I just let them know how many plates that are on the bar and at least they have a visual of some sort. I can also relate that my deadlift is comparable with the 148 lb. men.

GS: Describe for us your day on the platform, in Miami at the Women's Open?

PR: It was a fun day, I sat in the warm-up room singing to the music with little Kendra Miller and Erin Dickey, heading up to the platform, and I could hear the booming voice of Niko Hulslander cheering me on. I was on a mission with my squats, a personal redemption for Puerto Rico and to finally get a chance to try the World Record Squat. Opening weight, three white lights, 2nd attempt, three more weight lights ... the call was made for the record breaker and I headed out there determined. I have been ready to go after this record since the 2006 Nationals, but I hadn't gotten the opportunity until now. I think it was the longest lift of my life, though I made a shopping list and planned out what restaurants I was going to eat at after, while trying to come up with the weight. Completion left me with two whites and one red light on depth. My first and only attempt at the record was a success! I think after that my mind gave up on keeping the momentum going, my textbook deadlift from Puerto Rico could not be found in Miami. I made a 507 deadlift on my 2nd attempt, went for 534 which would have also broken my existing



Priscilla is also the owner of her own company called www.PLGEARONLINE.com

WR Total, but couldn't hang onto it. In the end I did get what I came for, a World Record Squat, so I'm satisfied.

GS: In your last TEAM iXL interview, you mentioned that the Squat is your favorite lift, please take a minute and share with us why?

PR: I think it is the most mentally challenging lift. It is the first lift on the platform when your nerves are still going, it is the hardest to get passed by the judges and then there's always the fear of not being able to come back up with the weight, once you go down into the hole. When you're able to drive the weight up and finish the lift, three white lights or two, it's great!

GS: Please describe for us a deadlift workout, say mid

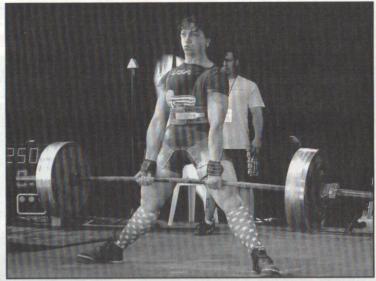
competition cycle? PR: I train under the routine of the AK Iron Maidens; it is a lot or rep work and lighter weights. We condition well for the faster paced IPF style meets. As mentioned earlier, this deadlift training cycle was not the best for me. I had two heavy days in the gym, one being 505, which I ended up bagging (It was one of those days were everything felt heavy) and just pulling 315 unequipped and another week where I pulled an ugly single of 515 lbs. Generally we have three work sets consisting of reps of 5 and then a ton of support exercises to compliment our main lift.

**GS:** Who are your current workout partners and or Coach?

PR: My current workout partner is Sherry Franks, she is an up & coming Master I lifter and is always at the gym and very dependable. My coach is Larry Maile, who also coaches the Iron Maidens & USAPL Women's Team

GS: Priscilla, you've shown that you can lift huge weights Drug Free! What advice do you have for athletes & coaches reading this interview in regards to why they should stay the Drug Free Course? PR: I just don't think that there is any other option but to stay drugfree. Some get so wrapped up in lifting heavy weights, that they forget this is a hobby. Not everyone will be at the top, but you should be doing this sport to have fun, get in shape, compete, meet people and do a little traveling. If you train smart and watch out to not over-train and get injured, you can excel, set PRs (personal records) and official records. Again, this is a hobby, enjoy it and do it within your personal capabilities. GS: What supplements &

**GS:** What supplements & equipment are you using currently? **PR:** I am sponsored by GNC-Spokane, therefore I use their



The New IPF World Record in the 148 lb. class - 551 lbs. in the deadlift

protein, multi vitamins and creatine. For equipment, Titan gear. I use the Centurion for both squats and deadlift and F6 for bench; I'm now converting to a Katana.

GS: Tell us a little bit about your diet? Describe for the readers, what a typical day of food consumption looks like, as you're preparing your body to deadlift over 550 lbs. & squat 546 lbs. weighing in at only 14.8 lbs

PR: Diet, can't believe you brought up that dirty word! I severely miss my pizza and ice cream leading up to a meet! As the years go by, it is taking more and more effort to stay within my weight class. With that, I have to try to keep my diet fairly clean, meaning NO eating out at all. I hate chicken; so have invested in organic beef (a half cow at a time!) for my main protein intake. I have basically gone organic for all my food, starting the day with eggs and oatmeal, a mid morning protein shake, usually leftover dinner for lunch (consisting of beef and some veggie), afternoon fruit and then more beef and veggies for dinner. I feel like leat a lot during the day, as the weeks draw closer to the meet, I start tapering off the quantity as well as monitoring the amount of sodium I take in.

**GS**: What goals have you set for yourself at the World's this year in Norway?

PR: This year's Worlds will be interesting with the recent ban of the Russian and Ukrainian Teams from the IPF. Both of these teams used to be my motivation leading into my training cycle for the Worlds. This year my focus is to do a sweep of the IPF World Records. GS: What is your vision for the sport of Powerlifting?

PR: There is so much change form and technique. Third, with the sport; I am not even sure understand the rules of

what the vision will be in a few years. I only wish that it would be more recognized by the general public, so when they hear you are a "Powerlifter," they'll know what that means and not assume you're lifting weights over head.

**GS:** How has the sport of Powerlifting affected your everyday life?

PR: I think I am less fun! Between training all the time and working on keeping my diet clean (yes my coach is laughing right now!), I seem to be more of a 'home body.' It is hard to be social with regular friends, when they want to go out on nights you are dedicated to training. BUT, on the other hand, Powerlifting allows me to travel quite a bit and see some neat places as well as make friends all over the world. It's a trade off.

GS: Doyoufeel Powerlifting should

GS: Do you feel Powerlifting shoul be an Olympic Sport and why?

PR: Yes I do. If they can have so many variations of swimming, diving and gymnastics, then why can't they have two different strength sports? People say equipment is the problem, but EVERY sport has advances in their gear, whether it's special shoes or new streamlined swim suits. I participated in the 2005 World Games and let me tell you, watching them raise the Olympic flag at the Opening Ceremonies was awesome and only made me wonder when our sport will get the chance to be in the Olympics. Unfortunately I'll probably be retired by then.

**GS:** What advice would you give to a lifter just getting started in Powerlifting?

PR: First, don't over-train! Just because you can lift more, doesn't mean you should. Second, find a good training partner who will give you honest feedback on your form and technique. Third, understand the rules of

performance and train to them; don't expect to be able to figure it out at the meet. Fourth, if you are going to wear gear, learn how to use it correctly. And lastly, in Nike terms...Just do it! Don't hold back from getting into your first competition and getting your feet wet. You will learn a lot and it will make you hungry for more.

GS: Any final comments you'd

GS: Any final comments you'd like to make or people you'd like to thank?

PR: Yes, thank you for the interview Greg! I would also like to thank first and foremost my coach Larry Maile, for kicking me in the butt and keeping me in line. He is the mastermind behind my training program and cleverly plays the numbers game in competition. To my brother

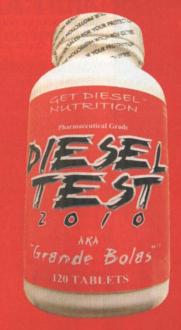
who spends countless hours in the gym spotting and coaching me and travels the world with me to all my competitions. I think he at times is more excited at my potential than I am. To Pete at Titan Support Systems for keeping me supplied in great gear and showing a genuine interest in the lifters. To my other major sponsors, Bodybuilding.com and Marcus

Lawson Globalcompusearch.com for helping fund my way to International meets. A special thanks to the rest of the Iron Maidens and all my PL friends for their support and encouragement along the way. **GS:** Priscilla, your nickname is "Little Powerhouse" but the word that should be in bold, due to your performance in competition this June & July is "Power". What you've been able to do drug free, with focus & determination, has set a great example to lifters both young & old that will prove to be even more important than your world records. In the long run, you've shown that incredible strength does come in little packages ... that is if you're willing to take the time, perfect your technique and give it 100% plus in training & on the platform!

Greg Stott is the Founder of TEAM iXL. An organization of Athletes worldwide on a mission to inform, motivate & demonstrate that There are No Limits Drug Free! For more info on Priscilla & other TEAM iXL SuperStars visit www.TEAMiXL.com.©1994-2006 IXL PRODUCTIONS. ALL RIGHTS RESERVED



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## POWER PEOPLE



Gene Bell didn't have his best performance at the APF Seniors, what with a bout of food poisoning and a killer sinus infection prior to the event, His plan is to drop down to the 198s for the WPC Worlds, where he hopes to total 2200 plus in the 50 plus category. According to Gene "Inever thought I would still be at this level in my late forties"



Members of the Lockport YMCA who competed in the 5th annual Erie County Community College Bench Press Championships on May 6th: kneeling, left to right, Hank Baes, Ralph Camarre, Sam Scapelliti, Matt Wohleben; standing, left to right, Mike Burke, Andy Gajkowski, David Cronhite, Dan Beaudoin, and Mike Wohelben. (photo David Cronhite)

"On May 20, 2006, I was inducted into the California Powerlifting Hall of Fame. Besides myself, 8 other deserving lifters were inducted: Ron Morris, Randy Yamada, Rich Tsutsui, Bob Taketa, Christine Sorenson, Scott Roberts, Rich Cirigliano, and Manny Burrell.

It's not every day you're honored by your peers. Having attended an NFL Hall of Fame ceremony, I knew my



Dave Van Brocklin benching 402 pounds.

emotions would be at a peak. I was asked to say a few words, and I hope I conveyed my appreciation, for myself and the others, of being honored for our years of blood, sweat, and tears. I'm humbled to even be mentioned in the same sentence as the greats who came before me. Many of them were my teenage and young adult idols: Pat Casey, George Frenn, Peanuts West, Larry Kidney, Marv Philips, Dave Shaw, Terry McCormick, Gordon Santee, Bud Ravenscroft, Jim Lem, and the list goes on. When I started lifting in my parent's garage, at 14, I had no idea that 45 years later I would be so honored.

I'd like to thank Steve Denison, Bill Ennis, and his wife Evelyn for organizing the event, and to Paul Love for hosting it and putting on his first powerlifting contest in 25 years. I would like to thank Mike Lambert for allowing me to express my thoughts. Without PL USA, this great sport, that we all love, wouldn't be as popular as it is. Finally, my thanks go out to my lady, Linda Sanford, who for the past four years has been in my corner throughout two operations and rehab, and for giving me a butt kicking when I needed it. Also, thanks to Ted O'Neill for creating a great lifting environment at Diablo Barbell".

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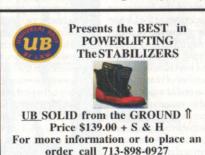
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Allison Rice, Louisiana Masters Women Bodybuliding Champion, tried her first powerlifting competition at the David Berger/ Bob Samuels Memorial. According to Allen Smith, who supplied the photo, she seri-ously underestimated her strength, making the winning lift with ridiculous ease, and he thinks she will go over 400 in the deadlift at 132 lbs., if she sticks with powerlifting.



Mauro Di Pasquale M.D. has initiated the Metabolic Diet Nutritional Certification Council and will be holding a certification seminar on October 7-8, 2006 at the Hotel Galileo, in Figline Valdarno, Italy (see www.MDNCC.com/Seminar\_Italy\_2006 for information) Above you can check out a shot of Mauro back in 1979, weighing 190, before he cut down to 165 and won the silver medal (to Mike Bridges) at the IPF Men's World Powerlifting Championships.





## POWER - RESEARCH

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Much research has been conducted related to training for muscular hypertrophy and maximal relative strength development, including repetition ranges, rest period durations, and repetition cadence. If two hypothetical athletes have identical muscular development and muscle fiber

composition, how does one exceed the other if they have equal training experience and technique? The fastest method can be found in the scientific improvement of muscle fiber recruitment, implemented over as brief a period of time as one day. Lift progress is both faster and more substantial when one increases the number of muscle fibers used in a given movement vs. simply their individual size or firing speed.

There are no direct connections between nerves and skeletal muscle fibers. There is a microscopic gap, a space, between motor neurons and the muscles they contract, referred to as the Neuromuscular Junction (NJ) or synaptic cleft. This is, for strength athletes, the essential "power gap"

that must be bridged for strength development beyond muscular hypertrophy and training effect.

To properly maximize the electrochemical nature of muscular contraction, it is important to understand the series of discrete events that leads to all physical movement, in this example, the arm extension in the bench press:

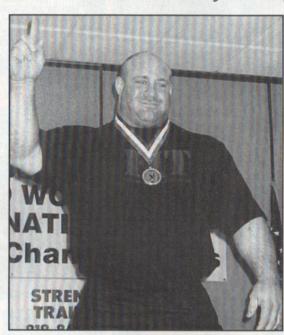
1) Based on the intended movement, a signal from the spinal cord causes an electrical current, referred to as the action potential, to travel down the motor neuron towards its associated group of muscle fibers in the tricep. This motor neuron and its group of muscle fibers are, combined, referred to as a single "motor unit".

2) When the electrical impulse reaches the end of the motor neuron. the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

3) Acetylcholine binds to receptor sites on the muscle, recreating the electric action potential.

4) The electric current causes the release of calcium (Ca++) from the sarcoplasmic reticulum in the muscle. 5) The calcium contacts the contractile machinery of the muscle (actin and myosin), and muscular contraction

#### ACETYLCHOLINE: 10 World Records in 12 Months and the **Future of Strength Development** as told to PL USA by Timothy Ferris, ACSM



Scot Mendelson is a big endorser of Body QUICK

occurs; the fibers in the tricep head slide over themselves in a ratcheting movement, shortening and extending

Without chemical stimulation from a motor neuron, muscular contraction cannot occur. Without optimal chemical stimulation, maximal strength output cannot be generated.

To facilitate and optimize the above process for strength gains, one can increase area-specific calcium release, increase the number of motor units activated by a given motor neuron, or increase acetylcholine production at the Neuromuscular Junction. Two vehicles can be used to further these goals: training and supplementation.

As a sample of the former, researchers and scientists at the University of Connecticut have demonstrated that high-intensity training, defined as resistance training at a minimum of 90% Maximum Heart Rate (MHR), can increase the number of branches that extend from the end of a given motor neuron. In this manner, broader connectivity increases the number of motor units reachable by multiple motor neurons, resulting in greater muscle fiber recruitment and strength output. This is of particular value within larger

and most easily fatiqued muscle groups, where each neuron must service larger numbers of muscle fibers (i.e. white type II-b fibers in the

highs, back, and other major groups critical to maximum lifts in strength

Training, however, is for another article, and the above physical adaptation does not increase neurotransmitter production or the number of receptor sites for them: the two missing links, so to speak. Within the context of this brief article, we shall focus on the most neglected vehicle for maximal strength development supplementation:

Thomas Incledon, president of Human Performance Specialists, a sports pharmaceutical

consulting firm, cites acetylcholine and associated neural co-factors as the next generation of ergogenics: "Increasing acetylcholine and neurotransmitter enhancers will be one of the next phases. When you increase acetylcholine, you are able to activate more muscle fiber, which, in turn, lowers the relative intensity of a workout lby increasing the amount of weight that can

By actively providing the precursors and conversion agents necessary for optimization of nerve conduction, strength is increased through the power of multiplication: using more muscle fiber in a given movement, which equals greater gains and hypertrophy in a shorter period of time

The quantifiable real-world improvements athletes are demonstrating with neural accelerators, now that they are appearing in the competitive circuits, is more impressive than physiological theory or hypothetical speculation.

Scot Mendelson, who has increased his world-record bench-press from 786.2 lbs. to 1008 lbs., now has 9 world records to his credit and states: "BodyQUICK (the only acetylcholinebased neural accelerator currently on B o d y Q U I C K

the market] helps everything fire faster. The power and speed it generates is like nothing I've ever tried.

Peter Primeau, IPA World Champion, states: "Last year I was able to squat 565 [lbs.] in a competition. Bu using [neural acceleration] earlier this year lachieved a 705 squat in competition. My bench went from 440 to 550 in the same cycle. My deadlift improved from 625 to 645. Today Isquatted 715 deen for a double

It is understood that world-class athletes progress based on multiple factors and training is no small component: a supplement cannot replace these prerequisites as it is intended only to amplify and multiply the training effect. That said, if acetylcholine production is impaired or suboptimal, no type or volume of scientific training will produce the highest-possible performance gains, as all contraction is limited by its supply. Using blood analysis testing, it has been demonstrated that plasma levels of choline (a precursor to acetylcholine) are decreased by 25-40% in runners after completion of the Boston Marathon. Randomized placebo-controlled crossover testing has also concluded that increased acetylcholine levels directly correlate to faster running and swimming times in competitive athletic subjects. It is important to note that, as critical as acetylcholine is to strength output, it is equally important to extended muscular performance and sports endurance.

How does one simultaneously increase motor unit recruitment, increase muscle fiber stimulation, and decrease muscle fiber fatigue? Understanding the role and optimization of acetylcholine is the key to bridging the "power gap" and actualizing true genetic strength potential

Consumption of acetylcholine precursors and necessary conversion agents improves muscle-fiber recruitment and introduces a new basis for the development of maximal strength within shorter time frames than ever before possible with training and supplementation focused on hypertrophy, whether sarcoplasmic or sarcomeric.

Acetylcholine (ACh), unstable when ingested directly, is ideally produced by consuming constituent precursors, conversion agents, and extension agents that increase the intersynaptic half-life once acetylcholine is produced

At the time of this writing, there is only one patent-pending and tested neural accelerator on the market that contains these above three necessary components, sold in New Zealand, Japan, and now the USA as (www.getbodyquick.com). Featured on FOX Sports and CBS' "Science of Fitness", BodyQUICK has quickly entered the world of professional sports and immediately demonstrated the power of acetylcholine, setting nearly 10 world records in competitive powerlifting alone within the last 12 months. BodyQUICK is ASDA-approved and contains no banned substances listed by the International Olympic Committee (IOC) or NCAA. To affect the calcium component of neural transmission and muscular contraction, this product also includes methylxanthines which increase Ca++ release.

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yous system is the parent biosystem

that determines the output and limits of

the muscular and cardiovascular sys-

tems, as they both depend on electric

impulses and action potentials. For

this reason, the biochemicals that sup-

port neural transmission and help re-

cruit the maximal number of motor

units must be optimized to realize the

true upper limits of muscular power

With an excellent record of clinical

safety, acetylcholine-based neural ac-

celerators may present a safer alterna-

tive to the more harmful anabolics and

androgens so prevalent and so often

misused in competitive strength sports

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Timothy Ferriss, ACSM, has

been featured by media world-

wide, including Maxim Maga-

zine. The Philadelphia In-

quirer, Amazing World News

(Japan), and MTV. For more

information on acetylcholine-

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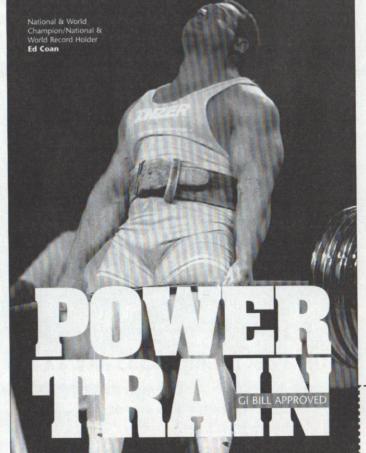
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9 World Records in Powerlifting

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#### Don't Forget to Drink your Water!

Q: Hey Anthony, what's up? I have been reading your column for the past 4 years and all I can say it is a fresh read each and every month. I always look forward to getting my issue in the mail each month and your column and Louie's are the first ones that I read. I am sure that the large majority of lifters do the exact same as me. I was wondering about water intake. I know that you are very big on getting in plenty of water and I was wondering what the benefits are. If you could shed a little insight into this topic, that would be great. Thanks so much.

#### Jeremy Watkinson

A: Jeremy, it's good to hear from you, man. I really appreciate your compliments. I am glad to hear that my column is one of the first things you read when you get your issue in the mail. That makes all my hard work and research well worth it. But there is something that makes it even more worth it. The fact that when one of my athletes steps up on the platform and breaks a world record I know that I played a role in getting them there. When I see one of my athletes win another world title it makes me happy to know that I helped in their success. With this all said and done I will now get onto your question.

Water is no doubt the most important nutrient that a powerlifter can consume. It is not only vital to health and performance, but also life. I know that most powerlifters think that a nice cold beer laced down with about three dozen chicken wings alongside their extra large pizza is the ultimate plan for sustenance, but it isn't. Sorry boys, I know that hurts, but water is even more important. Now if any of you have been reading my column or have worked with me personally for nutritional program design you all know that I am very big on all my athletes drinking plenty of water daily. Heck, I also force it down the throats (not literally - unless you upset me) of even my sedentary soccer moms who are looking to get rid of their pregnancy pounds that they should have dropped a decade earlier. Oh boy, I may hear it from some women for this one. Now since you now know that I am a water militant, it is good to understand why. Here are some reasons why I advocate consuming plenty of clean purified water throughout the day for all my

#### 1. Dehydration can cause a Decrement in Strength

Yes, you heard it here first. Now since the main goal of you the powerlifter is to lift more weight

## **NUTRITION**

#### Power Nutrition Q & A

by Anthony Ricciuto, B.Phed. C.F.T. S.P.N. S.W.M. F.T.

happen? Heck, you see all these lifters getting their double ply, open back, front arm flared bench shirt being altered twenty times to get it just right, but yet they ignore simple nutrition facts that can help them. Since even a 3% level of dehydration can cause a decrement in strength output don't you think it would be a good idea to drink more water to prevent this? This reason alone should warrant you to drink plenty of water since this is so truly important to you performing at your best. Lifters will spray water on the seams of their bench shirt to get that little extra, they will inhale ammonia until they bleed from their nostrils, but yet to get them to drink water it's as if I asked them to walk on hot coals. I truly don't get some of you lifters. In the end, it's only your loss when your competition smokes you because you didn't pay attention to the finer nutrition details that you thought were worthless. Optimize your strength output...drink your

then don't you think you should do

just about everything to make that

#### 2. Most Powerlifters are constantly Dehydrated

This is one of the main factors

regarding why I recommend especially powerlifters to increase their water consumption. After working with strength athletes and powerlifters in particular I have found out that the large majority of them are in a constant state of dehydration. Most lifters will drink their share of coffee, soda pop, and beer but what about good old clean purified water. I know it may be nard for a lot of you to comprehend that you can actually drink clean water without adding a host of chemicals, preservatives, food coloring, sugar, fake sweeteners, corn syrup, carbonation and a whole slew of other really nice things that lifters pour into their body like it was going out of style. First off, we need to get lifters off all the garbage that they put in their body and this includes their fluid intake as well as their food, and start getting them to understand how important water is for their health and performance.

#### 3. Helps lower your Blood Pressure

Now, here is a health problem



Anthony Ricciuto ..... this is the Man Behind NutritionXP3.com

that a lot of lifters suffer from. Usually it is caused by their atrocious eating habits and lifestyle choices. Other times it may be the result of the choice of the pharmaceuticals that they decide to use in their "Enhancement Program". No matter what the reason, it is very important to drink enough water to make sure that your blood pressure is in check. If you have high blood pressure I am sure that your doctor has advised you to drink more water already so if you are not you are going to hear it again from me. As for those that don't suffer from this problem it is important that you drink enough water to make sure that you don't suffer from it in the

#### 4. Helps flush Toxins out of the body

Toxins ... did you say toxins? Heck, with the super clean way that most powerlifters eat how could they have toxins. Since their daily intake of barley grass and quinoa is like clockwork, why would powerlifters have a problem with toxins? Oops, sorry, I must have been dreaming there for a second I had this vision that powerlifters actually ate with their long term health in mind, so sorry. Anyways, back to reality for second here. Another reason why I recommend water is the fact that it will help flush toxins out of the body. Everyday with the food that we eat, the air that we breathe and all the other things that occur in the lifestyle of powerlifters, we intake numerous toxins into our bodies. Now drinking water will help flush this toxic evil out of our bodies when consumed in proper amounts. This will help cleanse our organs and clean our blood of impurities. Since most lifters eat with the consistency of a truck driver with a gift certificate at McDonalds, it is a very good idea to at least try and eliminate some of the many toxins that you put inside your body on a daily basis by drinking your water.

#### 5. Improves Cell Volumization

For those of you who are looking to increase their muscle mass, improve their rate of recovery, increase glycogen storage, improve their strength. and look as jacked as they lift this could be important to listen to. Cell volumization occurs when you bring numerous different nutrients like amino acids, glucose, glutamine and creatine (just to give you an example) into your muscle cells causing them to swell beyond normal size. This in turn helps lead to an increased rate of protein synthesis so that you can build muscle and get stronger as well. Now this all sounds sweet, but you sure aren't going to have it happen if you drink 2 iced teas and a cup of coffee per day as your only fluid intake. For this process to occur you need to drink a lot of clean water, otherwise you won't maximize its effects. So if you are looking for new found muscle and recovery drink you water.

#### 6. Helps you burn fat Oh, I know for sure that you

didn't know this one. Now with the way so many lifters are carrying excess body fat this one is a must. Most people don't understand this but drinking water can actually help you metabolize your fat stores so they are burned off. Drinking water will actually help you burn fat. Numerous studies have shown that those who don't drink much water have increased fat storage. For this reason alone without the other ten that I have given you, it should have you drinking it down like there was no tomorrow. This is one of the reasons why bodybuilders drink a lot of water day in a day out even in the off season. I have seen time and time again how much of a difference it can truly make. Just by altering this part of the equation you don't understand how much of a dramatic effect it has had on my client's ability to drop unwanted fat. Incorporating plenty of clean water into your current nutrition plan will make a night and day difference into your fat loss abilities. Take it from me if you want to drop more fat then drink your water!

#### 7. Maintains proper Bowel Health

Oh yeah, I can see all the lifters out there thinking they are the true champions of the world when it comes to this topic, but I am sure they aren't. Drinking enough water prevents constipation. When your body digests food it needs an

optimal amount of water to help process and absorb the nutrients from it. If you are one of those guys that drinks water like a camel maybe getting in a glass every 8 days, then there is no doubt you are not optimizing your bowel health. I know all you smart asses (no pun intended) are probably laughing at this right now, but truly this is a very important matter. Colon cancer is a major killer in American males so taking this subject lightly is just pure ignorance at its best. As I have said before going once a day to the porcelain throne is not enough. All lifters should be having at least 3 bowel movements per day for optimal colon health. Drinking plenty of water will play a major role in this among others which I will discuss in an upcoming article. So instead of reaching for the Exlax keep your water intake up and you will have fewer problems now and down the road when you have to go for your colonoscopy hoping the results show that there is no cancer present.

#### 8. Reduces Edema

Water retention is another problem that a lot of lifters suffer from. Women get this during certain times of the month, but for male lifters toget this is not right. Now the ignorant will think that if they are holding water it is best to limit water intake to help the edema go down. This is no the case in the least. If you suffer from edema it is now the time to start drinking more water as it will actually help you reduce your water retention. Many lifters, especially heavier ones, get it in their ankles and knees. I have seen this on many occasions with numerous superheavyweight lifters. The key is to drink more water as it will flush the sodium out of your body and help rid you of this condition.

#### 9. Prevents Fatigue

Now what most lifters don't realize is that when they get tired throughout the day many of the times it is due to the fact that they are dehydrated. Most lifters don't even think of this as a reason as why they are tired. This also happens during training sessions as well. Some lifters won't drink anything or other champs will drink soda pop while they are training. If they only knew that this will actually dehydrate them more and decrease their performance they would leave that garbage alone and use plain water or an electrolyte balanced glucose polymer drink like Cytomax. If you are tired of being tired then start increasing your water intake. Within no time you will feel the difference it can make not only at work but also in the gym!

#### 10. Optimizes Brain function

Yes, that is right, drinking water can actually optimize your brain function. Now most of you probably don't know this, but it is a fact that even a 2% level of dehydration actually hinders your short term memory. Studies have shown that dehydration can also cause decrement in concentration. Most of you out there are probably thinking" Who cares - I am not taking an algebra test so what is the big deal if my brain isn't 100% on the money." Well, smart guy, you may not be taking an algebra test but you are lifting heavy weights attempting to break PRs day in and day out aren't you? Otherwise you wouldn't be reading this magazine would you? So since you are trying to set new heights in the sport of powerlifting you should realize how important a role the mind plays in making those PRs. Remember even if you are strong and energetic that training day, but if your mind is somewhere else and is not truly focused on what you are doing in the

gym there is no way you are going to hit that new PR, I don't care what you say. Your mind is a muscle too so you should make sure that it is running optimally so that you can take full advantage of all it offers you when you step in the gym or up on the platform.

#### 11. Reduces Wrinkles and Premature Skin aging

That's right-so all you power vixens should listen up here. Drinking water and plenty of it will help prevent your skin from aging at a faster rate. This means that keeping yourself well hydrated means those nasty wrinkles that we all get as we get older will be much less pronounced and in reduced number just by simply getting in an optimal amount of clean water everyday. This fact is not known by a lot of women because very few out of the fitness community really drink a lot of water with this in mind. Now this may not be much benefit to the 350 pound bald headed, goateed lifter who doesn't care if he ages faster than he should, but I knew the power vixens would surely like this info.

These are not all the reasons to drink water, as I could list them off until the cow's come home believe me. Actually I have a water article planned for the near future as I have actually just scraped the surface of the many benefits that drinking water in your nutrition plan can have not only on your health, but also your performance. With this in mind you are all probably asking how much water should I drink? Well, it is all dependent on a lot of variables, but I will give you an easy breakdown instead of showing you how I calculate it scientifically. For most of my female athletes I usually have them consume around 3 liters per day. For my male lifters I have them all at 4 liters per day and more depending on their bodyweight. Now this is where I start all my lifters as long as there are no contraindications to do so. Their current bodyfat ercentage, their total body water content, their nutrition and supplement plan, the weather, and other considerations are thrown in there to give them the optimal amount needed for their ersonal needs, but the above is a good ballpark gure to where I will have most of them start. The next thing is how the water should be consumed. I don't recommend that large amounts of water at any one time be consumed all at once. Rather I like my athletes to drink their water evenly spread out throughout the day, with their meals, pre-workout, during their training and post workout. This is a much better way then trying to sit down a guzzle a liter and a half in one sitting which wouldn't be the best thing to do for many reasons. So, with this newfound knowledge it is time for you (which is most of the powerlifting community) to start increasing your daily water intake so that your health and performance can reap the benefits!

#### Type II Diabetes and the NutritionXP3 System

Q:I have been recently diagnosed with Type II Diabetes. I am 32 years old about 6 feet tall and weigh in at about 315. I do not know my body fat percentage, but it has to be well over 30% due to the fact that I carry a 48 inch waist. I have been powerlifting for years and I love the sport but I really don't feel all that healthy. Now that this has happened, I really worry about my future health situation because I am very young. I was wondering if you could possibly help me out in regards to a nutrition plan that could help get this under control. I know having Diabetes at this young

of an age will take years off my life and I want to change my ways before it's too late. I am a father of 3 and I want to see my grandkids. This has freaked me out. Thanks for your response in advance. **Joseph Carlucci** 

A: I am happy to hear that you are looking to change your situation around for the better. Just because you have been diagnosed with Diabetes, don't think that we can't get it under control or even reverse it. As with most powerlifters who get Type II Diabetes, genetics play a role but lifestyle and eating habits, in my opinion, play even a great role than that.

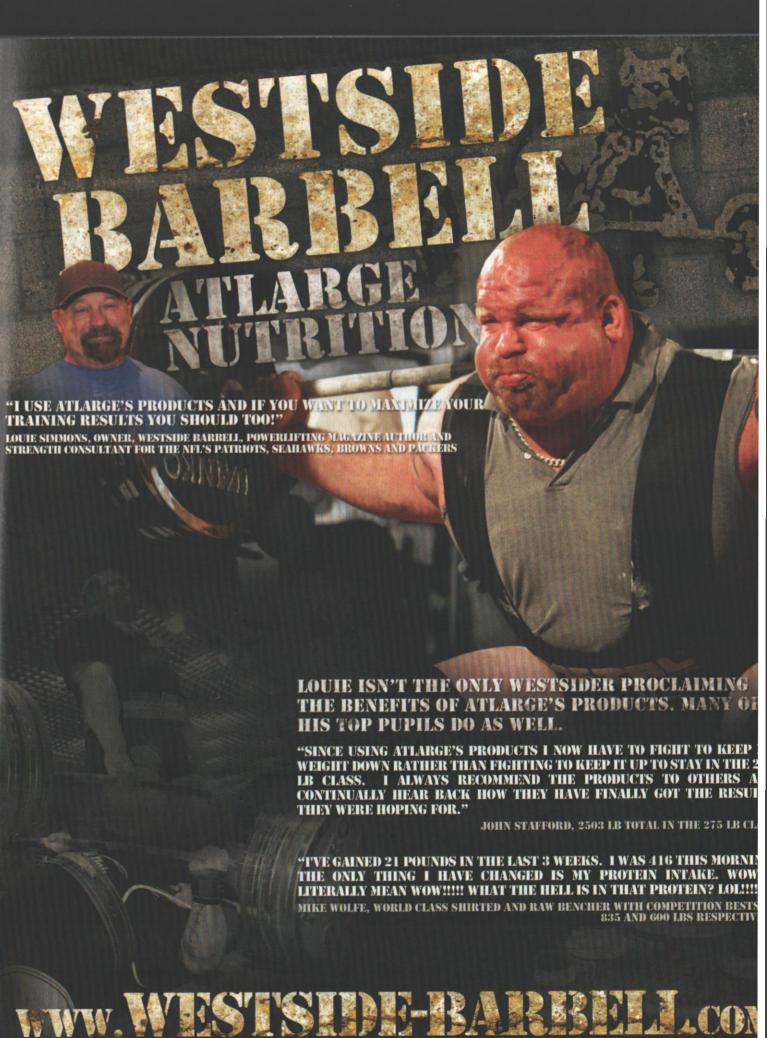
One of the important blood tests that I

erform with the Nutrition XP3 system is a Glucose Tolerance Test. This can be performed by your doctor or even by yourself using a glucometer. What this test tells me is how insulin esistant or insulin sensitive you are. The results from this test will let me know a lot about your physiological make up. This is very important cause it will then help me lay out your individualized and customized macronutrient ratio designed specifically for your strength needs, but also for your health needs. This will then help me make specific food choices that will be applied to your nutrition plan and also what food combining and patterning I will include in your plan. I know many of you, especially those not educated in the nutritional sciences, may think I simply throw together so called healthy foods hoping they will help you lift more and shed fat. If it was that easy then anyone could do my job. Working with powerlifters when compared to athletes of different sports has shown to me that a large majority of powerlifters do not take any concern about their overall health. I know this doesn't sound good, but it is the stark reality for the majority in our sport. The good thing is that since I have brought the nutrition angle to the sport there are a lot more lifters who now take interest in the things I say. At first, it may be solely to increase their performance, but later they see the many different health benefits as well.

In regards your personal inquiry about orking with me I would love to help you out. Yousee, Inot only am happy when I help a lifter break a new record or capture another world title, but even more significant is the fact that I am making a difference in their daily lives. I am very happy to help someone who is loaded up on several different meds that their doctor may have prescribed them only to have them in 6 months off half of them due to my nutritional guidance. To improve the quality of life for a lifter and actually add years to their life is truly even a greater accomplishment in my books then helping them set a PR in the squat. I truly care about the powerlifting community and want to be someone that doesn't just write a monthly column for the magazine. I want to be one that gives back to the sport and helps out lifters not only to reach new heights in their training and competitions, but also one that will help when health problems arise or even better to prevent them from showing their face in the first place. I want to be remembered years from now as not only the nutrition guy that drove you nuts each month to eat clean and take your vitamins, but also as the one that improved the quality of life for hundreds, if not thousands, of powerlifters who decided to listen to my theories on nutrition for the strength athlete!

> aricciuto@NutritionXP3.com Or check out my website at www.NutritionXP3.com





## NTERVIEW

#### **BRENT HOWARD** as interviewed by Chris Mason, AT LARGE NUTRITION

Brent Howard (a.k.a. "Sgt. Rock") is a celebrity of sorts in the powerlifting world. Due to his high on-line profile and his crowd-thrilling antics when competing or guest lifting Brent has carved a niche for himself. Known as a deadlift specialist, this interview will give us some insight into Brent himself and then we will go in-depth on how he trains the deadlift.

ALN: Let's start with you telling us a bit about

BH: I'm 35, but probably still act like a teen from time to time. I was born in Farmington, Maine and lived there until I joined the USMC in 1995. Joining the Marine Corps was one of the best moves I ever made.

I was originally chosen to go to a ceremonial unit located in Washington, DC called the 8th and I. After that assignment I was chosen to work at the Pentagon to finish out my time. I have a lot of good memories from those early years in the military.

People often wonder where the nickname "Sgt. Rock" came from. It all started in boot camp. Swim qualification was the hardest part for me. I will never forget one of the poolside drill instructors at Parris Island. He was JACKED, and had a near life-size tattoo of a fifth of Jack Daniels on his arm. Anyway, after 20 plus jumps into the pool in full uniform and off of a 30 foot platform it was "discovered" that I couldn't float. Of course, they didn't just decide this, I spent countless hours of one-on-one practice with drill instructors and I still wouldn't float so they hauled me out of the pool and informed me I was a "freak of nature" and the only recruit ever that couldn't float. They then went on to say, "You are a ROCK, you are built like one, or at least you think you are, so you will now be known as ROCK. When you're PFC you will be PFC Rock. In fact, we will call ALL your future duty stations to inform them that you are a ROCK." As things go the name stuck and it just followed me wherever I went: PFC Rock, LCpl Rock, Cpl Rock, and then Sgt

Rock. When it comes to powerlifting I am all about showmanship. You can get the crowd involved without showing-up other lifters and that is what I try to do. I love to get the crowd rocking. I thrive on it.

I have been blessed to have most of the greatest lifters in the world on speed dial or e-mail: men like Eddie Coan, Andy Bolton, Sam Byrd, Steve Goggins, Brent Mikesell, John Inzer, Marc Bartley and the list goes on. In the same spirit as these men who have been so generous with their time and knowledge with me I too strive to share my knowledge with others and will always answer e-mails from lifters and any questions posed to me by other lifters.

I am a Christian and believe all good things come from God himself.

ALN: What got you started in powerlifting? BH: When I was in high school we had a strength coach named Gary Viles. I begged him to let me be in the Powerlifting Club. Fortunately, he let me in due to my heart and

desire. I owe a lot to Gary.

ALN: You are a deadlift specialist, how did this ome about?

BH: I was never a great bencher. My best was a shirted (Inzer double-ply) 425 lbs x 2.

A couple of years ago I was in heavy training for a 500 bench (not a big bench by powerlifting standards). I had easily doubled 835 in the squat so I knew I could hit a big total. On April 6, 2004 I tore my right pec in half and a part of my biceps while benching raw. I had surgery on April 14, followed by 4 weeks in a sling. I then turned around and pulled 705@228 at Riverfest June 6, 2004! This was a great accomplishment for me because it is incredibly hard to regain your DL stroke after a pec injury.

Having learned a lesson I decided to forgo heavy benching. Unfortunately, bad luck again reared its ugly head in November of 2005. I had just finished visiting the gravesite of a dear friend by the name of Jason Meader. He had died that very day (November 29th) one year earlier. I went directly from the gravesite to Damian Osgood's "dungeon" gym and proceeded to tear my left pec while warming-up on the bench press. It was horrific, just totally violent! The pain

Brent Howard doing what he does best at the 2005 WABDL World Championships in Reno, Nevada.

was incredibly intense (as it was with my first tear). My doctors advised me not to surgically repair this tear as the tendon had remained partially attached. Needless to say, I can take a hint and stay away from benching now. How many people do you know that have torn BOTH pecs and are still competing

God has blessed me with the ability to deadlift and to bring a smile to a crowd. I am a deadlift specialist and I will continue to be until God tells me it's time to hang up my belt. ALN: What do you think is the number one mistake trainees make when attempting to increase their deadlift?

BH: Overtraining! I have done it, and did it for years. When you're young you can pull every week, year round, but you must train smarter as you age.

ALN: Ok, tell us a bit more about that. How do you train smarter?

BH: I used to do heavy DL, then heavy stiffs, heavy racks, then 15 sets of upper back almost every week. I kept this up until one day when I was lucky enough to have a conversation with Kaz on the subject. He related how he used to beat the heck out of himself with high bar squats of 615 x 25 reps followed by heavy DLs and rack pulls. The bottom line was that was too much even for a superman like him.

After our conversation I decided to focus on one major pulling movement per workout and to usually limit myself to only one top set. I will now take a week off when stale from pulling without feeling guilty. I do much more core and ab work now as well. I push harder

than ever, I just do it with less overall

ALN: Give us an outline of your current

training regimen. **BH:** A big thanks to Marc Bartley for his help! I also want to thank The Scorpion for an occasional kick in the rear.

I have 22 weeks 'til WABDL Worlds and that is my only focus. I do the followingrotation

One week of SLDL's off a block for 5

One week of heavy rack pulls One week of regular DL's

One week of no pulling, or some

Iam the Personal Training Director for the Bally's in Portland, Maine which provides me the luxury to work at a gym. I train 5 days a week. My heavy day is done at Austin's Gym in Rumford,

ALN: Can you give us a bit more detail on what you do on those 5 days?

BH: Ok, here is the routine I normally

The sets listed are "working sets". These are defined as sets performed after a warm-up. I normally perform 1 set of 15 reps as a warm-up, per movement. On the heavy powerlifting movements I will pyramid the weight throughout my working sets until I reach my top set. With the other movements, which might be characterized as "bodybuilding" movements, I will use a constant load on my working sets.

Monday is chest day. It consists of mostly machines with close grip bench at the end.

- Hammer Strength chest press 3 x 12-25 reps (I use 2 different machines, so that is 6 sets total)

Close-grip bench press 3 x 12 reps

Tuesday is leg day. I will vary the movements doing either box or high-bar squats combined with various leg machines. I also do core and ab work. If I perform high-bar squats, I do 3 sets of 5 reps. For box squats I train for speed and do 10 sets of 2 reps.

My core and ab work consists of the

- Sit-ups on the slant board using resistance for 4 sets x 12 reps

-Stability ball work to include hip-ups and leg extensions with the ball between my legs. - Standing ab crunches using the cable pulldown machine.

I perform a giant set (each exercise back to back with no rest) with the stability ball and standing crunch exercises using 20 reps each for the hip-ups and extensions and then 12 reps for the crunches. I do this for 3 cycles. Wednesday is upper back day. I will use a variety of machines for a total of 15 sets. A sample day might look like the following -

- Cable rows 3-4 sets x 10 reps Chins 3-4 sets x 10 reps

- Hammer strength machine 3-4 sets x 10

- Dumbbell rows 3-4 sets x 10 reps

Thursday is delt and arm day. Nothing fancy here, just your basic arm and shoulder movements.

Dumbbell shoulder press 3 x 10 reps Cable upright rows 3 x 10 reps

Lateral raises 3 x 10 reps

Front raises 3 x 10 reps

Alternate dumbbell curls 3 x 10 reps

Scott curls 3 x 10 reps

Skull crushers 3 x 10 reps Pulley pushdowns 3 x 10 reps

Friday is an off day.

Saturday is off to Dick Austin's gym for some heavy pulling. Here is a typical day of heavy deadlifts at Austin's: Deadlift: 245 x 5 reps; 335 x 3 reps; 425 x 1 rep; Add a belt -515 x 1 rep; 625 x 5 reps (top set).

If I were choosing heavy rack pulls that day it would follow the same warm-up scheme as above followed by:  $605 \times 1$  rep;  $695 \times 1$  rep; 785 x 3 reps; 825 x 1 rep.

ALN: What, if any, new training ideas are you going to give a whirl in the near future?

BH: Thanks to guys like Marc Bartley I am trying new things. For instance, the heavy rack pulls I mentioned above were recently added to my rotation after a long time of not doing them. Focusing on NOT overtraining is also something new for me. It may sound goofy to have a world class lifter say that, but I had never really paid attention to it

ALN: Do you follow a specific dietary regimen? BH: I have pretty low bodyfat to begin with thus diet is not an over-riding concern for me. I have always had good abs and use that as the guide for my diet. If I start getting "fat" I lay off the deserts. I generally eat clean: steak, chicken, eggs, whole wheat bread, skim milk, potatoes, and grits.

I am going to try and drop a few pounds of bodyfat between mid June and the end of August then bulk-up to around 250. I will then come down to 242 for Vegas and be in my best-ever shape for that show!

ALN: What sort of supplements (if any) do you

BH: I have used Animal Pak for years as my multi vitamin staple. I recently have added AtLarge Nutrition products to my regimen.



Brent Howard pulled an incredible 600x10 at the New England Record Breakers meet.

I love the Nitrean and use Vanilla Opticen every day for breakfast. I love the stuff! I use ETS (Extreme Training Support) and have noticed a big difference in recovery. The placebo effect doesn't work on me so I know t really works! I'm not the only one, my friend Phil Harrington uses and loves it. Other than that I use Universal and Diesel Test products. If I endorse it that means I use it and believe in it. My reputation and trust is everything to me.

ALN: You must have a ton of interesting lifting stories. Why don't you relate one of your favorites to us?

BH: Ok, I actually have one which occurred very recently while I was in training for the NERB (New England Record Breakers). I was talking to Eddie Coan one evening and he informed me I would be the only deadlift-only lifter. He thought with that being the case I should do something special. He came up with the idea/challenge of me deadlifting 600 for ten reps. As usual, without thinking, I immediately said I would do it!

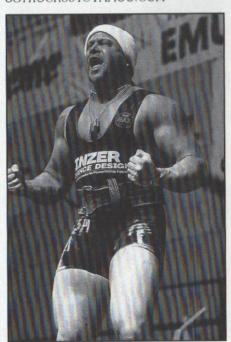
I began training in earnest for this tremendous feat (for me) and during my first session I got 600 for 5 tough reps. The following week I was feeling really strong! I did 3 reps with 605 like it was nothing! I was sure I was good for 8-9 reps. That was when it happened! On the 4th rep my right foot slipped out (wide sumo) and when I set the weight down it went right on top of my foot! broke 2 bones one of which was a compound fracture. Yes, it hurt like heck! After cussing for a few minutes I took my wrestling shoe off and found my sock soaked in blood. I took the sock off and blood just gushed all over the Austin's Gym rug (that portion was later pulled up and new rug was installed). I begrudgingly called the ER and told them to expect me. I put my shoe and sock back on, packed up my bag and started to leave. It was then that I caught a glimpse of the 605 and a maniacal thought entered my mind! I would prefer to call myself dedicated, but others might characterize me as ultra-intense or just plain batty! I proceeded to put my belt back on and did 2 more sets with the 605! The blood was literally coming out of my shoe at this point so I thought it best to go ahead and go to the ER.

After my foot healed I only had the time for 1 more pull before the NERB. I was able to muster a hard 605 x 5 as I was just so stale from not training. I was still confident that I would rise to the occasion so I formulated my plan to make the lift exciting for the crowd. My plan was to find 10 hot women at the show (there was a hot body contest so it would not be hard) and have them each hold up a number card with the count of the rep I had just completed.

The day of the show came and I was ready! I put on my Manny Ramirez jersey and Fatheads sunglasses. I had the MC crank up the Kid Rock and stepped onto the platform. The crowd responded and I was rolling! Between the crowd, Terry and Jan Todd, Eddie Coan (judging), my boy and fellow US Marine Sam Byrd yelling at me, and the Kaz on the mike I was going out of my mind! I was fired up! The first 6 reps were easy! I was out of breath, but hey, it was only 600, right? I took a slight pause and pumped out 3 more and was TOTALLY spent. At that point I was mentally done! The 9 reps were more than I had realistically expected. Brian Schoonveld interceded and called me over. He leaned over and yelled in my ear that I had one more in me and that I should go out and do it! Kaz echoed those same words and that was all I needed. I went out and pulled one more for 10! I had achieved my goal and done it in front of some of the greatest powerlifting luminaries in the world! It was definitely one of my greatest powerlifting moments ever! ALN: Do you have any final thoughts you would like to share with our readers?

BH: God has blessed me by allowing me to carve my own little niche in powerlifting. This, in turn, has given me the opportunity to be able to help others. It has also given me the chance to embellish my "showman" side. None of what I do is scripted. I just let my emotions go when I am out there! It is one of the best feelings in the world when I combine a monster pull with the ability to fire up a crowd and get them smiling. You just can't

I also want to give a big thanks to PL USA and AtLarge Nutrition, both Mike and Chris do a whole lot for powerlifting and we should all be thankful. I want to further thank Brand 33 Sports, Inzer, my longtime loyal gear sponsor, Animal and Diesel, Headblade (they rock!), and of course my friends and family and the good Lord himself. Please contact me with any questions or comments at SGTROCK804@YAHOO.COM



Sgt. Rock celebrated not only a successful deadlift but the capture of Saddam Hussein onstage at the 2003 WABDL Worlds



### STARTIN'OUT

A special section dedicated to the beginning lifter

## DOING SINGLES as told by Doug Daniels

The topic of single reps has been controversial for as far back as I can remember. World Champion 'A' swears by singles. He does little else, reasoning why lift anything less than your max? However, World Champion 'B' believes singles are a waste of time, as strength is not built by rep schemes lower than 5s. Of course, World Champion 'C' believes in something in between. How does the average powerlifter balance these differing opinions and develop a routine that he can follow? Hopefully, this article will provide you with an approach that will enable you to use singles to your best advantage.

To start off, each lifter reacts differently to

To start off, each lifter reacts differently to training, just as any person reacts differently to any type of stimulus. That's why many lifters maintain they gain better using one type of rep scheme over another. This could be because of a variety of reasons. I've heard high-tech explanations that particular lifters can activate more muscle nerve fibers simultaneously than other lifters. For those of us who don't have the latest muscular-fiber-impulse testing gear on our nightstand, we really can't agree or disagree, but at least it sounds pretty good.

Some lifters have mental hang-ups with singles. To them, multiple reps are easy, but psyching up for a big single can be un-nerving. Because of this they cannot muster the necessary mental and physical strength to have great success using max or near max singles. Other lifters confidently deal with single reps on a consistent basis and stand a better chance of benefiting from their use.

In some respects, singles and multiple rep sets are just plain different. With a multiple rep set, the weight used is lighter and thus we have a greater margin for error on execution of each rep. If you repout a set of 5, getting out of the groove will seldom stop you from getting at least 3 reps. However, on a single rep set, one little mistake and that's it. Single rep sets are also more of an athletic performance. Think of a single rep set as a broad jumper's leap. You get one chance, at least one per round. It would follow that lifters who can execute singles with their most efficient lifting technique on a consistent basis can benefit more than lifters who lack this ability

Now that I have listed a few reasons why some lifters can gain from singles and some can't, what about that stuff I promised earlier on concerning using singles to our advantage? First of all, the end goal of

competitive powerlifting is to produce the heaviest single rep. The judges don't care what you can do for 8 or 5. I don't believe a lifter's routine should be based around singles. I believe optimal long-term results come from a well-rounded routine revolving around a mixture of various rep schemes. Below is a sample 12 week contest squat cycle leading up to a competition. I list only the heavy work rep scheme the week's workout:

Week 1: Reps of 8
Week 2: Reps of 8
Week 3: Reps of 8
Week 4: Reps of 5
Week 5: Reps of 5
Week 6: Reps of 5
Week 7: Reps of 3
Week 8: Reps of 3
Week 9: Reps of 3
Week 10: Reps of 1
Week 11: Reps of 1
Week 12: Reps of 1

The first 6 weeks build a strong power base. Weeks 7 through 9 make up a power building transition period to the last 3 weeks which are the contest prep period. During the final 3 weeks, a lifter spends his core time on singles, transferring the power built in the previous 9 weeks and off season while also solidifying his lifting technique and mental state.

These last 3 weeks are crucial in preparing for the athletic part of powerlifting, the max single. On week 10, the lifter should attempt a single with 95% or so of his previous best max. Week 11 attempt should be around their previous max. The final week, a new max should be attempted. By slowly working into singles, the lifter can build momentum and confidence for the meet while still building strength.

My 12-week routine is just one example. Lifters who are single-challenged, for whatever reason, may want to start singling 1-3 weeks earlier and start with 85-90% of max. Experienced lifters may not need as many weeks. Elite lifters can get by with few or no singles during a contest prep period. One thing to keep in mind is that a max single rep is very strenuous for both the mind and body. Too many singles can burn a lifter out before the meet. One to two singles per workout may be all that's required. As I mentioned earlier, there is a smaller margin for error with singles, so great attention to form, spotting, and lifting safety must be exercised. If you practice form and safety, etc., on ALL your sets and reps, the heavy max singles will be easier to perform in the safest and most efficient manner.

I don't believe there is one best rep scheme for everyone or maybe I'm just not smart enough to know of it. Either way, in the end, the goal of powerlifting is to lift the heaviest single. To meet this goal, novice lifters must attempt a certain amount of singles in training. By working singles into your routine in the manner I suggested, you stand to improve your lifting technique, build strength, gain confidence and hopefully register a higher contest total.



**Big Jim Williams** was a huge (literally!) advocate of doing heavy singles in training ... in fact, his bench press program was virtually all singles (admittedly submaximal), and he did his program several times a week!

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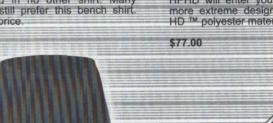
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## DR. JUDD

### Sex and Athletic Performance ... The Lighter Side as told by Judd Biasiotto Ph.D.

"It isn't sex that wrecks these guys; it's staying up all night looking for it.'

CASEY STENGEL

For the past decade and a half, I have been teaching at Albany State University in Albany, Georgia. At State I get an opportunity to teach a lot of different subjects. In fact, it is not uncommon for me to teach twelve different classes during the course of the year. Believe it or not, my subject matter ranges from modern dance right up to advanced kinesiology. I like teaching such a variety of courses, because I feel like I am constantly learning through teaching them. It's like I am getting paid to learn. It's great!

Anyway, my favorite class is sex education. It's an amazing class. We talk about everything in there. Naturally, I get plenty of teasing from my fellow colleagues. I walk down campus, and they will yell out, "Hey Judd, does that sex education class you teach have a lab on Saturday nights," or they will say something a little more ingenious like, "Judd, do you give oral exams in that class?" Of course, I assure them that I do.

What happened a while back in the sports world changed the discussions in my sex class significantly. If you haven't heard, the Minnesota Vikings took a sex education field trip on some good ship lollypop, and now my students have major questions about sex and sports.

For instance, the majority of my students want to know if having sex will have an adverse effect on athletic performance. Well, if you have been following the Vikings since their road trip on the Love Boat, you will probably say unequivocably ... yes. Interestingly, though that may not be the case. It just might be that the Vikings are as bad on the football field as they are in the sack and neither of those two things have anything to do with each other

Actually, the effect that sexual performance has on athletic performance is a rather provocative question ... one that excites me. figuratively speaking that is. In actuality, I have had a wealth of experience dealing with this very



Judd Biasiotto Ph.D.

issue ... empirical research, not applied experimentation, I might

A number of years ago at the Wide World of Sports Super Stars competition in Sarasota, FL, I overheard the former heavyweight boxing champion of the world, Joe Frazier, tell an aspiring athlete that two months prior to a fight he would totally abstain from sex. "Sex will make you weak; I never did it before I fought," explained Joe. "Besides, when I didn't get sex, I would get mean as hell." At the time I thought Joe's advice was about as good as the swimming exhibition he gave during the Superstars competition (In case you missed it, Joe jumped in the pool, took eight strokes that propelled him three feet, and then went straight to the bottom).

I might have been able to buy the mean and vicious part, but as far as sex causing a decrement in athletic performance, I just didn't believe it. In fact, I had read somewhere that a world class pole vaulter had set a world record less than one-half hour after he made love to his wife. Joe had to be

Then I met a world class high jumper named Bruce McDaniels who swore that sex prior to competition would indeed cause a decrement in athletic performance. He said that when he had sex before competition he jumped like .. well, a white man. Less than a year later, I met six world class boxers who told me that not only did they abstain from sex a week prior to competition, but the night

before a fight they would actually ice down their genitals so that they wouldn't risk having a nocturnal emission. Icing down your genitals sounds about as much fun as getting a rectal exam. These guys were obviously serious about what they

Still there was that Wilt "The Stilt" Chamberlain thing that makes you sit back and say, "Sex can't be all that bad." If you recall, Wilt claimed that he had slam dunked 20,000 different females during his basketball career ...which would have figured out to be about 5.14 ladies (I use the word loosely here) a day. No wonder they called him "The Big Dipper." Certainly sex didn't seem to affect his performance on the court. Nor did it affect Babe Ruth's baseball performance, as he was equally notorious for countless liaisons. I started wondering if what

these guys were saying had any merit. Consequently, I decided to look into the matter. A computer search of the research literature came up dry. I couldn't find a single well-controlled experiment that was designed to determine how sex affects athletic performance. In an attempt to get some answers, I started interviewing the athletes with whom I came in contact. I was amazed to find that a number of powerlifters felt that engaging in sexual intercourse the night before competition would significantly decrease their performance. engaged in sex twice before competition and both times I performed terribly in the meet," recalls an elite lifter who asked to remain anonymous. "My legs were rubber, and I had no strength in my hips or back." "I used to engage in exual intercourse before I competed," reported another elite lifter, but I soon found out that I totaled better when I abstained from sex at least the night before. In my case, sex seemed to make my legs heavy; consequently, my squat and deadlift suffered." I guess like Rocky's coach Mickey said, "Women weakens legs.

Overall though, most athletes, including powerlifters, felt that sexual relations the night prior to competition did not impair athletic performance. In fact, some athletes actually felt that sex improved their performance.

"Actually, sex is a part of my pre-competition ritual," stated one world class Olympic lifter. "It's relaxing. It helps me still my mind ... oh yea, it feels good too." Brooks Johnson, the United States Olympic track coach agrees (not with the feels good part, although he might you asked him). "Having successful, as opposed to unsuccessful, sex before competition has many pluses," says Johnson. "It can be relaxing and fulfilling. For some athletes it has

the same effect as having a good rubdown." In my opinion, Johnson is either getting the best rubdown this side of the Gold Club in Atlanta or he is dating someone on the order of Cindy Celibate.

Interestingly, the American Medical Association's Committee on the Medical Aspects of Sports, reports that if sex is a regular part of an athlete's life, then having sexual relations the night before competition will not cause a decrement in athletic performance. According to the A.M.A, the only way that athletic performance could be hindered by sexual relations prior to competition is:

If the athlete doesn't get enough sleep.

If sex is not a regular part of the athlete's life.

\* If the athlete believes that it will impair his or her athletic performance.

Unfortunately, the American Medical Association didn't have any research to substantiate the aforementioned points. Of course, you would expect that the A.M.A. would be in the know concerning this issue. However, they've been wrong before. Don't forget it was the A.M.A. who said that anabolic steroids did not enhance strength or athletic performance. In other words, because they (the A.M.A.) say it's so, doesn't mean it's always so. Still, they probably are the people with the information to make the best calculated guess.

When you really think about they probably are right. According to Dr. Ruth, the average bout of sexual intercourse only lasts six minutes, and it consumes less than two hundred and fifty calories. (Do you ever wonder who times someone having sex ... besides my old girlfriend?) When you think about it, you probably burn up more calories in your first two or three sets of warm-ups. I would also venture to say that most lifters are in pretty good shape (with the exception of a few of our superheavyweights) especially compared to the average "Joe Blow". Consequently, they probably can handle six minutes of bliss a lot better than most people ... from a physical standpoint that is. Still, all of this is just speculation. When research is conducted to determine the effects of sexual relations on lifting performance, we just may find out that it will decrease performance

Come to think of it, I'd like to do that research. Anyway, until some research is conducted, your guess is as good as mine as to whether sexual relations will hinder athletic performance. Until then, you'll have to figure out what's best for you through trial and error. Look at the bright side though, the trial and the error is going to hurt

### HARD CORE GYM #56 Hardcore Gym Info ...

OK, we still get questions asking about HardCore Gyms. Mainly the questions come because lifters in general are a very stupid lot -unable to pour piss out of a boot with the same average IQ as a box of hair. Or, as smart as a stick, or a rock. That's why we all loved the rock-training article from the June issue. I include myself in this category of dumbness, and only wish that I was like a dinosaur - HUGE, but with a brain the size of a walnut. It's sad to be small, weak, AND dumbbut at least I have all of these looks and this great personality. OK, OK - I have a moustache - we'll just leave it at that.

I wish I was like my friend Sean Banks, and not just because he is black. He was recently declared 'Retarded Strong' by a credible source. Before this, we thought the strongest ratings were either 'Country Strong' or 'Skrong.' We talked about 'Skrong' people a few years ago and I thought that this phrase from Billy 'The Terminator' Termin was the ultimate

But then; like a modern-day Samson, along comes Sean to the gym. We had worked our way up to a set of 365#bench presses, which we thought was pretty good for that raw workout - when Sean walked by. He asked, "Can I get a set?" Of course, we invited him to join us, but suggested a warm-up set. He skipped the warm-up, and knocked out quite a few reps with the 365# bar. Quite a few! Hmmm. The eyewitness DFD reporter on the scene immediately told Sean, "you are too stupid to even know how strong you would be with proper training. ouare 'RETARDED STRONG!

So, if Sean is Retarded Strong, then a HardCore Gym is where he should train. Like when a young Ronnie Coleman showed up at Metroflex Gym-with unbelievable genetics and a bologna sandwich. My boloney has a first name, and it is eaten by Retarded Strong people in HardCore Gyms all over the world. Years ago we explained it sort of like this (slight updates and We've looked at HardCore

Gyms all over the world. We've visited gyms where people train in basements and closets, or inside the sewers under their house. (OK, I made that up.) But I really have written about gyms where people train with rocks, with concrete, chains, outboard boat-motors & swing sets, or other crazy homegrown equipment. We've

seen people train without heat or A/C-in cold, dark spots where oldschool monsters strive, strain, and struggle to add size & strength - no

Why do Gym-Rats brag, strut, and wet themselves when they find a local HardCore Gym? What exactly are they finding? They are finding other lifters with a similar mindset. Birds of a feather, another member of the same choir. Like finding someone who speaks your language in a foreign country what a relief

So, where can all of the other HardCore lifters be found? In a HardCore Gym, of course. What makes a gym HardCore? If it's just the people, then is this just the old chicken & egg argument? If you peel off all of the chrome from a amily fitness center, does it become hardcore? No-it's not about looks. What if you cancel all of the water aerobics, and fire the Tae-Bo instructor - will that do it?

No, although maybe these things should be done! What if we throw away all of the stair-steppers, bikes, treadmills, and move all traces of cardio to the parking lot. Well, sure - I'm for it, because I hate cardio; but that will just make a big mess in the parking lot where we wanted to drag a sled. Even my 13 year old daughter Pip drags a weighted sled! Maybe HardCore is simpler than all of this.

Maube HardCore Gyms are anywhere HardCore lifters train. When chalk flies and blood falls -HardCore is born. When sweaty Neanderthals groan under a heavy load-HardCore is alive and well. It smells like vomit and ammonia, and it might make you sick. But boiled to the basics; it is simply the supreme desire to conquer all vestiges of physical weakness in ourselves. Every lower animal has a similar desire, but some of the so-called higher-level humans lose the innate longing to excel physically. They grow fat & lazy. They only train 'just enough to stay in shape.' They start to make excuses why they cannot squat, or deadlift, or lift heavy - or do anything that causes them to strain or sweat. They whine like babies, and sound like hypochondriac old women at the hair salon

To all of you fancy-pants sissyboys who just train to stay in shape: stay out of the way. HardCore Lifters need this room to train, and they are gonna make this gym Hard-Core! To all of you low-level primates who still struggle for greater strength with every fiber of your being; we salute you. Powerlifting USA has your articles and info. House Of Pain has your gear. Send us your photos and info, and we'll ,make vou famous. Lift on!

Last month, we asked for photos of Nekkid Lifters. Thanks to all you guys! Naturally, I had hoped for pictures of females, but we'll just take what we can get. So, next month we'll visit a place (Spartan Room) where the entire membership trains nude in the summer. It's an ugly sight. Then we'll learn a little sumpin-sumpin about IronSport, and then - if you're lucky, we'll find out why Paul Wall (the white rapper out of Houston, TX) is not really the "People's Champion" that he claims to be. Until then, gather your shades and

goggles to hide from the hideous nakedness, listen to some rap-music to make you mad enough to lift, and train hard - like you were going to prison in general

population. Speaking of lockdown workouts; a quick shout-out to all of the prisoners who write - never quit training no matter how primitive the equipment. The equipment doesn't make the lifter: heart makes the lifter! And also a shout-out to the female powerlifter that we saw wearing a HOUSE OF PAIN shirt lifting.

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## Are We Hardcore, or Soft?

as told to PLUSA by Rick Brewer, House of Pain



Be Careful Who You Let Jump In For a Set, at a HardCore Gym, they might just blow your mind in the process.

## ASK THE DOCTOR

This column will feature questions on nutritional, performance and medical issues. Send your questions to me at Mauro@MetabolicDiet.com. I'll try my best to personally answer all questions sent to me within a few days of receiving your email.

**Q:** I have used the your Anabolic Solution for Powerlifting, and followed your phase shift diet several times to get me into contest shape. My aim has always been to get my muscle mass and strength up and get as much body fat off as possible. For me that means doing some aerobic training since I find it hard to really lean out without it

When I'm on your diet once in a state of ketosis, aerobic activity burned fat for me like crazy and I was able to reduce my bodyfat very well. To do this, I often performed cardio work on an empty stomach in the morning just drinking a liter of water before starting. This worked well for me, but recently I read a roundtable discussion in which several of the participants stated they felt aerobic exercise in a fasted state could damage the metabolism. Could you give me your opinion on this? I am gearing up to lean up again and I was planning on using the same plan, but if I am causing harm, I would like to know. Thanks Rob

**A:** There's a lot of confusion even among the so called experts, as to what should be use in and around training. And there's even more confusion, and very little validity to what most people say about my phase shift diets. They just don't understand the complexities involved.

To fully answer your question would take at least a dozen pages, or your attending one of my MDNCC seminars, where you'd not only get these answers but the overall picture on nutrition and nutritional supplements and specific information on my phase shift diets and line of supplements (for more info go to www.mdncc.com—the first seminar will be in Italy this coming October, however I have others planned for North America and Europe in 2007). However, I'll give you a short version that won't cover the nuances but will suffice for right now.

If you're carbohydrate adapted then I can see that doing aerobic or any form of exercise might be detrimental. That's because the metabolism is orientated towards the use of glucose and is not efficient in the use of body fat as a primary energy source. As such, the body will produce glucose from amino acids even as it uses up both liver and muscle glycogen. The amino acids come from mostly from breaking down muscle protein.

Another factor to consider is that in those that are carb adapted exercising on an empty stomach simulates starvation in some ways. As such, the body goes into survival mode resulting in decreases in metabolic rate and adverse changes in both the catabolic and anabolic hormones and growth factors.

What it comes down to is that in carb adapted people it may be a good idea to take in a combination of protein and carbs prior to aerobic training or any form of exercise. In fact in those that are carb adapted using carbs before, during and after is recommended by a lot of experts and backed up by several studies. However it has been shown that even in carb adapted people taking in carbs in and around exercise compromises the benefits of exercise on body composition and in the long run likely

On the other hand most of the studies done so far do not apply to people who are fat adapted and also on my phase shift diets. In fact carbohydrate intake prior to, during and after exercise is counter productive in those who are fat adapted because of the adverse effects on metabolism and the various hormones and growth factors. Again it would take too long to explain why but I'll just jot down a few guidelines and reasons.

If you're fat adapted you'll have an increased level of intramyocellular triacylglycerol (IMTG – basically droplets of fat that are situated adjacent to the mitochondria). This provides a ready available source of energy and is utilized quickly in preference to glycogen and glucose, and decreases the use of amino acids for gluconeogenesis.

The IMTG also provides the energy for most of the muscle contractions,

with glycogen levels being preserved for those contractions that absolutely need to be done under anaerobic conditions. Using carbs prior to exercise if you're fat adapted is counter productive as it decreases fat oxidation and decreases the protective effect on muscle catabolism. As well it decreases levels of GH and IGF-I and has other negative effects on the anabolic response of exercise.

Taking in carbs during exercise is also counter productive, as is using carbs after exercise, if you're fat adapted.

The use of post exercise carbs, along with protein has become the new standard for maximizing the anabolic effects of exercise and increasing recovery. As such most people just don't understand why carbs shouldn't be used after exercise, especially if you're on my diets.

Again it would take several pages to explain fully but I'll jot down some points that will give you an idea of where I'm coming from.

The fact is that the use of carbs post training can be counter productive and not using them can have added anabolic and fat burning effects.

That's because the intake of carbs after exercise blunts the post exercise insulin sensitivity. That means that once muscle has loaded up on glycogen, which it does pretty quickly on carbs, insulin sensitivity decreases dramatically.

As you know this statement runs counter to present thinking and research about post exercise nutrition. As such, let's take it step by step so that I can make my reasons for the above statements clear and easier to understand.

First of all it's well known that a single session of exercise increases insulin sensitivity for hours and even days.

It's also known that a bout of resistance exercise results in a significant decrease in glycogen and that total energy content and CHO content are important in the resynthesis of muscle and liver glycogen.

Glucose uptake and glycogen synthesis are enhanced in the presence of insulin following an acute exercise bout that lowers the muscle glycogen concentration and activates glycogen synthase.

Muscle glycogen concentration dictates much of this acute increase in insulin sensitivity after exercise. Therefore, an increased availability of dietary carbohydrate in the hours after exercise and the resultant increase in muscle glycogen resynthesis reverses the exercise-induced increase in insulin sensitivity.

Along with glucose uptake, amino acid uptake and protein synthesis also increase. As well, the use of fatty acids as a primary fuel also rises after exercise since glycogen resysthesis takes priority to the use of glucose for aerobic energy.

However, as liver and muscle glycogen levels get replenished, insulin sensitivity decreases, AS DOES, amino acid uptake, protein synthesis and the use of fatty acids as a primary fuel.

By increasing insulin levels and not providing carbs you shunt your body's metabolism to the use of more fatty acids for energy while at the same time keeping muscle glycogen levels below saturation and amino acid influx and protein synthesis elevated for a prolonged period of time post exercise.

This increased capacity for glycogen synthesis, and everything that goeswithit, can persist for several days if the muscle glycogen concentration is maintained below normal levels by carbohydrate restriction. By keeping carbs low and protein and energy high after training, you can increase protein synthesis over a prolonged period of time and get long term anabolic effect.

The bottom line is that the key to maximizing body composition, and to increase performance in fat adapted athletes is to keep carbs low and energy and protein intake high for several hours or even more after exercise.

Along with this it's important, again for many reasons, to take in protein during and after exercise. However, taking in an excess of protein prior to exercise can be counter productive. I'm not going to go into this now as I've already written enough for you to think about.

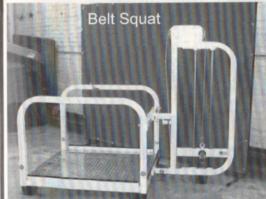
I'll just say that this is where the use of targeted supplements can be useful, working with my phase shift diets, to maximize the anabolic and fat burning effects of exercise. For more information on this look up the info on Exersol and the 3 supplements that make it up, Resolve, Power Drink, and Amino, at <a href="http://www.mdplusstore.com/listCategoriesAndProducts.asp?idParentCategory">http://www.mdplusstore.com/listCategoriesAndProducts.asp?idParentCategory</a> = 40.

If you're really interested in the nuts and bolts of my phase shift diets, as well as learning the more about diet and nutrition than most anybody today knows including nutrition gurus, doctors and researchers then have a look at www.mdncc.com. Best regards,

Mauro DiPasquale MD

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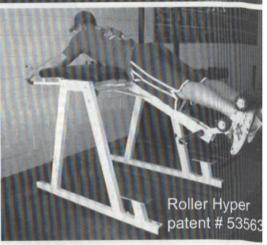
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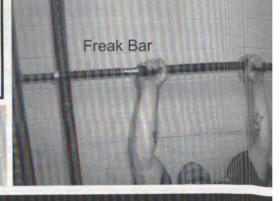
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165 lbs.

Teen (13-15) Michalek-SVK 143

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Master (45-49)

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Master (60-64)

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Teen (13-15)

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Lazreg-FRA 220 Goldman-RUS 330

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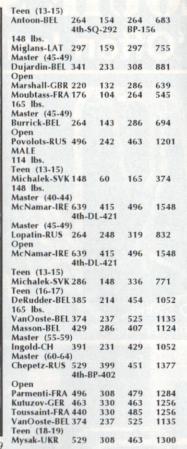
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Big Hair Stephanie Cornette (FRA)



Ivars Cirulis of Latvia (photos courtesy of L.B. Baker & Yuri Ustinov)

DeRudder-BE	L330	192	374	898	Hafer-FRA 485	314	507	1306
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Vaclay-CZE	507	281	578	1366	Teen (16-17)			
Master (80)					Garmash-RUS 617	385	584	1587
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Humphries-G	BR	617	396	518	Goovaert-BEL 573	374	496	1466
1532					Master (40-44)			
Brooks-GBR	584	352	562	1499	Graham-IRE 639	385	661	1686
Gres-FRA	507	363	518	1388	Verblijdt-BEL 529	275	463	1267
Drushini-RUS	485	286	485	1256	Master (45-49)			
Teen (16-17)					Didenkul-RUS 407	303	429	1140
Janis-SVK	402	308	429	1140	Master (55-59)			
Teen (18-19)					Smelovs-LAT 440	421	474	1333
Bayot-BEL	330	187	413	931	Master (60-64)			
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Daniil-RUS	650	402	595	1647	Maguire-GBR 793	595	694	2083
Junior/Open					Sizov-RUS 683	418	694	1796
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Avoid Cemetery has 10,489 Americans, organization taking for the betterment of 151 of which are "unknown". There are Powerlifiting in general. (from L.B. Baker) four Medal of Honor winners whose headstones are engraved in gold leaf. Dominique Seminatore spared no expense at promoting the event in no expense at promoting the event in the Agora Sports Hall, which is part of a larger sports complex. The competition table employed the lat-est technology in computer program-ming for the scoreboard, with a large screen visible to the lifters and the audience as well as a large screen in the warm up area for the contes-tants. Wim Elwn has done a great job in developing the computer program and the Europeans was his testing ground to work out the kinks for the upcoming GPC World Powerlifitng and Bench Press Championships to be held in Gent, Belgium, the first week of November. If the program had any flaws it escaped me. I did fested with "Line Dancers" At intermission and in returning from the restaurant area, I thought I had

stepped into Miss Kitty's in Marietta, Georgia. There right before my eyes was a dozen Line Dancers dancing to American Country Music. On further investigation I discovered that clubs are spreading throughout France and Europe. What have we done? During 5 days of some of the most intense competition 1 have ever seen, the bar never touched the floor until deadlift time. The lifters stayed with the bar on all attempts and the spotter/loading was as good as it comes. There were no dumped bars due to the too tight to touch shirt but bars due to the too light to touch shirt but there was some outstanding bench press-ing and deadlifting. The GPC Officials were on duty doing their usual great job at keeping the contest going and the judging was consistent and fair. Thanks to our web master Wendi Michels for all the pictures she provided, and for taking the time to give me all the results and pictures all loaded on a little piece of computer called a jump drive. We invite every one to the Canadian National Powerlifting and Bench Press Championships, running concurrently with the America's Cup June 3-4, in Calgary. Natsynov-RUS837 496 705 2039
The Global Powerlifting Committee European Powerlifting and Bench Press Championships were held in beautiful Saint-Avold, France. Saint-Avold is a small town about one hour drive from Luxembourg and bordering Germany in North Eastern France. In addition to seeing some of the best powerlifting on the planet, I also had the opportunity to visit the Lorraine American Cemetery and Memorial. If you want to feel proud to be an American and you will be card money is used to provide funding. to feel proud to be an American and you want to feel proud to be an American and you ship card money is used to provide funding have the opportunity there are several American Memorial Cemeteries around Europe. They are all paid for and mainponships. This is presented with a great tained by the American taxpayer and the blood of our American Heroes. The Saintained by the American taxpayer and the APC/GPC for the direction the saintained by the American taxpayer and the APC/GPC for the direction the saintained by the formation of the saintained by the



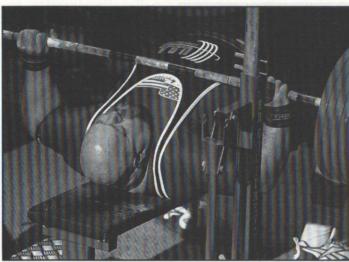
Nadza Bolotskaya - another Russian

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Igor Goldman a winner for Russia

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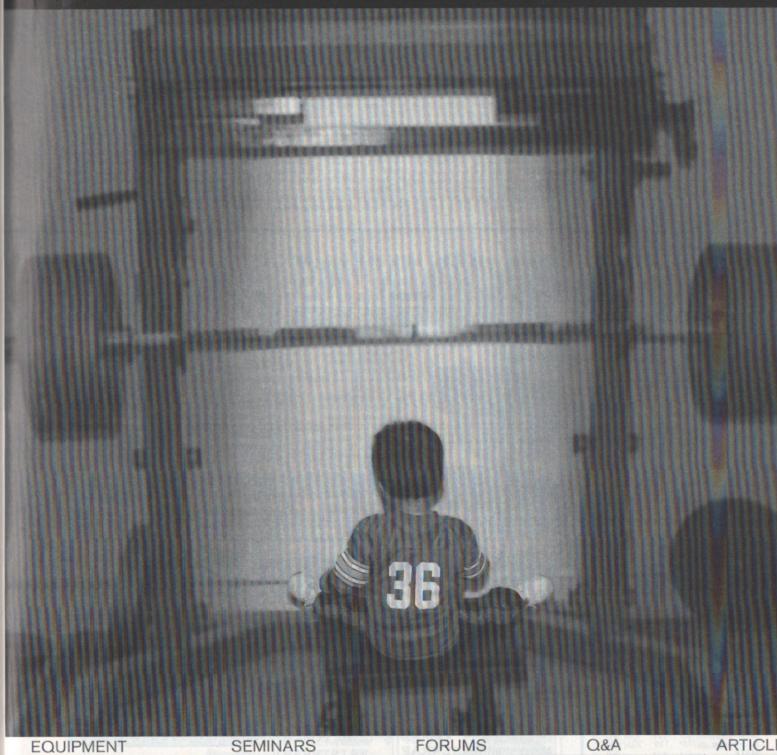
IPF 6th W 19-23 Al				
WOMEN	BP1		BP3	Best
98 lbs. Friedrich-GER	176	176	176	176
114 lbs. Dalling-CAN	176	187	198	187
Czachor-FRA Fallermo-SWE	170 159	181 <del>170</del>	<del>198</del> 170	181
Andreani-FRA	143	143	148	148
Larsson-SWE 123 lbs.	121	137	137	121
Thomson-NZL Haines-USA	176 154	187 165	<del>203</del> <del>165</del>	187 154
lp-HKG Flett-GER	137 132	148 <del>137</del>	159	148 137
132 lbs.			137	
Boulnois-FRA Schnoltze-GER	226	242 220	253 226	242 226
Sakai-JPN Simons-USA	198 209	209 209	220 226	209
Jansson-SWE	192	192	192	_
148 lbs. Smith-USA	187	203	209	209
Maciejew-FRA Cassegar-SWE	187 192	198 <del>203</del>	203 203	198 192
Perry-NZL	176	187	187	187
Siveny-USA Jussi-SWE	176 132	<del>192</del> <del>148</del>	<del>203</del> <del>148</del>	176 132
165 lbs. Hauser-GER	242	253	259	253
Halvarss-SWE Feraud-ECU	<del>209</del> 176	214 187	231 198	214
Bieberbac-GER		159	159	143
181 lbs. Cornu-FRA	231	248	264	248
Zangl-USA 198 lbs.	187	187	231	187
Pawlik-POL Oxford-USA	253 214	264	270 242	264
Baum-USA	203	203	214	214
198+ lbs. Ferrell-USA	374	403	418	418
Calhoun-USA Master II	198	209	214	198
105 lbs.	165	165	170	170
Muldrock-NZL Leverett-USA	165 154	165 <del>165</del>	170 <del>176</del>	170 154
Suire-FRA Povner-USA	132 121	<del>137</del> <del>132</del>	137 132	132 121
114 lbs. Yoshida-JPN	165	176	176	176
Hairston-USA	143	154	154	143
Heligon-FRA 123 lbs.	121	126	126	121
Engelbreh-GER Harms-USA	181 154	187 165	192 <del>170</del>	192 165
Peron-FRA Hayashi-JPN	159 143	165 148	170 170	159 148
Knutars-FIN	170	170	170	-
132 lbs. Sawa-JPN	226	238	238	226
Strik-NED Stein-USA	181 165	<del>181</del> <del>176</del>	181 <del>176</del>	181 165
148 lbs. Herbin-FRA				
Nakazawa-JPN		176 126	<del>181</del> <del>126</del>	176 115
Sauer-USA 165 lbs.	237	237	237	34.3
Lee-USA Sakuma-JPN	181 <del>165</del>	187 165	187 165	187 165
Hackney-USA	132	143	159	159
Ouellet-CAN 181 lbs.	132	154	159	154
Takacova-CZE Eulenstein-GER		<del>292</del> 187	<del>292</del> <del>192</del>	281 187
198 lbs. Speth-GER	264	275	287	275
198+ lbs.				
Houston-USA MEN	248	264	275	264
Master I 114 lbs.				
Virzi-GER 123 lbs.	176	198	203	203
Falke-GER Jussi-SWE	220 198	242 220	264 242	264 220
132 lbs.				
McLaren-USA Azuma-JPN	308 297	314 314	319 325	319 314
148 lbs. Rajala-FIN	380	380	380	380
Dacosta-FRA Kihlstrom-SWE	347	363 352	374 369	363 352
Mori-JPN	325	330	330	-
165 lbs. Hara-USA	507	529	540	529
Berndt-GER Mishima-JPN	418 418	440 429	463 463	440 429
Romero-ESP	402	402	435	402
Amatsuji-JPN	374	396	402	374



and the last								N	
Dan Gaudre	au v	von a	World	d Masi	ters Bench Pr	ess ti	tle for	the U	J.S.A.
Froggatt-NZL	341	358	369	358	Lietzau-GER	275	275	_	275
Czachor-FRA Prater-GBR	341 297	358 319	358 325	341 297	Flinck-FIN 148 lbs.	226	237	242	237
181 lbs.		A series			Sitruk-FRA	385	402	413	402
Furnas-USA	446	468	474	474	Kita-JPN	303	319	352	319
Ishimoto-JPN	468	479	479	468	Kapor-HUN	314	314	314	314
Zangl-USA	440	463	468	440		275	286	297	275
Rasmusse-DEN		424	446	407	Sundstol-NOR	248	248	248	248
	407	407	424	407	Yong-USA	220	242	253	242
Martinez-COL		374	396	396	165 lbs.		405	405	460
Andersso-SWE		385	418	385	Miller-USA	463	485	485 396	463
VanDerW-RSA King-NZL	286	<del>407</del> 303	<del>407</del> 319	385 319	Kato-JPN	369 352	380 352	352	396 352
	396	396	396	319	Haines-USA Bieberbac-GER		308	325	308
198 lbs.	330	330	330		Monoe-JPN	341	341	341	-
McAuliffe-USA	540	540	540	540	181 lbs.	341	341	341	
Jacob-GER	457	474	485	485	Yokoyama-JPN	474	474	485	485
Leblevenn-FRA		468	479	468	Synstad-NOR	440	451	474	451
Eriksson-SWE		446	451	451	Klosterga-USA		402	402	391
Arkle-GBR	440	463	479	440	Schuricht-GER		391	391	374
Roulot-FRA	418	440	451	418	Moyaux-FRA	330	341	341	341
Rosenzwe-USA	407	418	418	407	Jonsson-SWE 198 lbs.	396	396	396	
Kitagawa-JPN	468	468	485		Tachibana-JPN	418	440	457	457
Ahl-SWE	474	474	474		Otani-JPN	440	451	463	451
220 lbs.	7/7	7/7	7/ 7		Brookes-GBR	407	429	451	429
Kingholm-GBR	523	523	523	523	O'Dwyer-USA		435	435	424
Lehto-FIN	501	512	529	512	Thorngre-SWE		418	446	418
Williams-RSA	496	496	512	496	Aarhus-SWE	413	429	429	413
Flett-GER	479	496	512	496	Rose-RSA	319	341	347	319
Vuorisalo-SWE		474	501	474	220 lbs.	3.5		347	0.0
Muller-GER	446	463	463	446	Furmanek-POL	496	512	529	512
Rakocevic-SRG	440	440	463	440	Aymon-AUT	463	463	468	463
	490	490	490	_	Givens-USA	429	451	468	451
Farstad-NOR	507	507	512		Vetter-GER	418		451	429
Perez-ESP	457	457	485	-	Durocher-FRA	418	429	451	429
Jaldefors-SWE		529	529	-	Podmokly-POL		396	402	385
242 lbs.					Flett-GBR	374	402	402	374
Mayer-USA	595	611	611	611	Jaakkola-FIN	330	352	374	374
Doan-USA	595	595	600	600	Gibson-NZL	330	352	358	358
Hadrysiak-POL	529	551	562	562	Micka-CZE	308	330	330	308
Lousich-NZL	540	540	556	540	Couchy-FRA	418	418	429	_
Tanaka-JPN	529	551	551	529	242 lbs.				
Ahlqvist-SWE	407	429	440	440	Vilppola-FIN	485	490	490	490
Royer-CAN	391	413	446	413	Chrun-USA	485	485	485	485
Katzen-RSA	374	385	418	385	Takada-JPN	418	418	429	418
275 lbs.			1000	-	Brooks-GBR	418	446	446	418
Lane-USA	655	655	672	655	Koprnick-CAN	352	363	374	363
O'Hallor-CAN		655	655	639	Piwowar-POL	330	330	374	330
Hoen-GER	529	540	551	551	Reitzle-GER	396	396	396	-
Stiemerlin-GER		496	507	496	275 lbs.	567	F94	600	504
Mihaly-CZE	485	<del>523</del>	529	485	Klinger-USA Dufour-FRA	567	584	501	584
Mus-POL Korhonen-FIN	529 418	<del>529</del> <del>418</del>	545	_		463	485	501	501
Stojanovs-AUS		551	418 551	_	Hutchinso-USA		485 468	501 485	485 468
Echeverri-ECU		440	440		Nygaard-NOR Massey-GBR	418	429	446	400
275+ lbs.					275+ lbs.				1020
Gaudreau-USA		672	705	639	Beeler-USA	529	556	590	556
Uijie-JPN	562	578	584	584	Pawlik-POL	490	507	507	507
Lochner-GER	556	573	578	556	Lollo-FIN	440	463	485	485
Mackey-GBR	501	518	551	518	Beuch-USA	220	446	468	446
Fukushima-JPN		507	529	507	Vujovic-SRG	220	474	479	220
Chervier-FRA	474	474	507	474	Master III				
Gillespie-USA		722	722	_	123 lbs.				
Staerkjae-DEN	672	677	705	_	Fushimi-JPN	242	264	275	264
Master II					132 lbs.				
123 lbs.					Gallart-FRA	270	281	292	292
Hedlund-SWE	231	242	248	248	Diepold-GER	231	242	248	242
Inba-JPN	198	220	242	220	lwakami-JPN	231	237	254	237
132 lbs.	00=	900	260	200	Tsukuda-JPN	231	231	248	231
Kanaya-JPN	297	308	319	308	148 lbs.				

Pellegrin-USA	292	303	308	308
Shiraida-JPN	281	297	303	303
Russo-FRA	275	292	303	292
Pfaus-GER	264	275	275	264
Zwick-USA 165 lbs.	292	292	303	
Eriksson-SWE	341	352	358	358
Lee-GBR	330	352	352	352
Peschl-GER	319	336	336	319
Kawashim-JPN	308	308	319	308
Kumakura-JPN		308	308	308
Pascal-FRA	253 292	270 303	292 303	292 292
181 lbs.		303	303	
Escolano-FRA	363	374	381	380
Jorgensen-DEN		358	374	374
Lazana IIEA	4th-38		205	262
Lozano-USA Maehara-JPN	363 330	363 341	385 341	363 330
Eriksson-SWE	352	363	363	-
Debastian-GER		308	308	_
Kitano-JPN	358	358	363	_
198 lbs.				
Phillips-USA		385	385	385
McFadyen-GBI	(374	374	385	374
White-USA	352	352	380	352
Anderson-GBR		319	330	
Kempen-RSA	275	292	303	275
220 lbs.				
Kawabe-JPN	363	380	391	391
Lebolay-FRA	385	385	396	385
Helmich-USA	352	358	358	352
Bjaaland-NOR Fell-GER	336 336	352 336	352 352	336
Mattila-SWE	308	330	341	308
Waldeck-SWE	308	308	308	308
Feldmann-SWI		264	264	264
242 lbs.				
Tallman-USA	407	424		407
Nygard-FIN	385	385	385	385
Warren-NZL	352	352	374 319	352
Smith-GBR Evans-GBR	308 402	308 402	402	308
Vergnes-FRA	396	396	396	The state of the s
275 lbs.				
Maliniei-SWE	490	490	490	490
	463	485	485	463
Nylund-FIN				
Murray-USA	352	374	374	374
Murray-USA 275+ lbs.	352	374	374	374
Murray-USA 275+ lbs. Sandelin-FIN	352 <del>330</del>	374	374	374
Murray-USA 275+ lbs. Sandelin-FIN Huberth-SWE	352 330 275	374 330 319	374 330 <del>336</del>	374 330 319
Murray-USA 275+ lbs. Sandelin-FIN Huberth-SWE WOMEN Maste 60 pts., 2, Frai	352 330 275 er I Na ace 49	374 330 319 tion (popts., 3	374 330 336 oints): Germ	374 330 319 1. USA
Murray-USA 275+ lbs. Sandelin-FIN Huberth-SWE WOMEN Maste 60 pts., 2. Frai pts., 4. Sweden	352 330 275 er I Na nce 49 36 pts.	374 330 319 tion (popts., 3.	374 330 336 oints): Germew Zea	374 330 319 1. USA any 47 land 19
Murray-USA 275+ lbs. Sandelin-FIN Huberth-SWE WOMEN Maste 60 pts., 2. Frai pts., 4. Sweden pts., 6. Poland	352 330 275 er I Na nce 49 36 pts. 12 pts.	374 330 319 tion (po pts., 3., 5. No., 6. Ca	374 330 336 oints): Germew Zeal	374 330 319 1. USA any 47 land 19 12 pts.,
Murray-USA 275+ lbs. Sandelin-FIN Huberth-SWE WOMEN Maste 60 pts., 2. Frai pts., 4. Sweden pts., 6. Poland 8. Japan 8 pts.,	352 330 275 er I Na nce 49 36 pts. 12 pts. 8. Ecu	374 330 319 tion (popts., 3., 5. Ne., 6. Calador 8	374 330 336 oints): Germe W Zeal	374 330 319 1. USA any 47 land 19 12 pts., 3. Hong
Murray-USA 275+ lbs. Sandelin-FIN Huberth-SWE WOMEN Maste 60 pts., 2. Frai pts., 4. Sweden pts., 6. Poland 8. Japan 8 pts., Kong 8 pts.	352 330 275 er I Nance 49 36 pts. 12 pts. 8. Ecu	374 330 319 tion (popts., 3., 5. Ne., 6. Calador 8	374 330 336 oints): Germew Zeal	374 330 319 1. USA any 47 land 19 12 pts., 3. Hong
Murray-USA 275+ lbs. Sandelin-FIN Huberth-SWE WOMEN Maste 60 pts., 2. Frai pts., 4. Sweden pts., 6. Poland 8. Japan 8 pts., Kong 8 pts.	352 330 275 er I Nance 49 36 pts. 12 pts. 8. Ecu	374 330 319 tion (popts., 3., 5. Ne., 6. Calador 8	374 330 336 oints): Germew Zeal	374 330 319 1. USA any 47 land 19 12 pts., 3. Hong
Murray-USA 275+ lbs. Sandelin-FIN Huberth-SWE WOMEN Maste 60 pts., 2. Frai pts., 4. Sweden pts., 6. Poland 8. Japan 8 pts., Kong 8 pts.	352 330 275 er I Na nce 49 36 pts. 12 pts. 8. Ecu	374 330 319 tion (popts., 3., 5. Ne., 6. Calador 8	374 330 336 oints): Germew Zeal	374 330 319 1. USA any 47 land 19 12 pts., 3. Hong
Murray-USA 275+ lbs. Sandelin-FIN Huberth-SWE WOMEN Maste 60 pts., 2. Frai pts., 4. Sweden pts., 6. Poland 8. Japan 8 pts., Kong 8 pts.	352 330 275 er I Na nce 49 36 pts. 12 pts. 8. Ecu	374 330 319 tion (popts., 3., 5. Ne., 6. Calador 8	374 330 336 oints): Germew Zeal	374 330 319 1. USA any 47 land 19 12 pts., 3. Hong
Murray-USA 275+ lbs. Sandelin-FIN Huberth-SWE WOMEN Maste 60 pts., 2. Fran pts., 4. Sweden pts., 6. Poland 8. Japan 8 pts. Kong 8 pts. C Deborah Ferrel Taret, France 5 Germany 43 pt 1. USA 59 pt 1. USA 59 pt 36 pts. 4. Ger	352 330 275 er I Nance 49 36 pts. 12 pts., 8. Ecuhampio I, USA, 57 pts., is. Mast , 2. Jag	374 330 319 tion (ppts., 3., 5. Ne., 6. Calador 8 on of (2. Dari 3. Mai eer II Noan 49 3 pts.,	374 330 336 oints): Germew Zealanda pts., 8 Champi niele Berion Friation (pts., 3.	374 330 319 1. USA any 47 land 19 12 pts., 3. Hong ons: 1. oulnois- iedrich, points): France chia 12
Murray-USA 275+ lbs. Sandelin-FIN Huberth-SWE WOMEN Maste 60 pts., 2. Fran pts., 4. Sweden pts., 6. Poland 8. Japan 8 pts. Kong 8 pts. C Deborah Ferrel Taret, France 5 Germany 43 pt 1. USA 59 pt 1. USA 59 pt 36 pts. 4. Ger	352 330 275 er I Nance 49 36 pts. 12 pts., 8. Ecuhampio I, USA, 57 pts., is. Mast , 2. Jag	374 330 319 tion (ppts., 3., 5. Ne., 6. Calador 8 on of (2. Dari 3. Mai eer II Noan 49 3 pts.,	374 330 336 oints): Germew Zealanda pts., 8 Champi niele Berion Friation (pts., 3.	374 330 319 1. USA any 47 land 19 12 pts., 3. Hong ons: 1. oulnois- iedrich, points): France chia 12
Murray-USA 275+ lbs. Sandelin-FIN Huberth-SWE WOMEN Maste 60 pts., 2. Fran pts., 4. Sweden pts., 6. Poland 8. Japan 8 pts. Kong 8 pts. C Deborah Ferrel Taret, France 5 Germany 43 pt 1. USA 59 pt 1. USA 59 pt 36 pts. 4. Ger	352 330 275 er I Nance 49 36 pts. 12 pts., 8. Ecuhampio I, USA, 57 pts., is. Mast , 2. Jag	374 330 319 tion (ppts., 3., 5. Ne., 6. Calador 8 on of (2. Dari 3. Mai eer II Noan 49 3 pts.,	374 330 336 oints): Germew Zealanda pts., 8 Champi niele Berion Friation (pts., 3.	374 330 319 1. USA any 47 land 19 12 pts., 3. Hong ons: 1. oulnois- iedrich, points): France chia 12
Murray-USA 275+ lbs. Sandelin-FIN Huberth-SWE WOMEN Maste 60 pts., 2. Fran pts., 4. Sweden pts., 6. Poland 8. Japan 8 pts., Kong 8 pts. C Deborah Ferrel Taret, France 5 Germany 43 pts., 36 pts., 4. Ger pts., 5. New 2 lands 9 pts., Champion of Cl	352 330 275 er I Nather Agents Age	374 339 319 tion (ppts., 3., 5. Ne., 6. Calador 8 on of (2. Dari 3. Maier II Noan 49 3 pts., 12 pt ada 7 ns: 1. H	374 330 336 sints): Germa pts., 8 Champi niele Be rion Fr ation ( pts., 3. 5. Cze s., 7. pts., F ana Tal	374 330 319 1. USA land 19 12 pts., b. Hong ons: 1. oulnois- iedrich, points): France chia 12 Nether- inland. kacova,
Murray-USA 275+ lbs. Sandelin-FIN Huberth-SWE WOMEN Maste 60 pts., 2. Frar pts., 4. Sweden pts., 6. Poland 8. Japan 8 pts. Kong 8 pts. C Deborah Ferrel Laret, France 5 Germany 43 pt 1. USA 59 pts. 36 pts., 4. Ger pts., 5. New 2 lands 9 pts., 4 Champion of Czechia. 2. Ch	352 330 275 er I Nance 49 36 pts. 12 pts., 8. Ecu hampio I, USA, 67 pts., 12 st., 13 pts., 14 pts., 15 pts., 16 pts., 17 pts., 18 pts., 19 pts., 10 pts., 10 pts., 10 pts., 10 pts., 11 pts., 12 pts., 13 pts., 14 pts., 15 pts., 16 pts., 17 pts., 18 pts., 18 pts., 19 pts., 10	374 339 319 tion (pts., 3 ,, 5. Ne., 6. Calador 8 in of C 2. Dar 3. Mailer II Noan 49 3 pts., 12 ptada 7 is: 1. H Sawa.	374 330 336 oints): Germew Zealanada pts., 8 champi niale Berion Fr ation ( pts., 3. 5. Cze s., 7. pts., F ana Tal lapan.	374 330 319 1. USA lany 47 land 19 12 pts., 3. Hong ons: 1. outhois-iedrich, points): France chia 12 Nether- inland. kacova, 3. Eva
Murray-USA 275+ lbs. Sandelin-FIN Huberth-SWE WOMEN Maste 60 pts., 2. Fran pts., 4. Sweden pts., 6. Poland 8. Japan 8 pts., Kong 8 pts. C Deborah Ferrel Taret, France 5 Germany 43 pt 1. USA 59 pts., 36 pts., 4. Ger pts., 5. New 2 lands 9 pts., 5. Champion of Cl Czechia, 2. Ch Speth, German (resintly 1. USA	352  330 275 er I Nance 49 36 pts. 12 pts., 8. Ecu, hampiol, USA, 7 pts., is. Mast, 2. Japmany 3 Zealand 8. Cananampioniyominy. ME	374 330 319 tion (ppts., 3., 5. Ne., 6. Calador 8 an of (2. Dar 3. Mailer III Noan 49 3 pts., 12 pt ada 7 is: 1. H Sawa, N Mailer III N Mailer II N M M M M M M M M M M M M M M M M M	374 330 336 oints): Germew Zealanada pts., 8 champi niele Barion Fr lation ( pts., 3. 5. Cze s., 7. pts., F ana Tal Japan, ster I	374 330 319 1. USA lany 47 land 19 12 pts., land 19 12 pt
Murray-USA 275+ lbs. Sandelin-FIN Huberth-SWE WOMEN Maste 60 pts., 2. Fran pts., 4. Sweden pts., 6. Poland 8. Japan 8 pts., Kong 8 pts. C Deborah Ferrel Taret, France 5 Germany 43 pt 1. USA 59 pts., 36 pts., 4. Ger pts., 5. New 2 lands 9 pts., 5. Champion of Cl Czechia, 2. Ch Speth, German (resintly 1. USA	352  330 275 er I Nance 49 36 pts. 12 pts., 8. Ecu, hampiol, USA, 7 pts., is. Mast, 2. Japmany 3 Zealand 8. Cananampioniyominy. ME	374 330 319 tion (ppts., 3., 5. Ne., 6. Calador 8 an of (2. Dar 3. Mailer III Noan 49 3 pts., 12 pt ada 7 is: 1. H Sawa, N Mailer III N Mailer II N M M M M M M M M M M M M M M M M M	374 330 336 oints): Germew Zealanada pts., 8 champi niele Barion Fr lation ( pts., 3. 5. Cze s., 7. pts., F ana Tal Japan, ster I	374 330 319 1. USA lany 47 land 19 12 pts., land 19 12 pt
Murray-USA 275+ lbs. Sandelin-FIN Huberth-SWE WOMEN Maste 60 pts., 2. Fran pts., 4. Sweden pts., 6. Poland 8. Japan 8 pts., Kong 8 pts. C Deborah Ferrel Taret, France 5 Germany 43 pt 1. USA 59 pts., 36 pts., 4. Ger pts., 5. New 2 lands 9 pts., 5. Champion of Cl Czechia, 2. Ch Speth, German (resintly 1. USA	352  330 275 er I Nance 49 36 pts. 12 pts., 8. Ecu, hampiol, USA, 7 pts., is. Mast, 2. Japmany 3 Zealand 8. Cananampioniyominy. ME	374 330 319 tion (ppts., 3., 5. Ne., 6. Calador 8 an of (2. Dar 3. Mailer III Noan 49 3 pts., 12 pt ada 7 is: 1. H Sawa, N Mailer III N Mailer II N M M M M M M M M M M M M M M M M M	374 330 336 oints): Germew Zealanada pts., 8 champi niele Barion Fr lation ( pts., 3. 5. Cze s., 7. pts., F ana Tal Japan, ster I	374 330 319 1. USA lany 47 land 19 12 pts., land 19 12 pt
Murray-USA 275+ lbs. Sandelin-FIN Huberth-SWE WOMEN Maste 60 pts., 2. Fran pts., 4. Sweden pts., 6. Poland 8. Japan 8 pts., Kong 8 pts. C Deborah Ferrel Taret, France 5 Germany 43 pt 1. USA 59 pts., 36 pts., 4. Ger pts., 5. New 2 lands 9 pts., 5. Champion of Cl Czechia, 2. Ch Speth, German (resintly 1. USA	352  330 275 er I Nance 49 36 pts. 12 pts., 8. Ecu, hampiol, USA, 7 pts., is. Mast, 2. Japmany 3 Zealand 8. Cananampioniyominy. ME	374 330 319 tion (ppts., 3., 5. Ne., 6. Calador 8 an of (2. Dar 3. Mailer III Noan 49 3 pts., 12 pt ada 7 is: 1. H Sawa, N Mailer III N Mailer II N M M M M M M M M M M M M M M M M M	374 330 336 oints): Germew Zealanada pts., 8 champi niele Barion Fr lation ( pts., 3. 5. Cze s., 7. pts., F ana Tal Japan, ster I	374 330 319 1. USA lany 47 land 19 12 pts., land 19 12 pt
Murray-USA 275+ lbs. Sandelin-FIN Huberth-SWE WOMEN Maste 60 pts., 2. Fran pts., 4. Sweden pts., 6. Poland 8. Japan 8 pts., Kong 8 pts. C Deborah Ferrel Taret, France 5 Germany 43 pt 1. USA 59 pts., 36 pts., 4. Ger pts., 5. New 2 lands 9 pts., 5. Champion of Cl Czechia, 2. Ch Speth, German (resintly 1. USA	352  330 275 er I Nance 49 36 pts. 12 pts., 8. Ecu, hampiol, USA, 7 pts., is. Mast, 2. Japmany 3 Zealand 8. Cananampioniyominy. ME	374 330 319 tion (ppts., 3., 5. Ne., 6. Calador 8 an of (2. Dar 3. Mailer III Noan 49 3 pts., 12 pt ada 7 is: 1. H Sawa, N Mailer III N Mailer II N M M M M M M M M M M M M M M M M M	374 330 336 oints): Germew Zealanada pts., 8 champi niele Barion Fr lation ( pts., 3. 5. Cze s., 7. pts., F ana Tal Japan, ster I	374 330 319 1. USA lany 47 land 19 12 pts., land 19 12 pt
Murray-USA 275+ lbs. Sandelin-FIN Huberth-SWE WOMEN Maste 60 pts., 2. Fran pts., 4. Sweden pts., 6. Poland 8. Japan 8 pts., Kong 8 pts. C Deborah Ferrel Taret, France 5 Germany 43 pt 1. USA 59 pts., 36 pts., 4. Ger pts., 5. New 2 lands 9 pts., 5. Champion of Cl Czechia, 2. Ch Speth, German (resintly 1. USA	352  330 275 er I Nance 49 36 pts. 12 pts., 8. Ecu, hampiol, USA, 7 pts., is. Mast, 2. Japmany 3 Zealand 8. Cananampioniyominy. ME	374 330 319 tion (ppts., 3., 5. Ne., 6. Calador 8 an of (2. Dar 3. Mailer III Noan 49 3 pts., 12 pt ada 7 is: 1. H Sawa, N Mailer III N Mailer II N M M M M M M M M M M M M M M M M M	374 330 336 oints): Germew Zealanada pts., 8 champi niele Barion Fr lation ( pts., 3. 5. Cze s., 7. pts., F ana Tal Japan, ster I	374 330 319 1. USA lany 47 land 19 12 pts., land 19 12 pt
Murray-USA 275+ lbs. Sandelin-FIN Huberth-SWE WOMEN Maste 60 pts., 2. Fran pts., 4. Sweden pts., 6. Poland 8. Japan 8 pts., Kong 8 pts. C Deborah Ferrel Taret, France 5 Germany 43 pt 1. USA 59 pts., 36 pts., 4. Ger pts., 5. New 2 lands 9 pts., 5. Champion of Cl Czechia, 2. Ch Speth, German (resintly 1. USA	352  330 275 er I Nance 49 36 pts. 12 pts., 8. Ecu, hampiol, USA, 7 pts., is. Mast, 2. Japmany 3 Zealand 8. Cananampioniyominy. ME	374 330 319 tion (ppts., 3., 5. Ne., 6. Calador 8 an of (2. Dar 3. Mailer III Noan 49 3 pts., 12 pt ada 7 is: 1. H Sawa, N Mailer III N Mailer II N M M M M M M M M M M M M M M M M M	374 330 336 oints): Germew Zealanada pts., 8 champi niele Barion Fr lation ( pts., 3. 5. Cze s., 7. pts., F ana Tal Japan, ster I	374 330 319 1. USA lany 47 land 19 12 pts., land 19 12 pt
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## Someday I will...



EQUIPMENT

Someday I will prepare with everything I have. Someday I will perform to my best ability. Someday I will prevail.

Elite Fitness Systems will be there event step of the way providing the most advanced training, information ar equipment the world has to offer.



WNPF D				
4 JUN 06	- 10	165 lb		л
BENCH FEMALE		(17-19	)	
Equipped		A. De	bonis	
123 lbs.	nt.	225t1		
(50-59)/Single N. Proctor	140!*	(20-23 L. Spir		350*
Raw		Lifetin		
165 lbs.		J. Rosa		345*
Lifetime	130*	198 lb Lifetin		
K. Moroni MALE	130	B. Mo		270
Equipped		DEAD		
181 lbs.	nt.	MALE		
(45-49)/Single J. Fiumara	350!*	Raw 132 lb		
(45-49)/Unlim		(70-75		
J. Fiumara	350*	S. Smi		225!
198 lbs	ol.	(13-16		285*
Open/Single-I K. Iser	410!	165 lb	rnon Jr	203
(40-44)/Unlim		Lifetin		
R. Schultz	355	M. Ha		565*
220 lbs. (17-19)/Unlim	ited	J. Rosa 242 lb		520
K. Beck	305*	Lifetin		
242 lbs.		D. Tay	ylor	510
(60-64)/Single		Open	anabart	575*
B. Bindinotto (60-64)/Unlim		Equipp	nnebert	3/3
B. Bindinotto		300 lb		
300 lbs.		Police		
(45-49)/Unlim J. Wilson	335	M. Ly	ons	460!*
Lifetime/Sing		Police	/Fire	
J. Peshek	750!*	C. Cli	ne	670*
40-44 Single I			RCURL	
J. Peshek Police/Fire	750!*	MALE 132 lb	16	
Single-Ply		(70-75		
M. Lyons	450!*	S. Smi		90!
SHW Believ/Fire		SQUA	T	
Police/Fire Single-Ply		MALE 242 lb	is.	
C. Cline	525!*		ne/Raw	
Raw			berger	520*
132 lbs. (70-74)		(35-39 D Fr		520!*
S. Smith	160!	181 lb		320.
148 lbs.		Open		
(55-59)	24510	Open L. Spi	rtos	140
(55-59) T. Duff	245!*			140 TOT
(55-59)	245!*	L. Spi	rtos DL	
(55-59) T. Duff Ironman MALE Raw	245!*	L. Spi		
(55-59) T. Duff Ironman MALE Raw 165 lbs.	245!*	L. Spi		
(55-59) T. Duff Ironman MALE Raw	245!*	L. Spi		
(55-59) T. Duff Ironman MALE Raw 165 lbs. (13-16) R. Luklan Jr Lifetime	245!*	L. Spi BP	DL 375	TOT 605
(55-59) T. Duff Ironman MALE Raw 165 lbs. (13-16) R. Luklan Jr Lifetime L. Falconi)	245!*	L. Spi	DL	тот
(55-59) T. Duff Ironman MALE Raw 165 lbs. (13-16) R. Luklan Jr Lifetime L. Falconi) 220 lbs.	245!*	L. Spi BP	DL 375	TOT 605
(55-59) T. Duff Ironman MALE Raw 165 lbs. (13-16) R. Luklan Jr Lifetime L. Falconi) 220 lbs. (17-19) A. Ciccone	245!*	L. Spi BP 230 305	DL 375	TOT 605 820
(55-59) T. Duff Ironman MALE Raw 165 lbs. (13-16) R. Luklan Jr Lifetime L. Falconi) 220 lbs. (17-19) A. Ciccone Equipped		L. Spi BP 230 305	DL 375 515	TOT 605 820
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(55-59) T. Duff Ironman MALE Raw 165 lbs. (13-16) R. Luklan Jr Lifetime L. Falconi) 220 lbs. (17-19) A. Ciccone Equipped 198 lbs./Lifeti R. Gregory 220 lbs./Lifeti R. Kenny 242 lbs./Lifeti E. Winter FEMALE Raw 148 lbs. (20-23) J. Kramb Equipped 132 lbs. Lifetime Winkelblech (65-69) Winkelblech 148 lbs. (20-23) S. Schaffer MALE Raw 100 lbs.	ime ime 5Q 240!*	230 305 335 * 295 435* 500* BP	375 515 450* 485 135* 605* DL 300!*	785* 785 570* 1105* 105* 650!*
(55-59) T. Duff Ironman MALE Raw 165 lbs. (13-16) R. Luklan Jr Lifetime L. Falconi) 220 lbs. (17-19) A. Ciccone Equipped 198 lbs./Lifeti R. Gregory 220 lbs./Lifeti R. Kenny 242 lbs./Lifeti E. Winter FEMALE Raw 148 lbs. (20-23) J. Kramb Equipped 132 lbs. Lifetime Winkelblech (65-69) Winkelblech (48 lbs. (20-23) S. Schaffer MALE Raw 100 lbs. Youth T. Fox Jr	ime ime 5Q 240!*	230 305 335 * 295 435* 500* BP	375 515 450* 485 135* 605* DL 300!*	785* 785 570* 1105* TOT 650!* 600 600!*
(55-59) T. Duff Ironman MALE Raw 165 lbs. (13-16) R. Luklan Jr Lifetime L. Falconi) 220 lbs. (17-19) A. Ciccone Equipped 198 lbs./Lifeti R. Gregory 220 lbs./Lifeti R. Kenny 242 lbs./Lifeti E. Winter FEMALE Raw 148 lbs. (20-23) J. Kramb Equipped 132 lbs. Lifetime Winkelblech (65-69) Winkelblech 148 lbs. (20-23) S. Condition of the condition of t	ime ime 5Q 240!* 210 210!*	230 305 335 * 295 435* 500* BP	375 515 450* 485 135* 605* DL 300!* 275*	785* 785 570* 1105* TOT 650!* 600 600!*
(55-59) T. Duff Tronman MALE Raw 165 lbs. (13-16) R. Luklan Jr Lifetime L. Falconi) 220 lbs. (17-19) A. Ciccone Equipped 198 lbs./Lifeti R. Gregory 220 lbs./Lifeti M. Kenny 242 lbs./Lifeti E. Winter FEMALE Raw 148 lbs. (20-23) J. Kramb Equipped 132 lbs. Lifetime Winkelblech (65-69) Winkelblech 148 lbs. (20-23) S. Schaffer MALE Raw 100 lbs. Youth T. Fox Jr 148 lbs. (13-16)	ime ime 5Q 240!* 210 210!* 275*	230 305 335 * 295 435* 500* BP	375 515 450* 485 135* 605* DL 300!* 275*	785* 785 570* 1105* TOT 650!* 600 600!*
(55-59) T. Duff Tronman MALE Raw 165 lbs. (13-16) R. Luklan Jr Lifetime L. Falconi) 220 lbs. (17-19) A. Ciccone Equipped 198 lbs./Lifeti R. Gregory 220 lbs./Lifeti M. Kenny 242 lbs./Lifeti E. Winter FEMALE Raw 148 lbs. (20-23) J. Kramb Equipped 132 lbs. Lifetime Winkelblech (65-69) Winkelblech 148 lbs. (20-23) S. Schaffer MALE Raw 100 lbs. Youth T. Fox Jr 148 lbs. (13-16)	ime ime 5Q 240!* 210 210!*	230 305 335 * 295 435* 500* BP	375 515 450* 485 135* 605* DL 300!* 275*	785* 785 570* 1105* TOT 650!* 600 600!*
(55-59) T. Duff T. Duff Ironman MALE Raw 165 lbs. (13-16) R. Luklan Jr Lifetime L. Falconi) 220 lbs. (17-19) A. Ciccone Equipped 198 lbs./Lifeti R. Gregory 220 lbs./Lifeti M. Kenny 242 lbs./Lifeti E. Winter FEMALE Raw 148 lbs. (20-23) J. Kramb Equipped 132 lbs. Lifetime Winkelblech (65-69) Winkelblech 148 lbs. (20-23) Schaffer MALE Raw 100 lbs. Youth T. Fox Jr 148 lbs. (13-16) T. Brink A. Short 165 lbs.	240!* 210 210!* 275*	230 305 335 * 295 435* 500* BP 110! 90 90* 130	375 515 450* 485 135* 605* DL 300!* 275*	785* 785 570* 1105* TOT 650!* 600 600!* 530*
(55-59) T. Duff Ironman MALE Raw 165 lbs. (13-16) R. Luklan Jr Lifetime L. Falconi) 220 lbs. (17-19) A. Ciccone Equipped 198 lbs./Lifeti R. Gregory 220 lbs./Lifeti M. Kenny 242 lbs./Lifeti E. Winter FEMALE Raw 148 lbs. (20-23) J. Kramb Equipped 132 lbs. Lifetime Winkelblech (65-69) Winkelblech (65-69) Winkelblech 148 lbs. (20-23) S. Schaffer MALE Raw 100 lbs. Youth T. Fox Jr 148 lbs. (13-16) T. Brink A. Short 165 lbs. Lifetime	240!* 210 210!* 275*	230 305 335 * 295 435* 500* BP 110! 90 120* 170 130	375 515 450* 485 135* 605* DL 300!* 275* 225*	785* 785 570* 1105* 1105* 650!* 6600 600!* 680*
(55-59) T. Duff Ironman MALE Raw MALE Raw 165 lbs. (13-16) R. Luklan Jr Lifetime L. Falconi) 220 lbs. (17-19) A. Ciccone Equipped 198 lbs./Lifeti R. Gregory 220 lbs./Lifeti R. Kenny 242 lbs./Lifeti E. Winter FEMALE Raw 148 lbs. (20-23) J. Kramb Equipped 132 lbs. Lifetime Winkelblech (65-69) Winkelblech (48 lbs. (20-23) J. Kramb Equipped 132 lbs. Lifetime Winkelblech (15-69) Winkelblech (15-69) Winkelblech (15-69) T. Brink T. Fox Jr T48 lbs. (13-16) T. Brink T. Fox Jr T48 lbs. (13-16) T. Brink T. Fox Jr T48 lbs. (13-16) T. Brink T. Fox Jr T48 lbs. T5 lbs. T6 lbs. T7 lbs.	240!* 210 210!* 275*  185* 230 246!!*	230 305 335 * 295 435* 500* BP  110! 90 90* 130 120* 170 130 345!*	375 515 450* 485 135* 605* DL 300!* 275* 225* 315 300 520*	785* 785 570* 1105* 1000 650!* 650!* 530* 715 630
(55-59) T. Duff Ironman MALE Raw 165 lbs. (13-16) R. Luklan Jr Lifetime L. Falconi) 220 lbs. (17-19) A. Ciccone Equipped 198 lbs./Lifeti R. Gregory 220 lbs./Lifeti R. Kenny 242 lbs./Lifeti E. Winter FEMALE Raw 148 lbs. (20-23) J. Kramb Equipped 132 lbs. Lifetime Winkelblech (65-69) Winkelblech 148 lbs. (20-23) S. Schaffer MALE Raw 100 lbs. Youth T. Fox Jr 148 lbs. (13-16) T. Brink A. Short 165 lbs. Lifetime J. Rosato Jr M. Hart 181 lbs.	240!* 210 210!* 275*  185* 230 246!!*	230 305 335 * 295 435* 500* BP 110! 90 120* 170 130	375 515 450* 485 135* 605* DL 300!* 275* 225* 315 300 520*	785* 785 570* 1105* 1000 650!* 650!* 530* 715 630
(55-59) T. Duff Ironman MALE Raw 165 lbs. (13-16) R. Luklan Jr Lifetime L. Falconi) 220 lbs. (17-19) A. Ciccone Equipped 198 lbs./Lifet R. Gregory 220 lbs./Lifet R. Kenny 242 lbs./Lifet E. Winter FEMALE Raw 148 lbs. (20-23) J. Kramb Equipped 132 lbs. Lifetime Winkelblech (65-69) Winkelblech (48 lbs. (20-23) S. Schaffer MALE Raw 100 lbs. Youth T. Fox Jr 148 lbs. (13-16) T. Brink T. Fox Jr 148 lbs. Lifetime J. Rosato Jr M. Hart 181 lbs. Lifetime J. Rosato Jr M. Hart 181 lbs. (13-16)	240!* 210 210!* 275*  185* 230 200 465!* 370	230 305 335 * 295 435* 500* BP  110! 90 90* 130 120* 170 130 345!*	375 515 450* 485 135* 605* DL 300!* 275* 225* 315 300 520* 565!*	785* 785 570* 1105* 1000 600!* 680* 715 630 1330! 1220*

T. Fllis

Lifetime

(35-39)

220 lbs.

K. Beck

Lifetime T. Fox

(40-44)

T. Fox

242 lbs

(35-39)

(45-49)

(40-44) B. Beck

B. Lovejo 300 lbs

A. McVan

					Lifetime/Unl	imited				Austint
	415	325!*	445	1185	D. Keene	565	500!*	575	1640*	stown,
					(40-44)/Unlin	nited				lifting
					D. Polis	600	455!*	580	1635!	Nation
/S	315	245	375	935	R. Pearo	635!*	375	580*	1590	division
					T. Chaffin	600	410	540	1550	set ner
ich	520	340	465	1325	(40-44)/Sing	le-Ply				ning tv
					L. Newman	580!	410!	600!	1590!	several
					(55-59)/Sing	le-Plv				holds
	380*	265*	400*	1045*	B. Schaffer	510!*	350!*	465!*	1325!	record
					(13-16)/Sing	le-Ply				equipp
	545*	350	540	1435	C. Stewart		135*	270*	625*	record
					242 lbs.					Kramb
	545*	350*	540*	1435*	Open/Unlimi	ited				teen d
					R. Burress	720*	520*	620*	1860*	junior
					Lifetime/Unl	imited				state a
n	510*	320*	585*	1415*	E. Winter	600	520*	620*	1705	equipp
					275 lbs.					again
					(40-44)/Sing	le-Ply				subma
v	135	380	135	760	L. Newman		5201*	645!*	1880!	state r
'					300 lbs.					largest
					Lifetime/Unl	imited				the lif
	480!*	320!*	575!*	1375!	J. Peshek	750!*	750!*	600!*	2100!	new s
					Open					in a f
					D. Bosler	670!*	440!	600!*	1710!	Stewar
nlin	nited				(45-49)					the m
	575*	350*	520*	1445*	R. Luklan Sr	5801*	510!*	550!*	1640!*	Polis e
-					1-Nationals P					winnin

own Community Center, in Young-Ohio, was the scene for some gre at this years WNPF Drug Free , master lifter Carol Winkelblech ew state and national records, winequipped divisions and breaking l of her own records. Sarah Schaffer several teen state and national ds, this year competing in the junior ped division, and she set new state ds in that division. Raw lifter Jessica is also record holder in several visions and also competed in the division this year, setting new ped divisions, Al McVaney returned this year winning the 165 lbs. asters division, also setting new records. The 220 lb. class was the ruled mostly by master lifters. In ifetime division, Danny Keene set state and national records, turning fine total, as did teen lifter Cod art, who set all new state records. In nasters unlimited division, Dave edged out Ron Pearo and Tom Chaffin, ng the 40-44 division, with new

both Dave and Ron. Dave holds Ohio state lifter in the bench only divisions. In the 300 lb. masters divisions, and Kevin also Bindinotto set new state and a national records in other divisions and Ron hold raw divisions female lessica Kramb re- took the bench only class with a state record winning his divisions as Did several New York state records. In the turned to win her division again setting record. 242 lbs. submaster Mike Vernon single ply masters divisions Len Newman new state and national records. The set new state records winning his division lbs. and shw police/fire divisions. Chane set all new national records and currently holds the Ohio state records. Bill Schaffer, both set new state records in the youth and deadlift only class. Brad Lovejoy returned behind record setting benches by Jeff who has be involved with the sport of 220 lbs. masters divisions with some again but was battling an injury which Peshek. In the raw bench new master powerlifting for several years, returned strong lifts. Teen lifters Colt Brink and prevented him from lifting to his full national records were set by Steve Smith to win the 55-59 division setting all new Alex Short were in a close battle in the 148 potential. In the Ironman classes lifters and Tom Duff in the 132 and 148 lb. powerlifting for several years, returned state and national records. In the 242 lbs. lbs. class with brink winning the division. Rich Luklan Jr, Lou Falconi, and Anthony classes with smith doing the same in the class, Robb Burress set new state records. 165 lbs. lifters Joe Rosato Jr. and Mike Ciccone all did strong lift winning their raw dead lift and powercurl. Teen lifters in the open unlimited division and took Hart both did some strong lifts and both home best lifter in the equipped divisions. Set new state and national records in the records and Falconi taking home best raw state records in the 165 lbs. Divisions Fric winter came down from New York to lifetime division with Rosa to edging out lifter. In the equipped divisions strong with Spirtos taking home a powercurl win the lifetime division with two new hart for the win. Mike edged out Joe in the state records. 275 lbs. class lifter Lonnie raw deadlift only event with a new state Mike Kenny, and Eric Winter with new Brian and Kelly Moroni traveled from Newman set new state and national records. Joe set a state record in the bench state records being set by Eric and Mike New York and did some strong lifts Newman set new state and national records rin the bench in the single ply masters division with the only division, along with taking home best second highest total for the day. In the 300 lifter for raw powerlifting and raw bench only equipped classes female lifter bench.181 lbs. Teens Matt Lyden and Rich Luklan Sr. set new state and national Tyler Ellis both set new state new state records in the deadlift only classes Don Taylor and Brad Hennebert record replacing the old one which she records winning their divisions with Ellis new state records in the single ply and unlimited masters divisions breaking his to despite mike suffering an injury. In the winning their divisions with Kelly setting a new state record. In the deadlift only classes Don Taylor and Brad Hennebert record replacing the old one which she returned after a few years and did some state record. In the deadlift only classes Don Taylor and Brad Hennebert record replacing the old one which she returned after a few years and did some state record. In the deadlift only classes Don Taylor and Brad Hennebert record replacing the old one which she returned after a few years and did some state record. It was go unlimited masters divisions breaking his to have both of them back in the public of the day setting an and returned to set a new state record. In the deadlift only classes Don Taylor and Brad Hennebert record replacing the old one which she returned to set a new state record. It was go unlimited the suffering and injury. In the total of the day setting all new state and Kevin and Bill Beck set new state and masters divisions with Iser setting a na-

state and national records being set by national records as well as taking best national records in the 220 lbs. Teen and tional record. 242 lbs. master Bill new state and national records. The set new state records winning his division lbs. and shw police/fire divisions. Chane father and son team of Tim Fox and Tim Jr. and mike junior set a state record in the

division with Lyons setting a national record and Chane pulling the highest deadlift of the day. In the squat only classes Duane Fryberger returned to set new state records and national record in the 242 lbs. Lifetime and submasters division. This years team trophy went to North Coast Iron out of Ashtabula, Ohio, which Included Bill and Kevin Beck, Brad Lovejoy, Mike Vervon, Mike Junior, Danny Keene, and Matt Jeffreys, Large steel swords and sculptures we given ou as awards and because of the fine job done by the lifters nobody went home empty handed. Once again thanks to all the lifters who return every year to make this a great meet and all the new lifters. Thanks to spotters matt, dan, and rob who did a great job as usual, and to my crew who are the best. (Results Ron Deamicis

USAPI Bench Press

17 JUN 06 - Kingston, NY

135\*

Master VI B. Phielips

198 lbs.

Teen (15)

P. Kent Jr.

C. Serra

Master I/Raw

RENCH

WOMEN

123 lbs

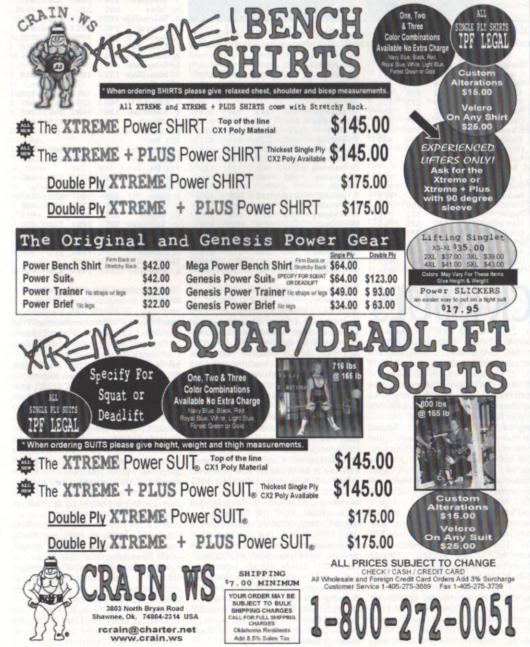
M. Steir

K. Snyder

MEN

112 lbs.





Beast of the East BP 30 APR 06 - Taylor, PA

BENCH		275 lbs.	
WOMEN		R. Calvey	523
Open		D. Johnston	402
181 lbs.		165 lbs.	
C. Cooper	154	Master (50-54	1)
Master		R. Burnett	292
148 lbs.		B. Legg	220
N. Hubbard	154	B. Legg Master (45-49	))
MEN		D. Wilcox	
148 lbs.		181 lbs.	
C. Lutkowski	286	Master (65-69	9)
198 lbs.		P. Hubbard	
M. Coleman	330	Master (40-44	1)
Teen		J. Rubio	352
181 lbs.		198 lbs.	
B. Wigley	391	Master (40-44	1)
Open		J. Schmidt	303
165 lbs.		220 lbs.	
B. Granko	330	Master (60-64	1)
J. Granko	319	B. Donnelly	314
4th-330		B. Smolenski	176
	292	Master (50-54	
B. Legg	220	J. Bertocki	
R. Andre	347	Master (45-49	
198 lbs.		L. Reese	314
B. Kizer	418	242 lbs.	
Schwakhamm	402	Master (65-69	
220 lbs.		E. Robinson	
D. Patriso	385	Master (55-59	
E. Brinkman		R. Bostigan	242
M. Majcher	363	275 lbs.	
242 lbs.		Master (45-49	
C. Kitchen	512	J. Zwick	275
I. Bartell	_		

Rest Female Lifter: Nona Hubbard, Overall Best Lifter: Brandon Wigley. Best Heavyweight Lifter: Farl Brinkman, (Thanks to Power Gym for providing the results)

Kern County High School

29 APR				
Frosh/Soph	SQ	BP	DL	TOT
114 lbs.				
S. Lutrell	160	125	195	480
J. Salazar	115	100	200	415
123 lbs.				
S. Moore	205	145	225	575
132 lbs.				
R. Lay	280	200	360	840
C. Reyes	240	190	265	695
E. Rivera	-	175	_	175
148 lbs.				
B. Morris	305	230	385	920
G. Blair	315	165	395	875
T. Hernandez	295	195	325	815
B. Escalante	275	195	315	785
C. Neal	255	175	345	775



GRANKO POWER: (left to righ) Bob Jr., Bob Sr., and Jamie Granko at the Beast of the East Bench Press Championships (photograph courtesy Granko)

E. Roriguez	270	175	280	725	I. Gonzalez	165	150	250	565
F. Garcia	225	205	285	715	A. Ruiz	175	125	175	475
J. Nistor	245	165	300	710	D. Hernandez	_	130	205	335
M. Corral	235	160	295	690	M. Ramirez	_	60	135	195
G. Grounder	205	175	275	655	181 lbs.				
H. Acevedo	195	160	225	580	E. McBride	295	215	365	875
S. Cavazos	185	135	255	575	E. Celedon	295	245	335	875
Kirschemann	_	175	350	490	A. Hunt	315	205	335	855
G. Pineiro	135	95	250	480	T. Bluford	275	225	335	835
B. Floyd	_	175	_	175	C. Sheehan	305	170	355	830
D. Calderon	135	_	_	135	B. Branch	225	225	315	765
165 lbs.					C. Luevano	250	165	330	745
M. Carbell	315	255	375	945	R. Johnson	225	185	270	680
C. Fink	315	185	385	885	198 lbs.				
B. Santillan	315	195	365	875	T. Holder	430	255	405	1090
A. Carando	265	235	355	855	D. Kernene	395	225	405	1025
E. Torres	225	210	355	790	A. Vasquez	365	275	365	1005
A. Harrington	245	195	325	765	M. Akers	315	255	405	975
S. Schilhabel	300	150	275	725	P. Guerrero	335	265	365	965
J. Bell	225	165	315	705	M. Renteria	315	225	405	945
C. Sarver	200	155	340	695	A. Ornales	300	245	370	915
F. Gutierrez	225	185	245	655	M. Delgado	305	205	315	825
I. Olivas	175	140	315	630	R. Coriagt	315	150	335	800
The second secon	347				0				

## USA BACK ISSUES

Aug/93... USPF Seniors, USPF Masters, 100 242s, ADFPA TOP 20 148s 100 SHWs, ADFPA TOP 20 181s Sep/93... ADFPA Men's Natls., NASA 100 275s, ADFPA TOP 165s

100 114s, ADFPA TOP 20 198s

165s, ADFPA TOP 20 SHWs.

Feb/94... Drug Test Methods, ADFPA 123s, ADFPA TOP 20 220s. National Masters, Malibu Classic VI, Nov/94... WDFPF Worlds, Goodwill Season Hints, TOP 100 Flyweights 181s, ADFPA TOP 114s

Mar/94.. . Women's TOP 20, Drug 100 148s, ADFPA TOP 20 275s.

Apr/94... Saliva Tests, Coan DL Video, United We Stand, TOP 100 165s. Bob Dempsey Profile, Psyching Up or Jan/95... WPC Worlds, IPF Worlds, IPF Training Devices, TOP 100 148s. Out?, WNPF Worlds, TOP 100 220, ADFPA TOP 20 132s

May/94... USPE/ADEPA Collegiates. USPF Jr. Natls., IPF World Bench Press, Feb/95... World's Strongest Man, Jesse Peaking Routine, TOP 100 181s Budweiser Record Breakers, Fluids, TOP Kellum Squat Workout, Willie Williams Jan/96... IPF/WPC/WDFPF Worlds, Jun/97... J.M. Blakley, Dream Team Pt.

NASA Masters, Legends of PL, World Jun/94... NASA Natural Natls, WPA Record Breakers, Rack Training, TOP Worlds, DASH Record Breakers, Bill Apr/95... NASA Natural Nationals, Framework for the Novice. Nichols Profile, Sticking Points, TOP Deadlifting without Deadlifting, Raising Jul/96... AAU Men's, USPF JRs., DHEA,

Grand Nationals, Female Confessions, Jul/94... USPF National Masters, Rickey Compounds, TOP 100 242s. O.K.G., Craig Tokarski Seminar, TOP Crain Profile, Lower Back Training, Mike May/95... Mike Bridges, Jamie Harris' Aug/96... ADFPA Men's, APF Sr. Natls, MacDonald Bench Legacy, TOP 100 740 Bench, James Henderson, USPF "Ban All Equipment", Rest Pause Oct/93... APF Seniors, NASA World SHWs, ADFPA TOP 20 181s

Nationals, Rest Pause, Bombing Out, Interview, Shane Hamman Squat Jun/95... Antonio Krastev, USPF Oct/96.. WDFPF Worlds, Ed Coan/Kirk TOP 100 123s, ADFPA TOP 20 220s Workout, Leg Training by Louie Simmons, Collegiates/Bench Natls, Overtraining Karwoski Interview, Anthony Clark Jan/94... IPF Men/Women Worlds, IPF TOP 100 114s, ADFPA TOP 20 198s. or Adaptation?, Greg Warr Interview, Interview, Herb G. "Responds to the Ir/Master Worlds, WPC Worlds, Greg Sep/94... ADFPA Men's, USPF Men/

Testing Methods Pt. II, The Trap Bar, Dec/94... Jon Cole, Asian Success Syndrome, TOP 100 132s USPF Biography, TOP 100 220s Apr/97... Clark Benches 800 - Waterman 100 198, ADFPA TOP 20 123s USPF BP Nationals, Euro Jrs/Womens, Successful Deadlift Strategies, Elite Level 600 @ 181, Powerlifting Crisis, World's

Squatter, Karl Saliger of Austria, Meet World Bench Press, Trainers of Your Squat, Ken Ufford 800 lb. Deadlift

705 Bench Press, Video/Computer Pe Technology, TOP 100 198 lbs.

Mar/95... Women's TOP 20, Don Interview, TOP 100 198s Work Capacity, Bruce Wilhelm, L.M.W. '65 vs. '95 Top Ten, "Chain Reactis" by

Oct/93... APF Seniors, NASA World SHWs, ADFPA TOP 20 181s Jrs., Changing Weight Classes, Joe Revisited, Specializing in the DL by Cup, Grant Pitts Profile, ADFPA DL Aug/94... APF SRs, Paula Suzuki McAuliffe SQ Workout, TOP 100 275s Louie S., FIBO Show, TOP 100 123s. Collegiates/Bench Natls, Overtraining Karwoski Interview, Anthony Clark Curt Leslie BP Workout, TOP 100 SHW Response", TOP 100 148s

Greg Warr BP Workout, Hernia Surgery, Games, Is PL a Mockery of Strength?, Sep/95... Triple SENIORS ISSUE ADFPA/ Feb/97... Power of Compelling Craig Tokarski Interview, Isometrics, TOP APF/USPF, How to Use Creatine, Chris Outcomes, WPC Worlds, IPA Natls, Confessore Interview, Women & the Formula for Success, Making Weight,

Supplements, AAU Jr. Olympics, New Strongest Man, USA PL Decline, John World Masters, Greatest All Time Dec/95... Walter Thomas Interview, IPF May/97... Dream Team Pt. 1, Kick Start

Performance Review, TOP 100 181s. Tomorrow, Leo Stern Profile, 6 Week Workout, Pyruvate, the Art of Winning,

Louie S., Rob Wagner, TOP 100 114s

Deadlift Primer, TOP 100 275s

20 lbs.	103	133	320	320
		200		
Chavez	350	300	465	1115
Blackburn	445	220	435	1100
. Pendley	405	225	385	1015
. Bayaca	405	205	355	965
Pounds	315	225	375	915
Funk	330	240	335	905
Reynoso	290	200	360	850
Santillan	315	200	330	845
Silter	315	195	330	840
Benavides	250	200	325	775
. Burdick	225	185	315	725
	225	103	295	520
	223			
Worthing			225	225
42 lbs.				
. Madrid	340	235	405	980
. Sorrell	300	225	315	840
Robinson	315	185	340	840
Dominguez	275	175	360	810
Moya	275	225	300	800
Fugate	235	235	315	785
Thy	250	215	315	780
Sizemore	295	The same of	405	700
Rogoza	335	225	403	560
Austin	333	145	265	410
	_	143	203	410
75 lbs.		225		
Nodolf	435	335	375	1145
. Brothers	420	245	370	1035
. Silva	385	225	405	1015
. Marmolejo		275	410	1000
Salazar	295	205	410	910
. Galanski	225	195	285	705
Alvarado	155	165	230	550
Thomas	340	195	_	535
Gonzalez			350	350
Monsibias	135	185	_	320
75+ lbs.		103		320
. Folweiler	470	205	405	1080
Alfred			315	
	365	225		905
Lunstrom	310	160	390	860
. Hensley	-	120	135	255
mior/Senior				
23 lbs.				
Juangco	265	195	345	805
Sy	255	190	320	765
32 lbs.				
Roque	205	155	275	635
48 lbs.				
Jones	300	300	425	1025
McDonald	365	215	410	990
. Bagsby	275	205	375	855
. Rodriguez	320	200	330	850
Garcia	245	215	335	795
Garcia	165	165	295	460
. Padilla	-	135	225	360
65 lbs.				
Rogers	315	295	420	1030
ercent Traini Vorld's Stro	onge	st Mar	, Har	Masters, nk Hill
terview TO	347	11 148	2	

170

100 135

275

Williams

Gonzalez 155 Johns 185

T. Armstrong 365 R. Martinez 315

315

275

405

385

320

225

245

295

385

405

310

275 230

365

365

465

M. Canez 350 285 405

E. Martinez 335 265 420

BP Workout, TOP SHW

Pasillo, TOP 100 123s

225

195

225 185 320

275

245 225

255

245

170

205 230

215

295

245

265

280

225

310

600 245

350

330

225

255 405

185

280

225

Champ. Chronology, EPF Europeans,

Sep/97... USAPL/USPF/APF Triple

Oct/97... Brad Gillingham Profile,

Ken Emrich, Power Biceps Training,

Nov/97... U.S. Strongest Man Contest,

Larry Miller interview, Top 100 Ltwts.

Diabetes & PL, TOP 100 165s.

Austen DL TOP 100 181s

IPF Women, TOP 198s

Speed Strength, TOP 100 220s

The Warmup Room, TOP 100 114s.

355 405

305 435

380

435

320 255

335 245

M. Blakemore 455 — 405 860 S. Ramirez 225 155 315 695

- 465 165 345

A. Brown S. Faulkner

Rosas

Ramirez

R. Allen

Webber

Gonzales

K. Shanahan 510

Hernandez 365

T. Webber 300 A. Sandoval 365

N. Harrington 405

B. Campos D. Perry N. Reddell

T. Kramer

D. Ekizian

Jones

Kilgore

D. Lavshot

A. Burgess D. Carlin

A. Sneed

C. Craft

J. Zamora

Aguilar

Combos

242 lbs.

V. Wade

. Skidmore

Goldberg 540

B. McConnell 385

Noonchester 465

Paredes

M. Ultreras V. Gomez

Velasquez 350

A. Hayes Howard 380 350

345

405 425

320 760

315

505

435

385

425

395

550

365

440

370 315

965 860

1030

870

735

610

1215

1020

820

575

1015

1020

Jul/97... Shane Hamman Profile, Doug Worlds, Brad Gillingham backstage

Resistance Training by Louie Simmons, Aug/98... USAPL Men's, Platform

Dec/97... Vicki Steenrod, Functional Training Plan Part 1, TOP 100 132s

WDFPF Men - Teen - Jr. - Master Worlds, Dec/98 ... IPF Masters-Juniors - Mens/

Jan/98... IPF Men - Master - Jr. Worlds, Middlewts., Isoflavones.

Aug/97... Power of Color, How to BP Training by Louie, TOP 242s.

Reinhoudt, Ethics of Ergogenics, Mar/96...TOP20Women/Masters/Teen Karwoski Squats, Tamara Rainwater- Rankings, Chromium, Plant Extracts, Grimwood BP Routine, TOP 100 220s Multi-Year Training System, First Seniors,

Lowe Squat, Cycling Systems, TOP 100 Women's Srs., Relieve Pain With Aloe, Jul/95... IPF Women's Worlds, Nick Nov/96... APF Can-AM, Clark benches Box Squats, Phytochemicals, TOP 100 Lavitola Deadlift Workout, Pec Tear 780, James Henderson says "Face Me", Nightmare, Aloe Vera for Training, Off Triboxin, Wade Hooper Squat Workout, Paul Wrenn, TOP 100 165s

Ford Pt. 2, TOP 100 242s.

## WANNA BIGGER BENCH? CHECK OUT THE Big Bench Belt www.oxsportz.com

ing Rakersfield, Jose Hernandez, spotter, Raw

. Hong	405	225	630	630	
). Herrera	315	280	595	595	
75+ lbs.					
. Ward	470	250	450	1170	
). Lusich	345	235	385	965	
A. Muro	315	240		905	
Hernandez	325	225			
. Pino	265	265	495	760	
. Prince	275	275	415	690	
. Bailey	235	235	405	640	
lest Lifter Fro	sh/Sop	oh: Bria	an Mor	ris, from	
Golden Valle	y Hig	h scho	ol. Be	st Lifter	
unior/Senior	Ken	ny Sh	anahai	n, from	
tockdale His	gh Sc	hool.	Team	Awards:	
iberty A 52	pts.	, Stock	kdale	52 pts.,	
lidgeview 34	pts.,	Golden	Valley	25 pts.,	
tockdale 19 i	ots., L	iberty	B 19 p	ts., Cen-	
ennial 16 pts.	, King	sburg	14 pts.,	East 12	
ts., Liberty C	12 1	ots., Co	rcoran	10 pts.,	
ennial 16 pts. ets., Liberty C liberty D 10	pts., V	Vest 10	pts.,	Highland	
pts., South 8	pts.,	CLC 7	pts., P	ioneer 5	
ts., Garces (					
pts. This me	et was	run or	n four p	olatforms	
sing four	com	bo ra	acks	, from	
vw.comborack	.com.	Thank	s to the	e follow-	
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or, Head Foo	tball	Coach,	from 5	tockdale	
4S. Stockdale	Athlet	ic Staff	ran the	4 score	
ables. Bakers	field I	unior (	College	Football	
layers covere	ed the	spotti	ing and	loading	
luties. Steve					
Modesto, Scot					
ield, Scott C					
nento, Gabe	Sore	nson, I	Referee	, Sacra-	
nento, Mike	Soren	son, R	eferee,	Nevada	
City, Christine	Sore	nson, F	Referee	Nevada	
City, Christine City, Steve A City, Mark Be	Matthe	ws. Re	eferee,	Nevada	
City, Mark Be	II, Ref	eree, V	Voodlan	d, Lance	
slaughter, R	efere	e, Los	Angel	es, Lisa	
Wheeler, Re	feree	, com	puter	scoring,	
Bakersfield, Li					
		0.,			

Resistance", 10 Keys to Success, AAUPC/

Chang, IPF World's, APF Nationals,

Shane Hammon, Top 100 Bantam.

WDFPF Split, TOP 100 SHWs.

Worlds, TOP 100 Flywts.

T. Scheldrup 297 181 lbs. 148 lbs. D. Hawkinson 34 270 H. Pernu 220 lbs. 385 M. Talbot B. Norton Management, Maximal Resistance 2, ADFPA Nationals Chronology, IPF Mar/98... Mark Philippi Interview, TOP Worlds, Jerry Tancil, TOP 100 198s. Feb/99 ... WPC Worlds Pt. 2, Coan goes Method by Louis S. TOP 100 181s TOP 25, Good Mornings, Scott Smith 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st 2463, USPF Worlds, IPF World Bench, Jan/00 ... IPF Worlds, WABDL Worlds, Anthony Harris Interview, Ken Snell DL Heath Squat Workout Pt. 1, WDFPF Apr/98... Bull Stewart Speaks, USAPL Workout, TOP 100 220s

Apr/99 ... The ED COAN Book, Why Women's, APF All Time TOPWomen, Westside Invitational, Foundational Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s. 500 Easy by Louie S., ADFPA TOP 25 All Jun/98... Mark Henry, Ernie Milian, Time, APF Seniors Chronology, Mark Olympic Cycle, Louie on "Researching

May/99 ... LA Tech Program, "Sir

Seniors, IPF Women's World's World's Jul/98... Kirk Karwoski, Angelo Russian Stretches, TOP100 275s. Strongest Team, NEW Mineral Orotates, Berardinelli, World 's Strongest Man Jun/99... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL Apr/00 ... Arnold Classic, WPF Worlds, Progressive Overload, TOP 100 132s. Jouko Ahola, Jon Arenberg, IPF Women's Training, "Choking", TOP 100 SHWs Deadlifts, ADFPA Women, Yueh-Chun Aug/99 ... the Rubber Band Man, the Methoxivone, TOP 100 242s "Muscletown USA" book, Beauty & the May/00 ... Dennis Cieri, J.M. Press? Beast, IGF-1, Overcoming Plateaus Part Knee Wraps, the Passing of Tamara World's FASTEST Bench Presser, Rick Sep/98... APF Seniors. Part 1, the Ed 2 by Louie Simmons, TOP 100 123s Gaugler Profile, Light Training Days, Coan Decision, Power Bells, York Sep/99 ... USAPL Men's, APF SRs. Pt. 1, Summer Picnic, Visit to Westside, 3x3 Mike Bridges Workout, Special Olympics Jun/00 ... Garry Frank Profile, Black's World Games, Zenith = Triac, York Health World, Dawn Reshel Dies, From Spectacular, TOP 100 132s Protein Powders, Louie Simmons Squat Nov/98... A Worlds to Remember, Japan

Workout, USPF's Best Women, Walt Nationals, PL Weapons, Pat Beaumaster, Oct/99 ... USPFSeniors, APF Seniors Pt. Joe Dube, Jackie Davis, TOP 100 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s World's Strongest Man Qualifiers, Best WPCWDFPF/AAU/AAPFWorldMeets, Nov/99 ... Muscle Beach Lives, East in the 800s and 900s, TOP 100 114s Injury Avoidance, USA All Time 800 German Breakthrough, DL Details, Walk Aug/00 ... USAPL Men's, APF Srs. Pt. I. Feb/98... WABDL Worlds, IPF BP
DLs, Dennis Brady, TOP 100 181s
Away From Death, Dyn.
Worlds, World's Strongest Man, WPC
Jan/99... WABDL Worlds, WPC Worlds
Louis S., TOP 100 165s. Away From Death, Dynamic Duo by AAPF/APF Natls.,IPF Women's Worlds

Worlds, Bench Primer Pt. 1, IPF Seniors,, Pt. 1, IPF Men's Worlds Report, Louie Dec/99 ... IPF World Masters/Juniors, TOP 100 123s Simmons on Bands and Chains, WNPF USAPL/AAU BP Natls, Meet Information Sep/00 ... USPF Srs, IPA Worlds, WABDL

Table   Tabl	ing. Bakersfiel	d. lose	Hernandez, sp	otter,	Raw		198 lbs.	
Bakersfield, Lord Elliott, Referee, Bakersfield, Doug Hester, Referee, Bakersfield, Doug Hester, Referee, Bakersfield, Bill Ennis, Referee, Lakewood, Jim Razor, Referee, Bakersfield, Eric Graves, Referee, Bakersfield, Eric Graves, Referee, Bakersfield, Clambra Classic								308
field, Doug Hester, Referee, Bakersfield, Bill Ennis, Referee, Lakewood, Jim Razor, Referee, Bakersfield, Amy Razor, Referee, Bakersfield, Gric Graves, Referee, Bakersfield, Eric Graves, Eric Blubs.           1st Ironman Classic         1st Ivonman Classic         1st Ibs.         1st Ibs.         220 Ibs.         278 Master II         278 Master II         278 Master II         279 Ibs.         220 Ibs.         181 Ibs.         184 Ibs.         184 Ibs.         184 Ibs.         185 Ibs.         184 Ibs.         184 Ibs.         184 Ibs.         184 Ibs.         <								
Bill Ennis, Referee, Lakewood, Jim Razor, Referee, Bakersfield, Amy Razor, Referee, Bakersfield, Amy Razor, Referee, Bakersfield, Fric Graves, Referee, Bakers-field, Eric Graves, Refere, Bakers-field, Eric Graves, Refere, Bakers-field, Stock Bakers-field, Stock Bakers-field, Stock Bakers-field, Master II 148 lbs. Stock Bakers-field, Master II 148 lbs. Subs Subs Subs Subs Subs Subs Subs Subs					T. Loesch	165*	J. Zorn	383
Referee, Bakersfield, Amy Razor, Referee, Bakersfield, Fric Graves, Referee, Bakers-field (Thanks to Steve Denison for results)    Second					148 lbs.		275 lbs.	
Bakersfield, Eric Graves, Referee, Bakersfield. (Thanks to Steve Denison for results)   C. Weber   203*   M. Parrow   391					K. Wells	159*	B. Graupman	352
Test   C. Weber   203*   M. Parrow   391   J. Mahone   363   J. Master   J.					181 lbs.		308 lbs.	
1st Ironman Classic   242 lbs.   5. Doeden   231*   275 lbs.   275 lbs.   6. Peterson   374   275 lbs.   165	field. (Thanks	to Steve	e Denison for re	esults)	C. Weber	203*	M. Parrow	391
Teen   I	I STERNING				242 lbs.		J. Mahone	363
25 MAR 06 - Chanhassen, MN	penter Res		Classia		E. Doeden	231*	Master I	
BENCH   WOMEN   220 lbs.   198 lbs.   181					Teen II (17-19	)		
WOMEN   126 lbs.   A. Klatt   424   M. Danforth   286*   D. Hawkinson 386   220 lbs.   23 lbs.   C. Klirdler   66*   242 lbs.   M. Alberts   242 lbs.   L. Scheldrup   165 lbs.   J. Zorn   479   165 lbs.   J. Wood   424   184 lbs.   Subs   SHW   Master   I   S. Gaudette   143*   220 lbs.   M. Cohen   319   312 lbs.   Subs   SHW   Master   I   J. Wood   424   198 lbs.   440   C. Staples   490*   T. Kinsella   457   481 lbs.   J. Schweigert   123 lbs.   T. Kinsella   352   G. Peterson   451   J. Schweigert   123 lbs.   T. Scheldrup   297   181 lbs.   D. Hawkinson 341   R. Meuffels   446   Asser   I   J. Steffens   330   181 lbs.   J. Schweigert   123 lbs.   J	25 MAR	06 - C	hanhassen, M	IN				
126 lbs.	BENCH		P. Haney	264	J. Donnelly	27*	Master II	
Rivet   159   242   lbs.   220   lbs.   220   lbs.   Raw   J. Steffens   380   T. Redmond   198*   R. Wolf   286   286   281   Logon   275   lbs.   Open   DEADLIFT   WOMEN   DEADLIFT   WOMEN   WOMEN   T. Scheldrup   259*   126   lbs.   J. Rivet   325   Subs   W. Vargas   259*   Raw   M. Alberts   242   Teen   II (17-19)   165   lbs.   J. Zorn   479   165   lbs.   123   lbs.   N. Hirdler   104*   308   lbs.   A. Olson   319   N. Hubers   154   Subs   SHW   Asster   M. Cohen   319   312   lbs.   Subs   M. Jorgenson   187   K. Hirdler   181   MEN   J. Wood   424   198   lbs.   198   lbs.   198   lbs.   198   lbs.   198   lbs.   17. Kinsella   352   G. Peterson   451   J. Schweigert   123   lbs.   T. Kinsella   352   G. Peterson   407   242   lbs.   J. Steffens   330   181   lbs.   T. Scheldrup   297   181   lbs.   D. Hawkinson 341   R. Meuffels   446   220   lbs.   M. Sorenson   633   Subs   M. Talbot   385   B. Norton   220   Stanchfield   336*   220   lbs.   Subs   M. Sorenson   633   Subs   Su	WOMEN		220 lbs.		198 lbs.		181 lbs.	
Raw         J. Steffens         380         T. Redmond         198*         R. Wolf         286           Teen II (17-19)         275 lbs.         Open         DEADLIFT         Open         DEADLIFT           123 lbs.         F. Score         363         123 lbs.         WOMEN           N. Hubers         77*         SHW         T. Scheldrup         259*         126 lbs.           132 lbs.         Subs         W. Vargas         259*         Raw           K. Hirdler         66*         242 lbs.         M. Alberts         242         Teen II (17-19)           165 lbs.         J. Zorn         479         165 lbs.         123 lbs.         123 lbs.           N. Hirdler         104*         308 lbs.         A. Olson         319         N. Hubers         154           Open/Subs         J. Mahone         451         184 lbs.         Subs         Subs         Subs           SHW         Master I         M. Jorgenson         187         K. Hirdler         181           S. Gaudette         143*         220 lbs.         220 lbs.         MEN         HEN           Teen II (17-19)         T. Pernu         C. Weber         270*         Teen II (17-19)         18 lbs.      <	126 lbs.		A. Klatt	424	M. Danforth	286*	D. Hawkinson	n 386
Teen     (17-19)	J. Rivet	159	242 lbs.		220 lbs.			
123 lbs.   F. Score   363   123 lbs.   WOMEN	Raw		J. Steffens	380				
N. Hubers 77* SHW T. Scheldrup 259* 126 lbs. Subs T. Hedtke 551 148 lbs. J. Rivet 325 K. Hirdler 66* 242 lbs, M. Alberts 242 Teen II (17-19) 165 lbs. J. Zorn 479 165 lbs. 123 lbs. N. Hirdler 104* 308 lbs. A. Olson 319 N. Hubers 154 Open/Subs J. Mahone 451 184 lbs. Subs SHW Master I M. Cohen 319 132 lbs. S. Gaudette 143* 220 lbs. M. Jorgenson 187 K. Hirdler 181 MEN J. Wood 424 198 lbs. MEN Teen II (17-19) T. Pernu — C. Weber 270* Teen II (17-19) 165 lbs. 242 lbs. 220 lbs. N. Alston 352 J. Donnelly 286 R. DeLisi 440 C. Staples 490* T. Kinsella 457 198 lbs. 275 lbs. N. Alston 352 Open E. Knudsen 407 242 lbs. T. Kinsella 457 Open E. Knudsen 407 242 lbs. T. Scheldrup 463 181 lbs. D. Hawkinson 341 R. Meuffels 446 N. Talbot 385 B. Norton 220 Stanchfield 336* 220 lbs.	Teen II (17-19	))	275 lbs.		Open			
T. Hedtke   S51   148 lbs.   J. Rivet   325	123 lbs.		F. Score	363	123 lbs.			
Name	N. Hubers	77*	SHW		T. Scheldrup	259*		
No.   No.	Subs		T. Hedtke	551	148 lbs.			
165 lbs.   J. Zorn   479   165 lbs.   123 lbs.   N. Hirdler   104*   308 lbs.   A. Olson   319   N. Hubers   154	132 lbs.		Subs					
165 lbs.   J. Zorn   479   165 lbs.   123 lbs.   N. Hirdler   104*   308 lbs.   A. Olson   319   N. Hubers   154	K. Hirdler	66*	242 lbs.		M. Alberts	242	Teen II (17-19	9)
Dennish   J. Mahone   Master   M. Cohen   319   132   lbs.	165 lbs.		J. Zorn	479	165 lbs.			
Master   M	N. Hirdler	104*	308 lbs.					154
Master   M	Open/Subs		J. Mahone	451				
MEN         J. Wood         424         198 lbs.         MEN           Teen II (17-19)         T. Pernu         — C. Weber         270* Teen II (17-19)           165 lbs.         242 lbs.         220 lbs.         198 lbs.           J. Donnelly         286 R. DeLisi         440 C. Staples         490* T. Kinsella         457           198 lbs.         275 lbs.         N. Alston         352 Open         T. Kinsella         457           123 lbs.         E. Knudsen         407 242 lbs.         T. Scheidrup         123 lbs.           123 lbs.         Master II         J. Steffens         330 181 lbs.           T. Scheldrup         297 181 lbs.         J. Steffens         J. Schroeder         523           148 lbs.         D. Hawkinson 341 R. Meuffels         446 220 lbs.         420 lbs.         M. Sorenson         633           181 lbs.         Master II         181 lbs.         Subs         Subs         Subs           M. Talbot         385 B. Norton         220 Stanchfield         336*         220 lbs.	SHW						132 103.	
Teen     (17-19)   T. Pernu	S. Gaudette	143*				187		
165 lbs.   242 lbs.   220 lbs.   198 lbs.   198 lbs.   275 lbs.   N. Alston   352 Open   123 lbs.   123 lbs.   N. Alston   352 Open   123 lbs.   T. Scheldrup   123 lbs.   T. Scheldrup   123 lbs.   N. Alston   135 lbs.   N. Alston   352 Open   123 lbs.   T. Scheldrup   123 lbs.   T. Scheldrup   123 lbs.   N. Alston   135 lbs.   N. Alston   352 Open   123 lbs.   T. Scheldrup   463 lbs.   N. Alston   135 lbs.   N. Alston   135 lbs.   N. Alston   352 lbs.   N	MEN			424			ITTLE IT	
Donnelly   286   R. DeLisi   440   C. Staples   490*   T. Kinsella   457   458   4				-				
198 lbs.   275 lbs.   N. Alston   352   Open								
T. Kinsella 352 G. Peterson 451 J. Schweigert — 123 lbs. Open E. Knudsen 407 242 lbs. T. Scheldrup 463 123 lbs. T. Scheldrup 297 181 lbs. 275 lbs. J. Schroeder 523 148 lbs. D. Hawkinson 341 R. Meuffels 446 220 lbs. H. Pernu 270 220 lbs. Subs M. Sorenson 633 181 lbs. Master II 181 lbs. Subs M. Talbot 385 B. Norton 220 Stanchfield 336* 220 lbs.		286		440				457
Open         E. Knudsen         407         242 lbs.         T. Scheldrup 463           123 lbs.         Master II         J. Steffens         330         181 lbs.           T. Scheldrup 297         181 lbs.         275 lbs.         J. Schroeder         523           148 lbs.         D. Hawkinson 341         R. Meuffels         446         220 lbs.           H. Pernu 270         220 lbs.         Subs         M. Sorenson 633           181 lbs.         Master II         181 lbs.         Subs           M. Talbot 385         B. Norton 220         Stanchfield         336*         220 lbs.	198 lbs.							
123 lbs.	T. Kinsella	352						
T. Scheldrup 297 181 lbs. 275 lbs. J. Schroeder 523 148 lbs. D. Hawkinson 341 R. Meuffels 446 220 lbs. H. Pernu 270 220 lbs. Subs M. Sorenson 633 181 lbs. Master II 181 lbs. Subs M. Talbot 385 B. Norton 220 Stanchfield 336* 220 lbs.								463
148 lbs.     D. Hawkinson 341     R. Meuffels     446     220 lbs.       H. Pernu     270     220 lbs.     Subs     M. Sorenson 633       181 lbs.     Master II     181 lbs.     Subs       M. Talbot     385     B. Norton 220     Stanchfield 336*     220 lbs.								
H. Pernu 270 220 lbs. Subs M. Sorenson 633 181 lbs. Master II 181 lbs. Subs M. Talbot 385 B. Norton 220 Stanchfield 336* 220 lbs.								523
181 lbs.       Master II       181 lbs.       Subs         M. Talbot       385       B. Norton       220       Stanchfield       336*       220 lbs.	148 lbs.			n341				
M. Talbot 385 B. Norton 220 Stanchfield 336* 220 lbs.							M. Sorenson	633
							Subs	
	M. Talbot	385	B. Norton	220	Stanchfield	336*	220 lbs.	

Extra Workouts by Louie Simmons, Strongman II, TOP 100 198s Whey?, Gordon Santee, 3x3 Training Feb/00 ... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Natls, Best Lifters of the Century, Big BPs by Louie S, TOP 100 220s Guggulot", Arnold Classic, Westside Mar/00 ... USAPL Women's , WPC Invitational, USAPL Women's Nationals, Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons

Dave Ricks Interview, Russian Mystery,

Collegiates, Louie S. on Pre-Meet Mike Danforth, Leonard McCormick Interview, PL USA Cover Chronology,

Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s Canada to Westside, BP by Larry Miller, Fred Peterson, TOP 100 SHWs.

Jul/00 ... WPO Pro Championships The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting Wade Hooper Interview, Joe Onosai,

C. Back Master I	677	M. Jorgenson 198 lbs.	385
220 lbs.		J. Icenhour	611*
J. Wood	567	I. Canten	562
T. Pernu	_	220 lbs.	
Master II		N. Alston	529*
220 lbs.		M. Neels	523
B. Norton	303	275 lbs.	
242 lbs.		R. Meuffels	573*
T. Lucy	303	Subs	
Raw		181 lbs.	
Open		Stanchfield	440*
148 lbs.		198 lbs.	
H. Pernu	336*	T. Hirdler	341*
181 lbs.		275 lbs.	
M. Talbot	446*	B. Graupman	551*
P. Haney	402	THE REAL PROPERTY.	
*=MRPF Rec	ords. Be	st Raw Bench:	Chad

Staples. Best Equipped Bench: Trent Hedtke. Best Raw Deadlift: Joe Icenhour. Best Equipped Deadlift: Tony Scheldrup Ironman Winner: Tony Scheldrup. The 1st Annual Ironman Classic was a great success with four states represented, 50 ifters, and 140 spectators. The raw division fell under the Minnesota Raw Power ederation. And, with the added deadlif division, we saw 29 new MRPF state records falls and many personal records. Records were kept for the Ironman Classic contest in all the raw and equipped divi sions, so you can imagine what was accomolished on this day. Here's a recap of the lay's lifting: In the women's division, we had five lifters. Teen Nichole Huber started off the contest with a new raw bench record of 77 lbs., in the 123's. The Hirdler's Kelly and Nancy, also set state records Kelly did 66 in the 132's and Nancy did 104.7 in the 165's. Sherri Gaudette broke her own state record and won both the ope nd subs class in the SHW's with a lift of 143.3 raw. All of these lifters train at Tonka with a 463 equipped deadlift, 297.6 equipped WI, who is a powerlifting junkie more than

Weil BP. TOP 100 132s

Taco, Powerlifting's Salvation?, Beauty & the Beast, Women's 300 Bench Press Jul/01 Club. TOP 100 148s.

Nov/00 ... Best Bench of All Time, final More from Ken Leistner, Drug Free Bz[ Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 165s

Dec/00 ... Tao of Competition Pt. I, IPF . + Masters Worlds, More World Record Warrior Spirit,, TOP 100 123s Benches by Louie Simmons, the Bench Sep/01 Press Shirt, TOP 100 181s

Worlds, AWPC Worlds, Roy Fokken BP Training by Louis S., TOP 100 198s Feb/01 ... Garry Frank Goes 2500, WPC Worlds PT.1, IPA Nationals, How Brad by Louie S., TOP 100 148s. Strengths, TOP 100 220s.

Mar/01 ... TOP 20 Women - Teen Masters Rankings, Hooking Up the by Louie S., TOP 100 165s Deadlifting, WPC Worlds Pt. II/BP

35, Bill Crawford BPs 750, Daisuke Salvagni, TOP 181s Louie, TOP 100 242s

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shores Gym and are trained by Jason bench, and a raw bench of 259 lbs. Clean-anyone I've ever known and still a teen-

wowed the spectators on his incredible second with 242.5. in the 165's we had lifts in the raw and equipped divisions. Besides being a national bench champion he almost did quadruple bodyweight in the deadlift. In the 123 lb. class, he finished

BP/DL, Pre-Meet Checklist, Do the SQ - Weight by J.M. Blakley, Top 100 275's Worlds, WNPF Worlds, WPC Worlds, Interview, Ed Coan DL, TOP 100 165s by Louie, Emie Frantz Insights, Rick Jun/01 ... Siouz-Z Hartwig, Russian Halbert on Lockout, Blakley on Dec/02 ... WPO Semis (931 DLI), Bench Squat Cycle, Big Boys Menu Plan by Shoulders, All Time SQs, TOP 100 220s Bash for Cash, WPC Worlds, IPF SubJr. Oct/00 ... Positive Illusions, Tako not J.M., Victor Naleikin Interview, Diane Mar/02 ... USAPL Women's Natls, TOP Worlds, Fred Hatfield, Louie on

Bench Bash, Ano Turtiainen, Louie on Loading Pt. 1 by Louie, TOP 100 198s. Aug/01 ... Garry Frank Goes 2601 - APF DL Training, Jennifer Thompson, Back Seniors, USAPL Men's, FIBO, Stretching Up Your BP, TOP 242s Worlds, Steve Goggins Interview, World Masters BP, Fatten Up Your Total, rankings, Ken Patera, TOP 100 220s.

> Men's 300 kg &Women's 300 lb. BP Women's Worlds, APF Nationals, Unit, TOP 20 Women/Master/Teen lists Carbohydrate Manifesto Pt. 1, Karen Apr/03 ... WPO Finals & Bench Bash for Cash, Crawford Benches 785, Jamie

821, 825, 832, 875 ... APF Seniors,

America, Keeping Iron in the Blood, 1000

did 286.6 raw and then pushed 341.7 in a

shirt. His form is something to watch, as

he's truly a bench master. In the 198's,

Mark Danforth pushed a huge 286.6 for a record in the teen (17-19). Charley Webber

set an open record with 270.1. Tom Redmond in the 220 teen (17-19), set a state record bench of 198.4. the big show in the

raw division was from Chad Staples. At 220 he broke his own state record four times

and finished his fourth lift with 490.5. I'm

sure he's looking forward to the next

Ironman Classic in November to break that

500 pound barrier. Norman Alston, a

personal trainer for Gold's Gym, had the

task of going up against Chad and did 352, which would win most contests in that

weight class. His raw deadlift was just as impressive and finished with 529.1, while

leaving a lot left in the tank. Justin

Schweigert opened a little heavy in his first contest and failed to complete a lift. He showed a lot of heart and will be back

next time. Sixty-four year old Rich Wolf

broke his own master II record with a lift

of 286.6. Erik Doeden, a promising teen (13-16), finished with a state record 231.5

and should add to that total in the future. Jason Steffens, in the 242 open, doing both

raw and equipped, ended up with 330.7 raw and 380.3 equipped. Joey Zorn, in the 242 subs, did both four lifts in the raw and

equipped division. A true Ironman com-

petitor, he finished with 385.5 raw and

479.5 in a single ply Titan Fury. I see him doing 400 raw and 500 equipped by the next contest. Big man Ross Meuffels is also

a guy who can do some damage on the platform. In the 275's, he did a 446.4 bench

and a 573.2 raw deadlift. I see a bright

future for this young man. Brian Graupman

had personal bests in both bench and deadlift, finishing with a 352 bench and a 551.1 dead in the 275 subs. Fifty-three

year old Greg Peterson, in the 275 class

lifting, did a 374.8 raw bench and a 451.1

equipped bench in a borrowed Inzer denim

alterations, 500 is going to go up easy. Jay

Mahone, former Green Beret, is as big as you can get, did 363.8 raw. At 43, he is just

improve on his 451.9 lift in the 308's. Mike

Parrow took the 308's raw bench with a

state record 391.3 in the subs division. In

was too big in the arms. With some

ow to use his shirt and sh

who is another newcomer to competit

Worlds, IPF Masters Worlds, Becca Swanson Squats 705, Intensity Zone Worlds, Steve Goggins Interview, "Lessons Learned", All Time 308 & SHW Mar/03 ... Brad Gillingham Comeback,

Back by Louie, TOP 100 242s.

Odd Haugen, Virtual Force by Louie,

SEP/03 ... USAPL Men's Natls, Bench

and pulled a state record 336.2 in the 148 well. I know with his help, 600 and beyond open class. Tom Pernu was injured in his is just around the corner. The equipped first attempt in the equipped bench divideadlift was the last lifting of the day and sion and we hope he has a speedy and nobody was left disappointed. Besides the healthy recovery. He would have posted some respectable numbers in the 220 more. In the 220's, Mike Sorenson pulled more. In the 220's, Mike Sorenson pulled a huge 633.8 lit, which was only second lifters with Matt Talbot setting a record of 446.4. Second place finisher Phil Haney did 402.3 and Mike Jorgenson pulled 385.5. Joe Icenhour took both the open and subs class with a pull of 611.7 in the 198's. Jesse Canten finished second behind Ion with a pull of 671.7 in the 198's. Jesse Canten finished second behind Ion with a pull of 611.7 in the 198's. Jesse Canten finished second behind Ion with a pull of 611.7 in the 198's. Jesse Canten finished second behind Ion with a pull of 611.7 in the 198's. Jesse Canten finished second behind Ion with a pull of 611.7 in the 198's. Jesse Canten finished second behind Ion with a pull of 611.7 in the 198's. Jesse Canten finished second behind Ion with a pull of 611.7 in the 198's. Jesse Canten finished second behind Ion with a pull of 611.7 in the 198's. Jesse Canten finished second behind Ion with a pull of 611.7 in the 198's. Jesse Canten finished second behind Ion with a pull of 611.7 in the 198's. Jesse Canten finished second behind Ion with a pull of 611.7 in the 198's. Jesse Canten finished second behind Ion with a pull of 611.7 in the 198's. Jesse Canten finished second behind Ion with a pull of 611.7 in the 198's. Jesse Canten finished second behind Ion with a pull of 611.7 in the 198's. Jesse Canten finished second behind Ion with a pull of 611.7 in the 198's. Jesse Canten finished second behind Ion with a pull of 611.7 in the 198's. Jesse Canten finished second behind Ion with a pull of 611.7 in the 198's. Jesse Canten finished second behind Ion with a pull of 611.7 in the 198's. Jesse Canten finished second behind Ion with a pull of 611.7 in the 198's. Jesse Canten finished second behind Ion with a pull of 611.7 in the 198's. Jesse Canten finished second behind Ion with a pull of 611.7 in the 198's. Jesse Canten finished second behind Ion with a pull of 611.7 in the 198's Jesse Canten finished second behind Ion with a pull of 611.7 in the 198's Jesse Canten finished second beh 562.1 lift. Both are very strong deadlifters for the next contest. In the 242's master II and I see bigger numbers soon. Michael Tom Lucy did 303.1 for first place. Jo the master II division, did 220.5 to set another Ironman record. Fellow Elite Barbell lifter Floyd Score did well under his best in the 275's with a lift of 363. Floyd worked hard in helping with the set up the night before and it doesn't surprise me that he didn't do better. I'm sure his next contest he'll show you what he's capable of. Erik Knudsen did 407.9 in the master I. Trent Hedtke, in the SHW's, finished with the best equipped lift of the day with 551.1 in a single ply titan Fury. That being me, I would like to thank Scott Nutter personally, for all his help and guidance. He's not

ned second behind Joe with a getting 705. I'm sure 700+ is on his plate oth are very strong deadlifters for the next contest. In the 242's master II,

WNPF Ralph Peace Carolina

7 MAY	06 - (	Greenville, SC	
BENCH		Junior Raw	
WOMEN		Miller!	170
97 lbs.		(40-44) Raw	
(17-19) Raw		Benedict	135
Grossnickle	80	Timmons	110
132 lbs.		165 lbs.	
(40-44) Raw		Junior Raw	
Oxner	105	Jackson	130
(45-49)		SHW	
Smith	110	(50-54) Raw	
148 lbs.		Levy	215

Cup, Becca Swanson, Shrugs for a Big BP, Advanced System for Beginners by

Modalities, Optimal Eccentrics by Louie S., Shrugs, Never Quit!, Cognitive Seniors, Acetylcholine, Wade Hooper Nov/04...WPC World PL/BP, BA Worlds SQ, Atlantis Foundation, Louie on Max Louie S. on Speed Work, Travis Mash & Tony Convers Interview, Ion Smoker

Low Dec/04 ... Rychlak BPs 1005, IPF Worlds Siders Interview, Louie on DL Training, Women's/Men's All Time BPs, Scott Mar/04... USAPLWomen's Natls., Becca Lade BP Workout, TOP 100 148s benches 501, Water Technology Pt. 2, Jan/05 ... WABDL Worlds, IPF World

Masters, General Physical Preparedness by Louie, lo Walker DL Workout, All Time Squats/Totals, TOP 100 165s Arnold Classic, Power Nutrition Recipes, Feb/05 ... Mike Miller's 1200 lb. Squat, Louie on "the Staggered Load", California IPF BP Worlds, Louie on "Prepare to Bench", IPA Sr. Nationals, 400 Kilo DL Jun/04...TOP20Women, Teen, Masters, Club, All Time DLers, TOP 100 165s Greatest Men's & Women's Ratings, 15 Mar/05 ... Mendelson BP Classic, Louie Transformation by Louie S. Workout, 1st Hawaii Record Breakers, Bench America, WPO Semis(1201 Jul/04 ... APF Seniors, Bench America II, All Time BP/DL lists, TOP 100 198s squat!), AAU PushPull, GPC Worlds,

Masters-Women-Teenage ranking lists Jun/05 ... Anthony Clark Passes, USAPL Men's & Masters, Beau Moore & Brad Kelley Interviews, John Black Recollections Pt. 1, TOP 100 242s. Jul/05 ... Roger Estep Passes, APF Seniors, Mendelson Profile, TOP 100 275s. Aug/05 ... Louie Simmons on the Pendulum Wave, 1000 lb. Squat Club, Marc Bartley (1058 lbs.) Squat Workout, Best Master Lifters, TOP 100 SHWs. Sep/05 ... IPA Worlds, York Hall of ime, Equipment for Sumo, Reactive Jun/06 Methods by Louie Simmons, Mendelson

Tries 1008 BP, TOP 100 114s.

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(50-59)

Gravdon

220 lbs

Mauldin

275 lbs.

132 lbs.

Miller

198 lbs.

(13-16)

Beckett

Greene

Greene

220 lbs

Warren

(50-54)

Gravdon

Sabato

Junior Raw

Junior Raw

(40-44) UNL

Lifetime UNL

(13-16) UNI

Junior Raw

Fombrough Powerlifting SQ

150

140

DI

360 410 770

DL

520

520 1280

500 850

350

330 230 385 945

360 265 450 1075

440 335 450 1225

365 290 470 1125

430 285 390 1105

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705

625\*

75

150

WOMEN

181 lbs

Smyth

(45-49)

SHW

Meyers!

Nichols

SQUAT

300 lbs

Raynor

(17-19)

148 lbs

Miller

181 lbs.

MEN

Open

Lifetime Raw

POWERCURL

Grossnickle 60

230

350

315

340

340

435

235

430

475

242 lbs.

DEADLIFT

(50-54) Raw

(40-44) Raw

(45-49) Raw

SHW

'RVD' - Rob Van Dam - raves about ADAPTOGEN N.

Oct/05 ... Deadlift Training by Louie mmons, Raw Benching Westside Style, Brian Schwah Squat Workout, World Top 20 lists, AWPC Words, TOP 123s Nov/05 ... Kettlebells for PLers, Tony Convers' 2033 total @ 165, Ray Squatting by Jim Wendler, Fanaticism, Seguin Fitness, TOP 132s. on Accommodation, Mikesell SQ Dec/05 ... WDFPF Single Lift Worlds, APF Nationals, Louie Simmons on his Apr/05 ... WPO Arnold Classic BP & PL, Jason Beck Worlds Routine, TOP 148s "Virtual Force Swing", Digit Ratios and USAPL Women's Nationals, Karwoski Jan/06 ... WPC Worlds - 970 DLI, IPA MULTIPLE QUANTITIES: 2-3 BACK Re-Emerges, Jim Kilts Interview, 800# Naitonals, AAU World Push Pull, Louie ISSUES - \$4.50 EACH, 4-9 BACK ISSUES Aug/04 ... IPF Women's Worlds, USAPL Drug Free DL Workout, TOP 100 220s S. on Isometrics, Ted Arcidi, Tiny Meeker - \$4 EACH, 10-24 BACK ISSUES - \$3.50

Performance Supplementation, TOP 20 Worlds, IPF World BP, Good Mornings Old School DL. Becca Swanson's Quest for the 2000 Total, TOP 100 181s.

Mar/06 Mendelson BPs 1008 Westside BP Routine, 'One Car Garage Training', IPF Men's Worlds, Jeff Lewis Interview, WNPF Worlds, TOP 100 198 IPF Women's Worlds, Louie on BP Apr/06 ... WPO Finals/Bench Bash, Training WSM Super Series, Scott USAPL Women's Natls, Louie Simmons Squat Workout of the Month, PLer at the ympics, Gunda Von B., TOP 220s. .. Ryan Kennelly, More with Bands, Tales from the Olympics, Nick Minneti Interview, 2005 TOP 20 Women, Teenage, and Masters Rankings. Kennelly's Path to Power Kara Bohigian BP program, Things Louie S. Thinks You Should Know, Running A Successful Meet, TOP 100 242s.

Jul/06 ... APF Seniors, Louie on 'the Lightened Method', Brad Gillingham Interview, John Stafford Interview, Quest American, NERB, TOP 100 242s.

LIST THE ISSUES YOU WOULD LIKE (AND ALTERNATES), MAKE OUT A CHECK (\$5 PER ISSUE, INCLUDING S&H), SEND TO POWERLIFTING USA, BACKISSUES, BOX 467, CAMARILLO, CA 93011. (SPECIAL PRICE ON

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www.hatsoffbooks.com/ or many

Hirdler, who holds a few records himself, ing up on all but the best equipped bench ager, did a record 270.1 and then put a HD but was playing a coach's roll today. His brother Troy lifted in the raw division also rand did very well with a 308.6 bench and many and the raw bench division, we had purchased a Rage so we should be seeing and did very well with a 308.6 bench and many accordance in the raw bench division, we had purchased a Rage so we should be seeing a se won. The only woman in the Ironman (13-16) 132's with 165.3, and Kyle Wells in grip and a bad shoulder. Hopefully he can division was Jo Rivet, and in the 126 class the teen (13-16) 148's did a record 159.8. get that fixed and on the right track soon. she did a 159.8 bench and a 325.2 deadlift. It was nice to see these young men get Mike Stanchfield, who was in the subs, had she placed 5th only because she was put involved in a sport and do well. Will a great day with personal bests and state in with the men's division. Tony Scheldrup Vargas, in his first contest, did well with records in the bench with a 336.2, and in came down from Grand Rapids, MN and a 259 lb. lift in the 148's. Mark Alberts was the deadlift with 440.9. He's a huge tech-

Siveny Interview, Top 100 SHWs

... IPF Women's Worlds, Bill Crawford, APF Nationals,, Shane Repetition Method" Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s

With Bands, Box Squats by Louie S.

WPO Semis, "No Deadlift" Routine, Ray Benemerito, Knee Pain & Interview, TOP 100 SHWs. Jan/01 ... IPF Men's Worlds, WABDL MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s

Workout, Eccentric & Concentric Oct/01 ... World Games, TomManno, Jamie Harris Interview, John Corsello Ir. Interview700 BP Club, Speed Cycling

Gillingham Won, Louie on Special Nov/01 ... Nance Avigliano, USAPL BP Nationals, IPF Ir. Worlds, T.I. Hoemer Squat Workout, "Analyzing Your Squat"

Bands, USAPL Women's Natls, Westside Dec/01 ... IPF World Masters, WPC Can Ams, Halbert Video, WPO BP for Cash, Mikesell Interview, TOP 100 132s Apr/01 ... Amold Classic, Frank Goes Westside Success , Jill Mills, Rich Oct/02 ... 556 squat @132 by Nance Mikesell Squats 1107, Louie on The

Midote, Jeremy Arias, Extra Workouts by Jan/02 ... IPF Men's Worlds, WABDL BP Grains, The Positive of Negatives, Bench Workout, Team PL, TOP 100 SHWs Worlds, Garry Frank goes 2606, IPA Shirt Blues, TOP 100 148s BP Training, Russian Nationals, Rob Training the Lockout, TOP 100 198s

20 Teen/Women/Masters, Russ Barlow, Explosive Strength, TOP 100 181 Becca Swanson, 850 DLs, Louie on "the Jan/03 ... IPF Men's Worlds, WABDL BP

Apr/02 ... WPO Finals/Qualifer/Arnold

Jun/02 ... Meet Scot Mendelson, IPF Louie Simmons on Volume, Dan Austin

Jul/02 ... Kennelly Benches 780, IPF lists, Controlled Chaos BP, The Tendo Sizemore Interview, TOP 100 114s. Aug/02 ... APF Seniors, USAPL Men's Harris Pt.1, Equipment, Never Looking Natls, USPF Srs/Mountaineer Cup IV, Strong Legs for Recods by Louie, Your May/03 ... Bill Crawford's Road Back, Bench Shirt by Halbert, TOP 123s.

Sep/02 ... Kennelly BPs 800, American Bill Kazmaier Profile Pt. 1, Women's Strongman, Training Organization Pt. 1 500 lb. SQs & DLs, TOP 100 275s. by Louie S., Preventive Maintenance, Aug/03 ... Mendelson Benches 804,

Avigliano, USAPL BP Natls, Powerhouse Bench Press Shirt, Vince Anello Deadlift

May/01 ... Ed Coan Interview, Russian Nationals, Carmen Perrotta Interview, Nov/02 ... Sivokon Speaks, IPF Jr. Worlds, Serious Mass Pt. 1, Priscilla lb. Squat Club, What You Need in Your Fusner's Program, Why Can't I Gain Feb/002 ... WABDL DL Worlds, IPF BP Ribic Interview, Willie Wessels Gym, TOP 100 114s

Neels pulled an Ironman record of 523.5 Schroder was the only lifter who just did in the 220's. Michael was very helpful in the Ironman division, which was both the making some suggestions in the way we set bench and deadlift, combined by formula. up the Ironman in the future. Thanks He ended the day with a 385.8 bench and Michael. Another Minnesota lifting legend, Bill Norton, in the master II/220 class all sincerity that I thank you for lifting in pulled 303.1 raw, for a new state record, our meet. Scott Nutter, owner of Elite In the equipped division, there were quite Barbell, and our host gym Chanhassen a few lifters that I haven't mentioned yet. Fitness, owned by Darryl Rozelle, would In the 148's, Hank Pernu capped off his day like to thank Mike Lambert of Powerlifting with 270.1. Phil Haney and Matt Talbot USA, Rick Brewer of House of Pain, and battled again in the bench with Matt Wesly Kampen at Monster Muscle, for (9-10) Raw coming out on top with a lift of 325.2, and their continued support of our sport of Addison Phil coming in second with 264.4 in the powerlifting. I would also like to thank the 132 lbs. I would also like to thank the 1 South Dakota and didn't disappoint his parents and the spectators in te teen(17-19) 198 division. Benching 352 and deadlifting 457.5, this kid has the strength deadlifting 457.5, this kid has the strength and our book keeping staff of Greer! and size to post some incredible numbers Rachel Nutter, Khris Finger, and the whole 181 lbs. in the future. In the 220', Austin Klatt, in Nutter family. DJ Don kept the lifter (40-44) Raw his first competition in a shirt, put up a pumped up with his music. I would finally record 242.4. Both him and Ron Delisis in like to thank Carl Seeker for his countless the 242's master I division, came from Durand, WI. Ron waited until his last lift to get his record 440.9. I know Ron is much to get his record 440.9. I know Ron is much stronger than this ans I see 500+ in the near Nothing can compare to swords and battle future for this long time raw lifter. John axes for trophies. Look for the 2nd Annual wood, in the 220 master I, did 424.4 in the Ironman classic November 25, 2006. bench, and 567.6 deadlift. Bill Norton, in (Thanks to Trent Hedtke for these results)

50-54 Raw

Open Raw Dixon Subs Raw Dixon (40-44) UNL

7 MAY	06 -	Greenville, SC		Subs Raw
BENCH		Junior Raw		Dixon
VOMEN		Miller!	170	(40-44) UNL
7 lbs.		(40-44) Raw		Warren
17-19) Raw		Benedict	135	(60-64) Raw
Grossnickle	80	Timmons	110	Bell
32 lbs.		165 lbs.		300 lbs.
40-44) Raw		Junior Raw		Junior Raw
Oxner	105	Jackson	130	Bray
45-49)		SHW		Lifetime Raw
mith	110	(50-54) Raw		Raynor!

Oct/03 ... Gene Bell, John Ware SQ/TOT, TOP 100 SHWs Workout, Sioux-z Hartwig, A.R.T. Sep/04 .... IPA Worlds, Mountaineer Techniques, 50 Best SQs/BPs, Louie S. on Training the Back, TOP 100 132s. WPO Finals, Rychlak BPs Louie Simmons, TOP 100 114s

900, IPF World Masters, Ausby Oct/04 ... WPO Finals, Recuperative Alexander, "Story of Arthur Jones", Speed Day Pt. 1 by Louie S., TOP 100 165s Jan/04 ... IPF Worlds, WPC Worlds, IPA Control, All Time Squats, TOP 123s Effort Day, Mabel Rader TOP 165s

only helped me, but countless others as

Feb/04...IPFWorldBP, WABDL Worlds, Squat Workout, TOP 100 132s. Hyperhydration, Coan Update, Back Pain, Becca Benches 465, All Time Best BPs,TOP 100 198s

Brent Mikesell Interview, IPF President's Message, TOP 100 220s Apr/04 ... Frank Goes 2706/2805!,

Hall of Fame, TOP 100 242s Min. Injury Solution, Delayed

Strength, TOP 100 275s

Men's Nationals, World Powers by Louie
Simmons, Luke lams, Women's All Tim

May/05 ... Pat Casey Passes, "Then and Interview, Herb Stroke, TOP 100 165s EACH, 25+ BACK ISSUES - WE Now" by Louie S., Mike Miller Interview, Feb/06 ... WABDL Worlds, WDFPF NEGOTIATE A BETTER PRICE)

Frombrough! 505 350 500 1355 !=Best Lifters. Team Competition Bench Open O'Malley Press Champs: Furman University (9 Consecutive Years), 2nd Place: Focus Fitness. (40-49)(Thanks to the WNPF for the meet results)

APF Steel City Classic 20 MAY 06 - Mobile, AL BENCH 1st 2nd 3rd TOT MALE Open/Raw E. Patton 240 250 250 220 lbs. Teen D. Pierce 500 510 510 500 Open E. Dowdney 275 lbs. Submaster W. Stewert 500 600 A. James E. Tew 308 lbs.

365 415

675 700

Open

Micka

425 415

Due to the destruction of Hurricane Katrina and the closing of The Powerpit Gym, I was not sure if there would be any powerlifting contests for the year 2006. Special thanks to several who made this ontest possible. Mike and Jan Horn of Mobile was having their Annual Steel World Bodybuilding Show and offered the space for me to hold my annual bench



Trooper Art James with Joe Ladnier at the Steel City Classic in Peak Fitness Gym. There will be a dead-Mobile, Alabama. Joe thinks Art is the only Highway State Trooper to officially bench press 700 pounds and he did it in a single ply shirt that he put on himself. (photograph provided courtesy Joe Ladnier)

press championships. What a set-up, with theater style seating at Baker High School—tive, he picked 240 lb. again on a 2nd—shirts, he decided to go for it! 600 lbs. was Auditorium. Universal Nutrition spon-sored the event with meet t-shirts and a 250 lbs. with ease on his 3rd attempt. He with that shirt he'll do that and more. Now brand new custom Forza Bench press. obviously caught the Iron Bug, because he lerome Adams, who was recovering from never left the platform while the others on my voice mail saying he was a poor old knee surgery, did a great job announcing lifted. Dean Pierce from John Micka's state trooper and was wondering if he the event. Special thanks to Bobby and Peak Fitness Team in Hattiesburg, MS, could lift in my meet. As it turned out, Art Carol Ann Myers for taking time out of their schedule to drive over from florida an unbelievable arch and to be a teenand help me judge the meet! Although only seven lifters showed, it was one of the most enjoyable meets I can remember most enjoyable meets I can remember hosting. Each lifter helped each other, the 510 lb. on a 2nd and 3rd. Eric Dowdney switched to a double ply Rage X but only bringing their own spotters and loaders. was the only lifter to send an entry into jumped to 725. Of course he couldn't Their wasn't not one complaint or probme before the contest (thank you, again) lem. Everyone was very appreciative and had a great time! The pre-judging didn't take too long in the bodybuilding competition and we were able to start with the drive down from North Mississippi to the drive down from a few and time in a new shirt. It seemed the from a few and time in a new PR tition and we were able to start with plenty of time around 3:30pm. Eddie Patton-Hooch made the drive all the way down from Atlanta, Georgia to compete in his very first contest, with no help and completely RAW! Being a little nervous for his first contest, he missed his signals and was red-lighted, but smoked an easy opener with 240 lbs. Playing it conservations of the metal of the model of the series of the metal and was looking for new PR's. He took advantage of having no pressure and made his 500 lbs. opener outs were probably the worst he'd ever

had, so I think that played with his head a little. He missed grooved his opener with 675 and stalled 3/4th of the way up. Then he tuned his shirt up a bit and gave 700 lbs. a run. His 2nd and 3rd looked the same having to fight the weight to touch his chest and just ran out of steam towards the top. Guys in these restrictive shirts, you just gotta load the bar and not be afraid of the weight. Let the weight push it down, your job is to blast it up! Thanks o my wife, son and Jerome Adams for helping me set up and their continued support. For those of you that were not able to stay for the night show of the oodybuilding contest, it went really well. guest posed at the end and had a lot of Bobby and Carol Ann had never seen a bodybuilding show and at first said they had never seen me so small. But on stage at 5'7" and 237 lbs., they said I looked 300 lbs. LOL. Be sure to attend the APF/AAPF Mississippi State Powerlifting and Bench Press Championships on my birthday, October 14th, 2006 in Hattiesburg, MS, at

> 17th Cabin Fever BP/DL 26 MAR 06 - Granger, IN

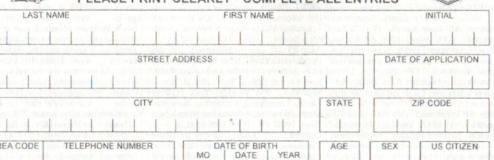
		D.,	
BENCH		220 lbs.	
WOMEN		A. Reed	585*
148 lbs.		275 lbs.	
B. Single	115	M. Cov	365
UNL		Master (45+)	
K. Tomplins	135		
MEN		L. Boynton	300
Natural		SHW	
148 lbs.		D. Stouder	445
L. Timmons	190	Open	
181 lbs.		242 lbs.	
D. Whitehead	1480	L. Bontrager	365
220 lbs.		275 lbs.	
C. Dahling	465	J. Conley	-
K. Warstler	435	DEADLIFT	
242 lbs.		WOMEN	
E. Tener	440		
275 lbs.		S. Sanaghan	210
R. Ballman	365	Natural	
308 lbs.		165 lbs.	
G. Lealiifano	670	D. Craigo	400
A. Bontrager	450		
SHW		D. Whitehead	550
S. Jarausch	665		
Novice		C. Mow	640
181 lbs.		R. Ballman	500
D. Murray	_		
198 lbs.			
J. Harrington	225		
220 lbs.			
	175		
275 lbs.			
M. Fedder	385		

Master

YES NO

Master
\*=Central BP League Records. Best Lifters:
1-Al Reed, 2-Dustin Whitehead, 3-George
Lealiifano. Special thanks to: Mike Wider,
Al and Rob Reed, Brendan Yoder, Ron Cuny,
Jon G. Smoker, and my partner in crime,
Anson Wood. George Lealiifano has been
one of the perennial stars of Central Bench
Press League meets since the turn of the
century. Charismatic, photogenic, he has
been the Sammy Sosa, so to speak, of these
meets for quite sometime, racking up many
best lifters and high ranking lifts along the
way; but unbelievably he has never bagged
one of the coveted CBPL records, until
now. And he got a good one, knocking off
the 9 year old record of Tom Skiver set in
his legendary showdown with J.M. Blakely. the 9 year old record of 10m Skiver set in his legendary showdown with J.M. Blakely. Lifting in the 308 lb. class, his opener with 650 wasn't enough to push the bar to his chest, but 670 was just right and a record. Moving on, the dynamic duo struck again; workout partners and benchers extra ordinaire, Al Reed and Steve Jarausch both ordinaire, Al Reed and Steve Jarausch both came away with pr's. Al got his opener, 585, a CBPL record, but a groundbreaking 605, wasn't quite there. Steve, on the other hand, dodged a bullet, missing his first 2 attempts, before getting a 665 pr, moving him further up the top 100 list. Amazingly enough, with all this great lifting going on, George actually came in 3rd in the best lifter actuary. No cause the great Dustin lifter actuary. lifter category, because the great Dustin Whitehead had his best day ever, getting a pr, high ranking 480 at 181. In the deadlift it was all Chris Mow who had an incredible day, getting 2 pr's and finishing with a big 640. And if there had been an iron man best lifter, Dustin Whitehead would have won that easily, as he also got an excellent 550 (Thanks to Jon Smoker for these results)





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MEET DIRECTORS ... a listing

PL/BP (Las Vegas, NV) Jason 702-408-5919, Auschwitz, bigjay54@hotmail.com

19 AUG, APA Keystone Open (Hanover, PA) Scott Taylor, 6097 Boca Colony Dr. #1615, Boca Raton, FL 33433, scott@apa-wpa.com,

19 AUG, 22nd Iowa State Fair Drug Free Bench Press/Deadlift Contest (Pure/Natural, Masters/Submaster) Teen/Novice/Team - IA) Jeff Baird 515-953-6833, Bairdzz@aol.com

19 AUG, 3rd Drug Free Summer Time Splash & Southern Ohio Powerlifting & Bench Press Championships (NeoLimits Fitness Center, 51 E. Spring Valley Rd., Centerville, OH) David Ricks Meet Director, 937-435-2127, ricks181@hotmail.com

19 AUG, WABDL Nevada State Championships (BP/DL-Stockmen's Hotel & Casino, Elko, NV) Raul Lopez, 775-753-2374

19 AUG, SLP Indiana State Fair BP/ DL (Beech Grove, IN) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

19 AUG, ADAU Texas State (closed) and Long Horn Cup (open) (all age groups and divisions, men & women) Les Cramer, Box 300966, Austin, TX 78703 www.powerliftingjournal.com, leslifter@netscape.com, 512-329-8528

19 AUG, AAU Texas State (closed) and Long Horn Cup (open) (all age groups and divisions, men & women) Les Cramer, Box 300966, Austin, TX www.powerlifting-78703 journal.com, leslifter@netscape.com, 512-329-8528

19 AUG, SPF Kentuckiana Open or Raw P/P. BP. DL (Metro Fitnes, Shelbyville Rd. (US 60) Louisville, KY) www.southernpowerlifting.comorcall Jesse Rodgers, 423-876-8410

19 AUG, USAPL 3rd annual Southern Ohio PL/BP. Dave Ricks, 8835 Winston Farm Ln, Dayton, OH 45458, 937-435-2127

19,20 AUG, YMCA Nationals (raw, single ply, unlimited gear, PL, plus individual lifts & power sports, all age groups and divisions, men & women) Les Cramer, Box 300966, TX 78703. Austin. www.powerlifting-journal.com, leslifter@netscape.com, 512-329-8528

20 AUG, IPA Long Horn Cup (open) and Texas State (residentsonly) (all age groups and divisions, men & women, amateur, elite, amateur, pro) Les Cramer, Box 300966, Austin, TX www.powerliftingjournal.com, leslifter@netscape.com, 512-329-8528

20 AUG, SLP Illinois State Fair BP/

## COMING EVENTS

3291, paxtonpowergym@charter.net

2 SEP, APA Nationals (Ft. Myers,

FL) Scott Taylor, 6097 Boca

33433, scott@apa-wpa.com,

2 SEP, NASA New Mexico Regional

(PL/BP Only/PS/PP - Rio Rancho,

NM) Mike & Teale Adelmann,

2 SEP, SLP World BP/DL, SLP,

122 W. Sale, Tuscola, IL 61953,

217-253-5429,

sonlight@netcare-il.com,

2.3 SEP, USAPL National Bench

Press Championships (Charlotte,

NC) Jennifer Thompson, 704-

8 3 - 6 3 3 2 ,

http://apa-wpa.com

Colony Dr. #1615, Boca Raton, FL

DL (Springfield, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

20 AUG, 4th Summer Heat at Blackstones Gym (BP/DL) John Blackstone 740-5020-4964

25-26 AUG, Mannatech ISA World Powerlifting Championships (\$3500 prize money) & MuscleTEch Big Bench Contest (\$3500 prize money) Arlington Convention Center, Dallas/Ft. Worth.

www.europasupershow.com. bettypariso@aol.com, 817-498-

25-26 AUG, USAPL Bull Stewart's Alki Beach Classic, Andrew Stewart, 3023 Rainier Ave. S. Seattle, WA 98118, 206-725-7894

26 AUG, AAU National Push Pull Championships (Mocksville, SC) Keith Payne, 336-766-3347 26 AUG, USAPL California State (PL,BP,DL) Jason Burnell, 2327 Alva

El Cerrito, CA 94530, 510-232-

26 AUG, USAPL Arizona State (Tuscon, AZ) John Pena, 520-312-

26 AUG, SLP Kentucky State BP/DL (Louisville, KY) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com. www sonlightnower.com

26 AUG, WABDL 10th Alki Beach Championships (BP/DL-Seattle, WA) Bull Stewart, 206-725-7894

26 AUG (NEW DATE), APF/AAPF Detroit Barbell Meet (Detroit, MI), J.J. Thomas, 24081 Karnak Ct. Brownstown, MI 48174 734-642-7877 usuw detroitharhell net

26 AUG, ADAU Powerlifting Championship (Hagerstown, MD) Kevin Prosser, 11218 Greenmount Ave. Hagerstown, MD 21740, 301-573-7853. ikprosser@vahoo.com

26 AUG, Midwest Masters Open (masters only, PL, BP, DL, PP) Keith Machulda, 48084 Cass, Omaha, NE 68132, 402-444-5596

26 AUG, APF Georgia State Powerlifting & Bench Press Championships (Kennesaw, GA) Jon Grove, 850-7 4 - 2 8 8 0 . kennesaw@fitnessresource.com,

26 AUG, APF Debbie Kruck Police/ irefighters BP Challenge, Daytona Beach, FL, pamelaclayton@aol.com, 386-734-3128 27 AUG, Endless Summer Classic

(Granger, IN) Anson Wood, 574-903ansonwood@sbcglobal.net 2 SEP, APF Pennsylvania State Chamonships (PL,BP,DL - Pittsburg, Keith McNeish, 912-400-1675

2 SEP, APF YMCA of Saratoga Push Pull (state record breaker meet Saratoga Springs, NY) John Hart, 518-587-3000 x205 johnhart@ymcasaratoga.org

2 SEP. Paxton Power Strongman, Strongwoman (Paxton, MA) 508-991-

ennifer@132poundsofpower.com 9 SEP. SI PTennessee State Fair BP. DL (Nashville, TN) SLP. 122 W. Sale. Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com

9 SEP. USPF Bench Press Meet Iniversal Fitness, Teay's Valley, SV) 304-757-7867

9 SEP, APF Gulf Coast Open BP/DL/ PL (New Port Richey, FL) Rick Lawrence, 727-376-1707

9 SEP, USPF Venice Beach PL/BP/ DL, Joe Wheatley & Steve Denison, wrlftrs@msn.com, 661-333-9800 9 SEP, WABDL Tennessee State

Championships (BP/DL - Manchester, TN) Ken Millrany, 931-454-0935 9 SEP, 15th WNPF Lifetime Drug Free Nationals (BP, DL, PC - Bordentown, NJ) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 678-817-4743, 30214. wnpf@aol.com

9 SEP, Wolf River Day of Strength Strongman and Powerlifting, (New London, WI) Tom Theama, 920-359-90432, ttheama@charter.net

#### APF/AAPF/WPO Schedule

26 AUG, APF Georgia State 26 AUG, APF/AAPF Detroit Barbell Meet 26 AUG, APF Georgia State PL & BP Championships 26 AUG, APF Debbie Kruck Police/Firefighters BP 2 SEP, APF Pennsylvania State Championships 2 SEP, APF YMCA of Saratoga Push Pull 9 SEP, AAPF/APF Summer Heat II 9 SEP, APF Gulf Coast Open BP/DL/PL 16 SEP, APF/AAPF Midwest Classic 16 SEP, APF/AAPF Power Quest 16 SEP, APF Hawg Farm Open 30 SEP, 1st State Power Frenzy 7 OCT, APF New England Open Bench 14 OCT, APF/AAPF Mississippi State 14 OCT, APF/AAPF Asylum Power 28 OCT, South Dakota Metal Massacre Push Pull 4 NOV, APF Texas Cup 11 NOV, APF Iron Playground Classic 18 NOV, AAPF Southern States NOV, APF Galaxy Gym Invitational

2 DEC, APF Pine Tree State Open 9 DEC, APF Rio Grande Valley Championships 9.10 DEC. APF Southern States 20 IAN, APF Michigan State BP Championships 5-7 MAY, APF Submaster, Master, Jr.

Dates subject to change Call 386-734-3128 for info. (worldpowerlifting.org) (worldpowerliftingcongress) 9 SEP. 100% Raw Jacksonville Open (Jacksonville, NC) Paul Bossi, rawlifting@aol.com

9 SEP. APF/AAPFPL & BP Summer Heat II (Rock Hill, SC) Will Millman, APF/AAPF SC State Chairman, shelter223@aol.com

9 SEP, 100% Raw Powerlifting Nebraska State Championships, (Full, Bench, Push-Pull) A.V. Sorensen, 4808 Cass St., Omaha, NE 68132, DJ Satterfield, 402-504-7977, 402-592-1243, NE@rawpowerlifting.com

10 SEP, Norwich YMCA Bench Press Competition (All weight classes/divisions - Norwich, NY) Shannon Gawronski, Meet Director, 607-336-9622 x24

10 SEP, 15th WNPF Pennsylvania State (PL, BP, DL, PC - Ephrata, PA) Troy Ford, WNPF, PO Box 142347. Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

10 SEP, United We Stand BP-DL Iron Man-Maiden, raw or equipped all classes, trophies 1st-5th, \$30 entry fee, free meet t-shirt, Charles Venturella, 718 Mabel St., New Castle, PA 16101, (724) 654-4117

16 SEP (NEW DATE), NPA Drug Free National BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, Duane Burlingame

16 SEP, APF Hawg Farm Open (PL/ BP/DL - Evansville, IN) Larry Hoover, 8 1 2 - 3 8 5 - 9 9 3 2 . quad4hoov@peoplepc.com

16 SEP, 8th Sci-Fit of Georgia Bench Press Championships (Macon, GA) Joe Deverville, 478-750-7005

16 SEP, NASA East Texas Regional (PL/BPOnly/PS/PP-Longview) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

16 SEP, 1st APF/AAPF PowerQuest PL/BP (limited to 50 lifters - Days Inn, Fremont, OH) Rob Twining, 419-332-

rob at outlawbarbell@vahoo.com 16 SEP, APA Northeast Regiona Championships (Wallingford, CT) Scott Taylor, 6097 Boca Colony Dr. #1615. Boca Raton, FL 33433, scott@apawpa.com, http://apa-wpa.com

16 SEP (NEW DATE), APF/AAPF Midwest Classic (Overland Park, KS) Patterson. Susan www.midwestbarbell.com/catalog, 816-668-2005

16 SEP, 6th Iron Boy BP Classic & IBP Curl Championships, (Winston-Salem, NC) Keith Payne, keith@ironboupowerlifting.net

16 SEP, ISS KAC Bench Press Classic, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, mikesbench@hotmail.com 16 SEP, APC Northern California Open & Novice PL & BP, John Ford (650) 303-7518

16 SEP, USA Raw Bench Press Federation Fall Nationals, (Holland, MI) SLP, 122 W. Sale Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

16 SEP, WNPF Upstate New York II (Clyde, NY) Ron Deamicis, 303-792-

16 SEP, IPA Pennsylvania States (full power, BP - Location, TBA) Gene Rychlak Jr., 143 Second Ave., Roversford, PA 19468, 610-948





#### RawPowerlifting.com

October 14, 2006

W along

Contact: Paul Bossi - 252-336-4188 / Shawn Lyte - 312-498-4043

CriticalBench.com - eWorldSupplements.com - EC Trophy Goliath Labs - No Pain, No Gain - POWERLIFTING USA

16 SEP, 100% Raw Georgia State BP (Tucker, GA) Paul Bossi,

pres@rawpowerlifting.com

16 SEP, Prairie State Classic (Savov. Jeff Douglas, 217-356-8541 17 SEP (DATE ASSIGNED), AAU Florida State PL/BP (Brandon YMCA), VincentLombardi, 1605 Cresson Ridge Lane., Brandon, FL 33510, lombardistrength@yahoo.com, 813-

23 SEP, SLP National PL Championships, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

23 SEP, 100% Raw Pennsylvania State & Mid Atlantic Powerlifting Cham-Dave

23 SEP, Bartlesville Classic (Osage Hills H.S., OK) Jim Duree, jduree7086@aol.com, 913-626-

www.lenexastrengthandfittness.com 23 SEP, USAPL Chuck Peterson Memorial BP/DL, Sonny Runyon, 3421 W. Armitage Rd., Muncie, IN 47302, Day 765-836-4000, Evening 7 6 5 - 2 8 2 - 2 1 5 2 powerhouse@aol.com

23 SEP, WABDL Washington State Championships (BP/DL - Aberdeen, WA) Dr. Don Bell, 360-581-5118 23 SEP, Southern Kentucky Push Pull Fall Championships (Cave City, KY) Wade Johnson, 615-782-4036, uat800@yahoo.com

23 SEP, APA Louisiana Record Break-

## **UPCOMINGSLPCOMPETITIONS**

19-20 AUG, SLP Indiana State Fair BP/DL, (Beach Grove, IN) 26 AUG, SLP Kentucky State BP/DL (Louisville, KY) 2 SEP, SLP World BP/DL (Tuscola, IL) 9 SEP, SLP Tennessee State Fair BP/DL (Nashfield, TN)

> Son Light Power 122 W. Sale, Tuscola, IL 61953 217-253-5429 www.sonlightpowre.com sonlight@netcare-il.com

ers (PL.PP.BP.DL.SC - Natchitoches. LA) Ryan Cidzik, 318-663-0077 rcidzik@vahoo.com.

24 SEP, 100% Raw Illinois Raw Power Open (Elgin, IL) Kevin Beveridge, beveridge@dls.net

24 SEP, USAPL Colorado Mile High Push Pull, Dan Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012,

24 SEP, SLP Genesis Gym Open BP/ DL (Celina, OH) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com,

24 SEP, USAPL Colorado Mile High Push Pull, Dan Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, 303-475-3366

30 SEP, APA Northwestern States Championships (Yuba City, CA) Scott Taylor, 6097 Boca Colony Dr. #1615, Boca Raton, FL 33433, scott@apawpa.com, http://apa-wpa.com

30 SEP, APF/AAPF First State Power Frenzy (PL/BP/PP/Police/Fire, Raw/ Equipped - The Training Center, New Castle, DE) Broderick Chavez, 302-858-7465, isquat700@mchsi.com, www DF-APF com

30 SEP, WABDL Hawaii State Championships (BP/DL - Bellows AFB, Waimanalo, HI) Keith Ward, 808-375-

30 SEP, WABDL Night of the Champions (BP/DL - All American Gym, Lakeland, FL) Ken Snell & Louis Balts, 863-687-6268

30 SEP, ADFPF Open Michigan State & Can-Am Powerlifting & Single Event Championships (equipped, unequipped - Lansing, MI) Jeff buchin, Meet Direc-

tor, www.adfpf.org
30 SEP, AAU National High School Championship (Pittsburgh, PA) Zeke Wilson, 514-334-5896, zeke@bigzekesfitness.com

SEP, 100% Raw Illinois Ironman Championship (Palatine, IL) Shawn Lyte, rawlifting@bmfsports.com

7 OCT, NASA Kansas City Regional (PL/BP Only/PS/PP - Kansas City, KS) Jim Duree, jduree7086@aol.com 7 OCT, SLP Alabama Push/Pull (Northport, AL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

7 OCT, 100% Raw southern Open BP & Arm Wrestling Championships (Jarvisburg, NC) Gene Berry, dberry90@mchsi.com

7 OCT, AAU New Jersey BP/DL (Sports University, Fairfield, NJ) Joe Carini, 973-808-1717

7 OCT, APF New England Open Bench Press Championship (Ramada Inn Conference Center, Manchester, NH) Jamie Fellows, Dave Follansbee, c/o USA Bodybuilding.com, 865 Sec ond St., Manchester, NH 03102, 603-6 2 6 - 5 4 8 9 nhbodybuilding@yahoo.com or www.usabodybuilding.com

7 OCT, USPF Central California Open PL/BP/DL (Modesto, CA) Dave Cummerow & Steve Denison, pwrlftrs@msn.com, 661-333-9800 7 OCT, NASA Ohio Regional ((PL/BP Only/PS/PP - Springfield, OH) Rich Peters, P.O. Box 735, Noble, OK 73068. 405-527-8513,

sqbpdl@aol.com 7 OCT, IBP Carolina Classic Powerlifting Championships (Shelby, NC) Keith Payne 336-766-3347, keith@ironboypowerlifting.net

8 OCT, SLP Big Bench at the French III BP/DL (Hickory Hills, TN) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

14 OCT, APF/AAPF Asylum Power (full power, single lift - Iron Asylum Gum. Tribes Hill, NY) Sandi or Zane 518-858-7002, McCaslin. candyazz@ironasylumgym.com, www.ironasvlumgym.com

14 OCT. Iron Chamber Gum BP/DL (East Canton H.S., Canton, OH) Jeff Begue, 330-844-1011.

14 OCT. SPF/WBPLA Worlds: Open/Raw P/P, BP, DL (Riverview Terrace Hotel, Gatlinburg, TN, turn right at red light #6) www.southernpowerlifting.com or call Jesse Rodgers, 423-876-8410 14 OCT, APF/AAPF Mississppi State (PL/BP-Hattiesburg, MS) Joe Ladnier, personali@bellsouth.net

14 OCT, Iron House Push Pull (Zanesville, OH) Mike 740-704-4747. www ironhousezanesville com

14 OCT, SLP Oklahoma State BP/ DL (Tulsa, OK) SLP, 122 W. Sale. Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

14 OCT, NASA Colorado Regional Championships (PL/BP Only/PS/PP CO) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513,

sqbpdl@aol.com 14 OCT, USAPL Florida Collegiate PL - Ft. Lauderdale, Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/

14 OCT, Eastern USA Open (Dover, DE) Scott Taylor, APA President, 941-626-4247, scott@apa-wpa.com

14 OCT, South Jersey Bench Press (Broadway Theatre, Pittman, NJ) Mike Charnik, Almonesson Rd., Dept Ford, NJ 08096, 856-228-7180 14 OCT, USAPL South Florida Open

Bench Press Championships (Ft. Lauderdale, FL) Robert Keller, 954-790-2249 rhk@verizon.net. ocities.com/floridausapl

14-15 OCT, Practical Nutrition Tactical Strength, a Total Performance Sports Seminar with CJ Murphy, MFS, at Nazareth Barbell Powertraining, 181 South Whitfield St., Nazareth, PA 18064, 610-365-8776 or 617-387deb@nazbar.com, . nazbar.com murph@totalperformancesports.com 15 OCT, 1st USPF Regional BP/DL Championships for Regions 1,2,3,4 (Robert C. Byrd High School, Bridgeport, WV) Matt McCase, 210 Gilbob St., Fairmont, WV 26554, 304-376-

2432, mccase@yahoo.com 15 OCT, SLP Missouri State BP/DL (Springfield, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com,

18-20 OCT, NAPF Regional Bench Press Championships (San Jose, Costa Rica) Robert Keller, 954-

790-2249, rhk@verizon.net 20-22 OCT, AAU World Power-lifting, International Push/Pull & Single Lift (Richmond, VA) after 7PM EST 804-559-4624, VAPowerlifting@aol.com, www.aausports.org 20-22 OCT (NEW DATE),

WDFPF Single Lift Worlds (John Clow, Bendigo, Australia) jm-

**UPCOMING WNPF MEETS** DRUG FREE POWERLIFTING

9 SEP, WNPF Lifetime Drug Free Natls.

(Raw, Single Ply, Unlimited)

10 SEP. WNPF Pennsylvania State

16 SEP, WNPF Upstate New York II

27-29 OCT, WNPF Championships

WNPF, PO Box 142347, Fayetteville, GA 30214 678-817-4743 or wnpf@aol.com website - members.aol.com/wnpf

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gedney@wiu.edu 21 OCT, Kentucky Muscle Push Pull Championships (Louisville, KY) Scott Taylor, APA President, 941-626-4247, scott@apa-wpa.com 21 OCT, Pennsylvania Power Chal-

lenge X (BP, DL - Leesport, PA) Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610-948-

21 OCT, 4th Tom Foley Bench & Deadlift Classic (Applications must be submitted with fee by 14 October, Nanuet, NY) Premier Fitness, 430 Nanuet Mall South, Nanuet, NY, 10954, 845-920-0501

21 OCT (new date), PPLUSA Powerlifting Drug Free (BP/DL/PP/Full Power/Body Challenge, 1st-5th prizes in each division) Tee "Skinny Man" Meyers, 2250 Lumpkin Rd., Augusta,

GA 30906, (706) 790-3806, pythongym@aol.com, www.hometown.aol.com/pythongym 21 OCT, USPF Monster Bench & Night of the Living Deadlift (Chatsworth, CA) Kevin Meskew, 818-899-7555, warrior01@earthlink.net

Bench Press/Curl Championships (Stanardsville, VA) John Shifflett, valifting@aol.com

21 OCT, PPL Drug Free Nationals, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806

21 OCT, SLP Ultimate Body Fitness Chicago Open BP/DL (Chicago, IL) SLP, 122W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare l.com, www.sonlightpower.com

21 OCT, 100% Raw Virginia State

Bixler, 11 Longwell Ave., Westminster, MD 21158, 443-789-9452 28 OCT (corrected phone number), ADAU 24th Raw "Central PA

Open" (Drug Free - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield 16830, 814-765-3214,

21 OCT, 100% Raw Virginia State

BP/Curl. John Shifflett. Box 941.

Stanardsville, VA 22973, 434-985-

21,22 OCT, NASA 2nd "Genu-

ine" Unequipped Nationals (PL/BP Only/PS/PP - Oklahoma City,

OK) Rich Peters, P.O. Box 735,

Noble, OK 73068, 405-527-

**22 OCT,** Indian Summer BP/DL (Granger, IN) Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-

22 OCT (NEW DATE), SLP Fall BP/

DL Classic (Mattoon, IL) SLP, 122 W.

Sale, Tuscola, IL 61953, (217) 253-

5429, sonlight@netcare-il.com,

27-29 OCT, 15th WNPF World PL

& USSA World Strongman Cham-pionships & WNPF USA Body

**Building Championships & WNPF** 

Men's and Women's Elite Champi-

onship II & Olympic Weightlifting

Classic (Atlantic City, NJ) Troy

Ford, WNPF, PO Box 142347,

Fayetteville, GA 30214, 678-

28 OCT, ANPPC National PL

Championships, SLP, 122 W.

Sale, Tuscola, IL 61953, (217)

253-5429, sonlight@netcare-

il.com, www.sonlightpower.com

28 OCT, IBP SC State Bench Press

(Seneca, SC) Keith Payne, 336-766-

28 OCT, Night of the Living Dead III,

Professional Deadlift Meet, Alex

Campbell, 615 Swimming Pool Rd.,

Hampton, TN 37658, 423-725-2415,

28 OCT, USAPL Central PA "Hal-

loween Havoc", Richard Davis, Box A

Route 26, Bellefonte, PA 16823, 814-

28 OCT, APA Fall Classic Full Power

(Total Fitness, Piedmont, SC) Kate

28 OCT, 2nd annual Open BP, Scott

864-286-0532.

abcampbell69@hotmail.com

kathryn264@charter.net

355-4874 x229

Taillon.

817-4743, wnpf@aol.com

3932 valifting@aol.com

8513, sqbpdl@aol.com

28 OCT. NASA Iowa Regional Championships (PL/BP Only/PS/PP - Des Moines, IA) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513 sahndl@aol.com

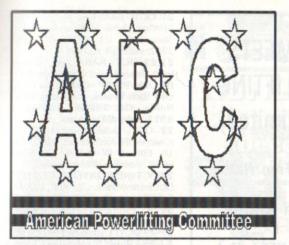
28 OCT, Indiana Open (PL/BP/PP/ DL - Greenwood, IN)
28 OCT, USAPL Hudson Natural Open (WI) Shawn Cain, 1040 192nd Ave., New Richmond, WI 54017, 715-

246-3560 28 OCT, APF South Dakota Metal Massacre Push Pull, josh LAw, 1801 Summit St., Yankton, SD 57075, 605-660-3392, lawmercia@hotmail.com,

29 OCT, SLP Southern Illinois Open BP/DL (Anna, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com,

www.sonlightpower.com

OCT, ADAU Connecticut State Powerlifting Championships (PL/BP -Brookfield, CT) Robert Del La Vega, 71 Commerce Dr., Brookfield, CT 203-775-8548.



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September 16, 2006 APC Northern California Open & Novie P L and B P John Ford

November 1-5, 2006 GPC World Championships 2006, Gent, Belgium, Promoter GPC-Belgium

December 9, 2006 APC 53rd. California IronMan, Fresno, Ca. Bob Packer 559-

April 14, 2007 APC Georgia State PL & BP Championships July 2007 APC National and Ameiica's Cup PL & BP Championshipsugust 2006

LB Baker 770-713-3080

For more information; www.americanpowerliftingcommittee.com IronDawg Power; www.irondawg.com

pghbrookfield@sbcgloval.net OCT, 100% Raw Virginia State BP/ Curl. John Shifflett. Box 941. Stanardsville, VA 22973, 434-985-

3932.

11 NOV, APF Iron Playground Claswww.virginiausapl.com sic, Sam Byrd, www.ironplaygrond.net, OCT, USAPL Florida Collegiate BP 423-877-1440 & PL and Southeastern USA 11 NOV, IBP NC State Bench Press Regional BP/PL (Ft. Myers, FL) Championships (Henderson, NC) Keith Robert Keller, 954-790-2249.

valifting@aol.com,

rhk@verizon.net, www geocities com/floridausan OCT/NOV. AAU World PL (Virginia) 804-559-4624 after 7PM

www.americanpowerliftingcommittee.com

4 NOV, NASA Kansas City Regional

(PL/BP Only/PS/PP - Kansas City,

KS) Jim Duree, jduree 7086@aol.com,

9 1 3 - 6 2 6 - 1 1 4 2

www.lenexastrengthandfittness.com

4 NOV (NEW DATE), WNPF South-

ern States Powerlifting (BP, DL, PC) &

USSA Southern Strongman Champi-

onships (Atlanta, GA) Troy Ford,

WNPF, PO Box 142347, Fayetteville.

GA 30214, 678-817-4743,

4 NOV, USA "Raw" Bench Press

Federation Worlds, SLP, 122 W.

Sale, Tuscola, IL 61953, (217)

253-5429, sonlight@netcare-

il.com, www.sonlightpower.com

4 NOV (NEW DATE), NASA Arizona

Regional (PL/BPOnly/PS/PP-Mesa,

AZ) Rich Peters, P.O. Box 735, Noble,

OK 73068, 405-527-8513,

4 NOV, NOVA Raw PL/BP (Sterling,

VA) John James, (703) 475-9885,

www.northernvirginiarawpower.com

4 NOV, APF Texas Cup (Dallas, TX) Garry Pendergrass, 1-800-378-6460, www.seguinfitness.com

wpa.com 5-11 NOV, IPF World Champion-

ships (women, men - Stavanger, Norway) Robert Keller, 954-790-

10-12 NOV, WDFPF World PL

Championships and WDFPF

Congress (Barry & Marie Crowley,

Ireland)

www.powerlifting-ipf.com

Kinsale,

rhk@verizon.net,

wnpf@aol.com

sqbpdl@aol.com

(EST), www.aausports.org 1-5 NOV, GPC World PL/BP 11 NOV, APA Best in the West Chamnship (Sacramento, CA) Scott Tay-(Gent, Belgium) LB Baker (770) or, 6097 Boca Colony Dr. #1615, 725-6684 or (770) 713-3080, Boca Raton, FL 33433, scott@apawww.globalpowerliftingcommittee.com, wpa.com, http://apa-wpa.com

11 NOV, SLP Ohio State BP/DL (Hamilton, OH) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

gednev@win.edu

Payne, 336-766-3347

sahndl@aol.com

11 NOV, 13th Berkshire Nautilus

42 Summer St., Pittsfield, MA 01201)

11 NOV, NASA Veteran's Memorial

Meet, Rich Peters, , P.O. Box 735,

Noble, OK 73068, 405-527-8513,

Glenn McBurney, 413-499-1217

noral Push Pull (Berkshire Nautilus,

12 NOV, 1st annual SLP Doreen M. Chapman Memorial BP (Antioch, IL men, women, teen, submaster, master) Lerov Chapman, 847-731-3769

15-20 NOV, WABDL World Championships (BP/DL-Las Vegas, NV) Gus Rethwisch, 763-545-8654 18 NOV. USAPL Ohio PL/BP (Men's, women's, open, raw, master, teen, police/fire) Ed or Frank 440-439-

5464. www.kingsgymohio.com (corrected website address) 18 NOV, AAPF Southern States (Lake City, FL) 386-734-3128.

worldpowerlifting.org 18 NOV, 100% Raw World Bench Press Championships (Currituck,

Paul Bossi. rawlifting@aol.com

18 NOV, SLP Kentucky State BP/DL (Louisville, KY) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

4 NOV, APA Battle on the Bay (Bay 18 NOV, North Bergen PAL Power-lifting Championships (North Bergen, City, MI) www.apa-wpa.com
4-5 NOV, WPA World Powerlifting Championships (Newport, ME) ajhstork@earthlink.net, www.apa-NJ) Jim Onderdonk, after 7:00 201-

18-19 NOV, USAPL Southeastern USA Regional Championships (BP, PL - Port St. Lucie, FL) Robert Keller, 954-790-2249, rhk@verizon.net,

18-19 NOV (NEW DATE), WNPF USA vs. The World Record Breakers Championships (Daytona Beach, FL) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA

30214. wnpf@aol.com

19 NOV, ISS Bench Press Championship, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262)654-6020. mikesbench@hotmail.com

25 NOV, Southern USA Championship (Tunica, MS) www.apa-wpa.com 25 NOV, NASA Kansas Regional Championships (PL/BP Only/PS/PP Salina, KS) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

25 NOV (New Date), SLP Mid-America Open BP/DL (Metropolis, IL) SLP, 122W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcarel.com, www.sonlightpower.com

NOV, APF Galaxy Gym Invitational Powerlifting & Bench Press Championships, J. Fellows, 17 Circle Dr., Meredith, NH 03253

1-3 DEC, USAPL American Open, Lance Slaughter, 4437 S. Centinela Ave., Los Angeles, CA 90066, (310) 995-0047

2 DEC, NASA Missouri Regional Championships (PL/BP Only/PS/PP Joplin, MO) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

2 DEC, APF Pine Tree State Open (PL/BP) Chris Wiers, 14 Fern St., Auburn, ME 04210, 207-777-3393 or 207-212-6453

2 DEC, SLP Illinois Christmas for Kids BP/DL (Mattoon, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightnower.com

2 DEC, NASA Push it - Pull it - Lift it Championships (Rio Rancho, NM) Mike Teale Adelmann mike@liftinglarge.com, 505-891-1237 2 DEC, 6th Pocket Samson's Christmas Bench Press & Deadlift (men. women, all wt. divisions, sculptured trophies, team clock trophy, Toys for Tots silent auction) Westminster YMCA, 1719 Sykesville Rd., Westminster, MD 21157, or call Samson, 410-634-

2 DEC (Tentative), APA Clash of the Iron Barbarians (Pautuxent, MD)

2 DEC, 19th Elkart Bench Press Classic, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683, ijrcsmoker@hotmail.com

2-3 DEC, USAPL Colorado State PL/BP Championships (??) Dan Gaudreau, 155 S. Dearborn circle, Aurora, CA 80012, 303-475-3366

678-817-4743, 3 DEC, APA Holiday Classic VII (Goodlettsville, TN) Wade Johnson, 6 1 5 - 7 8 2 - 4 0 3 6 supersquat800@yahoo.com

3 DEC, SLP Missouri Christmas for Kids BP/DL (Poplar Bluff, MO) SLP. 122 W. Sale, Tuscola, IL, 61953. (217) 253-5429, sonlight@netcareil.com, www.sonlightpower.com

9 DEC, AAU Marvland State BP (Residents only) & Eastern DL Open (Dumbarton H.S., Towson, MD) Brian Washington, 410-265-8264, Brian@usbf.net

9 DEC. SLP Arkansas Christmas for Kids BP/DL (Glenwood, AR) SLP. 122 W. Sale, Tuscola, IL 61953. (217) 253-5429, sonlight@netcareil com, www.sonlightpower.com

9 DEC, NASA West Texas Regional (PL/BP Only/PS/PP - Hereford, TX) Rich Peters, P.O. Box 735, Noble, OK 73068. 405-527-8513. sabadl@aol.com

9 DEC, USAPL Midwest Senior State. Tim Anderson, 2181 Hwy 77, Lyons, NE 68038, 402-687-4182

9 DEC, USAPL Virginia PL/BP/DL/ Ironman (Culpeper, VA) John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com, www.virginiausapl.com

9 DEC. 100% Raw World Championships (Burlington, VT) Paul Bossi, pres@rawpowerlifting.com Bret Kernoff. VT@rawpowerlifting.com

9 DEC, APF Rio Grande Valley Championships (Harlingen, TX) Garry Pendergrass, 1-800-378-6460, www.seguinfitness.com

9 DEC, APA Green Mountain

Regionals (Fairhaven, VT) www.apa-

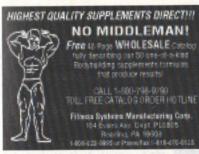
9 DEC, IPA Christmas Carnage (full power, BP - Leesport, PA) Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610-948-

9-10 DEC, USAPL Northeastern USA Regional Championships (BP. PL - Scranton or King of Prussia, PA) Robert Keller, rhk@verizon.net, 954-7 9 0 - 2 2 4 9 w.purepowerlifting.com

9,10 DEC, APC 53rd California Iron Man (Fresno, CA) Bob Packer (559) 322-6805 or (559) 658-5437

9,10 DEC, APF Southern States (Jacksonville, FL) 386-734-3128, worldpowerlifting.org 10 DEC, SLP Oklahoma Christmas

for Kids BP/DL (Sallisaw, OK) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-



il.com. www.sonlightpower.com

10 DEC (corrected phone number). ADAU 14th Raw "Coal Country" Classic (SQ/BP/DL/Open/All ages -Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-

3214, al@pikitup.com 16 DEC, APA Grand Floridian Classic cation TBA, FL) www.apa-wpa.com 16 DEC, NASA Illinois "Christmas" Regional (PL/BPOnly/PS/PP-Flora, IL) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

16 DEC, 9th WNPF Sarge McRay Championships (BP,DL, Ironman, PC -Bordentown, NJ) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnnf@aol com

16 DEC, 100% Raw Bowie-Robinson Memorial Cup (Chicago, IL) Shawn Lyte, rawlifting@bmfsports.com

16 DEC, 100% Raw Christmas Classic BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com

16.17 DEC, AAU World BP, DL, PP (Plaza Hotel, Las Vegas, NV) Martin Drake, Box 108, Nuevo,

naturalpower@earthlink.net 17 DEC, 8th Deadlift on the River, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683, jjrcsmoker@hotmail.com

30 DEC (New Date), SLP 'The Last One" BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, nlightpower.com

20 JAN, APF Michigan State Bench Press Championship/Bench for Cash, Jim Harboume, 1018 Coolidge Ave., Clawson, MI 48017, 313-610-2019 3 FEB, NASA Arizona State (Un/ Equipped, PL/PS/PP/BP Only - Mesa, AZ) NASA, Box 735, Noble, OK 405-527-8513,

16-18 FEB, USAPL Women's Nationals, Paul Fletcher, 17735 Creek Hollow Rd., Baton Rouge, LA 70617, 225-753-8586

17 FEB, WABDL Penn-Ohio-New York Regional BP/DL Championships (World Qualifier - Beaver Falls, PA) Charles Venturella 724-654-4117 3 MAR, NASA Bench Press Nation

als & Midwest Power Sports & Push Pull Championships (Kansas City, KS) NASA, Box 735, Noble, OK 73068, 405-527-8513,

sqbpdl@aol.com 10 MAR, USAPL Military Nationals, John Pena, 2065 S. Aliso Spring Ln., Tuscon, AZ 85748, 520-312-2110

10 MAR, NASA Missouri State High School & Open State Championships (PL/BP Only/PS/PP - Joplin, MO) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com 10 MAR, NASA Police, Fire, Military Nationals (Kansas City, KS) Jim

jduree7086@aol.com 17 MAR, NASA Tennessee State (PS/PL/unequipped, BP/PP - Pickwick St. Park, TNI NASA Box 735 Noble OK 73068, 405-527-8513, 31 MAR-1 APR, NASA

High School Nationals (Un/equipped, PL/PS -Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513,

sqbpdl@aol.com MAR, NASA Power Sports Na tionals & Unequipped PL (PL/BP/PS/PP - Russellville, AR) NASA, Box 735, Noble, OK 73068, 405-527-8513,

sqbpdl@aol.com MAR, USAPL Florida State Powerlifting Championships (Miami or Ft. Lauderdale, FL) Robert Keller, 954-790cities com/floridausan

13-15 APR, USAPL Collegiate Nationals, Johnny Graham, 2203 Excel Dr., Killeen, TX 76542, 254-526-0779

14 APR (new date), NASA The HUGE One (Milwaukee, WI) Job Hou-

statechairman@wisconsinpowerlifting.com 21 APR, Dungeon Powerworks Drug Free Bench Slam & Deadlift, Mark Mellinger, 15681 Featherstone Rd., Constantine, MI 49042, 269-506-5386 or 269-435-7586

21-22 APR, Power Palooza IX (full power, BP, DL - Leesport, PA) Gene Ruchlak Jr., 143 Second Ave., Royersford, PA 19468, 610-948-

27,28 APR, WDFPF European Single Event Championships (Horgen, SWI) www.wdfpf.cc 4-6 MAY, USAPL Master Nationals, Tod Miller, 73 Pine Rd.,

Plainwell, MI 49080, 269-664-4814 MAY, NASA Bartlesville Push Pull

(Bartlesville, OK) Jim Duree, jduree7086@aol.com MAY, NASA Western States (Equipped, Unequipped PL/PS/PP/BP Only - Mesa, AZ) NASA, Box 735,

Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

MAY, USAPL Florida State High

MAY, USAPL Florida State Ft. School Championships (BP, PL -

Lauderdale, FL) Robert Keller, 954-790-2249. rhk@verizon.net, www.geocities.com/floridausapl MAY, USAPL Florida State Champi onships (BP, PL - Ft. Lauderdale, FL) Robert Keller, 954-790-2249,

rhk@verizon.net, www.geocities.com/ 9 JUN, ADFPF Open Powerlifting

(single, strongman, unequipped - Washington Square Mall, Evansville, IN) Dick Conner, Meet Director, www.adfpf.org 9 JUN, NASA Kansas City Push Pull Kansas City, KS) Jim Duree, jduree7086@aol.com
JUN, NASA USA Nationals, (PL,

BP, PS, PP - Las Vegas, NV) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com JUN, 5th IPF/NAPF North Ameri-

can Powerlifting Championships (Guatamala City, Guatemala) Robert Keller, rhk@verizon.net, 954-790-2249

12-15 JUL, USAPL Men's Nationals, Harold Gaines Sr., 2 Tristan Terrace, St. Charles, MO 63303, 314-805-2044 21 JUL, NASA Grand Nationals (Un/equipped, PL/ PS/PP/BP Only -Pickwick St. Park, TN) JUL, USAPL/USOC West Palm Beach Sports Commission Youth Fitness Festival (West Palm Beach, FL) Robert Keller, 954-790-2249, rhk@verizon.net ww.geocities.com/ floridausap

JUL, USAPL/USOC Tropical Games Championships (BP, DL - West Palm Beach, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/

AUG, USAPL Deadlift Push Pull Nationals, Jim Hart, Box 82264, Lincoln, NE 68501,

402-47-3672 20 OCT, NASA Unequipped Nationals & Power Sports Championships (Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-

sqbpdl@aol.com OCT, WDFPF Single **Event World Champi**onship (Montesilvajo, Italy) www.wdfpf.cc 3 NOV, NASA Kansas

City Regional (Kansas City, KS) Jim Duree, iduree7086@aol.com NOV, USAPL Southeastern USA Regional Cham-pionships (BP, PL - Miami, 2) Robert Keller, 954 9 0 - 2 2 4 9

rhk@verizon.net, www.geocities.com/

NOV, USAPL Police & Firefighter National Championships (BP, PL -Miami, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl DEC, 6th USAPL American Open Championships (BP, PL - Philadelphia, PA) Robert Keller, rkh@verizon.net,

17-19 FEB 08, USAPL Women's Nationals, Johnny Graham, 2203 Excel Dr., Killeen, TX 76542, 254-526-0779

28-30 MAR 08, USAPL High School Nationals, Tod Miller, 73 Pine Rd., Plainwell, MI 49080, 269-664-4814 5-7 MAY, APF Master, Submaster,

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> Junior Nationals (PL/BP) Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070 or 207-754-9927 7-11 MAY 08, USAPL Master Nationals, Robert Keller, Box 291571, Davie, FL 33329, 954-

MAY '08, WDFPF European Single Event Championship (Como, Italy) www.wdfpf.cc 13-14 JUN 08, USAPL Teen Junior Nationals (St. Louis, MO) Harold Gaines Sr., 2 Tristan Ter race, St. Charles, MO 63303, 314-805-2044

OCT/NOV '08, WDFPF Single **Event World Championship (Bel**gium) www.wdfpf.cc

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USAPI NC Show of Strength

	13 M/		-	5
BENCH		165		
WOMEN		G. B		412
Open			er (70-7	
123 lbs.		181		-,
G. Benton	363	B. M		485
148 lbs.	1	Open		
L. Pardue	145	132		
Teen			ollington	643
123 lbs.		181	bs.	EST MY
S. Miller	207	D. TI	nompson	886
MEN		S. W	hiting	765
Teen		198		
220 lbs.		S. Re	dfern	983
C. Hitchman	275 lbs.			
Master (40-49	M. B	1373		
148 lbs.		J. Cla	668	
R. Fox	522	UNL		
Master (60-6	Master (60-69)			959
WOMEN	SQ	BP	DL	TOT
Open				
UNL				
A. Anderson	535	363	716	1616
MEN				
Master (40-49	9)			
198 lbs.				
B. Nichols	1325	910	1325	3560
242 lbs.				
K. Hall	1117	899	1214	3231
Master (50-5	9)			
220 lbs.				
T. Acker	910	681	1082	2674
Open				
165 lbs.				
P. Wells			1117	
B. Hodgin	1106	608	972	2685
181 lbs.				
S. Whiting	1093	765	1106	2965

	USPE	Ut	ah	State	
25	MAR	06 -	W	illard,	UT

1214 923

T. Pardue 1263 948 1300 3511 B. Kirchhoff 826 560 983 2369

Micli

J. Wheaton

198 lbs.

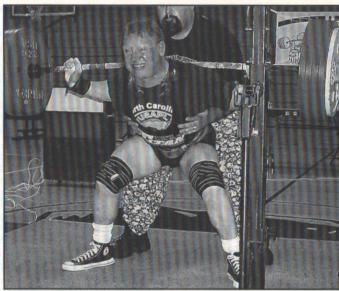
T. Shelton

1007 789 1020 2819 560 412 910 1882

1481

3620

Z5 MA	K 06 -	Willard, UI	
MEN		B. Hardy 3	96
132 lbs.		SHW	
Teen (13-15)		(20-23)	
C. Martinez	176	N. Baptist 3	85
Teen (18-19)		198 lbs.	
N. Lenhart	272	Master (40-44)	
Nick Lenhart	270	K. Smith 2	75
4th-272		Master (50-54)	
148 lbs.		E. Reyes 3	80
D. Martinez	181	220 lbs.	
165 lbs.		Master (40-44)	
J. Jones	270	K. Utz 2	86
A. Martirosov	214	SHW	
220 lbs.		Master (45-49)	
M. Benales	297	J. Roelofs 4	24
242 lbs.			
WOMEN	SQ	BP DL TO	T



Todd Shelton, overall Best Lifter at the USAPLNC Show of Strength, squatting before going on to break a Travis Mash record in the deadlift. (photographs provided by courtesy of Jennifer Thompson)



Best Lifters N.C. S.O.S.: Andrea Anderson, Buddy Nichols, Sarah G. Anderson 440 B. Davis Miller, Gina Benton, Michael Belk, Chad Hitchman, Todd Shelton

			1271							
	123 lbs.					220 lbs.				
,	L. Hofheins	248	143	292	683	M. Benales	407	297	507	1212
	MEN					J. Drecksel	540	-	540	-
	165 lbs.					242 lbs.				
ļ	A. Martirosov	286	214	242	744	A. Plachy	347	336	551	1234
	198 lbs.					Master (40-4	4)			
	J Lareau	-	275	380	-	220 lbs.				



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DATE OF THE PARTY	ct. Parents sign if under 18 years.		Date		
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198 286 402 887 Master (50-54) 220 lbs

C. Drecksel 451 352 501 1306 Best Open Bench Press: Nick Lenhart. Best Teen Bench Press: Nick Lenhart. Best Master Bench Press: Ernest Reves. Best Lifter Women: Leslie Hofheins. Best Lifter Open: Mick Benales. Best Lifter Master: Chad Drecksel. (Results Dave Edmondson)

USPF RMAC 8th Ever 10 DEC 05 - Salt Lake City, UT 309 lbs.

WOMEN

Open		Master (60-6	4)	
114 lbs.		M. Herrera	363	
H. Miller	159	DEADLIFT		
132 lbs.		WOMEN		
L. Hofheins	143	Open		
198+ lbs.		132 lbs.		
D. Richards	242	L. Hofheins	281	
Teen (17)		4th-292		
181 lbs.		Teen (16-17)		
K. Atencio	159	181 lbs.		
Master (50-54	4)	K. Atencio	292	
114 lbs.		MEN		
H. Miller	159	Teen (16-17)		
MEN		165 lbs.		
Teen (16-17)		J. Reyes	226	
165 lbs.		Open		
J. Reyes	226	148 lbs.		
Open		D. Edmondso	n518	
148 lbs.		181 lbs.		
D. Edmondso	n303	B. Kyle	501	
148 lbs.		(20-23)		
(20-23)		198 lbs.		
M. Benales	275	M. Benales	501	
242 lbs.		242 lbs.		
M. Cordova	-	A. Plachy	529	
(20-23)		275 lbs.		
A. Plachy	341	J. Gibson	644	
B. Hardy	385	SHW		
125 kgs.		D. Edgell	661	
J. Gibson	541	Master (40-4	4)	
T. Prince	468	148 lbs.		
Master (40-4	4)	D. Edmondson 518		
148 lbs.		Master (45-4	9)	
D. Edmondso	n303	M. Bennett	490	
165 lbs.		275 lbs.		
Master (55-59	9)	Master (50-5		
H. Liese	126	G. Anderson	633	
220 lbs.		Master (55-5	9)	

297 H. Liese 275 lbs. 220 lbs. Master (50-54) Master (60-64) Master (60-64) 309 lbs. 358 M. Herrera 534 E. Acev Best Open Women's Bench Press; Hedy Miller.Best Teen Women's Bench Press: Kim Atencio. Best Master Women's Bench Press: Hedy Miller. Best Open Men's Bench Press: Jason Gibson. Best Teen Men's Bench Press: Jeff Reyes. Best Master Men's Bench Press: Gil Anderson. Best Open Women's Deadlift: Leslie Hofheins. Rest Teen Women's Deadlift: Kim Atencio Best Open Men's Deadlift: David Edmondson, Best Teen Men's Deadlift: leff Reyes. Best Master Men's Deadlift: David Edmondson, Meet Location: The Edge (Thanks to David Edmondson for results)

Master (45-49)

165 lbs.

IPA Freedom Cup 25 MAR 06 - New Oxford, PA

		tett Ontoldy !!!
BENCH		B. Ernst —
MEN		Amateur
Amateur		Master (40-44)
Open		198 lbs.
198 lbs.		S. Hartlaub 545
S. Hartlaub	545	Pro Master (40-44)
220 lbs.		198 lbs.
J. Sauble	_	S. Hartlaub 545
275 lbs.		Pro Master (55-59)
R. Yard	735	308 lbs.
Utermahlen	550	B. O'Brien 460
308 lbs.	No.	DARM REAL SHOW
especially Yard had a rou	d and l	ink all who attended, his gang from Hanover. e. He smoked his warm- ner, then just couldn't
		ill hit 800 soon! Thanks
		the use of his gym.
		lped spot and load, for
		h help and not enough
		The PA states will be
		in September. I hope
		er turnout. (Thanks to
		roviding these results)

in the 242-weight class won 1st place Lifetime Raw 100% Raw 3rd New England BP in the 242-weight class won 1st place Lifetime Raw breaking the Mass state record with a lift Legg of 415 pounds. In the 275-weight class, (50-54) Raw Legg the (40-44) division setting a New Hampshire state record with a lift of 350 (13-16) pounds. Scott VanBrunt of New York won the 275-weight class Sup-Master and 198 lbs of 198 365 Open/Master (50-54) J. VanAllen 370 Police and Fire division. He broke the national record for Police and Fire with Erb B. Rearcik 255 a lift of 440 pounds. In the 308-weight WOMEN class Carl Wilson the only lifter from 80 lbs. K. Mattson 395 Class Carl Wilson the only lifter from 60 lbs.

Guaranteed Fitness in Mass set a national (11-12) Raw record for Sub-Master weight class won 1st place by setting a new national record 123 lbs. of 425 pounds. Best lifters for the meet (40-44) Raw were Chris Deloy won the lightweight Larson best lifter award and Rick Marrama won 148 lbs. R. Marrama 410 the heavy weight best lifter award. The Open Raw two best lifters were drug tested and Spano T. Munroe 350 S. Van Brunt 395 365 R Kibbe Sr. 300 C. Wilson 425 WNPF Elite Nationals The New England Bench Press Classic on 21 MAY 06 - Ephrata, PA June 17th was the first 100% Raw Meet held in the Northeast. This meet was 123 lbs (50-59)123 lbs

17 JUN 06 - Spencer, MA

200

260

345

R. Kibbe Ir. 335 275 lbs.

335

330

B. Kernoff 295 L. Bates

G. Silva

220 lbs Master (45-49)

242 lbs.

308 lbs.

hosted at Guaranteed Fitness in Spencer Mass. The meet director was Bruce

Deroiser. Thank you to the judges, the head judge was Paul Bossi and side judges

were Pat O'Brien and Joseph Bates. Kerri O'Brien ran the head table. This meet was

a sanctioned two event where state and national records were set. Despite hav-

ing low numbers, the competition was at national level. Twelve of the seventeen

York, Pennsylvania, Connecticut, and New Hampshire. Brandon Silva from Mass won the 148-weight class with a new

yon the 146-weight class with a new junior national record of 260 pounds. On his fourth attempt he made the record even higher when he lifted 270 pounds. In the 165 female weight class all eyes were

on Joan Gardner of Vermont, Joan broke

national records in the female 165-weight

class open and the master (45-49) with a lift of 200 pounds. President Paul Bossi thinks that this record may never be

broken. In the 165 junior class Robert Kibbe Jr of Pennsylvania took 1st place

with a lift of 335 pounds. In the open division Chris Deloy of New York took 1st

place with a new national record of 345 pounds. In second place, Robert Kibbe was 10 pounds behind with 335. In the open class, Rocky Huber of Connecticut

broke the national record in the 181 Master (50-54) weight class with a lift of

335 pounds. In the 181 Open Michael Dee of Mass broke the national record for the

(25-29) age division with a lift of 330 pounds. Brett Kernoff of Vermont broke the national record in the Master (45-49) 198 weight class with a lift of 295 pounds

winning 1st place. Brett is the new New England States Chairman for 100% Raw Powerlifting Federation. He will be hold-ing the World Powerlifting Champion-

ships in Burlington Vermont on December 9, 2006. Robert Kibbe Sr from Pennsylva-

nia won the 198-pound weight class (50-54) division with a Pennsylvania state

record of 300 pounds. In the 198 Open, 1st place went to Jim Van Allen of New York

with a lift of 370 pounds. Second place went to George Silva of Massachusetts with a lift of 365 pounds. George Silva took 1st place in the Master (40-44) with

a lift of 365 pounds, which was a Mass state record. Jim Van Allen of New York took 1st place in (50-54) division breaking the national record with a 370-pound lift.

The only teenager in the meet, Brendon Rearick of Mass, lifted in the 198-weight

class (16-17) division breaking the national state record with a lift of 255 pounds. Veteran lifter Ken Mattson of Mass broke the national record in the 220 (45-49) division with a lift of 395 pounds. Rick Marrama of Mass broke the national record in the 220-weight class junior

division with a lift of 410 pounds. Sean

Miller of Mass the 2005 world runner up

4th-375

Teen (16-17)

Open/Junior

Miller

Master (40-44)

Police/Fire/Law

Open/(30-34)

Open/Submaster

Larson

MEN

Legg

Legg

Legg 181 lbs.

Alpert

Foltz!

(13-16)

(40-44)

300 lbs.

(50-54)

Walk

CURI

148 lbs.

RENCH

FEMALE

165 lbs

MALE 148 bls

Master (45-49)

Open/Junior

Open/Junior C. Deloy

Open/Junior

Master (50-54)

Master (45-49)

Master (50-54)

Open/Master (40-44)

4th-270

B. Silva

165 lbs.

181 lbs.

R. Huber

198 lbs.

Open/lunior

(40-44) Raw (60-64) 315 Dusenbury (17-19)Griffith 50 RP DI TOT 114 lbs Tafuri (13-16) Raw Foltz 148 lbs. MEN (13-16) 165 lbs (50-59)Brida Columbia 80 Legg (50-59) Cafferty Legg 300 lbs. (13-16)Middleton Schoelkoph (13-16) Raw

DON'T TRAIN ALONE -ALWAYS LISE SPOTTERS. DON'T TRAIN WHEN HURT ALWAYS CONSULT A DOCTOR.

355 270 325 950

520

475

440

130 80 255 465 (13-16)440\* 300\* 490\* 1230\* Volkes 375 275 425 1075 Desantes 130 345\* 675 Novice Raw passed. Thank you to Bruce Deroiser for (50-54) Raw hosting the meet and thank you to all of Spano Elston 130\* 345\* 675\* (40-44) Raw the lifters who came out to support it. Next years meet will be much bigger now that we have a state chairman that will be able to coordinate the meet. (Paul Bossi) Kliefoth 220 lbs 325\* 180\* 335\* 840\* (17-19)425\* 275 470\* 1170\* Montenero 325 230 T. Finnegan 242 lbs 240\* 160\* 240\* 640\* (17-19)Criffith 350\* 190\* 440\* 980\* unior Ray 170 90 225 485 Lobus 580\* 350 530 1460\* Lifetime (40-44) Raw 585\* 400\* 725\* 1710\* 315 225\* 370 910\* 320\* 215 370\* 905 235 170 315 720 575 385 605 1565 Ambrose Lifetime Raw Lifetime Raw Selvenis 350 510 1290 Open Raw 350\* 215\* 405\* 970\* (17-19)570\* 400\* 520\* 1490\* (50-54) Raw Bomberger 225 165 235 625 300 lbs Walk lifters broke national records. The lifters 181 lbs. came from six different states that in(45-49) Raw (17-19)REPS Hawrylack 325 210\* 410\* 945\* Richardson! 440 220 480 1140 =WNPF National Records. !=Best Lifters. 315 (17-19) Raw 70 lbs. Team Champs Open: Ephrata Power Team. (50-54) 315 180 405 900 Team Champs Teen: Donavan Powerlifting, 2nd Place Calvary Power Team. Great 360\* 181 lbs. Spano DEADLIFT (13-16)meet, great meet once again. Thanks to the Ephrata Rec. Center and Barry Erbfor A. Finnegan 325 205\* 410\* 940\* 123 lbs. 145 380 875 205 335 855 225\* (40-44) Raw Christensen 350 315 letting us use his place for our champion-ship. Thanks to the WNPF staff, Glenda, Deturo Larson 390 148 lbs (17-19)Lester, Annette, Bryan, Jule, Steve, Moms, Jay, Leo, and Perry. Thanks to Ephrata Manolio 355 225 405\* 985\* Open Raw (40-44) Raw 315 Spano MEN 345\* Lifetime Rec. and Donavan Power Team, with coach Mark Deppen, and Calvary Power team and Coach Tom Conway, for bring-180 380 Shultz 165 lbs Open Raw (17-19) 540\* 365 595 1500\* 345\* ing their kids to compete. Welcome back (45-49) Raw Richardson 480 210 380 990 Donavan Power team. We'll see every-Catina Open Raw Johnson Schoelkoph one in September for the Pennsylva 455 Lifetime Raw 315 Catina 400 210 380 990 State Championships. (Results WNPF) Legg

	Powerlifting Federation embership Application
LAST NAME:	FIRST NAME:INT
STREET ADDRESS:	AND TRANSPORTED AND ADDRESS OF A STATE OF AN
CITY/STATE/ZIP:	在10、11年1月10日,10日日本日本日本日本日本日本日本日本日本日本日本日本日本日本日本日本日本日本日
AREA CODE / TELEPHONE:	DATE OF BIRTH:
AGE: SEX: E-MAIL AD	DDRESS:

REGISTRATION FEE \$25 - ADULTS

\$10 - HIGH SCHOOL

MAKE CHECK PAYABLE TO: 100% RAW 139 MARLAS WAY, CAMDEN, NC 27921

NOTE: Your 100% RAW Membership Will Expire One Year From The Date of Application.

LIFTERS SIGNATURE:

PARENTS SIGNATURE IF UNDER 18 YRS. OLD

(This Will Be Your Renewal Date) DATE OF APPLICATION:

By signing this application I agree to submit or give permission for my son/daughter to submit to any drug testing procedures during or after a competition by Officials of 100% RAW. I hereby also agree to accept the results of such testing and will not challenge the results in anyway. I further agree that I will not sue the 100% RAW Powerlifting Federation for injuries that may occur during competition or while traveling to or from a competition. I do realize that Powerlifting is a dangerous sport and by signing this membership application. I have chosen to compete in Powerlifting at my own risk.

www.RAWPOWERLIFTING.com

M. Tonkovicii — Submasii — Master (50-54) Submasii — 170 M. Gaal — 165 lbs.



13 Year Old ADRIANNE ZIMMERMAN at the ADAU Power Day meet, with her new American Teenage Record deadlift of 205 lbs. in the 105 lb. class. (this photograph provided to PL USA courtesy of Al Siegel) whose 180-120-250-550 is a good showing

	,
Teen (14-15)	
W. Sheaffer	280
Teen (18-19)	
J. Tuck	230
Master (55-59	9)
N. Theodorou	1 540!
Open	
M. Trapani	470
M. Skal	430
181 lbs	

Master (50-54) 198 lbs. Master (70-74)

M. Holbert 475 R. Villani 270 Master (45-49) 275 lbs. A. Campiere 390 242 lbs. Master (45-49) P. Kelley 510 Master (45-49)

!=American Age Records. \*=American Open Records. These lifters passed the drug test, S. Contakos 250! performed by Quest Diagnostics: Mark 220 lbs. Skal, James Baker, Andrew Black, and Ron Villani. (Thanks to Al Siegel for the results)

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Custom builds welcome.

10 JUN 0	6 - Ft.	Lauderdale,	FL
BENCH		Open	
MEN		220 lbs.	
Master		D. Peterson	46
220 lbs.		242 lbs.	
). Peterson	468	N. Tatum	44
242 lbs.		M. Merry	41
Morry	418	275 lbs	

AAPF Florida State

IEN		220	lbs.		1
taster		D.	Peterson	n 468	R
20 lbs.		242	lbs.		5
. Peterson	468		Tatum	440	
42 lbs.			Merry	418	٨
	418		lbs.		(
7.0		P. 1	Donahue	501	
MEN	SQ		DL	TOT	٨
unior/Teen					1
14 lbs.					1
V. Flesh	203	82	176	463	R
81 lbs.					
Castiglione	622	418	534	1576	1
75 lbs.					5
. L'Italien	655	485	578	1719	(
laster					1
81 bls.					1
. Donofrio	551	369	523	1444	E
98 lbs.					
). Herring	600	363	501	1466	(
. O'Malley	600	347	501	1449	E
42 lbs.					
Makepeace	429	363	440	1234	1
pen					(
48 lbs.					1
Green	633	308	512	1455	
65 lbs.					٨
. Camargo	402	242	402	1047	(
98 lbs.					1
. Paras	727	523	584	1835	1
). Herring	600	363	501	1466	I
. O'Malley	600	347	501	1449	
20 lbs.					1
). Kouf	755	479	628	1862	1
Out					-
20 lbs.					
20 lbs. ). Broverman Thanks to Par	501	_	451	953	í
Thanks to Par	nela	Clayton	for the	results)	-
		-			

Moroe 26 FEB		Powe			
EN nequipped 13 lbs.	SQ	BP	DL	тот	
Kharmachi	308	207	440	956	
Zendan	308	198	440	948	

286	220	379	886
286	176	396	859
-	154	374	529
396	242	496	1135
357	231	396	985
286	198	396	881
286	154	396	837
220	176	396	793
220	154	286	661
396	264	551	1212
330	286	507	1124
363	220	463	1047
418	198	418	1040
319	187	463	970
264	220	396	881
496	352	440	1289
308	374	529	1223
308	209	474	992
n 407	-	463	870
occan	groupin	ng is he	eaded by
mamou	in, wh	o is a	leading
he Afr	rican /	Arm W	restling
The gr	oup is	quite	new to
howev	er, her	nce the	use o
o affilia	ate fully	y to the	WDFP
	286 — 396 357 286 286 220 220 396 330 363 448 319 264 407 308 407 occan mamou for however, weight outping	286 176 - 154  396 242 357 231 286 198 286 154 220 176 220 154 396 264 330 286 363 220 418 198 319 187 264 220 496 352 308 374 407 269 308 209 308 209 1407 — 0 ccan groupin amoun, whe African of the group is however, he regist classes outpings. It is	286         176         396           —         154         374           396         242         496           357         231         396           286         198         396           286         154         396           220         176         396           220         154         286           396         264         551           330         286         507           363         220         463           418         198         418           319         187         463           264         220         396           496         352         440           308         374         529           407         269         529           308         209         474

308 220 385 914

competitions, though this is always a problem due to difficulties in their getting visas. Look out for Ahmed Makhtari (Thanks to Andew Cominos for the results) Cutting Edge Spring Classic 10 JUN 06 - Albany, NY

SQ BP DL TOT

FEMALE

(	132 lbs.				
1	Teen (13-15)				
)	Teen (13-15) C. Feldman	130*	83*	152*	365*
		4th-St	Q-140*	DI-16	5*
	Master (45 40	13	-		
	I. Cannizzaro	121	85	173*	379*
	J. Caminzzaro	Ath St	Q-137*	DI -18	15*
	148 lbs.	4111-30	4-13/	DL-10	13
	Teen (16-17)				
	Teen (16-17)				4774
B	R. Mayer	255*	166*	56	4//-
	S. Fredericks	90	85	160	335
)		4th-50	Q-110	DL-17	0.
3	Master (45-49	)			
	C. Bosco	=	117*	240*	-
1		4th-B	P-132*	DL-25	6*
	MALE				
	Youth (10)				
	R Warren	75*	67*	135*	277*
	4ths:	80*	73*	150*	
	122 lbs				
	Special Olym C. Vooys	nice			
	C. Voove	102	122	182	106
	140 lbs	192	122	102	490
	148 lbs.				
	Teen (16-17)	2021	4205	1000	
	B. CoCo	202*	138*	190*	530*
	4thS:	210*	145*	200*	
	Open				
	E. Potts	220*	213*	220*	653*
	4ths:	232*	223*	245*	
	165 lbs.				
	Open				
	T. Potts	245*	200*	280*	725*
	4ths:				
	Master (50-54		2.0	300	
	G. Sagar	336*	191*	342*	869*
	181 lbs.	330	131	342	303
		1)			
	Master (40-44	400+	205	1044	070*
	D. Naughton	480*	395	104*	9/9-
	198 lbs.				
	Teen (16-17)	Today	Fred to		100
	T. Hitchcock	330*	200*	480*	1010*
		4th-S	Q-360*	DP-22	20*
	Master (65-69	9)			
	E. Brown	-	263	_	-
)	275 lbs.				
	Submaster				
	Submaster K. Warren	440*	315*	501*	1256*
		4th.S	Q-600*	34.	
	Physically Ch	allene	ed/Sub	master	PERSONA.
	H. Harris		310*	master	SHAPE IN
			P-320*	I TO I TO	Law and
			F-320*		
	Master (45-49	9)			

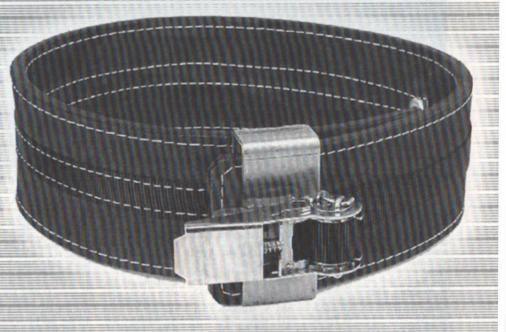
P. Burgess 310\* 230\* 325\* 865\* 4th-DL-350\* =Meet Records. (courtesy Dyke Naughton)

A big step forward in Powerlifting Belts! For the first time ever a powerlifting belt provides you with the power to fit yourself differently each set, precisely how you need it. The new, patented PR Belt™ (POWER-RATCHET BELT™) gives you the freedom of unlimited adjustability and precise fit.

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Recognized at the USPF San Jose Open ... at this year's California Hall Of Fame induction ceremonies were, left to right, Jim Lem (representing the International Powerlifting Club), Rich Cirigliano, Scott Roberts, Christine Sorenson, Dave Van Brocklin, Bob Taketa, Rich Tsutsui, Manny Burruel, Randy Yamada, and special honoree Ron Morris.

		ose Open		R. Lamont		M. Burruel	-
	1 00 - 3	ian Jose, CA		Master (40-49		M. Baeta	-
BENCH			-			308 lbs.	
WOMEN		220 lbs.		S. Bloomer			440
114 lbs.		A. Aguilar Jr	319	181 lbs.		DEADLIFT	
Master (45-4)	9)	L. Castillo	-	D. Russo	-	WOMEN	
		Open		198 lbs.		Open	
		148 lbs.		W. Nichols	270	114 lbs.	
C. Baeta	132*!	J. Manoogian	170	220 lbs.		C. Baeta	270*!
Open		181 lbs.		C. Sims	573*		
148 lbs.		J. Beede	352	J. Hunter		K. Matthews	275*
K. Matthews	126	G. Soto	231	J. Blanco	352	MEN	
MEN		198 lbs.					
Junior (16-18	)	C. Winn	380				
148 lbs.		C. Pracht	253	Master (50-59	))	N. Nichols	402
T. Bloomer				148 lbs.		Junior (19-23)	
181 lbs.		M. Wild	363			148 lbs.	
N. Nichols	264*	242 lbs.		J. Manoogian	170	A. Shouse	463*!
Junior (19-23	)	M. West	418	198 lbs.		220 lbs.	
148 lbs.		275 lbs.		D. Cummerov	v319	A. Aguil! Jr	501
A. Shouse			352	D. B!nes	303	Open	
165 lbs.			308		314		
J. Cummins		L. Webb	-				352
198 lbs.		308+ lbs.		D. V!ela	_	181 lbs.	

J. Deede	501	220 108.	
G. Soto	463	C. Sims	650
	403		
198 lbs.		J. Blanco	451
C. Pracht	451	242 lbs.	
220 lbs.		S. Matthews	463
	551		
M. Wild	331	Master (50-5	(9)
242 lbs.		148 lbs.	
M. West	545	B. Uyeoka	479!
275 lbs.		J. Manoogia	
			332
C. M!in	485	198 lbs.	
T. H!ris	435	D. B!nes	402
308+ lbs.		D. Bertier	545!
		o. Derder	343.
R. Lamont			
Master (40-	19)	D. V!ela M. Burruel	551
198 lbs.		M. Burruel	592
W. Nichols	-01	A4 Danta	
			_
		*=State Records	
Director: Par	ul Love.	Thanks to all	of our
		Ennis, Interna	
valuable ne	ір: він	Ennis, interna	itional
referee, Jaso	on Burne	ell, National re	eferee,
Rob Meulen	berg. N	ational referee	Mike
Voutes State	noform.	, Steve Deniso	n No
		puter scoring,	
Cascio, ann	ouncer.	Madeline Wh	neeler.
		Lorraine Snoo	
scorekeeper	, and	Luitaine Shot	igi ass,
scorekeeper.	Spotter	Loaders: Brad	King,
Tony Castro,	and Jan	elle Day. State	Single
Lift Rench R	ecords s	et: Bonnie Aer	te 114
		9, 82 lb. bench	
Baeta, 114,	Master V	Vomen, 55-59,	132 lb.
hench Nick	Nichols	181 Junior 16-1	7 264
bench, Cimi	on Sims	, 220 Master	43-49,
573 bench, a	and Brya	n Uyeoka, 148	Master
50-54, 292 b	ench. St	ate Single lift [	Deadlift
Pacarde es	t. Kar	en Matthews	148
Records se	t. Kai	en matthews	140
Submaster	women,	275 deadlift,	Chris
Baeta, 114	Master	Women 55-59	9, 270
		w Shouse, 148	
		American Sing	
Bench Reco	ords set	: Bonnie Aert	s, 114
		9, 82 lb. bench	
		Vomen, 55-59,	
bench, and /	Andrew S	shouse, 148 Jun	ior 20-
		can Single Lift [	
		Baeta, 114	
Women 55	-59, 27	0 deadlift, A	ndrew
Shouse, 148	Junior	20-23, 462 de	eadlift.
		Master 50-5	
		master 50-5	

501 220 lbs.

USPF Per	nnsylvania Op	en			
10 JUN 06	- Waynesburg	, PA			
BENCH	J. Porter	436*			
FEMALE	MALE	MALE			
165 lbs.	165 lbs.				
Junior (18-19)	Junior (16-1	Junior (16-17)			

deadlift, and David Bertier, 198 Master 50-

54, 545 deadlift. (results by Steve Denison

## UNITED STATES POWERLIFTING FEDERATION (801) 776-2300 • FAX (801) 776-4600

Application for Registration

Last Name	First Name	Sever che	Y N	Current Card # (ly Renewal)
Street Address	II definational	xa luelož		Club Name
City		State	Zip	Area Code/Telephone
Current USPF Classification		Current High Sch	1001101	Inmate
Elite Master I II III	V IPF Cat. 1 Cat. 2 Nat.	State Y	VYN	YN
Current Collegiate	U.S. Citizen Date of Birth	Sex	Today's Date	Card Issued By
YN	Y N /	/ M	F / /	

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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.

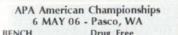
If Under 18 have Parent Initial

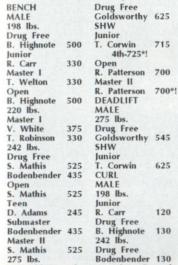
Loncharich	_	Junior (16-17	7)		
198 lbs.		Loncharich 921			
Junior (18-1	9)	Master (60-69)			
R. Smith	716	T. Miller	934*		
Open		198 lbs.			
R. Gregory	679	Junior (18-19	))		
220 lbs.		R. Smith	1117		
Open		Open			
E. Kratz	1080	R. Gregory	1069		
275 lbs.		220 lbs.			
Master (40-	49)	Open			
J. Holenchie	ck —	E. Kratz	1433		
Open		J. Casciato	970		
J. Casciato	813	Submaster (3	35-39)		
DEADLIFT		A. Leach	1250		
FEMALE		242 lbs.			
181 lbs.		Submaster (3	35-39)		
Master (40-	49)	D. Smilty	1322		
S. Strozza	679*	275 lbs.			
MALE		Master (40-4	19)		
165 lbs.		J. Holenchic	k 1214		
*=American	Records.	(Results Matt M	cCase)		

#### USPF Utah State 19 MAR 06

,		I > IARL	IL O		
	BENCH			lbs.	
1	WOMEN		A.	Martiros	
	Open		Ma	ster (40-	44)
	114 lbs.			lbs.	
, ,		165	Cui	nningham	402
'	4th-1/6			4th-418 ster (40-	4.41
	(20-23) 132 lbs.		Ma:	lbs.	+4)
		143	A	Romay	187
	Teen (13-15)	143	309	lbs.	107
)	97 lbs. Cunningham Master (50-54)			Moosman	
-	Cunningham	66	SH		
t	Master (50-54)			Marchan	t 655
1	114 lbs.			ster (45-	
8	H. Miller	165		lbs.	
	4th-176			Reyes	407
	165 lbs.		242	lbs.	
ı	M. Parker	121	M.	Bennett	435
	MEN			lbs.	
-	Open			Fredine	-
1	165 lbs.	007	SH	W	407
,		237		Roelofs	
	198 lbs.	369		ster (50-	54)
				lbs.	SEEDING
	M. Benales 242 lbs.	297	M.	Marchant ster (60-	64)
		501	300	lbs.	0-4)
	275 lbs.	301	M	Herrera	385
		391		4th-	402
			Ma	ster (65-	69)
	Teen (18-19) 132 lbs.		P.	Taylor	126
	A. Karapetyan	270			100000
	MEN	SQ	BP	DL	TOT
	165 lbs				
	D. Edmondson	507	325	512	1344
	N. Dunn	-	_	-	
	198 lbs.				
	M. Benales	352	297	463	1113
	J. Adams	314	369	429	1113
	C. Thomas	TIGN		THE	-2335
	242 lbs.	705	-01	(17	1024
	J. Gibson	/05	501	617	1624
	275 lbs. L. Davis	457	391	540	1388
	Teen (14-15)	43/	391	340	1300
	122 lbs				
	R. Lund	143	110	264	518
	n. Lunu	4th-DI		204	310
	Teen (18-19)				
	A. Karapetyan	264	270	369	903
	101 lbs	Ploud		and the latest and the	Darlin E
	Teen (16-17)				
	T. Allan	374	220	451	1047
	Masters (40-44	1)			
	165 lbs.				
	D. Edmondson	507	325	512	1344
	181 lbs.		300	1/1 4	UKT
	J. Cunningham		198	402	374
	975	ask no			
	220 11.	4th-BP	-418		
	220 lbs.	240		202	-0-
	J. Putnam	248	44	303	595
	SHW	600			1012
	D. Marchant		655	220	1013
	Master (60-64) 309 lbs.				
	M. Herrera	468	385	501	1355
		100	203	301	1999
	No. of the last	4th-SQ	479		

Best Ladies Bench Press: Hedy Miller. Best Teen Bench Press: Akop Karapetyan. Best Master Bench Press: Dave Marchant. Best Lifter Teen: Akop Karapetyan. Best Lifter Open: Jason Gibson. Best Lifter Master: David Edmondson. (Thanks to David ndson for providing the meet results)





\*=World Records. !=American Records Lifters from Florida, Oregon, California, and Colorado came to compete in this and Colorado came to compete in this event and lifting quality was excellent. Junior lifter Terry Corwin benched 725 faster than you could blink an eye, while at age 58, Randy Patterson became the oldest man in history to bench press 700 pounds! Randy did it without hesitation and looked like he had around 710 in him. I might add that after watching Torry might add that after watching Terry Corwins bench and how fast it went up it was obvious he is good for 750 at the moment. Special thanks to Ryan Kennelly and David Holmes for judging, and all of our spotters for doing an excellent job. (These meet results by Scott Taylor, APA)

APA Louisiana State

24 JUN 0			oches	IA
BENCH	0 - 1.	SHW		
123 lbs.		Open		
Open			olmes	530*
R. McDanile	255		aster (	
4th-260*	233		olmes	530*
132 lbs.			T CUR	
Open		220 1		-
D. McDaniel	260	Open		
4th-270*	200	J. Cla		125*
220 lbs.		242	hs.	
Open			(20-2	3)
I. Allen	530*			er 165*
Push-Pull			DL	
181 lbs.				
Open				
I. Bozzelle		380	525	905
220 lbs.				
Junior (20-23)				
R. Delaughter		415	550*	965
4th-BP-430	0*			
MALE	SQ	BP	DL	TOT
165 lbs.				
Open-Tested				
R. McClure	480*	225	530*	1235*
181 bls.				
Open				
J. Bozzelle	550*	380	525	1455*
220 lbs.				
Open-Tested				
J. Clay		370	450	1365
Submaster (3:	3-39)			
R. Davis				
Master (60-69	2054	2554	270+	0204
J. Cassels	305	255*	3/0-	930-
275 lbs.				
Open C. Beal				
*=Louisiana	State	Pacard	le Pas	Lifter
Bench: Joel Al	lon Po	et Lifte	r Puch	Pull: loo
Bozzelle. Be	et Lif	ter F	III Me	et: loe
Bozzelle. (resi	ults con	irtesy (	of Ryan	Cidzik)

**APA Summer Bash** 20 MAY 06 - Houston, TX BENCH Teen (16-17) A. Terrazas 65 181 lbs. WOMEN 114 lbs. Open 140!\* M. Oeltjen Teen (13-15) A. Harris



		t the APA Ame						allowing us to put on this meet. Also, a hug thanks to judges Brian Kline, Josh Ash
vvasnington	i. (p	hoto by meet dir	ector scott 1	aylor,	Piesi	uent,	AFA)	Mark Harris, Ann Harris, score keepe
		0 11 11						Maria McCullough, spotters and loader
MEN		C. Matthews — Master (40-44)	Teen (16-17) M. Barbosa		250	315	565	Gene Wagonseller, Mike Sepeda, Ival Olvera, Sam Houston, High School build
165 lbs.		M. LeBlanc —	Teen (16-17)		250	313	303	ing supervisor Ricky Cordoba, and the San
Feen (13-15)	135	275 lbs.	Q. Lewis		210	325	535	Houston High School Tiger Powerliftin
J. Melendez 181 lbs.	133	Teen (18-19)	Drug Free		210	323	333	Team. Without the hard work of thes
Teen (16-17)		L. Torres 285	A. Cooke		335	520	855	individuals, the meet would not have take
	200	Submaster (33-39)	275 lbs.		333	320	000	place. I want to also say thank you to Gen
198 lbs.	200	T. Moss —	Teen (16-17)					Wagonseller for allowing us to use hi
Teen (16-17)		SHW	A. Rodriguez		225	345	570	monolift for this meet and Eric Wright fo
	260	Master (33-39)	Teen (18-19)					the use of his bench. Thanks to all the lifter
198 lbs.		W. Sterling 650	C. Ferguson		265	415	680	who attended this meet and all of th
Submaster (33-	39)	Master (45-49)	WOMEN	SQ	BP	DL	TOT	people who drove out to watch. Thank
R. Vassar	335	P. Lattanzi 550	148 lbs.	VIII I				also to Tom Moss who drove his team a
Master (55-59)		Submaster (33-39)	Teen (13-15)					the way from Alabama only to suffer a hug
	315	C. Maylone 400	C. Morales	125	65	175	365	shoulder in his 2nd bench attempt. All o
220 lbs.		DEADLIFT			4th-DI	-185		us here wish him the best and hope for
Teen (13-15)		MEN	Submaster (3:	3-39)				speedy return to the platform. It's all yo
	250	242 lbs.	F. Starks	-	-	-	-	guys and gals that make our meets and the
Teen (16-17)		Open	198 lbs.					sport happen. A special thanks also t
	265	T. Prude 525	Open		200		00=	Inzer Advance Designs for supporting this
	185	Submaster (33-39)	F. Thompson	350	200	355	905	sport and our meets for many years, Mik Lambert of Powerlifting USA who has bee
242 lbs.		C. Brown 500	Unlimited					there supporting us all for a long time an
Open			Teen (16-17)	42518	200!*	400!*	1000!*	a huge thanks to Houston ISD and Sar
E. Wright Push Pull		BP DL TOT	R. Jordan		Q-440!*	400:	1000:	Houston High School for all of their sup
MEN		Dr DL 101	MEN	441-3	2-140.			port over the past 6 years. (Thanks t
220 lbs			132 lbs.					Thomas McCullough for the meet result

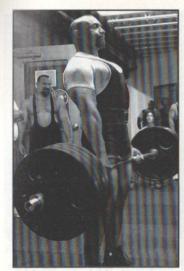
Teen (11-12) C. Burttschell 205!\* 170!\* 200!\* 520!\* Teen (16-17) J. Romero 230 160 148 lbs Teen (16-17) H. Carpenter 300 165 lbs. 160 330 79 Teen (16-17) J. Gonzalez 315 165 315 795 Teen (18-19) 155 240 315 710 181 lbs Teen (13-15) Burttschell 310 215 310 835 ıbmaster (33-39) 325 270 515 1110 J. Chaney Master (55-59) . Gutierrez 375 315 345 1035 242 lbs. Open M. Wray 545 400 500 1445 Submaster (33-39) B. Propst 530 500 B. Propst 308 lbs. Submaster (33-39) 390 550 1540 J. Lopez 4th-SQ-665 Master (40-44)

APPLICATION FOR REGISTRATION World Powerlifting Alliance American Powerlifting Association



City		State	Zip Code
E-Mail address		Date of Birth	
umber Sig	gnature (Parent if und	ler 18 ye	ars old)
			umber Signature (Parent if under 18 ye nbership  \$\Bar{\text{\$}}\$ \$15 High School Student

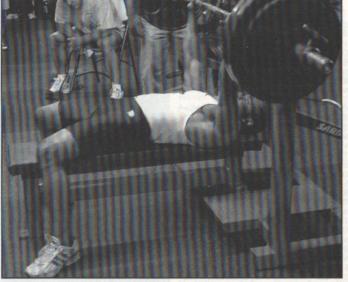
Make Checks Payable to: APA, P.O. Box 27204, El Jobean, Florida 33927-7204



Andrew Criss locked out 430 at the APA Diamond State Open. (photos courtesy Scott Taylor)

I. Taylor	475	G. V	Vilson	450
Push Pull WOMEN		BP	DL	TOT
P. Lawson MEN		130	190	320
Submaster				
A. Criss		405	430	835
Master I		405	430	033
C. Webb		360	540	900
D. Long		425	550	9475
T. Hunter		375	650	1025
		3/3	030	1025
242 lbs. N. Gurnas		405	575	980
N. Gurnas			0L-600	900
275 lbs.		4th-L	/L-600	
T. Taylor		420	475	895
		420	4/5	895
308 lbs.				1205
J. Dyer				1205
Best Lifter				
Lifter Dead				
Push-Pull: J				
Press: Sean				
Wilson, Len				
Dan Long. S	pecial th	nanks t	o Gold	s for a
great meet				
bringing a lo				
to the venue				
with lifters				
would also I				
judges for				
(Results by	Scott Ta	ylor, A	PA Pre	esident)

itters and ling job.
President)
Robert B



Robert Bryant with his 275 lb bench press in the Middleweight division at the APA Diamond State contest in Delaware, Maryland.

Regional					nd State Oper Delaware, M		
n, AZ	- Tucs	R 06	20 AP		220 lbs.		BENCH
rcia 358	V. (		BENCH	420	S. Beam		WOMEN
rl	Mas		MEN	_	I. Hamer		Master
rada 407	R. E		Master II		CURL	170	S. Brown
son 352	L. C	303	J. Olson		MEN	100.00	4th-180
irth 479	D. 1		Novice/Open		181 lbs.		MEN
DL TOT	BP	SQ	WOMEN	165	M. Wilhelm		Teen
		11	Open/Master		198 lbs.	410	S. Goodrich
352 799	165	292	J. Froecshle	130	D. Pusey	375	S. Nowrey
			Junior		Junior		lunior
242 540	93	203	K. Rodriguez	140	E. Merryman	430	E. Merryman
		V	Open/Master		Submaster		4th-455
220! 468	82	165	S. Henry	_	A. Criss	365	J. Wall
			Open		Master I		Master I
231 523	82	203	R. Lankford	165	M. Wilhelm	420	T. Taylor
		II	Open/Master		Master II	320	D. Garrison
303 694	192	198	M. Sora	145	S. Grossman		Master II
			MEN	100	G. Wilson	320	J. Fennemore
			Teen II		DEADLIFT		Master III
369 832	203	270	R. Eisen		MALE	315	B. Vastine
			Junior		Junior		148 lbs.
369 925	231	325	D. Signorelli	485	E. Merryman	275	T. Readores
			Youth	425	J. Wall		165 lbs.
248 523	99	176	K. Judd		Master I	275	R. Bryant
220! 4 231 5 303 6 369 8 369 9	82 82 192 203 231	V 165 203 II 198 270 325	Open/Master S. Henry Open R. Lankford Open/Master M. Sora MEN Teen II R. Eisen Junior D. Signorelli Youth	- 165 145 100	Submaster A. Criss Master I M. Wilhelm Master II S. Grossman G. Wilson DEADLIFT MALE Junior E. Merryman J. Wall	365 420 320 320 315 275	4th-455 J. Wall Master I T. Taylor D. Garrison Master II J. Fennemore Master III B. Vastine 148 lbs. T. Readores 165 lbs.

	Master III				
	D. Sayre	275	170	407	854
	Master V				
	J. Ellis	253	170	352	777
•	D. Judd	303	132	363	1019
	Open				
•	J. Bieg	650	451	540	1201
	Teen III				
	K. Chayka	_	_	451	451
	Teen II				
	M. Evans	308	192	363	2055
	Master I				
	T. Hardner	501	253	501	1256
	!=American	Records	. Best	Lifter \	Nomen:
	Jan Froecshle	. Best I	ifter M	len: Joh	in Bieg.
	Best Lifter Be	ench W	omen:	Jan Fr	oecshle.
	Best Lifter Be	nch Mei	n: Rey I	Estrada.	Judges:
	Johnny Gral	hmn, L	anette	Lope	z, Dan
	Wirth, and Jo	hn Pen	a. (Resi	ults Joh	n Pena)

	Moldovan Championships 16 APR 06 - Moldova				
MEN Unequipped	\$Q	BP	DL	TOT	

Teen I					
	203	143	319	706	
Teen II	203	143	3.7	700	
I. Cebotari	214	154	253	639	
	190	132	297	628	
123 lbs.				m spatiety	
Teen 1	Park 1	and Tile		R18 N 2073	
N. Clet	253		325	744	
V. Tarziu	253	110	308	672	
Teen II					
E. Dementiev	242	176	_	100	
Teen III	10112	40 100			
R. Burguvan	253	176	308	738	
lunior	200	170	300	, 50	
	209	220	286	716	
		220	200	710	
A. Magari	165	143	-	45000 TH	
Senior				ALC:	
E. Turcan	275	187	308	771	
132 lbs.					
Junior					
G. Dudoglo	286	176	374	837	
Senior	755		160711	COT THE	
M. Ojog	308	264	385	948	
148 lbs.	300	204	303	340	
Teen II					
D. Davidence	396	231	407	1058	
Teen III					
O. Sarghi A. Birca V. Ciobanu	418	198	440	1058	
A. Birca	407	176	385	970	
V. Ciobanu	264	_	_	104 100	
lunior					
V. Branza	319	209	396	925	
A. Ogurtov	281	209	352	843	
G. Slicher	297	209	330	837	
I. Lazariuc					
I. Lazariuc	264	198	369	832	
S. Buceamas	165	198	_	3 (21)	
A. Muntean	341	209	_	_	
Senior					
V. Gumenii S. Iscenco	374	253	451	1058	
S. Iscenco	264	198	330	793	
165 lbs.					
Teen II					
A. Satalenco	407	187	424	1019	
V. Coschiuc	308	253	424	970	
	300	253	424	9/0	
Teen III				****	
Smalovschii	440	242	418	1102	
E. Aconi	418	237	402	1058	
A. Pinzari	297	220	446	964	
E. Ciogureani	1286	203	385	865	
P. Agafonov	275	203	330	810	
Junior	-		550	The state	
S. Popa	385	259	440	1085	
E. Bobrov	385	297	396	1058	
R. Placinta	297	264	463	1025	
I. Ivanov	319	242	396	959	
V. Rojdaichin	308	220	352	881	
Senior					
A. Camenii	352	259	396	1008	
181 lbs.					
Teen III					
	420	241	540	1211	
P. Radulov	429			1311	
D. Tetalea S. Stupacence	374	248	496	1118	
	0319	231	474	1025	
Senior					
V. Ciobanu	396	308	440	1146	

ults courtesy of Sharron Clegg, BDFPA)

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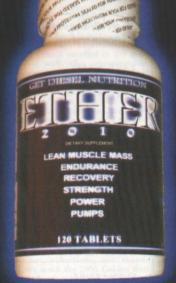
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				h boottle
ST120	8"	Diameter apx	weight	23lbs\$50.00
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ST120	12"	Diameter apx	weight	72lbs\$59.00
ST140	14"	Diameter apx	weight	116lbs\$79.00
ST160	16"	Diameter apx	weight	175lbs\$99.00
ST180	18"	Diameter apx	weight	240lbs\$109.00
ST200	20"	Diameter apx	weight	335lbs\$135.00
ST210	21"	Diameter apx	weight	354lbs\$149.00
ST220	22"	Diameter apx	weight	400lbs\$169.00
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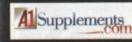
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		F Nationals R 06 -		
BENCH 123 lbs.		Muscatella Lifetime	300	
Police Raw Manzo	155*	Skinner (45-49) Raw	260	
181 lbs. Subs Raw	133	Carr (45-49)	285	
Fink	130	Peters	345*	The same
MEN 100 lbs.		Skinner (60-64) Raw	260	
(11-12)		Hansberry	285	
Litowsky	110*	Police/Fire R	aw	
114 lbs. (11-12) Raw		Askins 220 lbs.	345	
Dantzler	65	(17-19)		July 1
132 lbs. Lifetime Raw		Oestreich Lifetime	265*	
Sam	265*	Darbouze	410*	TOP
Subs Raw		Dalzell	-	
Sam	265	Lifetime Raw		
148 lbs.		Caffrey	300	_ no
(13-16) Raw		Marshall	260	
Conroy	200	Open Raw		
(60-64) Raw		Caffrey	300	TI C I CLICK A J D INC. Town A H- WAID

Ferris

(13-16) Raw

(17-19) Raw

Junior Raw

Lifetime Ray

Eskridge

Zingone

Ferreira

Open Raw Lara

Subs Raw

Livolsi

Junior Silva

Police/Fire

(55-59) Raw

Hoxworth 181 lbs.

Junior Raw Davidson

Open Raw

Passman

Subs Ross!

(40-44)

Manzo

(40-44) Raw

(55-59) Raw

(13-16) Raw

Crawford

198 lbs.

Passman

Lara!

(45-49) Raw

Passman Schemel

Darbouze

242 lbs.

Haley

Sayegh

(40-44)

Russo (55-59)

275 lbs.

Lifetime

Poitevien

Denherder

Crawford

(40-44) Raw

Montano

(45-49) Raw

Wanner

Ramos!

SHW Spec. Olympian Corliss 2:

(40-44) Raw

Scott

Police/Fire

(45-49)

235

235

300

350

350

350

300

225

235

285

400\*

300\*

335

185

The Calvary Christian Academy Powerlifting Team at the WNP Single Lift Nationals: top row, left to right: Assistant Coach Ken Bryani Jason Hawrylack, Josh Griffith, Head Coach Tom Conway, Kyle Levine, Josh Oestreich, Dan Thomas; front row, left to right: Asst Coach Mike Tudisco, Josh Griffiths, Chris Maietta. Missing: Eri

460*	Richardso	n. (this	photograp	oh was	provided to	PL U	SA by the WI	NPF)
350	DEADLIFT		Michel	455	(13-16)		Spec. Olympi	an
350*	105 lbs.		Junior Raw	433	Maietta	400	Crawford	475*
330	(17-19)		Ferreira	415	(17-19) Raw	1000	300 lbs.	
460	Zambardino	230*	(55-59) Raw		Oestriech	435	(17-19) Raw	
	123 lbs.		Hoxworth	440	Lifetime		Hawrylack	405*
440*	Police		181 lbs.		Fahrenfeld!	650	(40-44) Raw	
	Manzo	350*	Junior		Marshall	475	Wanner	455*
_	MEN		Romeo	385	Lifetime Raw		(45-49) Raw	
	100 lbs.		(45-49)		Caffrey	500	Finland!	655*
	(11-12)		Manzo	450	Marshall	405	SHW	
520*	Litowsky	215*	(55-59) Raw		(45-49) Raw		Spec. Olympi	an
	114 lbs.		Crawford	455*	Schemel	440	Corliss	425*
380*	(11-12) Raw		(70-74) Raw		Znaczko	390	POWERCURL	
350	Dantzler	155	Overbeck	405*	242 lbs.		MEN	
	148 lbs.		198 lbs.		(17-19)		114 lbs.	
380	(13-16) Raw		(17-19)		Riccardi	530	Open	
oian	Conroy	420*	Thomas	400	(17-19) Raw		Dantzler	40*
275*	(13-16)		Junior		Griffith	450	148 lbs.	
	Levine	360	Tudisco	530	Lifetime		(60-69)	
	(60-64) Raw		Subs Raw		Sayegh	500	Ferris	90*
425*	Ferris	210	Luciani!	540	Open		165 lbs.	
315	165 lbs.		(40-44)		Reichin	510	Open	
V	(13-16) Raw		Sadiv!	625	Subs		Lara	170
500	Eskridge	340	(55-59)		Morra	425	181 lbs.	
	(17-19)		Conway	535	(40-44)		Open	
pian	Richardson!	500*	Scaranda	525	Slaybaugh	640	Silva	125
225*	(17-19) Raw		Police/Fire		275 lbs.		198 lbs.	
	Zingone	425	Askins	500	(17-19) Raw		Open	480
350	lunior		220 lbs.		Griffiths	390	Askins	170

LASI NAME	FIRST NAME	INT
STREET		ADDRESS
CITY,	STATE,	ZIP
	CHECK ONE: LIFETIME DRUGFREE	
REGISTRATION FEE \$10.00 SPECIAL OLYMPICS \$20.00 HIGH SCHOOL \$40.00 ADULTS	FILL OUT ENTIRE APPLICATION AND MAIL WNPF, PO BOX 142347, FAYETTEVILLE, G/ (770) 996-3418	

not challenge them in any way. I also agree not to sue the WNPF for injuries that may occur during competition, traveling

to or away fromcompetition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.

	Carr	170	SQU		
	(40-49) CARR	170		r Raw	
	Skinner (50-59)	145	Ferri		325*
	Scaranda 220 lbs.	135*	Lifet		450
	Open Marshall	165		ime Rav	
1	242 lbs.	103	(45-4	9) Raw	
	Open Sayegh	175	Sche 242		395*
1	Reichin 300 lbs.	140		9) Raw	490
	(40-49) Wanner	140*			
ı	Lifetime	SQ	BP	DL	TOT
ı	220 lbs. Gorman	500	375	500	1375
1	Police/Fire Gorman	500	375	500	1375
	*=National I Champs Bend	Records.	!=Best Raiders.	lifters.	Team
	Open Deadli	ft: Team	Torque.	Team (	hamps
F	Teen Deadli meet in ever	y way.	We end	ed up v	vith 88
t,	lifters from teams presen	t and th	ey all d	id a gre	at job.
le	I want to go	over sor	ne of th	e highli	ghts of
t.	the event. W and Jackie A usual in the	Manzo di	id an e	cellent	job as
F)	a 155 bench	raw and	a 350 l	b. deadl	ift. Ms.
	Zambardino 230 lbs. in t	he 105	lb. class	s. Ms. F	ink hit
5*	a personal second mee	best of t. Little	130 lbs	Litowsk	ly her
	Connor Dant and won the	zler both	n youth	lifters d	id well
5*	out a retiren	nent and	hit a r	aw 265	bench
5*	in the 132 cl record in the	148's v	vith a 4	20 lb. li	ft. Fric
5*	Richardson of teenage divi	sion. Ka	alph La	ra curle	ed 170
	lbs. easy and Chris Livolsi	benched won th	d 350 lb e police	s. in the	165's.
5*	a 300 bench masters ber	n. Mike	Manzo	won bo	oth the
	classes. All o	of the Pa	ssman's	from P	ennsyl-
	won their d	livisions.	. Both	Crawfo	rd and
	won their d Overbeck v master's de	won the	eir div 181 cla	isions asses. L	in the
	took home lightweight d	the bes	lifter	award	in the
	deadlift. Bi	II Ross	hit 40	0 lbs.	in the
0	submasters Tom Conway with Tom hit	were ve	ery close	in the	deadlift
5	Andy Skinne	r all bus	ted up	but still	lifting
	to support t	he orga 145. At	nization ndy's b	benchest lift	ed 260 is the
0	and curled deadlift whi Carr tied As	ch he c	an no	longer o	do. Pat
7	his lift to Le	ster Field	ds our /	MC for t	he last
i	13 years. Lonow and Pat	said son	ie very	nice thir	igs and
i	he had the cr Lester a stan	ding ova	tion. Br	ian Fahr	renfeld,
i	Rich Sadiv the last thre	and Char e guys	arles SI on the	aybaugh platforn	. They
1	the last thre put on a sho pulling 625 a	w with I	Brian pu	lling 65	0, Rich Peters
1	set a new re masters divi	ecord wi	th a 34	5 bench	in the
!	490 and tool	k home	best lift	er in th	e squat
1	only. Sayegh	also pul	led 500	lbs. Da	rbouze
1	won the Life classes with	etime an	d maste	rs divisi	on 220
1	a 460 bench to withdraw				
1	Chris Russo	set a ne	ew reco	ord at 4	40 lbs.
1	Teddy Finlar deadlift with	a 655	lb. lift.	Richar	d Scott
1	had the high and he wan	ted to 1	thank n	v spott	ers for
1	saving him v Ramos had	with one the high	of his	attempt	s. Shaq and he
1	finally made Gorman our	his goa	l of 500	lbs. ar	in the
i	police nation	nals tota	led 137	5 lbs. V	ve held
i	City, and wh	at a nice	e place	for a me	et. The
i	same location	n in Oc	tober. T	hanks to	o all of
1	the spectat	ors tha	t came	to ch	eer on
1	once again Poinsett for	for a gr	eat job.	Thanks	to Jim
	pionships on	Saturda	y also.	(Thanks	to the
-	WNPF for p	a oviumi	micze	COHECM	r coults)

8th Lima Family YMCA Meet 29 APR 06 - Lima, OH

FEMALE

123 lbs.

Master (50-59) N. Proctor 1

Lackey

Smith

Teen (17-19)

Master (80-89)

198 lbs.

Open		Master (00-03	"
N. Emerick	150	C. Lee	2
132 lbs.		Open	
Open		G. Gasser	3
T. Monfrod	120	R. Schnoffner	3
148 lbs.		D. Hammer	4
Master (40-4	9)	T. Stroshine	4
C. Simpson	130	220 lbs.	
Open		Teen (17-19)	
C. Simpson	130	B. Peel III	2
M. Gertson	150	Master (40-49	
Master (50-5		J. Thomas	5
I. Crouch	115	Master (50-59	
165 lbs.		G. Munis	2
Open		Lemmerhirt	3
M. Beasley	215	R. Brown	3
181 lbs.	210	Open	-
Master (40-4	(9)	E. Huhn	3
K. Brookhart		T. Miller	3
MALE	130	I Jackson	3
123 lbs.		J. Jackson J. Kistler	3
Teen (13-14)		J. Thomas	5
C. Thomas	105	242 lbs.	,
132 lbs.	103	Master (40-49	10
Open		R. Galford	4
J. Helms	270	R. Manns	-
148 lbs.	2/0		10
		Master (50-59	3
Teen (15-16)		R. Manns	
Z. Miron	185	Master(70-79	
J. Shaffer	180	V. Banks	3
Teen (17-19)		Open D. Calford	
M. Rone	275	R. Galford	4
Open		275 lbs.	
N. Augur	300	Master (40-49	9)
J. Smith	445	T. Bales	4
165 lbs.		S. Vickery	-
Teen (17-19)		Master (50-59	
Hernishfege	r —	N. Perez	4
181 lbs.		Open	
Teen (17-19)		J. Maxwell	5
C. Chaney	358	J. Trust	-
Master (60-6		SHW	
C. Freese	285	Master (60-69	
Open		J. Telljohn	3
j. russell	225	Open	



National and World Champions at the Lima Family YMCA Meet: (left-365 right, front row) Charles Lee, Teresa Monford, Oscar Jones, Marsha G. Woychik ow: Mike Wolf, Jeff Telljohn, Dave SHW vided by the courtesy of Charles Lee) S. Bromeisi Teen/Raw

. Kistler	370	D 1 1	· · · · · · ·		
. Thomas	500	Beasley, Jo	ey SII	mpson; back	row
242 lbs.		Semer, Virg	gil Bar	iks. (photo pr	ovia
Master (40-4	9)		,	The state of the s	
R. Galford	418				
R. Manns	-	M. Meadows	440	MALE	
Master (50-5	9)	K. Argabright	600	198 lbs.	
R. Manns	360	C. Hoffer	600	Teen	
Master(70-79	9)	CURL		S. Hiser	115
V. Banks	385	FEMALE		Master	
Open		132 lbs.		C. Lee	100
R. Galford	410	Open		Ope	
275 lbs.		T. Monford	65	R. Schnoffner	150
Master (40-4	9)	148 lbs.		220 lbs.	
. Bales	450	Master		Open	
. Vickery	1000	C. Simpson	65	J. Jackson	160
Master (50-5	9)	Open		Master	
N. Perez	410	C. Simpon	65	Lemmerhirt	120
Open		M. Gertsen	85	275 lbs.	
. Maxwell	535	165 lbs.		Open	
. Trust	1000	Open		T. Bales	160
SHW		M. Beasley	70		
Master (60-6	9)			conducted the	8th
THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON NAMED IN COLUMN TWO IS NAMED IN COLUMN TW	ATT OF THE PARTY OF	The second secon	A CONTRACTOR	a contract to the contract of	

390 Annual Bench Press Challenge, and a new

strict curl. Representatives of Columbus

Westside Barbell Club, residents of Celina, Wapakenta, Kenton, Bluffton, and the Lima area participated. Several national and world champions competed. The meet was conducted by the Joey Simpson Family, under the director of Alicia Bell, Youth Director at the YMCA. The Lima Team won 50 the team award. Judges were Carl VanVoorhis, Richard Crouch, Dave Semer, Mike Wolff (a 800+ bench presser) and 60 head referee Oscar Jones. (Thanks to Charles Lee for providing these results)

		ear BP Classic	-118
17 DE	C 05 ·	Barron, WI	
BENCH		148 lbs.	
WOMEN		D. Stickney	205
Junior/Open/I	law	165 lbs.	
148 lbs.	Office of	N. Buck	075
	120	198 lbs.	
SHW	120	B. Ogle	395
	175		393
K. McWithey	1/3	220 lbs.	405
Junior/Open		N. Bunt	405
123 lbs.		242 lbs.	
A. Woodcock	145	D. Grilley	-
Master I/Raw		308 lbs.	
165 lbs.		S. Kane	315
T. Hayden	170	Junior/Open	
Open		165 lbs.	
114 lbs.		C. Prusinski	315
R. Fran	180	D. Pope	-
Submaster/Ra		181 lbs.	
	145	J. Cady	455
Teen/Raw	.40	198 lbs.	433
		B. Larson	405
97 lbs.	0.7		
M. Sullwold	85	Master I/Raw	
114 lbs.		198 lbs.	
S. Meyer	100	S. Grosskreut	Z
123 lbs.		310	
Sampawald	115	G. Steffen	270
132 lbs.		220 lbs.	
L. Paul	95	D. Adams	315
148 lbs.		275 lbs.	
J. Kromrey	70	J. Jacobs	305
165 lbs.	, ,	Master I	000
B. Cook	110	181 lbs.	
	110		360
SHW		D. Sullivan	360
D. Sol	135	242 lbs.	12.70
Teen		R. DeLisi	430
114 lbs.		275 lbs.	
K. Sullwold	160	D. Reiter	380
132 lbs.		308 lbs.	
J. Buhr	130	J. Brust	550
MEN		Master II/Ray	V
Open/Raw		198 lbs.	
165 lbs.		R. Magnusson	190
C. Gerber		Master II	
181 lbs.	2/3	181 lbs.	
	200		215
N. Hambolm		T. Sullivan	
K. Afdahl	275	Master III/Ra	W
198 lbs.		275 lbs.	
C. Kinderman	370		350
242 lbs.		S. Ballard	330
J. Hahn	275	Master III	
T. Bowe	370	275 lbs.	
308 lbs.	100	R. Brodt	335
B. Taylor	335	308 lbs.	000
D. Taylor	333	330 103.	

M. Spanel K. Hanley 170 165 J. Linsmeyer M. Miller 415 165 150 220 lbs. L. Hinz 165 lbs. R. Fuchs 425 135 242 lbs. D. Johnston K. Rosen 230 185 M. Sias 365 Police/Fire & Military/Raw Walek 180 Berkesch 165 lbs. S. Gates 181 lbs 275 lbs. A. Goehring & Rallard 330 T. Lindholm Submaster/Raw 220 lbs F. Sedani 125 J. Shafer 198 lbs. 308 lbs Baumgartner M. Spaeth J. Roff J. Hager 235 . Bautch P. Sullivan 345 220 lbs. 242 lbs. 235 I. Fasterly A. Baucman D. Welzien 185 275 lbs. C. Cook 242 lbs. 308 lbs N. Auman 460 275 lbs. Consalla 310 A. Bach J. Fouks S. Taylor 123 lbs. M. Thronson Switalla T. Mish 132 lbs. 220 lbs. C. Young 125 115 J. Spanel N. Gavin D. Barilani G. Curtis B. Taylor C. Cook D. Zindars Alexander 148 lbs 275 lbs. Scarberry Donnelly 255

Best Lifter Teen Women Raw: Danielle Samplawski. Best Lifter Adult Women Raw: Trich Hayden. Best Lifter Teen Women: Kelly Sullwold. Best Lifter Adult Women: ne Frank. Best Lifter Teen Men: Josh arberry. Best Lifter Junior Open Menen Ogle. Best Lifter Open Men Middle-eight Raw: Carlo Kinderman. Best Lifter oen Men Middleweight: Paul Zanchetti. st Lifter Submaster Men Raw: Jim Shafer. st Lifter Master Men Raw: Gary Stene st Lifter Police/fire/Military Raw Men ott Gates. Best Lifter Teen Men: Mike nnson. Best Lifter Junior Open Men: Josh ady. Best Lifter Open Men Heavyweight aw: Troy Bowe. Best Lifter Open Men avyweight: Matt Sias. Best Lifter bmaster Men: John Easterly. Best Lifter aster Men: leff Brust, Congratulations to enter from the Chippewa Falls area, the dams-Friendship High School owerlifting Team for winning the Health lub and High School team awards, re-pectively. Clear Lake High School and sceola High School excelled in the team ompetition as well. Also, congratulation Scott Gates of Elroy, WI, and Curt erber of Hayward, WI, for completing 36 epetitions each in winning the popular and competitive "bench your bodyweight" ontest. A traveling trophy for this event being considered! This s the fifth year for ne meet. The proceeds from this year's neet went to the Barron Area Gifts from the eart, a charitable organization helping edy children at Christmas. T-shirts are ailable for \$15.00 and included ship variable for \$15.00 and included ship-ing. Several entry forms indicated t-shirt ize wanted. Please let me know of any onstructive ideas as to what you liked bout the meet and what you would like to improved on. The sixth annual mee ill be on December5 16, 2006. A deadlift ompetition is being considered in connction with the bench meet in the future gain, I would like to thank all the partici-ants, coaches, volunteers, and anyone lse in helping make the 2005 Golden Bear ench Press Classic a success. Without all you, this meet is not possible. A special anks to Glen Woychik and his crew for elping with this event. For more informaon on upcoming powerlifting competi-ons and other related news, visit Glen Voychik's best bench web site at www.wisconsinbestbench.org.(Thanks to

450 Steve Fronk for providing the meet results

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USAPL Great West PL/BP 19,20 MAY 06 - Rapid City, SD BENCH K. McKnight 374 FEMALE 451 Teen (14-15) N. Broom Master (50-59) B. Cottier 88 181 lbs. 148 lbs. N. Backous 302 D. Muchaud 115 220 lbs. Teen (16-17) R. Mylant 368 123 lbs. Master (60-69) A. Pond MALE 165 lbs. 198 I. Ochs Teen (14-15) Master (70-79) 123 lbs. 181 lbs. B. Jacobs 99 G. Handley 203 Teen (16-17) Open 123 lbs. Jealousofhim 132 165 lbs. 363 J. Opp 181 lbs. 165 lbs 236 W. Kliche 341 B. Kurtz 198 lbs 242 lbs. D. Michaud 242 484 R. Lang Master (40-49) 220 lbs. Weymouth 423 275 lbs. C Kirsch 352 K. McKnight 374 242 lbs. R. Lang 275 lbs. FEMALE 484 D. Pearce 363 SQ DL TOT BP Teen (14-15) 145 lbs. B. Cottier 71 82 137 291 165 lbs. D. Michaud 132 110 220 462 123 lbs M. Brunmeier 203 104 275 583 132 lbs. 286 104 335 726 M. James Master (40-49) J. Zohner 209 132 264 605 MALE Teen (14-15) 121 93 159 374 R. Jacobs Teen (16-17) 123 lbs. Jealousofhim 148 126 236 511 Master (40-49) Vanervorste 462 308 495 1265 Master (50-59) 165 lbs. . Hill 313 247 352 913 Master (60-69) 165 lbs I. Ochs 302 209 313 825



Fred Dupris with 529 lbs. at the USAPL Great West Champion- Boyd ships in Rapid City, SD. (photo-Shepley graph provided by the courtesy of Nicole Craig, Rapid City YMCA)

Vandervorste	462	308	495	1265
J. Laprade	484	291	484	1259
275 lbs.				
F. Dupris	500	401	528	1430
Even though t				
usual, it was	great	! Than	k you	to our
sponsors: Con	bora	k Stre	ngth S	vstems,
Mike Laird (ba				
Boyd's Drug N				
big fat thank y				
loaders: Cyril,				
bar, Larry, als				
Steve, do I hav				
Gregg, the ne				
table crew was				
Jamie, Emily,				
daughter Molly				
it on graduatio				
to Ron and Rh				
tear down. See				
Dakota Open.				
ракота Ореп.	(nesui	ts if offi	MICOIE	Craig)

401	253	451	1105	2nd SCIF 22 APR (				
550	418	605	1573	Push-Pull	BP	DL	TOT	
539	341	577	1457	Raw 148 lbs.				

contest, he took second, but the dude came a long way. He was so skinny six months ago he looked like he could have been a crack head from Ethiopia. But, he put on some weight and did well. You go baby face! The 181's were unexpectedly close, as there was a tie. ES's trainer, Butch Rollins, posted a 860 total, as did Cruz. Butchy Afro (that's what I call him) won by bodyweight, as he was one pound lighter. There was some drama in the 98's as Hasan Anderson knocked off Budda Dwyer with a 1000 total vs. a 950 Rudda tried to run Hasan down in the deadlift, pulling a 600 for the first time in his life. But, it was not meant to be. Hason pulled a 615 with a 1000 total at a bodyweight of 194, and he was also outstanding heavyweight of the meet. It was previously thought "Chill" Paxton, from the 242's was the outstanding heavyweight. but after figuring out the coefficients through the Schwartz Formula, Hasan was the boss. My bad Hasan, I should have peeper that at the contest. The 220's were also close, my young buck "Shoes" got knocked off by five pounds by Heggins aka "K". Shoes had more under the hood but he was fresh out of lifts. The King told him to go for the win with a 580 deadlift, but he didn't. He smoked the 570 too. Oh but he didn't. He smoked the 570 too. Oh well, you live and learn. The 242's was hotly contested, I'm saying, this went on for months. Who would win? Personally, I thought it would be "Squeeze." I saw KD lift and thought Squeeze woull edge him out. I'd heard of "Chill", but had never seen him lift. Believe it or not, a mere 15 pounds separated the combatants. Chill's total was 1060, Squeeze 1050, and KD had a 1045 total. It was a rumble in the jungle KD did however, break the Frackville bench record with a 445. Everyone thought "alf-rackville Records. Outstanding Light-weight Lifter: King. Outstanding Heavy-weight Lifter: Anderson. Overall Outstanding Lifter: King. This was Frackville's first powerlifting contest. All in all, it turned out quite well. We had lifters from the tread mill. I should know, I work in the 148-SHW, but the drama was in the 242's, and I'll get back to that. In the 148's, Carl "The Kind" King, won by a landslide. It lift of 460, and he slammed it for a new was expected, so there was no surreigner frackville record. Work! He came in was expected, so there was no surprise Frackville record. Wow! He came in there. In doing so, King broke the second to Izzy Rouscher. Izzy posted a Fayetteville deadlift record with a 510. total of 1075 to Fred's 1060. Giddings was With a total of 8005 at a bodyweight of third with 1000. Izzy is still off after pec 144, he was the outstanding lightweight and knee injuries. He has squatted in the and overall outstanding lifter of the meet. 900's, benched 580, and deadlifted 600. Unfortunately, we only had a two lift So yearh, he was off, and still took a first. event. Lifting suits and wraps are no Reid won the SHW with a 915 total over

longer permitted in the jail, so squats

were out of the question. Still, we made due with what we had. The 165's were

pretty much uneventful, except for my young buck, ES Scott. He lifted in his first

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(White Original - National Office . Yellow - Saller's Copy . Pink - Lifter's Copy)

Big "O". Big "O" was injured during J. Gharfoor 259 training and dropped out weeks ago. He 198 lbs showed up to watch, then decided to post Senior something of a total. The contest bug hit P. Maher him. He called for a 650 on his last 220 lbs. deadlift, ripped his shirt off and almost Senior pulled it off. You bad "O". There's always Referees: Sam Haydock, Mark Haydock, ext year. Head judge Ron Dermo did a Mark Norton, and Haydn Rowlands. This fine job of judging. A former Elite competition was basically to enable re-powerlifter himself, who used to squat in cent converts to reach the qualifying the 600's and rumble Carl King while standards for the forthcoming British doing such. Carl, Dave Wilson, the "Big Singles. It also gave them valuable plat-Dawg" of activities, also a former form experience. There was several NE Dawg" of activities, also a former form experience. There was several NE powerlifter, and Pete are all from Activires. It's funny, just before the meet even a sprinkling of National records. Our started I saw this dude with some phat gear on, a slick Adidas warm-up suit and short work of achieving their qualifiers. sneakers. I thought it was a rapper or Young James celebrated passing his 14th something. Guess who it was? It was Will! birthday and lifted officially for the first OK, "Big Dawg." I'd also like to thank the time. Rahul, Sham and Maddy are students spotters and loaders, Marv, Webb, and at the Uni with just a few months training Big Paul. Eric and Marky did the weigh in. behind them. They had mixed fortunes, but Quintin Hummel, from Activities, was the will all benefit tremendously from the MC. We worked the scorers table to-gether, and he did a good job and kept the wrong side of the Penines, is a former gether, and he did a good job and kept the meet moving. Marky shot the video. Thanks ot one and all on a successful

Bradford Single Lift Qualifier 20 MAY 06 - Bradford, England BENCH M. Madassar 275 165 lbs Teen III R. Kumar Ali 182 lbs. 99 Master V 123 lbs D. Dargue M. Madassar 93 Teen III

meet. See you next year! (Meet results provided by Sheldon "Groove" Blair)

J. Ghjarfoor 198 lbs. Teen III 220 182 lbs. P. Maher Allonby 551 214 220 lbs. D. Dargue 148 M. Maloney I. Gharfoor Master VI 198 lbs. 352 Senior E. Bennett SQUAT P. Mahe 220 220 lbs. Unequipped 114 lbs Senior 292 I. allonby M. Maloney 303 S Ali 126 242 lbs. 123 lbs. Junior Hollingsworth 308 M. Madassar 165 165 lbs. Teen III DEADLIFT Unequipped 114 lbs. R. Kumar 198

182 lbs.

Master V

D. DArgue

187

S. Ali

123 lbs.

rapidly with some specialized coaching, Jay is another one who has crossed over from the dark side. He settled for his from the dark side. He settled for his opener and we will have to wait until July to see how strong he really is. Jamie Great Technique shown by 11 yr draw, plus the lifters have all kinds of great Technique shown by 11 yr draw, plus the lifters have all kinds of escaped from his garage long enough to get old guest lifter Clay Lumpe at the places to eat without missing anything in a full set of qualifiers. Finally, yours and honest truly decided to get in on the act, just to remind our Championship Secretary that remind our Championship Secretary that I'm still alive! Thanks go to all officials, 154 lbs loaders, catering staff etc who continue to S. mays turn up at the drop of a hat. (Thanks to Eddie J. Dick S. mays Bennett for providing the report/results) MEN 114 lbs C. Lumpe 123 lbs ADFPF Washington Square Wallace 9 JUN 06 - Evansville, IN D. Hall RENCH 198 lbs. 132 lbs. R. Utley 220 lbs. I. Parkinson WOMEN 340 138 lbs. 148 lbs. 330 B. Hirsch T. Gies 220 lbs. 65 P. Kares
J. Childers 165 lbs. 275 L. Skages MEN 100 275 lbs A. Ulrich C. Wallace D. Korts 148 lbs R. Martin 310 120 320 lbs. I. Fowler 181 lbs. G. Latham D. Emery 240 I. Scott 198 lbs. BP DI TOT WOMEN SQ C Hair 98 lbs. B. Wiggins

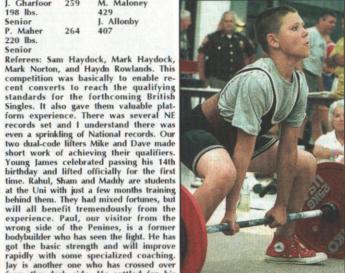
138 lbs.

82 181 363 237 110 259 148 71 209 429 209 132 253 226 121 264 611 231 165 220 617 259 165 314 738 380 231 424 1036 341 198 451 259 192 352 804 248 137 336 722 407 248 518 352 264 B. Steckler 66 71 159 297 G. Corbell 297 220 352 116 lbs. 55 60 176 292 D. Wallace 573 347 501 Catt 562 507 123 lbs Thomas M. Cleveland 176 110 226 512 P. Sanchez 363 292 Morris 352 128 lbs. 148 93 176 418 C. Chandler 281 352 325 738 K Koch

M. Maloney

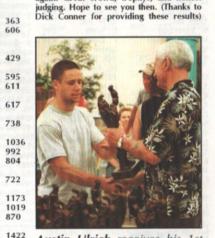
I. Allonby

264



A. Hancock 237 187 352 777 424 341 501 1267 Braswell 248 Swinney McWilliams 303 363 380 914 320 lbs. 451 352 600 T. Mooney A. Lawler 226 148 369 733 What makes a powerlifting contest fun to lift in? Well, in my opinion, lots of people to watch, great trophies, and honest judging. This ADFPE contest had all of the above. Plus, with 45 lifters, the contest started at 10a and was over by 3pm, giving everyone time to go home, etc. the judges, spotters, and loaders never took a breath, making the contest as smooth as could be. Judith Gedney, one of the ADFPF board of directors, came all the way down to Evansville to oversee things, and to give state test to five people. Without her and my wife and daughters, plus all who set up and loaded equipment, none of it could have happened. If you have never lifted in a mall as this one, in Evansville, IN, you might not appreciate it until you do so. The mall is of average size, but the food court very big with an pe area that is perfect

1405



Austin Ulrich receives his 1st place trophy from the ADFPF Washington Square meet from Meet Director Dick Conner (pho-501 303 628 1433 tographs courtesy of Dick Conner)

#### AMERICAN DRUG-FREE POWERLIFTING FEDERATION • Active & Non-active Membership Application Form

L. Blessinger 231 99 264 595 P. Tyrine

Complete this form and mail with membership fee to: ADFPF, 27 ELMO DRIVE; MACOMB, IL 61455 Need more information? Go to: <www.adfpf.org>

ADFPF Mission Statement: To provide all amateur athletes with legitimate drug-tested powerlifting, Strongman/woman, Highland Games competition through local, regional and national championships, while encouraging the growth of international amateur drug-free competition. To insure that the ADFPF as well as all ADFPF competitions are governed with integrity and by the highest standards of meet

1161

structure, officiating and organizational administration. Conditions of Membership: As a condition of ADFPF membership, I commit to obeying all ADFPF rules, policies, drug testing requirements and procedures. Additionally I agree to UNANNOUNCED Out-of-Competition and Target Drug Testing. I understand the rules, regulations and drug testing procedures are at times subject to change and as a condition of continued membership, I agree to obey all such changes. I will voluntarily submit to any ADFPF and/or WDFPF drug testing procedures as stated in their rules. I understand that my ADFPF membership may be revoked, temporarily or permanently suspended and/or denied for my failure to obey ADFPF/WDFPF rules, regulations and/or drug testing procedures. If I test positive for a banned substance, I agree that the results of the test are

conclusive, and I further agree to accept the consequences of the positive test regarding my membership.

As a condition to ADPPF membership, I understand and accept that I am prohibited from using any substance or "doping method" banned by the ADPPF/WDFPF. I accept sole responsibility for what I take into my body and should I consume a banned substance unknowingly and test positive for that banned substance, I shall be solely responsible for consumption of that banned substance and shall accept the

results and consequences of that test.

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit the ADFPF and the WDFPF to publish my name as a suspended member and/or member who is suspended for testing positive for a banned substance or doping method on the internet, in Powerlifting USA, in RAW POWER, or any other publication that the ADFPF and WDFPF

so choose. Signature		If Under	21 yrs., Parent Initial	Date			Prior Registration No
Name		Phone_	Wildling Co. Angelow	Services in	E-mail	The state of	
Address			City	a labellander		State	Zip Code
Date of Birth	Gender	U.S. Citizen?	_ ADFPF Registered Club N	1ember	CALL TO	江湖北河	

Active ADFPF Membership Fee \$20.00. Paid via (CIRCLE ONE): CASH CHECK made out to the ADFPF MONEY ORDER made out to the ADFPF

The ADFPF offers a NON-ACTIVE MEMBERSHIP for coaches, meet directors or officiate who want to join the ADFPF but who WOULD NOT BE ALLOWED TO COMPETE nor would they be DRUG TESTED. The Non-active ADFPF Membership Fee is \$20.00. (It is possible to change the NON-ACTIVE membership into an ACTIVE membership with an additional fee of \$75.00 to cover the cost of a

Non-active ADFFF Membership Fee \$20.00. Paid via (CIRCLE ONE): CASH CHECK made out to the ADFFF MONEY ORDER made out to the ADFFF All membership cards expire on December 31st of the year purchased with the exception of cards purchased in NOVEMBER which shall be valid through the following year. All payments to the ADFPF are non-refundable.

Open 181 lbs.

220 lbs.

M. Reed

242 lbs.

		nia State BP/		J. Yoder 308 lbs.	556*!	L. Orlando P. Murphy	407 259	308 lbs. S. Wong	21.	4th-358* 165 lbs.	
	06 -	Monterey, CA		I. Tovar	_	242 lbs.		309+ lbs.		B. Nolen	270
BENCH		Teen (16-19)		Law/Fire		D. Marba	446*	R. Bradshaw	705	181 lbs.	2,0
WOMEN		123 lbs.		Master (48+)		275 lbs.	440	Teen (12-13)	703	A. Sozzi	347
Junior		K. Phipps	155*	198 lbs.		P. Goodwin	418	148 lbs.		Master (47-5)	
123 lbs.		198 lbs.		G. Alves	424	Master (61-67		C. Ciano	104*!	UNL	,,
E. Ansberry	148	O'Halloran	170	4th-435*!	727	181 lbs.	,	Teen (14-15)	104 .	S. Vaterlaus	250
132 lbs.		MEN		275 lbs.		G. Hawkins	242	132 lbs.		Master (54-66	
S. Ansberry	148*	Class-1		P. Goodwin	418	D. Covelto	181	B. Church	181*	97 lbs.	,,
181 lbs.		181 lbs.		309+ lbs.	410	220 lbs.	101	T. English	176*	S. Abblett	192
L. Aterlaus	176	D. Russo	385	M. Johnson	501	R. Urrea	259	148 lbs.	170	4th-194*!	192
Law/Fire		198 lbs.		Law/Fire/Ope		259 lbs.	239	J. Laija	236	165 lbs.	
Master (40-47	7)	T. Richards	451*	242 lbs.	CII	M. Bonifield	347	165 lbs.	230	I. Petray	292
132 lbs.		A. Guerra	407	D. Tallerico	201	181 lbs.	347	M. Phipps	154*	Open	232
L. Rosales	176	Stangehoener	352	259 lbs.	331	C. Vause	214	198 lbs.	134	105 lbs.	
Master (40-46	5)	220 lbs.		A. Porter	556*	198 lbs.	214	A. Lindsey	248*	A. Vallejo	304
105 lbs.		T. Arnnotti Jr.	_	Master (40-46		N. DiLiddo	242	Teen (16-19)	240	114 lbs.	304
D. Brown	170	J. Laija	501*	165 lbs.	")	242 lbs.	242	148 lbs.		S. Hedman	225
A. Vallejo	154	W. Beavers	457	G. Espinda	352	J. Peters	209	A. Shouse	297*	4th-330*	325
114 lbs.		F. Salinas	407	U. Jara	308	Master (75-79		181 lbs.	29/	123 lbs.	
C. Salo	_	A. Jauregui	402	4th-325*	300	165 lbs.	)		262		352
S. Hedman	187	J. Perez	363	181 lbs.		R. Fornachon	102	A. Singh K. Brott	363	J. Braguine 4th-374*	352
123 lbs.		242 lbs.			406 11	198 lbs.	192	198 lbs.	303		200
A. Barnhill	176	I. Villegas	451	B. Levering 198 lbs.	496":	C. Ferrando	275*		226	K. Phipps 132 lbs.	266
132 lbs.		I. Arredondo	446*	A. Plachon		220 bls.	2/5	Rustenhouen	336	I. Watts	402
L. Rosales	176	I. Gaudern	435*	H. Williams	202		252	E. Bledsoe	275		402
148 lbs.		S. Arredondo	402		303	E. Miranda	253	B. Butko	2/5	Submaster	
S. Maher	187	D. Tallerico	391	220 lbs.	451	Open		220 lbs.	244	123 lbs.	250
E. Womack	121	259 lbs.		M. Hatfield		148 lbs.		A. Contreras		J. Braguine	352
165 lbs.		I. Masten	507	DeGennaro	398	J. Imamura	-	A. Kimmel	225	4th-374*!	
B. Nolen	209	D. Vasqez	374	R. Pichardo	380	T. Tom	446	242 lbs.	2474	132 lbs.	100
181 lbs.		275 lbs.		242 lbs.	206	4th-463*!		T. Peterson	347*	J. Watts	402
A. Sozzi	225	Starkweather	451	G. Phipps	396	165 lbs.	460	259 lbs.		165 lbs.	270
Master (47-53		S. Kunz	341	D. Lindsey	314	A. Davila	462	M. McKee	000	L. Ortiz	270
148 lbs.		308 lbs.		259 lbs.	200	4th-490		DEADLIFT		Teen (16-19)	
M. VanDam	221	G. Leota	567	M. Weltz	380	181 lbs.	477	WOMEN		123 lbs.	200
4th-225		B. Alex	490	309+ lbs.	600*	M. Saito	473	Junior		K. Phipps	266
199+ lbs.		309+ lbs.		J. Shefffield		B. Akamine	402	123 lbs.	252	198 lbs.	202
S. Vaterlaus	_	L. Scott	501	Master (47-53	)	198 lbs.	479	E. Ansberry	253	O'Halloran	203
Master (54-60	))	L. Contreras	440	181 lbs. P. Janoff	347	J. Woods 220 lbs.	4/9	Law/Fire	7)	MEN Class-1	
97 lbs.		Junior (20-25)		G. Rochelle	275	S. Pena	529	Master (40-47	)	148 bls.	
S. Abblett	78	148 lbs.		198 lbs.	2/3	242 lbs.	529	L. Rosales	281	A. Pulizzi	473
4th-80*!		M. Kauricella	187	I. Woods	479*	D. Tubridy	501			4th-501*	4/3
Open		181 lbs.		McCormack	391	308 lbs.	501	Master (40-46 105 lbs.	0)	M. Martin	407
123 lbs.		J. Mayes	303*	259 lbs.	391	S. Wong		A. Vallejo	304*!	165 lbs.	407
K. Phipps	155	198 lbs.		J. Masten	507*	G. Leota	567*	D. Brow	281	Y. Kuroda	479
132 lbs.		K. Herzik	336	G. Stevens	391	309+ lbs.	36/	114 lbs.	201	181 lbs.	4/9
J. Watts	242*	M. Minahan	330	275 lbs.	391	D. Gerona		S. Hedman	225	W. Potier	4-7
Submaster		242 lbs.			473	M. Womack			325	198 lbs.	457
123 lbs.		I. Pritchett	314*	C. Jacka 309+ lbs.	4/3		705	4th-330*	252		402
J. Braguine	182*!	309+ lbs.		L. Contreras	440	R. Bradshaw		C. Salo	253	E. Bledsoe 220 lbs.	402
132 lbs.		M. Womack	800*!			Submaster (34	1-39)	123 lbs.	200		622
I. Watts	242*!	Law/Fire		Master (54-60 181 lbs.	"		460	A. Bernhill 132 lbs.	308	A. Tortorelli 4th-640	622
165 lbs.		Master (40-47	)		225	A. Davila	462				-20
L. Ortiz	159	198 lbs.	100	E. Ansberry 198 lbs.	325	4th-490* 181 lbs.		L. Rosales-Bu	ie	S. Pena	529 518
4th-170*		McLaughlin	_		220	M. Saito	473*	C. Rodgers	221	M. Hatfield	501
199+ lbs.		T. Ornduff	352	R. Tsutsui	330		4/3"		231	R. Budd	
T. Riley	236*	275 lbs.		220 lbs.		220 lbs.	424	148 lbs. S. Maher	352	T. Annotti Jr. 242 lbs.	429
	- The Control  -	The second second		J. Mutty	_	J. DeLuca	424	3. Maner	332	242 IDS.	



Golden Valley, MN 55427

If under 18, have parent initial \_

## Application for Registration WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL)

Last Name	First Name		Initial	Renewal Y N	Current Card # (if Researd)
Street Address			Line II		Club Name
City	Canto Maria	State	Zip		Area Code/Telephone
Current WABDL Classification   Reference Elite Master	Status U.S. National State	10000000000000000000000000000000000000	Olirib Sex M F	Today's Date	Card Issued By
Registration Fee: Adults \$30.00 Teens \$20.00 Make checks payable to an WORLD ASSOCIATION OPRESSERS AND DEADLE P.O. Box 27499	d mail to: OF BENCH FTERS	drug testin In recogniz to submit to by WABDI	ing the need for	or drug use procedures and shall	ets will be subject to age detection, I agre deemed appropriat accept the results

Signature



2\*! Jeanne Watts pulled up a new State Record 402 at 132 at the WABDL California State contest.

S. Arredondo	606	P. O'Neil	446
4th-617		G. Rochelle	429
D. Tallerico	529	198 lbs.	
J. Arredondo	507*	J. Woods	650*
J. Villegas 259 lbs.	314	McCormack 259 lbs.	540
D. Vasquez 275 lbs.	451	G. Stevens 308 lbs.	507
D. Martinez	613 545	W. Faulkner SHW	710*
S. Kunz SHW	343	L. Contreras	407
M. Womack	501	Master (54-60	
L. Contreras		181 lbs.	,
Junior (20-25)		E. Ansberry	462*
165 lbs.		R. Hencke	424
	584*	198 lbs.	727
181 lbs.	304	K. Kirk	369
J. Mayes	419*	220 lbs.	303
198 lbs.	413	P. Murphy	451
	501	275 lbs.	431
K. Herzik	440*	P. Goodwin	501
220 lbs.	440	Master (68-74	
T. Mendoza	540	165 lbs.	,
Law/Fire	340	D. Andrade	325
Master (40-47	1	Open	323
165 lbs.	,	148 lbs.	
L. Esquivel	363	J. Imamura	501
198 lbs.	303	181 lbs.	301
T. Ornduff	473*	M. Hammons	534
220 lbs.	4/3	198 lbs.	334
Z. Clark	650*	J. Woods	650
Law/Fire	030	Submaster (34	
Master (48+)		220 lbs.	1-331
198 lbs.			633*
G. Alves	4	A. Tortorelli	622
275 lbs.	73	4th-640*	022
P. Goodwin	501	242 lbs.	
Law/Fire/Ope		R. Exum	512
242 lbs.	-	Teen (12-13)	312
S. Arredondo	606	148 lbs.	
4th-617	000	C. Ciano	275*1
D. Tallerico	529	Teen (14-15)	
275 lbs.	343	132 lbs.	
D. Martinez	613*	T. English	314*
Law/Fire/Sub		165 lbs.	3
220 lbs.	musici	S. McKee	363
L. Nino	529	M. Phipps	
Master (40-46		4th-385*	332
148 lbs.	,	C. McMurray	310
M. Martin	407	198 lbs.	317
165 lbs.	407	A. Lindsey	341*
U. Jara	462	Teen (16-19)	
220 lbs.	402	165 lbs.	
Z. Clark	650*	D. Narigi	501
242 lbs.	030	220 lbs.	30.
	529	A. Contreras	396
V Chan	477	242 11.	330
D. Lindsey Master (47-53	446	T. Peterson	556
Master (47-53	()	259 lbs	330
181 lbs.	,	M. McKee	479*
	de 1-14	orld Records.	Matt
		oekardi do an e	
lont job of bri	naina th	is meet together	On
TELL TOD OF DEL	ngmg m	is meet together	· OII

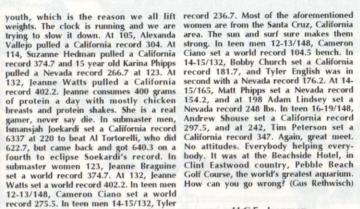
The hotel has a restaurant overlooking the Matt's bench was excellent. It was a





Jim Sheffield overcame initial problems to get a 40-46 State Record 600 lb. BP @ SHW at the California State Meet for WABDI in the ball of the ball of

At 181, Jessie Mayes set a Nevada record 473.7 at 198, Kyle Herzik pulled 440.7 for with 301, and she weighed 103.8. At master men 40-46/165, Ulisses Jara set a California record 315. At 181, Bob Levering set a Nevada record. In law/fire master, Ted Ornduff pulled a California record 473.7 at 198, and Zach Clark pulled a California record 330.5. At 148, Silvia Maher pulled a world record 496, but missed his much a California record 358. All of the afore-coveted 501.5 bu just a fraction. But, at Jaquish at 198, and Zach Clark pulled a California record 350.2 at 220. Zach has been hovering close to the 700 mark for four years, but hasn't reached it yet. Heavy overloads and some speed work will do it, Zack! In law/fire open, Steven Arredondo set a California record 617.2 at 242, and at 275 paniel Martinez set a California record 617.2 at 242, and at 275 alignment of 13.9. In master men 47-53, Jody Woods set a California record 630.2 at 198, Jody and his wife Lorraine were both very busy selling real estate, but Jody still finds time at 200. At 140, SIVIA Maner pulled a California coveted 501.5 bu just a fraction. But, at coveted 501.5 bu just a fraction



H.C.F. Ironman English set a Nevada record 314, and at 14-English set a Nevada record 314, and at 15/165, Matt Phipps set a Nevada record 385.7. At teen 14-15/198, Adam Lindsey MEN 19 MAY 06 - Kincheloe, MI SQ BP DL TOT 259, Max McKee set a California record 479.5. In teen women 16-19/123, Karina 135 lbs. 255 215 250 720 355 270 250 230 390 355 350 225 815 785 155 135 375 335 Massachusetts record 446.2 and Jeff Gaudern was second with a Nevada record Johnson 205 475 455 305 310 265 415 385 275 325 275 335 935 350 595 1660 335 350 385 235 535 1220 455 1075 225 185 275 685

Mike Womack benched 800.1 for a new WABDL Junior World record at Superheavyweight in Monterey, California on March 18th.

Nike Womack benched 800.1 for a new WABDL Junior World 165, Lisa Ortiz set a California record 170.7. At 198+, Tina Riley set a California (record at Superheavyweight in Monterey), California on March 18th.

600+ deadlifter and has put on some great Sacramento meets in WABDL, with every of the officials, spotters, and loaders, as well as the helpers who loaded all of the equipment. (results from Russell P. Fox) meet drawing between 110 and 150 lifters. At 259, Jim Masten set a California record 507. In master 54-60/242, Dave Marba set a California record 446.2. In master 75-79/ 198, Charles Ferrando set a California 198, Charles Ferrando set a Canornia record 275.5 at age 77. In master women 40-46, Desiree Brown at 103.8 lbs., benched 170.7 and Suzanne Hedman at 114 benched 187.2. They weren't state records but very notable nonetheless. In master women 47-53/148, MaryAnn VanDam set a California record 225.7 and in master 54-60/97, 93 lb. Sherry Ablett set world record with 80.3 lbs. In open men 148, Taylor Tam set a world record 463.8 to beat Darren Matsumato's record 462.7. They are both from Hawaii and they both have great arches. At 165, Adolfo Davila benched 490.5. At 308, George Leota set a Hawaii record 567.5. George is a very thick, muscular Polynesian, that looks like he could do the weight raw. At super 465 lb. Roy Bradshaw benched 705. In open women 132, Jeanne Watts benched a state record 242.5. In submaster 165, Adolfo Davila benched a California record 490.5. At 181, Mike Saito made a comeback after a six year lapse, with a strong 473 Hawaii record, but couldn't get 507. In submaster women 123, Jeanne Braguine set a world record 182.8. At 132, Jenane Watts set a

world record 242.5. Jeanne also deadlifts over 400 lbs., and again she amazingly

# North Italian Bench Press

2 API	R 06 -	Turin, ITA	
ENCH		M. Culetto	270
EMALE		A. Ermoli	270
38 lbs.		181 lbs.	
. Borgia	99	D. Balauta	308
nequipped		M. Pinto	286
\ge 16)		L. Lizzi	275
I. Nica	170	S. DeSantis	264
Age 18)		F. Piantino	248
lacchiavello	231	G. Maldonato	242
ranovitchi	220	P. Patrizio	220
Age 23)		(Age 40+)	
. Telesca	248	N. Bazzeato	220
. Martinotti	259	V. Grasselli	181
abriele	187	181 lbs.	
. Manna	203	(Age 40+)	
. Borra	192	M. Scire	314
. Comoglio	187	A. Cavallaro	303
. DeMitri	132	(Age 50+)	
23 lbs.		R. Giramonti	231
. Veronese	264	L. Grotto	319
32 lbs.		R. Volpis	319
doardo	110	198 lbs.	
48 lbs.		G. Fasani	341
. Fumari	286	R. Pandiscia	275
tichelangelo	231	M. Baldoni	231
1. Brucia	286	220 lbs.	
65 lbs.			352
1. Cosmai	297	G. Pugliese	286
. Picco	286	D. Ferrara	220
results courte	esy Sha	arron Clegg, B	DFPA)

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revolutionary concepts and mindblowing performance are what sets Titan apart. Titan creates what the others can only hope to copy.

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\$99.00

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(5) molded heel counter; ateral strap (7) Avg. width &

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RAW meets Black Royal **Blue Red** or Purple

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lb. deadlift)

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\$9.99 CHALK: 1 lb. **AMMONIA CAPS:** \$4.00 Box of 10 \$36.50 SPEED COLLARS: DIP BELT: \$29.00 TRAINING BELTS: 4 x 2 11/2" \$32.95 \$34.95 4 x 4" **USAPLT's:** \$15.00 3 color logo

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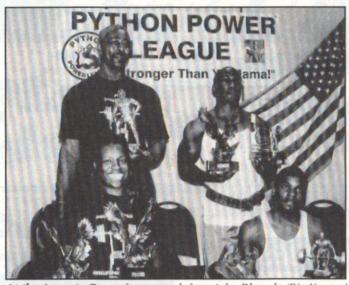
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Female Height Hips (Buttocks) Overall (TOP OF TRAP TO 6" BELOW CROTCH) Leg (Largest part) Titan Support Systems, Inc. • 1214 Rickey • Corpus Christi, TX 78412 • USA

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Python's Augusta Drug Free Open 21 JAN 06 - Augusta, GA RENCH T Rich (33-38)132 lbs. (14-16)/Novice G. Bartley SHW C. Gordon 148 lbs. 155 500 (14-16) M. Thomas (20-25) R. Neal 440 165 lbs. DEADLIET Raw K. McBride 405 132 lbs. (14-16)(10-13)175 T. Sosebee N. Reeves 190 (20-25) MEN 165 lbs. BP DL TOT (17-19) J. Cherry 190 225 415 (50-59) A. Duncan 230 265 495 220 lbs. (40-49) B. Bridges 280 400 680 (33-39) L. Wright 365 525 890 (50-59)V. Morgan 310 605\* 915\* SHW Police/Fire/Military 295 405 700\* I. Mellin

year and the Pythons were ready to rock Duncan, and Reverend WB Tonmlin for Without them and our Lord and savior, and roll. The TV cameras were there, the



At the Augusta Open: front row, left to right: Rhonda 'Big Kuntry Sams, Josh 'Jungle Man' Cherry; top row, left to right: Willie 'Soupbone' Morgan, and Ken 'Cowboy' McBride. (courtesy of Tee Meyers)

Momen SQ BP DL TOT newspaper reporters were there, and it was "Cowboy" Ken McBride smoking up an easy 405 bench at S. Warren 385 355 420 1160 s. Warren 385 355 420 s. Warren 38

been. Until the next time. Stay clean, stay strong, and PPL will see you on the platform. (Thanks to Tee "Skinny Man" Meyers, PPI President, for these results)

### Travis Godden Memorial

29 APR 06	- Warren, PA
BENCH	D. Wray -
WOMEN	220 lbs.
60 lbs.	Open
(Age 10)	Z. Delong 440
K. McCaslin 90	I. Mink 425
123 lbs.	L. Rutecki 415
Open	Teen (18-19)
J. Ochoa 160	Z. Delong 440
148 lbs.	Junior
Open	D. Gassman 295
J. Furniss 225	242 lbs.
198+ lbs.	Open
Open	C. Charnisky 405
L. Lattimer 190	Open/Raw
MEN	J. Baxter 350
148 lbs.	Teen (16-17)/Raw
Open	M. Myschisin 245
K. Bisker 305	D. Ash 185
165 lbs.	Submaster
Open	C. Danielson 295
J. Gelnett 370	275 lbs.
Teen (16-17)/Raw	Open
J. Riel 245	T. Schartzer 535
Teen (18-19)	B. Smith 515
Lauffenburger 290	D. Whitmore 480
181 lbs.	J. Wargo 455
Open	S. Brown 385
T. Carrington 365	Teen (16-17)
lunior	C. Wilson 245
C. Renninger 390	Submaster
Master	D. Whitmore 480
J. Newman 290	E. Bedow 460
198 lbs.	Master
Open	Schwabenbau 350
M. Wolfley 655	308 lbs.
Open/Raw	Open
J. Curtis 330	Schwabenbau 350
Teen (16-17)/Raw	Submaster
D. Galletta 235	Z. McCaslin 655
Junior	Master
M. Pascuzzi 305	B. Godden 500
Submaster	SHW



640 625 575 405
625 575
575
405
405
1 540
600

Irish Powerlifting Championships DL TOT

231 176 286 694

Unequipped		- Clar		TOT
114 lbs.	34	Di.		.0.
Teen II				
B. Digham	132	88	248	468
Junior				
W. Digham	132	77	187	396
123 lbs.				
Master II				
	275	203	347	826
Teen II				
C. Cornally	209	110	275	595
128 lbs.				
Senior				
O. Smith	176	110	253	540
138 lbs.				
Senior			050	
S. Reddan	181	115	253	551
Teen II	154	77	198	429
S. Forde 149 lbs.	154	11	190	429
lunior				
J. Quinn	176	122	374	683
Senior .	170	132	3/4	003
I. Gavigan	286	220	413	920
Teen I	200	220	413	320

M. Parkin

S. Treacy lunior

. Quinn

Master III

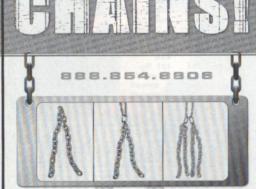
P. Brogan

A. Scully



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Light	(1-1/8" wide, Purple)	\$20.00
Average	e (1-3/4" wide, Green)	\$25.00
Strong	(2-1/2" wide, Blue)	\$30.00
Jump St	retch Regular Platform	\$155.00
Jump St	retch Sumo Platform	\$255.00



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(1/2" wide, assorted colors)	\$10.00	5/8
(1-1/8" wide, Purple)	\$20.00	0,0
(1-3/4" wide, Green)	\$25.00	Cor
(2-1/2" wide, Blue)	\$30.00	
etch Regular Platform	\$155.00	5.0
etch Sumo Platform	\$255.00	5-8
CONTRACTOR OF THE RESIDENCE OF THE PARTY OF		

5/8 CHAINS:	(2) 5/8in chains	\$85.00*
Complete Set:	(2)chains,(1)helper chain, (1)oval snap hook	\$105.00*
5-Station Chair	n Pack: (5)complete sets (10)extra 5/8 chains	\$815.00*

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				20 日 20 日 30 日	10 No. 15	<b>型压温</b> 3			THE PRINT	-10-11-51	19.15.15		O ST. H. C.	235333			2 2 1 2	
341	259	451	1052					See Se				THE STATE						
374	281	374	1030															
				D. Doyle	396	253	485	1135	J. O'Connell	507	429	551	1488	182 lbs.				
286	209	440	937	L. McCabe	352	286	440	1080	Teen II					Senior				
				P. Houston	396	286	429	1113	T. Meehan	374	198	374	948	D. McGrath	485	264	485	1234
				S. Robson	308	226	407	942		4th-D	L-440			198 lbs.				
407	275	485	1168	Teen II					276 lbs.					Master I				
330	248	534	1113	D. lannette	209	121	286	617	Senior					E. O'Brien	529	380	523	1433
					4th-D	L-308			D. Griffin	463	374	440	1278	Senior				
341	209	507	1058	Teen III					T. Chantler	418	341	507	1267	S. Prior	573	286	529	1388
				J. Hanley	363	248	418	1030	320 lbs.					220 lbs.				
451	286	622	1361	M. Corcoran	297	237	407	942	Senior					Junior				
				220 lbs.					E. Byrne	440	270	606	1317	G. Dunne	440	341	468	1251
496	297	551	1344	Junior					D. Fitzhenry	617	501	644	1763	Master I				
4th-S	Q-507			McLaughlin	358	242	491	1091	Equipped					M. Fitzgerald	468	385	457	1311
485	330	540	1355	Master I					123 lbs.					Master II				
352	220	418	992	P. Leitch	407	259	463	1129	Senior					D. Smith	683	479	600	1763
286	203	396	887	Master V					G. Kelly	286	209	374	870	Senior				
385	374	396	1157	L. McConnell	451	308	518	1278	128 lbs.					A. Prior	573	242	595	1410
					4th-D	L-529			Senior					242 lbs.				
292	154	363	810	Senior					O. Smith	253	132	231	617	Master V				
286	176	440	903	E. O'Reilly	407	330	518	1256	165 lbs.					J. West	463	319	496	1278
4th-D	L-451			G. Watters	440	363	496	1300	Junior					Senior				
				J. Kelly	407	297	143	848	D. Kidd	440	314	396	1151	B. McGallie	463	297	595	1355
308	253	396	959	K. Sexton	451	308	551	1311	J. McAleese	374	220	330	925	J. Shanahan	595	374	595	1565
4th-S	Q-315			K. Dolan	396	253	396	1047	Master I					Teen II				
286	231	451	970	242 lbs.					R. Scott	369	237	358	964	T. Meehan	529	297	474	1300
				(Age 13)					Master II					276 lbs.				
				N. Meehan	143	110	264	518	O. Forde	385	220	440	1047	Master III				
231	248	308	788	lunior						4th-E	L-463			P. O'Cearra	440	264	562	1267
				J. Fennelly	485	352	683	1521	Senior					Senior				
385	281	474	1140		4th-E	L-705			M. Mandaran	10	435	347	429	R. Mullen	760	451	639	1851
				Senior					1212					T. Faherty	551	396	573	1521
374	275	440	1091	B. Meehan	429	242	463	1135	N. Nugent	396	275	440	1113	(Thanks to Sh	narron	Clegg	for the	results
										22.0								

APF Old School Iron Wars 3 JUN 06 - Burlington, VT WOMEN Raw 165 lbs. Raw 148 lbs. Open T. Ferlito 165 lbs. 248 DEADLIFT Master 1 P. Steinman 281 181 lbs. Teen T. Ramsey Master II 220 B. Kernoff 181 lbs. Master II Equipped 181 lbs. 305 B. Kernoff 198 lbs. Teen A. Chiappetta 220 198 lbs. B. Koziar 303 D. Haggert 600 220 lbs. 650 R. Latries 242 lbs. Minnes 633 242 lbs. Master II Master VII W. Johnston E. Mard S. CURL Equipped 148 lbs. 402 Teen C. Dolber WOMEN 203 Raw 181 lbs. 165 lbs. 77 Master III R. Sorenson R. Huber 391 MEN 148 lbs. Master II 198 lbs. Junior R. Marrara T. Ferlito 113 115 Open R. Laitres C. Dober 165 lbs. D. Haggert 220 lbs. 507 Master 1 181 lbs. J. Bonilla 402 Master II Master II B. Kernoff K. Matson Master III Master IV

Hagerstrom

138

551

352

551 I would thank Amy Jackson of the APF-

220 lbs.

242 lbs.

Master II

W. Johnston

Master II

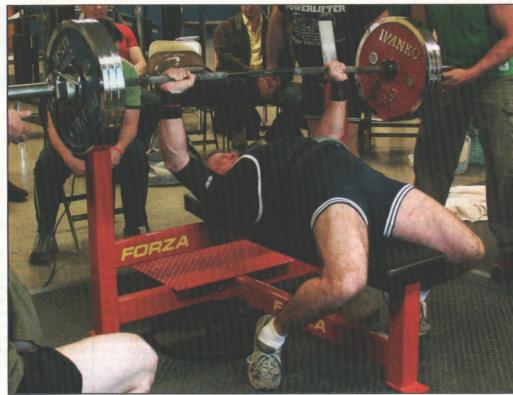
K. Mattson

275 lbs.

Open S. Miller

Master VII

E. Mard



Rocky Huber with his AAPF National Record BP of 391 in the 50-5, 181s at the Old School contest.

132 AAPF for quickly sanctioning and insur-ing this meet for us! I also want to thank Burlington High School Principal Amy

AAU Utah Open 10 JUN 06 - Willard, UT MEN SQ BP DL TOT Equipped 198 lbs.	Mellencamp strength coa support with	ch Jess	e Cop	e for a	II their	-
Equipped					JT	-
	Equipped	\$Q	BP	DL	тот	-

	77.5 39 novan Cu
Street Control of the	

Donovan Currier pulled 402 in Burlington, VT only 3 mos. training

Lifetime Open	Sillin.				182 lbs.		D. Ro		363
	500	341	485	1327	Junior		Maste		
4th-BP-	_	347	-	347	Z. Jones	264		orbowie	z 264
Lifetime/(60-64	1)				Master VI		DEAD		
R. Eriksen -	-	-	-	-	B. Withers	165	FEMA		
Open					198 lbs.			uipped	
T. Eriksen -	_	402	-	402	Senior	207	116 1		
Master (55-59)					C. Rogers	297	Maste		240
P. Herdt -	-	407	-	407	Master II	242	J. Loc		242
Raw					B. Crameri	242	154 I		
165 lbs.					Master III		Senio		99
Open	200	252	400	1005	S. Dumble		F. Di		99
	369	253	402	1025	Master VI	201	176 I		
181 lbs.					B. Wilkes	281	Maste		220
Open	202	201	220	020	220 lbs.			senow	220
	303	286	330	920	Junior	207	MALI		
198 lbs.					D. Thomas	297		uipped	
Lifetime/(60-64		240	400	1005	Equipped		198 I		
	407	248	429	1085	220 lbs.		Senio		
220 lbs.					Senior		M. B		TOT
Master (45-49)		-			FEMALE	SQ	BP	DL	TOT
	303	226	374	843	Unequipped				
309 lbs.					128 lbs.				
Lifetime/(45-49	9)				Mastser II				
S. Fredine -	_	325	-	325	J. McGrath	176	99	275	551
SHW					Master IV				
Lifetime Open	2000	-			J. Philips	165	77	198	440
D. Marchant		523	518	1576	Master IX				
Master (40-44)					M. Rodda		66	189	364
D. Marchant		523	518	1576		4th-DL	-198		
Law/Fire/(40-4					154 lbs.				
D. Marchant		523	518	1576	Senior				
Lifetime/(40-44			-		Gianacopoulo	154	121	297	573
D. Marchant			518		Master III				
Best Lifter Ope					D. Castenelli	187	99	220	507
Ed Kinsey. Bes					176 lbs.				
Full Power EC					Master III				
Lifter Open Div					D. Macer	198	110	297	606
Call. Best Lift					MALE				
Power Raw: Al					Unequipped				
Division Bench					149 lbs.				
Best Lifter Mas					Teen I				
EQ: Peter Hero	dt. Be	st Lifte	er Oper	n Divi-	C. DeHaan	253	148	385	788
sion Bench Or	nly Ra	w: Da	ive Ma	rchant.		4th-DL	-396		
Best Lifter Mas	ter	Divisio	n Benc	h Only	165 lbs.				
Raw: Dave Ma	rchant	. (Day	e Edmo	ondson)	Senior				
					B. Cameron	352	242	463	1058
Victoria	n Cl	amni	onehir	16	182 lbs.				
					Senior				
30 APR	06 -	Victo	ria, Al	15	A. Roedel	418	297	440	1157
BENCH		Senio	or		Junior				
FEMALE		F. Di	nakis	176	P. Mong	396	253	474	1124
Unequipped		176	bs.		Master III				
116 lbs.		Maste	er II		N. Lindsay	319	292	440	1052
Master II		J. Ro	senow	104	Master III				
J. Loomes	99	MALI	E		W. Towers	143	143	143	429
154 lbs.		Uneq	uipped		198 lbs.				

Master I				
	319	226	451	997
	358	275	485	1118
Senior				
D. Kruger	429	352	551	1333
I. Colstan	451	264	529	1245
B. Mathieson	143	220	143	507
P. Anderson 242 lbs.	132	132	132	396
Master I				
	463	319	573	1355
	385	297	474	1157
lunior				
	429	286	540	1256
Junior				
Equipped				149
149 105.				
D. Bevins 198 lbs.	396	282	485	1164
Senior				
				683 BDFPA)
	Timmermans Master III R. Ancilleri 220 lbs. Senior D. Kruger J. Colstan B. Mathieson P. Anderson 242 lbs. Master I A. Mazzon Master II G. Hancock 276 lbs. Junior D. Geddes 320 lbs. Junior P. France Equipped 149 lbs. Senior D. Bevins 198 lbs. Senior D. Dando	Timmermans Master III R. Ancilleri 358 220 lbs. Senior D. Kruger 429 J. Colstan 451 B. Mathieson 143 P. Anderson 132 242 lbs. Master I A. Mazzon 463 Master II G. Hancock 276 lbs. Junior D. Geddes 429 320 lbs. Junior D. Geddes 451 Equipped 149 lbs. Senior D. Bevins 396 198 lbs. Senior D. Dando 165	Timmermans 319 226 Master III R. Ancilleri 358 275 220 lbs. Senior D. Kruger 429 352 J. Colstan 451 264 B. Mathieson 143 220 P. Anderson 132 132 242 lbs. Master I A. Mazzon 463 319 Master II G. Hancock 385 297 Junior D. Geddes 429 286 320 lbs. Junior D. Geddes 451 352 Equipped 149 lbs. Senior D. Bevins 396 282 198 lbs. Senior D. Dando 165 352	Timmermans 319 226 451 Master III R. Ancilleri 358 275 485 220 lbs. Senior D. Kruger 429 352 551 J. Colstan 451 264 529 B. Mathieson 143 220 143 P. Anderson 132 132 132 242 lbs. Master I A. Mazzon 463 319 573 Master II G. Hancock 385 297 474 276 lbs. Junior D. Geddes 320 lbs. Junior D. Geddes 429 286 540 320 lbs. Junior P. France 451 352 690 Equipped 149 lbs. Senior D. Bevins 396 282 485 198 lbs.

D. Dando 1 (results courtesy				
Lebanon C 10 JUN 06				
WOMEN	BP	DL	TOT	Justin
Raw				High S
132 lbs.				0.
S. Lenton	90	225	315	again 1
B. Carey	95	210	305	
MEN				
Raw				198 lbs.
9th Grade				T. Gerde
105 lbs.				220 lbs.
N. Baker	110	200	310	B. Lawre
D. Killian	80	180	260	T. House

155

315 470

181 lbs. B. Arnold

S. Beck 198 lbs.

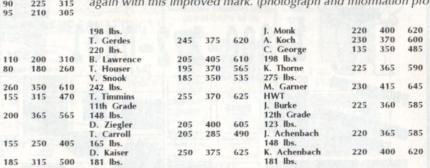
123 lbs.

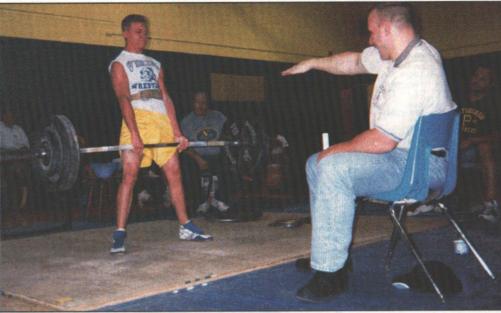
132 lbs.

R. Dzwonchyl

10th Grade

J. Weaver





Achenbach deadlifting 365 while competing in the 123 pound division at the Lebanon County School Strength Challenge. Last year Justin made the TOP 100 rankings and he hopes to do so with this improved mark. (photograph and information provided by courtesy of John Monk)

215 325 540 600 242 lbs. 260 475 735 485 Best Lifter Women: Sara Lenton. Best Lifter Men 9th Grade: Ben Arnold. Best Lifter Men 10th Grade: Duane Myer. Best Lifter Men 11th Grade: David Ziegler. Best Lifter Men 12th Grade: Justin Achenbach. Team Champions: Northern Lebanon. Meet Director: John Monk, Jr. Thank you to officials: Bill Spayd, Art Montini, and John Hlawaty. Thanks to the loaders and spotters: Chris Gates and Mike Light. Thanks to the Scorers: Victoria Monk and Elizabeth Monk. (John Monk)

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1 APR 06 - Erie, PA

WOMEN SO BP DL TOT 155 95 210 Zimmerman 4th-SQ-160 114 lbs. B. Steffan K. Ott 100 260 540 225 455 100 130 135 75 180 390 Teen (14-15) K. Ott 130 100 225 455 Master (40-44) B. Steffan 148 lbs. 180 100 260 540 105 75 170 350 F. Lauffer 4th-SQ-115 DL-185 Master (55-59) 105 75 170 350 F. Lauffer 4th-SQ-115 DL-185 T. Bukousky 230 185 395 810 MEN Youth (age 5) A. Elllis 25 25 25 75 50 110 235 114 lbs. 75 0 110 235 25 25 25 75 A. Ellis 148 lbs 370 250 470 I. Martucci 330 195 390 915 275 185 415 875 . Ellis A. Loomis 165 lbs. 465 R. Cruz J. Stazer 405 N. Theodorou 400 245 525 1175 1160 Cirnigliano 395 265 470 1130 Susmarski 325 220 400 M. Mongera 225 Teen (12-13) 145 280 650 M. Mongera 225 145 280 650 Teen (18-19) A. Susmarski 325 220 400 945 Master (45-49) 465 290 500 1255 R. Cruz Master (55-59) N. Theodorou 400 200 560 1160 181 lbs. 315 575 475 1365 D. Teeter 395 280 310 220 485 D. Swingle 485 1015 D. Heintzel 380 285 535 1200 K. Kluczynski 350 255 505 M. Callista 325 220 475 1110 1020 A. Mangini 350 230 440 1020 Junior (20-23) K. Kluczynski 350 255 505 1110 Master (45-49) M. Callista 325 220 475 1020 Master (50-54) A. Mangini 350 230 440 1020 220 lbs. 555 370 560 L. Creatura 1485 225 B. Bayer R. Jenks 455 285 540 1280 4th-DL-541 A. Mongera 275 555 140 140 Teen (14-15) A. Mongera 140 140 275 555 Master (45-49) L. Creatura 555 370 560 1485 Master (50-54) R. lenks 455 285 540 1280 R. Jenks 4th-DL-541 Master (60-64) B. Bayer 242 lbs. 505 225 575 1305 C. Border 490 320 575 1385 470 340 570 1380 G. Lewis P. Huntley 455 315 530 1300 Submaster (35-39) G. Lewis 47 340 575 1380 Master (40-44) P. Huntley 455 315 530 1300 D. Raybuck 580 365 1575 630

315

465 315 600

C. Eckroth 430 335 630 1395

440 310 550 1300

550

1300

1575

1380

13 6

www.crain.ws

440 310

D. Raybuck 580 365 630

43rd Great Lakes Championships Champion of Champions: Squat-Lenny American record 396.25 deadlift. The in the squat, bench, and total, and with division. Samantha also set all new teen state records in the 12-13 age group. At 148 lbs., 59 year old Fran Lauffer competed in her first contest and set all new master state and American records for the gold. Tammy Bukousky won gold in the women's heavyweight class, on the power of a state record 185 bench and an and two master American records. Nick's the masters III division and set new masters records in the squat and deadlift. Champion of Champions of the polyment of the last deadlift. Chris Border pulled a phy. Master lifters Brian Enis and Don swingle went second and third respectfully, with Enis setting master state records. Nick's the masters III division and set new masters records in the squat and deadlift. Champion of Champions of the pulled and the placings going right down included the place of the masters III division and set new masters records in the squat and deadlift. Champion of Champions of the place of the place of the masters records in the squat and deadlift. The place of the masters records in the squat and deadlift was masters records in the squat and deadlift. The place of the masters III division and set new masters records in the squat and deadlift. The place of the place of the masters records in the squat and deadlift. The place of the place of the masters records in the squat and deadlift. The place of the place of the masters records in the squat and deadlift. The place of the place of the masters records in the squat and deadlift. The place of the place of the masters records in the squat and deadlift. The place of the place of the master state and the master state

WEIGHT TRAINING

FOR SPORTS

Creatura, Bench-Lenny Creatura, men's division included five year old Swingle pulling a big 485 deadlift at age Deadlift-Nick Theodorou, Teen-Al Ellis, Master-Bugs Bayer, Women-Benita Stefan, Lightweight Men-Don Teeter, Heavy-Lightweight Men-Don Teeter, Heavy-Lightweigh Lightweight Men-Don Teeter, Heavy- Aaron setting all new youth state records going 9 for 9, finishing with a big 535 weight Men-Lenny Creatura. Team Cham- and an American record bench press. At deadlift. Junior lifter Kevin Kluczynski weight Men-Lenny Creatura. Team Cham-pions: 1st Joe's Gym of Erie, 2nd Down-town Weight Club of Clearfield. Thirteen year old veteran, Adrianne Zimmerman, started off the show with her record square, deadlift, and total. AJ Ellis took breaking performance in the 105 lb. second with a teen American total record, from Connecticut to win the open, mas-class. Adrianne set five state records and and Andy Loomis took third while setting ters, best squat, best bench, and heavyfour American records. Her top lifts were a 160 squat, 95 bench, and a 210 deadlift. Benita Steffan won the open and masters in the 114 lb. class, and ended up as the interval of the class and ended up as the masters. Ray's 465 squat and 1255 total Bugs Bayer, age 60, took the silver while women's Champion of Champions. In the are new American records. Jason Stazer setting a new masters state and American same class, Kelsey Ott and Samantha had his best day ever and took the silver, masters deadlift record with 575. This Snyder placed 2nd and 3rd respectfully, while the incredible Nick Theodorou, age gave Bugs the masters Champion of Cham-while they both won the gold in their age division. Samantha also set all new teen and two master American records. Nick's the masters III division and set new

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sions, At 275, submaster Dennis Raybuck Master (60-64) ran away from his competition and set new state records in the squat and deadlift. Lifetime Jeff Lawson and Ben Ott went silver and bronze, and both men won the gold in their Raw age groups. Curt Eckroth finished off the BENCH day with some quality raw lifting, to win MALE the 319 division. (results by Joe Orengia)

# AAU Peach Days

17 SE	P 05 -	Willard, UI
ENCH		220 lbs.
quipped		Master (50-54
EMALE		R. Marchant
81 lbs.		275 lbs.
)pen		Open
Olsen	115	E. Acey
een (12-13)		Law/Fire
8 lbs.		E. Acey
unningham	93	DEADLIFT
MALE		FEMALE
98 lbs.		181 lbs.
)pen		Open
Adams	402	J. Olsen
Master (45-4)	9)	MALE
A. Mari	352	275 lbs.

D. CArr 309+ lbs. Open Master (45-49) 148 lbs. A. Gallegos 248 309+ lbs. 275 lbs. D. Marchant 518 R. Branning Lifetime Master (45-49) 336 D. Shock D. Marchant 518 DEADLIFT MALE Teen (16-17) H. Marchant 82 105 lbs. Cunningham 209 148 lbs. Master (55-59) 336 309 lbs D. Shock D. Marchant 518

677

RENCH

Lifetime

181 lbs.

D. Carr

148 lbs.

181 lbs

Equipped

220 309+ lbs.

Teen (16-17)

Master (40-44)

SO

336 309+ lbs

Law/Fire Master (40-44) 181 lbs. Lifetime I Hofheins 226 132 242 600 336 Junior (20-23)/Open D. Marchant 518 165 lbs. Alimadadl 121 71 214 MALE Youth (12-13) A. Gallegos 248 148 lbs. 192 132 242 567 Gibson 451 MALE Open 198 lbs 446 259 501 1207 303 A. Zeitlan 451 303 451 1207 D. Shock Open/Lifetime 198 lbs. H. Marchant 203 A. Zeitlan 446 259 501 1207 Teen (18-19) Cunningham 325 198 lbs K. Waldron 402 308 424 1135 Junior (20-23) 451 242 lbs. 330 314 463 1107 4th-463 A. Pachy DL TOT BP Submaster (35-39)

529 407 578 1515 A. Watson Master (55-59)/Lifetime 165 lbs. 220 lbs. 402 309 lbs. 451 303 463 1207 Law/Fire/(55-59) 220 lbs. D. Lloyd Master (60-64)/Open 198 lbs. A. Zeitlan 446 259 501 1207 Master (60-64)/Lifetime 198 lbs. A. Zeitlan 446 259 501 1207 Best Lifters Raw: Teen/Junior: Anthony Plachy. Open: Alan Zeitlan. Master: Alar Zeitlan. Bench Teen: Craig Cunningham. Bench Open: Dave Marchant. Bench Master: Dave Marchant, Deadlift Teen: Craig Cunningham. Deadlift Master: Dennis Shock. Best Lifter Equipped: Women: Leslie Hofheins. Teen: Jordon Gibson. Bench Women: Jennifer Olsen. Bench Teen: Geri Cunningham. Bench Open: Ed Acey. Bench Master: Ed Acey. Deadlift Women: Jennifer Olsen. Deadlift Open. Bud Davis. Deadlift Master: Bud Davis (Thanks to Dave Edmondson for providing these meet results to Powerlifting USA)

Victorian Novice Qualifying

5 FEB 06 - Victoria, AUS

165

325

SQ BP

88 66

154 88

C. Packham 154 132 253 540

ulo 154 88

7. lones

I. Watson

198 lbs.

Master II

B. Crameri

Master III

S. Dumble

DL

220 374

187 429

275 518

198

165 110 286 562

242 110 330 683

380 237 55 1091

303 264 451 1019

551

529

562

440

143

501 352 688 1543

143 337 143 622

1245

314 292 463

286

352

242

220

192

R. Aucelleri 352 270 474 1096

363

352

396

143 143

G. Hancock 308 286 286 881

440 319

(results courtesy Sharron Clegg, BDFPA)

237

220

220

242

TOT

RENCH

Unequipp 154 lbs.

F. Dinakis

181 lbs.

FEMALE

Master II

I. Loome

Master III J. Phillips

123 lbs.

138 lbs

Senior

Master IV

D. Macer

Unequipped 149 lbs.

C. DeHaan

198 lbs.

MALE

Teen 1

181 lbs.

P. Mong

N. Lindsay 198 lbs.

Master III

B. Wilkes

J. Colston

D. Krugel N. Shelherd

N. Shelherd B. Mitchell

Timmermans 264

Master I

R. Knight

Master II

Master III

B. Parker

P. Frange

Equipped 220 lbs.

S. York

320 lbs

Senior

242 lbs

220 lbs.

Senior

Master

D. Castenelli 165

Unequipped 116 lbs.

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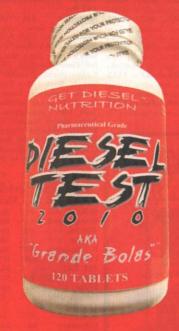
ubmaster (35-39)

Master (40-44)

Master (45-49)

R. Ott

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Danny Flonta squatting 580 at the USAPL Rocky Mountain States Meet. He placed 2nd at the USAPL High School Nationals but made the team that will represent the USA at the IPF Subjunior Worlds in Bulgaria. (Wayne Rhoden photograph courtesy of Sean Anderson).

USAPL 1				
20 MAY	06 -			D
BENCH		198 II	bs.	
MEN		D. CI	ayton	370
Onen		E. WI	nitmore	365
165 lbs.		242 II		
R. Hunter	230	T. We		410
D. Wyant	195	D. W		250
K. Ulmer	175	275+		
181 lbs.	., .	J. Gre		500
I Harnandaz	340	P. He		405
J. Hernandez G. Irwin	340	r. He	Tut	403
MEN	SQ	BP	DL	TOT
Open	34	DI	DL	101
148 lbs.				
M. Anderson	405	172	450	1020
165 lbs.		173		1028
P. Young	440			1135
R. Hunter	415	230	475	1120
D. Wyant	155	195	215	565
181 lbs.				
G. Kroon	400	235	405	1040
G. Kroon C. Nichols.	300	230	430	960
220 lbs.				
S. Rayborn 242 lbs.	500	375	460	1335
D. Flonta 275 lbs.	580	435	550	1565
E. North	650	400	630	1680
T. Wilkinson	475	380	575	1430
275+ lbs.	4/3	300	3,3	1430
J. Greene	675	500	655	1830
Teen (16-17)	0/3	300	033	1030
148 lbs.		40		
	255	100	440	765
N. Barnard	255	185	440	765
Teen (18-19)	4074	475	450	1020
M. Anderson	405*	175	450	1030
165 lbs.				
Teen (18-19)				
R. Hunter D. Wyant	415*	230	475*	1120
D. Wyant	335	245	365	945
181 lbs.				
Teen (16-17)				
G. Kroon.	400	235	405	1040
Teen (14-15)				
T. Stimpson	-	195	350	545
242 lbs.				
Teen (18-19)				
D. Flonta	580*	435*	550	1565*
Master (40-44				
165 lbs.				
	440	255	440	1135
220 lbs.				27075
Master (45-49	9)			
S. Rayborn		375	460	1335
*=State Record	le Mar	at Dira	tor Pil	Davie
Best Lifter: J.				
Formula Bench	Mon'	e Light	voight:	Clayton
Whitemers	Horn	ando 7	Hunte	r and
Whitemore, Wyant. Placen	ant be	Former,	la Rone	h Mon's
rryant, Flacen	ICITE DY	r or mu	THE DELIC	

G. Kroon. 400 235 405 1040
Teen (14-15)
T. Stimpson — 195 350 545
242 lbs.
Teen (18-19)
D. Flonta 580\* 435\* 550 1565\*
Master (40-44)
165 lbs.
P. Young 440 255 440 1135
220 lbs.
Master (45-49)
S. Rayborn 500 375 460 1335
\*\*State Records. Meet Director: Bill Davis.
Best Lifter: James Green. Placement by Fornula Bench Men's Lightweight: Clayton, Whitemore, Hernandez, Hunter, and Wyant. Placement by Formula Bench Men's Heavyweight: Greene, Wood, Herdt, and West. Placement by Formula Powerlifting Men's Master: Rayborn, and Young, Fitness Inc., of Pocatello, Idaho, hosted the 15th annual Rocky Mountain States Powerlifting Championships & Bill's "Big Cat" Bench Press Meet, in which 24 powerlifters participated with competitors coming from Idaho, Montana, Washington State, and Wyoming. White 13 lifters participated in the three lift compe-

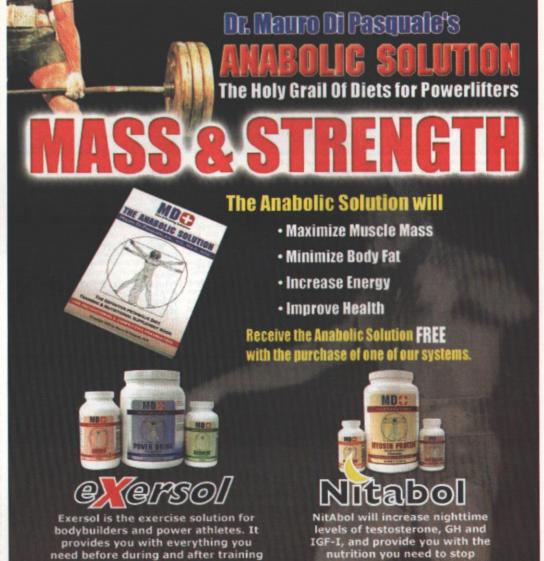
tition, an additional 11 lifters participated in Bill's "Big Cat" bench only meet. In the three meet competition, this year's most impressive male lifter was James Greene, a 35-year old lifter from Ronan, Montana, at a bodyweight of 365 pounds. He squatted 675, benched 500, and deadlifted 655, for a total of 1830. James Greene completed these lifts wearing only basic t-shirt, wrestling singlet, a belt, knee wraps for the squats, and wrist wraps for the bench. James has been very active in Strongman competitions and gave a tremendous demthe squals, and wrist wraps for the bench. James has been very active in Strongman competitions and gave a tremendous demonstration of what a drug-free lifter could achieve competing "raw." James Greene was also the best overall lifter of the entire meet. The most inspirational lifter was Steve Rayborn of Boise, Idaho, who has returned to lifting at age 47. For the past three years Steve Rayborn, who has been coaching at Skyview High School and more recently at Columbia High School, has directed three Idaho State High School, has placed first among the Men's Masters division with a squat of 500, a bench of 375, and a deadlift of 460, for a total of 1335, at a bodyweight of 208. Rayborn also took first place for the Men's Open 220 weight class. This last January, about 19 Idaho High School students qualified for the USAPI. High School Nationals in March in which two Idaho teenagers became national champions: Amanda Moe, a 181 lb. in the Freshmen/Sophomore girls division, and Nick Stevenson a 132 lb. Freshman/Sophomore. At High School Nationals Danny placed second in men's Varsity 242 but will represent the USA at IPF World Sub-Juniors in Bulgaria. In this current meet Danny Flonta took the best Men's Teenage placing with a squat of 580, a bench of 435, and a deadlift of 550 for a total of 1565. Thanks to the energy and enthusiasm of Steve Rayborn, many teens made it to this meet and many more Idaho



				Open				
	716	650	1366	C. Akers	826	551	677	2055
50	BP	DL	TOT	High School				
				C. Radke	385	347	402	1135
				Submaster				
292	159	264	716	T. Judd	688	479	573	1741
				242 lbs.				
				Guest				
551	363	463	1377	J. Graalfs	1030	_	_	1030
				Open				
				A. Acome	865	644	639	2149
				T. Hubbard	_	_	_	_
485	363	490	1339	C. Haigh	633	551	628	1813
				Submaster				
				S. Judd	661	479	523	1664
551	501	501	1554	Open				
				C. Diefender	611	_	_	611
485	325	451	1262	Master 1				
				D. Satterfield	518	336	551	1405
				M. Taylor	782	622	655	2061
877	683	683	2243	Master II				
				J. Gnerre	716	540	672	1929
650	490	529	1670	276 lbs.				
				Open				
507	369	479	1355	I. Grandick	1008	771	749	2529
					Stone	for the	meet	results
	551 485 551 485	SQ BP 292 159 551 363 485 363 551 501 485 325 877 683 650 490	SQ         BP         DL           292         159         264           551         363         463           485         363         490           551         501         501           485         325         451           877         683         683           650         490         529	SQ         BP         DL         TOT           292         159         264         716           551         363         463         1377           485         363         490         1339           551         501         501         1554           485         325         451         1262           877         683         683         2243           650         490         529         1670	716 650 1366 C. Akers BP DL TOT High School C. Radke Submaster T. Judd 242 lbs. Guest Sopen A. Acome T. Hubbard C. Haigh Submaster S. Judd Sopen A. Come T. Hubbard C. Haigh Submaster S. Judd C. Haigh Submaster S. Judd Sopen C. Diefender Master I D. Satterfield M. Taylor Master II J. Gnerre Good Sopen J. Grandick J. Grandick	716   650   1366   C. Akers   826	716 650 1366 C. Akers 826 551 SQ BP DL TOT High School C. Radke 385 347 Submaster 292 159 264 716 T. Judd 688 479 242 lbs. Guest 551 363 463 1377 J. Graalfs 1030 — Open A. Acome 865 644 T. Hubbard — — 485 363 490 1339 C. Haigh 633 551 Submaster S. Judd 661 479 551 501 501 1554 Open C. Diefender 611 — 485 325 451 1262 Master I D. Satterfield 518 336 M. Taylor 782 622 877 683 683 2243 Master II J. Gnerre 716 540 650 490 529 1670 276 lbs. Open 507 369 479 1355 J. Grandick 1008 771	716 650 1366 C. Akers 826 551 677  SQ BP DL TOT High School C. Radke 8479 573  292 159 264 716 T. Judd 688 479 573  292 159 264 716 T. Judd 688 479 573  242 lbs.  Guest  551 363 463 1377 J. Graalfs 1030 — — Open A. Acome 865 644 639 T. Hubbard — — — 485 363 490 1339 C. Haigh 633 551 628  Submaster S. Judd 661 479 523  551 501 501 1554 Open C. Diefender 611 — — 485 325 451 1262 Master I D. Satterfield 518 336 551 M. Taylor 782 622 655  877 683 683 2243 Master II J. Gnerre 716 540 672  650 490 529 1670 276 lbs. Open

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4	06 -	Dubu	que, IA	
	00 -	Subm		
BENCH				45
APF WOMEN 114 lbs.		T. Yo Maste		43
				523
Open T. Putchio	170	S. Mi		34.
	170	Maste B. Gu		543
BENCH				34.
APF MEN		276	DS.	
165 lbs.		Gues		70
unior	200		nders	72
J. Boyd	308	Open		46
182 lbs.		C. Tr		710
Open			rpenter	70
B. Boyd	201	P. Ha		70.
C. Walsh	396	309 I		
Wielogorski	385	Open		
Submaster		D. G	ross assmann	-
S. Reiger	451	A. G	assmann	7
Master II		J. Bal		60
T. Fuller	319	DEAL		
198 lbs.		APF	WOMEN bs.	
Guest				
B. Heck	600	High	School	
Open		A. Q	uatrochi	20
A. Sanders	479	123	bs.	
A. Sanders T. Runde	551	Open		
R. Hennigar	418	A. Bo	yd	27
Master 1		165 I	bs.	
R. Hennigar	418	Open		
Submaster		N. Tr	oy	24
D. Phipps	485	APF 1	MEN	
220 lbs.		198	bs.	
Open		Open		
J. McVicar	633	S. Sa	SS	54
High School		198		
C. Radke	347	Open		
Master II		C. Tr		57
T. Pernu	457	242 1		
242 lbs.	154.000	Open		
Open			ubbard	71
R. Luyando	771	276		
M. Mangum	567	Open		
Z. Mulder	490		arpenter	65
J. Groves	457		Petiter	-
	437	pp	DI	TO
Push Pull		BP	DL	10
APF WOMEN				
132 lbs.				
Open				
H. Redmond		137	248	385
APF MEN				
165 lbs.				
Open				
J. Scharfenka	mp	264	341	606
Open				
D. Corral		264	369	633
198 lbs.				
Open				
J. Oglesby		424	551	975
276 lbs.				



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29 APK 06	- MI.	washington,	KI
BENCH		Master (50-55)	
WOMEN		220 lbs.	
Junior		R. Belanger	335
(age 6)		Master (60-65	
1. Griffee	25	165 lbs.	
MEN		G. Stowers	110
(age 9-10)		Open	
P. Griffee	50	165 lbs.	
S. French	35		245
(age 12)		198 lbs.	
D. French	95	M. Malone	305
(18-19)		275 lbs.	
B. Cauthon	_	R. Shultz	400
Master (40-44	)	DEADLIFT	
198 lbs.		MEN	
D. Thompson	365	Master (60-65	)
T. Craddock			225
Master (45-49	)		
242 lbs			



Best Lifter Dale Thompson receives his trophy from the Washington KYYMCA Derby Pump II contest organizer Keith Griff

I. Nova 114 lbs. Teen I	198	110	264	573	M. Shabanov 181 lbs. Junior	198	-	-	
D. Franchuk 132 lbs.	165	115	220	501	S. Dmitriev Teen III	319	220	463	1003
Senior					M. Mihajlin	248	259	330	837
E. Pavlov Junior	264	170	330	766	Junior Tchekmaryov	100	154	264	617
P. Aksenov Junior	198	192	297	688	198 lbs. Senior	190	134	204	017
I. Truhljaev Teen III	198	176	275	628	M. Tarasov Master IV	490	341	490	1322
V. Smirnov	198	154	231	584	S. Frosts	352	319	396	1069
148 lbs.	154	121	209	485	220 lbs. Senior				
Junior					P. White	496	341	496	1333
I. Minakov Master IV	303	242	374	920	A. Kites Senior	374	325	529	1229
V. Nadezhdin Senior	275	187	341	804	S. Sparrows D. Lenda	396 308	352 242	474 286	1223 837
A. Kolentsev Teen III	264	203	330	799	242 lbs. Senior				
P. Frosts Senior	209	176	374	760	S. Shmelev Equipped	551	396	551	1499
M. Nikolaev Iunior	220	226	297	744	110 lbs. Junior				
A. Valizer Teen III	198	176	264	639	Pelogeevskaj E. Alekseeva		82 66	181 132	418 325
V. Agofonov Senior	198	137	242	578	123 lbs. Teen I	120	00	132	323
M. Bugs 165 lbs. Junior	242	-		-	D. Zabavin 148 lbs. Senior	242	154	286	683
A. Shipovalov Master V		220	407	948	A. Logunov 165 lbs.	374	297	396	1069
A. Dubrov Junior	30	143	440	892	Junior A. Franchuk	440	242	485	1168
Vasilchenko Teen III	253	143	297	694	Senior D. Amosov	440	275	429	1146
A. Kirillov Junior	220	154	275	650	Teen 1 V. Chutes	220	385	308	914
I. Yampolsky Teen I	187	176	286	650	181 lbs. Master I				
N. Kavitsin Teen III	198	132	220	551	A. Kogan 198 lbs.	418	325	418	1162

(rosults courte	ev of	Sharron	Clogg	RDEPA)	
A. Bobrikov	551	363	589	1504	
Senior					
242 lbs.					
Fomitchyov	286	209	341	837	
A. Petaev	463	352	463	1278	
Senior					

M. Jenkins

in the future from Rees and many more of

these fine high school lifters. They just

lifts in the light division were Garrett with

114 class, Leonard hit a nice 170 BP and

both he and Humphrey broke the 300 barrier with their pulls at 132. The compe-

class. Hollingsworth, Barrett, and Whaley

all smashed over 225 on their benches, and Price and Barrett both cracked the 400

mark on the deadlift in the 148 class. The 165 was also stacked with quality lifters.

Broyles and Sandal broke 250 and Townsen

crushed a 340 opener to light up the bench

Smithpeters, and Sandal all broke the 400

barrier. But, Birchfield bested them all

Douglas all broke the 250 BP mark. Davis.

26th Hampton	High	School	BP/DL
29 APR 05	- Har	npton, 1	IN

(age 12) 198 lbs. D. French 95 M. Malone 305 (18-19) 275 lbs. B. Cauthon — R. Shultz 400 DEADLIFT 198 lbs. MEN D. Thompson 365 Master (60-65) T. Craddock 350 Master (45-49) 242 lbs. K. Griffee 300 Best Lifter: Dale Thompson. The Derby		1	W				H	1	1		BENCH MEN Open Light W. Ellis 385 McCoury 330 J. Nave 330 A. Campbell Open Heavy N. Ball 530 Huntsinger 520 S. Shell 440 G. Moody 450	MEN Open J. Me A. C. J. Na Open N. B.	lyder DLIFT Light cCoury ampbell ave Leavy	290 515 525 430 725 600
Pump II Raw Bench was held at the Bullitt County YMCA. Proceeds from the entry fees were approximately \$400, and went				j						4	GIRLS D. Gilbert	BP 115	DL 275	TOT 390
to the Spirit Campaign program. We had many first time competitors who ranged in	Dock Lifter	D	le Ti	-	THE PARTY	-A-	tue n l		THE PARTY	ha A44	BOYS 1141bs.			
age from 6 to 60. In the bench press						eceives his mpllcontest					T. Garret 123 lbs.	185	300	485
competition, was first time lifter and age six, old Isabella Griffee, who did a clean											C. Crumley C. Green	145 160	285 270	430 430
25 lbs. lift for a personal best. The 9-10 year divisions saw two lifters battle it out,	1. Nova 114 lbs.	198	110	264	573	M. Shabanov 181 lbs.	198				M. Rutter K. Davis	125 100	230 200	355 300
with Peyton Griffee winning the division with a 50 lbs. lift. Scott French in his first		165	115	220	501	Junior S. Dmitriev	319	220	463	1003	132 lbs.			
ever contest did a strong 35 lbs. for second.	132 lbs.					Teen III				837	N. Leonard A. Humphrey	170 145	335 300	505 445
Twelve year old David French did an impressive 95 lb. lift to take home first. In	E. Pavlov	264	170	330	766	M. Mihajlin Junior	248	259	330		B. Scott 148 lbs.	160	255	415
the teenage division, Billy Cauthon did a strong 275 to win in his first ever meet. In		198	192	297	688	Tchekmaryov 198 lbs.	198	154	264	617	J. Barrett	225	400	625
the master 40-44/198 division we had	Junior	198				Senior	490	341	490	1322	Hollingsworth D. Price	235 185	365 410	600 595
great competition. Dale Thompson did a strict 365 to win in the class, as well as best	Teen III	190	176	275	628	M. Tarasov Master IV	490	341			R. Whaley J. Hall	225 190	285 315	510 505
lifter. Tim Craddock, in his first contest, finished a close second with a 350 lift. Both		198 154	154 121	231 209	584 485	S. Frosts 220 lbs.	352	319	396	1069	D. Milhorn	185	315	500
of these gentlemen, barely missed their	148 lbs.	100				Senior	100	244	400	1222	C. Green N. Sluder	170 195	330 300	500 495
third attempts of 375 and 370 respectfully, and the enthusiastic crowd really appre-		303	242	374	920	P. White A. Kites	496 374	341 325	496 529	1333 1229	L. Clifton 165 lbs.	190	305	495
ciated the efforts. In the masters 45-49 division, Keith Griffee posted a 300 lift to		275	187	341	804	Senior S. Sparrows	396	352	474	1223	A. Townsend	340	450	790
win in the 242's. In the master's 50-55, Ray	Senior					D. Lenda	308	242	286	837	L. Birchfield K. Sandal	235 255	500 400	735 655
Belanger took home first with a 335. And, 60 year old Gilbert Stowers, in his first		264	203	330	799	242 lbs. Senior					Smithpeters T. Leonard	220 210	400 405	620 615
contest, won his division with 110 lbs. Gilbert also won the deadlift with a 225 lb.		209	176	374	760	S. Shmelev Equipped	551	396	551	1499	A. Broyles	260	355	615
pull. In the open, first time lifter Stephan	M. Nikolaev	220	226	297	744	110 lbs.					S. Packard J. Carty	250 200	355 385	605 585
Burns won the 155 class with a 245. The 198's belonged to first times Moses Malone,		198	176	264	639	Junior Pelogeevskaj	154	82	181	418	E. Newbern	180	370	550
who posted a 305. In the 275 class, legend-	Teen III	198	137	242	578	E. Alekseeva 123 lbs.		66	132	325	C. Mullins M. York	215 190	300 315	515 505
ary lifter Rob Shultz posted a 400 lb. list to take his trophy. Special thanks to Leroy			13/	242	3/0	Teen I	36				W. Wagner A. Hardin	190 160	300 325	490 485
Lerding, YMCA Program Director, the YMCA and all the spotters who helped all		242	-		-	D. Zabavin 148 lbs.	242	154	286	683	181 lbs.			
day. (Thanks to Keith Griffee for results)	Junior	210	220	407	948	Senior	274	297	396	1069	J. Atwood A. Savage	300 260	450 460	750 720
	A. Shipovalov Master V		220	407		A. Logunov 165 lbs.	374	297	396	1069	G. Buchanan C. Conner	260 235	420 440	680 675
St. Petersburg Powerlifting	A. Dubrov Junior	30	143	440	892	Junior A. Franchuk	440	242	485	1168	A. Sizemore	200	475	675
11 MAR 06 - St. Petersburg, RUS MALE SO BP DL TOT	Vasilchenko	253	143	297	694	Senior					J. Birchfield G. Douglas	225 255	400 370	625
Unequipped	Teen III A. Kirillov	220	154	275	650	D. Amosov Teen 1	440	275	429	1146	D. Davis M. Lunceford	225 170	400	625 570
114 lbs. Senior	Junior I. Yampolsky	187	176	286	650	V. Chutes 181 lbs.	220	385	308	914	G. Canter	180	370	550
A. Kochetova 154 82 187 424	Teen I					Master I	410	225	410	1162	Z. Miller 198 lbs.	145	315	460
138 lbs. Senior	N. Kavitsin Teen III	198	132	220	551	A. Kogan 198 lbs.	418	325	418	1162	R. Moody D. Oliver	250 265	455 435	705 700
											J. Evans	285	410	695
Lifti:	-	T	-	-	~					-	D. Vance N. Paisley	220 250	440	660
		1	16	L	- 5	<b>Le</b> .			7.		B. Russell	240	420	660
T C-	Б										L. Eklund B. Wright	210 265	430 365	640
						Mania de					J. Tolley	195	405	600
POWERLIFTING	GEAL	RI	FO.	RS	FR	LOUS	AT	HI	FT	FS	C. Turbyfill R. Forrester	220 190	375 380	595 670
TOWEREITTING	GLA				LI	1003	^				G. Houser J. Street	215 190	350 360	565 550
DEMON CHINTS						COL			***	TC	A. Buck	160	315	475
BENCH SHIRTS						SQU	A	D	UI	19	M. Nonnan 220 lbs.	140	300	440
WDARC AND C	TDAD					TOOL	IIN	10		nc	S. Calahan C. Turbyfill	315 355	475 350	790 705
WRAPS AND S	I MAP					TRAIN	Ш	U	AI	D2	B. Alexander	220	475	695
					-						A. Partin 242 lbs.	225	400	625
	505	- 1	Li		73						R. Burt	300	630	930
	000	u									J. George D. Stout	275 270	500 485	775 755
TIT	AN SUI	PPC	ORT	SY	STE	MS INC.					Z. Thornton	245	500	745
							195		MAG		S. Nease J. Houston	205 260	500 385	705 645

B. Johnson 275 lbs.	240	350	690			0
M. Laws	275	450	725	化医量量医量量 医多角膜炎 医肾盂炎		
Z. Yoggerst	230	375	605	是是这名名名的 医克克克氏		
D. Hicks	230	370	600	THE RESERVE NAMED IN COLUMN		THE RESERVE OF THE PARTY OF THE
1. Woods	225	340	565	THE RESERVE THE PARTY OF THE PA	- 2. 中国的主要的主题的主题的主要的主题的主要的主题的主要的主题的主题的主题的主题的主题的主题的主题的主题的主题的主题的主题的主题的主题的	STATE A STATE OF
T. Vance	_	375	375	<b>[图图] 20 mm 图 图 20 图 20 图 20 图</b>	· · · · · · · · · · · · · · · · · · ·	THE STANDARD STANDARD
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R. Humphry	260	540	800	Gold - 210°		Charles Back Transport
H. Warden	315	485	800	Silver - 130°	是是 <b>可</b> 想的那里就是这些更是是在是他的,但也就是这几些的时间的说法是很多是是	BEET X E X TENEDS
Cunningham	325	350	675		是在市场发展的证明主要发展,但可以可以是一个企业。	AND TO SHARE
S. Roop	_	530	530		· 经收益的 医克里特 医多克特氏 医多种 人名 化 医多种	<b>西洋医牧学水色显影景像等</b>
H. Hay	195	330	425		· 医克里克氏氏征 (1995年)	Gold - 175**
Team Points: John					基指电影性电话 (1990年) 12年2月 20 12年 12年 12日	Silver - 100**
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participants, I won					2' x 2"	EOL 1002
biggest high school				根据是国际报告 N / A SESS	Gold - 1200.00	
Not only was the				在在中国主义的 500 万万万万万万万万万万万万万万万万万万万万万万万万万万万万万万万万万万	Silver • 500.00	STATE OF THE PARTY
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and seven over					Send check or money order to	
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for the second					or call 760-371-7898 (8am-5pm PST.) M-F	
awesome 340 BP					or can 700 571-7070 (oam spin 1 51.) ivi-1	
165. Others wer	e desper	rately t	rying to	CONTROL PROPERTY AND ASSESSED.	<b>《中国中国中国中国工程》中的中国工程工程工程工程工程工程工程工程工程工程工程工程工程工程工程工程工程工程工程</b>	DESCRIPTION OF THE PARTY OF THE
make up ground o						
his fine 450 BP w					en tale o politicality pur full teleformed (	ami Maadu fan haire sh
	great an	d bo it	iet koone	pull In the 220 class Turby	fill rammed the Open RP light division Wayne Ellis judging, and C	PARY MODOLY FOR Deing In

push/pull total is great and he just keeps improving every year. The heavy division best lifter was also a repeat winner with Rees Burt. He had a nice 300 BP that put him in first and no one else had any hope when he crushed a sweet 630 BP to break the met be record of 595 as just a sophomore. He was coming off of a 5 national record performance at USAPL HS Nats just 3 weeks and George all smashed 500. Rees Burt with a 315. Both Alexander and Calahan locked out some impressive 475 pound locked out some lock in the BP with a 725 at 181, a mentor and the top spot, but only by a slim margin over growing and growing. If the progress coach to meet promoter Bill Anderson, and the recurring Hampton program. David continues we fully expect over 100 lifters even helped judge the meet before his Crockett, last year's winner, placed third. next year and the depth to just keep death. Rees Burt repeated as the winner A small Tennessee High team lifted big to barely fending off Logan Birchfield for the claim the fourth spot followed by Happy second year in a row. The scary part is Burt Valley, Cloudland, and South Greene. The moter, Alex Campbell for weigh-ins, Rick

head judge. (results from Alex Campbell R. Lunklan Ir. 225 is only a sophomore and has limitless big lifts didn't end with the young guys. In Baughman for judging, Bob Simpson for potential. We are looking for great things

M. Handshue 600 lunior (20-23) 220 lbs. M. Handshue 600 275 lbs. M. Burrows D. Diemert 308 lbs J. Peschek Lunklan Sr. Master (40-44) J. Peschek 7 Phillips 325 FEMALE C. Kinch 405 F. Ritzler 220 lbs K. Guminey 475 C. Maki APF C. Wilson J. Handshue 275 Novero 308 lbs I. Handshue 275 450 \*=APF State Records. We would like to say thanks to all who participated in our third competition. For our third contest, we held

135

A. Strong

3rd Headhunter Barbell BP

30 APR 06 - Wadsworth, OH

SHW

APF

181 lbs.

J. Kelly

220 lbs.

Teen (13-15)

Anderson 450

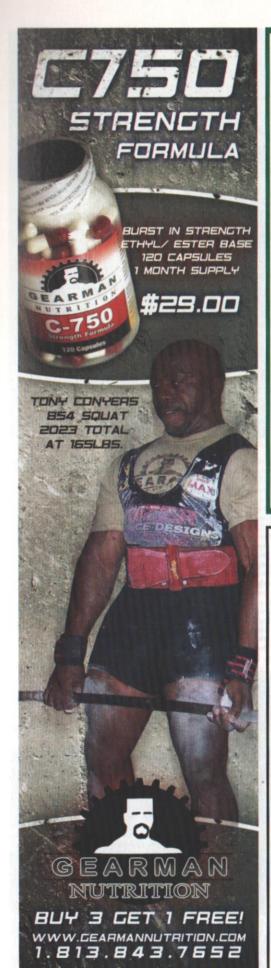
both a non sanctioned and APF division competition. Our numbers may have been small, but the talent was superb. Our best lifter award went to 200 pound Matt Handshue, who tripled his bodyweight with an impressive 600 bench, and gave 615 a ride, in the 220 lb. class. We also had several APF state records broken or set. I would like to also thank our judges, Rob

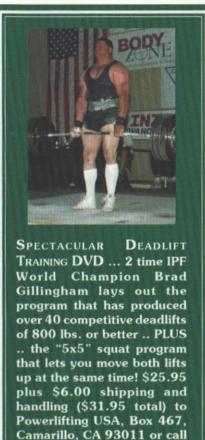
Lunceford, Birchfield, Atwood, Savage, TEAMHEADHUNTER (out of Wadsworth, OH) sitting/kneeling, front Marie Gullstrand. A big thanks to our Buchanan, Conner, and Sizemore all stroked 400+ pulls. The heavy division started with 100 and there was some great lifting there. Patrick Al Barry Mic Beccera Mike Walker. Rob Twining, lessica Powerquest, Wadsworth's A-1 Sports and 198 and there was some great lifting there as well. Moody, Oliver, Evans, Paisley, and Wright all smashed 250+ benches, but Handnshue, B.J. Wrobel, Al Lechler, Colin Wilson, Mike Miller, John the use of their facility. (Thanks to Headonly Moody was able to surpass 450 on the Nocero, Adin Eales and Jeremiah Burke. Far in the Back: John Kelly. hunter Barbell for providing thes results)

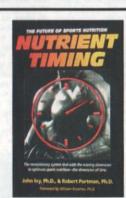
Twining, Al Lechler, Stuart Patrick, and BJ Wrobel. Also, thanks to our spotter/ loader's, Ken Kelly, and Mic Beccera. Our

keep pushing these numbers higher and higher every year and raising the bar in the region for the rest of the high school athletes. Some other notable high school with a prodigious 500 as a junior. In the 181 class, Atwood, Savage, Buchanen, and

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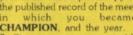
Beyond that, the actual musculature or MasterCard by calling 1-800-448-involved in the movement is super-7693.

imposed, in an artist's color rendiics, 2nd Edition, upon the photographic image.
tion, which The purpose of this is to provide a uniquely de-scribes the cor-man anatomy within the body and the rect perfor- external movement in question. The mance tech-niques for 65 different resis-what you're doing and why positiontance exering your body in one mode or another cises, was writingth lead to better performance in ten by Everett the exercise. These renditions show Aaberg. Mr. Aaberg has been a skeletal features and the actual teacher and practitioner of resistance muscles, how they attach, and where training for more than 15 years, they attach. It's a concept that pro-Currently he is director of the Fitness vides an intuitive feeling, from the Center at the Telos Center in Dallas, visual aspect, on what you're doing in Texas, as well as being an international presenter and consultant, and he continues to serve as an instructor are directly applicable to powerlifting. at the Cooper Institute. He has been and some of them may well should certified as a personal trainer through be. Throughout the book, even in the various organizations, and was a non-exercise demonstration sections, collegiate Academic All American in the line drawings are very effective in football. He was won several state showing the principals involved. For and national powerlifting champion-example, on page 42, in an elegantly ships, as well as bodybuilding titles. simple manner, they compare body The first chapter in the book, "Ana-positions that are high risk and retomical Design and Function", describes the functions of the body in movements, such a cable rows, or scribes the functions of the body in terms of physical activity. From that base, seven additional chapters cover book can bring to the reader is an all sorts of movements that weight enhanced perception of what is intrainers of various focus would find volved in the physical movements productive and useful. The book they're undertaking, which could easily concludes with a chapter on training result in greater performance, en-program design. What makes this hanced safety, and more effective presentation extraordinarily effective training sessions. This book will be are the visual descriptions of each available through Powerlifting USA exercise movement, done with excellent color photography, showing handling. Send your check to the key start, finish, and intermediate positions of each movement. Camarillo, CA 93011, or order by Visa

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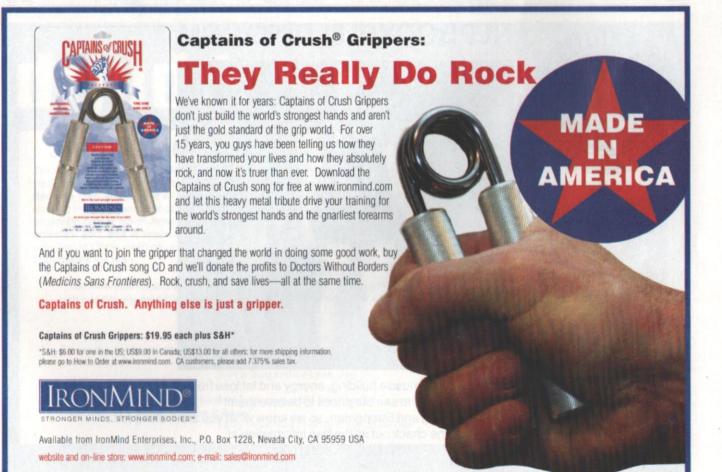
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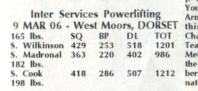
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USAPL New Jersey High School 17 JUN 06 - Hillsborough, NJ SQ BP DL Frosh/Soph 148 lbs. C. Sperber Junior/Senior 114 lbs. 159 110 226 496 . Harnish 121 82 121 325 132 lbs. C. Arribe MALE 181 82 181 446 Fresh/Soph 114 lbs. Berardesco 137 192 220 551 N. Salandra 159 110 198 468 198 lbs. K. Piompino M. Leon 336 286 385 1008 352 231 402 275 297 264 275 837 10 319 270 143 733 237 181 292 711 D. Stone G. Cintorrino 319 I. Latocha 429 264 490 1185 A. Choi 292 203 308 804 C. Rossi 132 lbs. Prempeh 226 192 292 711 N. Prem 181 lbs. . Marucci 463 292 496 1251 198 lbs. Miller 446 253 507 1207 . Senerchia 418 226 440 1085 220 242 lbs. C. Fugee (Thanks to Mark Salandra for the results) 242





At the USAPL New Jersey State High School Championships bottom row, standing/kneeling, left to right: Cassie Sperber, Ange Harnish, Giovanni Cintorrino, Joe Senerchia; top row, left to right Coach Robert Herman, Coach Jim McFarland, Jake Latocha, Chris Rossi, Nich Salandra, Nana Prempeh, Christel Arribe, Matt Leon and Meet Director and Coach Mark Salandra. (from Mark Salandra

Spicer	457	314	562	1333	last minute. This year, the Army was able
Maden	418	292	463	1173	to wreak it's revenge with a clear win of
0 lbs.					1495 points against the Met Police with
Vowles	496	308	617	1422	1468 points and closely followed by the
atherbarro	451	297	518	1267	RAF with 1463 points. The title for Best
2 lbs.					Lifter was bitterly contested, but finally
Tribble	519	363	556	1438	went to PC Strang with 40086 points
Gordon	396	319	451	1168	against WO2 Vowles with 399.126. And,
ou may recal			ne inten	t of the	SAC Wilkinson hot on the heels in third
my Powerli	fting	Union	(APU)	to hold	with 398.2315 points. (The above points
is year's I					system used here was Wilkes, as in the
nampionship					results Swartz is used). Overall, the day
am represen					was a great success with a number of
et Police (no					individual personal bests being achieved
e UK Police					across the board. For the Army, of a
ers yet) were					possible 16 Army Records, 11 new Records
tely, the R					were set. As can be seen, the standard of
itely, the K	Oyal	viai ines	with	new at	were set. As can be seen, the standard of

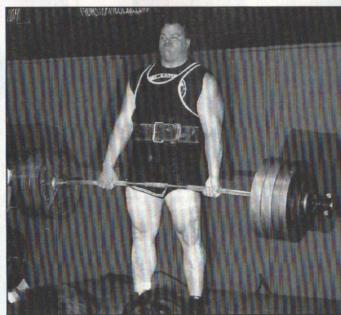
lifting was very high indeed but most importantly the event was enjoyed by all. The success of this event is dependant release athletes to attend. For this, their assistance and continued support has been greatly appreciated. (Sharron Clegg)

USPF Summerfest								
28	MAY 0	- Fairmont,	WV					
CH		DEADLIFT						

	BENCH		DEADLIFI	
ı	FEMALE		FEMALE	
ı	165 lbs.		165 lbs.	
ı	Junior (18-19)		Junior (18-19)	
ı	J. Porter	412	J. Porter	740
ı	MALE		Master (40-49	)
ı	114 lbs.		S. Strozza	679*
ı	Guest		MALE	
ı	B. Gainer	121	114 lbs.	
ı	D. Jeffrey	218	Guest	
	132 lbs.		D. Jeffrey	388
	Junior (16-17)		B. Gainer	291
:	J. Twyman	242	132 lbs.	
1	165 lbs.		Junior (16-17)	
	Junior (14-15)		J. Twyman	630
		436	165 lbs.	
5	K. McPeek	485	Junior (14-15)	
,	198 lbs.		K. McPeek	897*
)	Master(40-49)		198 lbs.	
1	R. McCoy	630	Master (40-49	)
	242 lbs.		M. DeRiggi	1093
e	Open		R. McCoy	994
of	C. Cook	1053	242 lbs.	
h	R. Harbert	1164	Junior (20-23)	
e	T. Glumac	716	D. Westfall	1042
t	S. Modesitt	1117	Open	
y	Submaster (35	-39)	T. Glumac	1104
5	D. Wamsley	789	275 lbs.	
١,	Master (40-49	)	Open	
d	R. Perkins	824	S. Modesitt	1481
S	275 lbs.		Junior (16-17)	
e	JR 20-23 M		J. Villers	1177
y	M. Bess	727	308 lbs.	
f			Open	
d	Junior (16-17)		J. Simone	1492
a	Jacob Villers	727		
s	*=American	Record	s. (Thanks to	Matt
of			these meet re	



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Howminy (as in how many) People were there at the Chickahominy YMCA Bench Press Contest? .. this photo gives you an idea. (P.Battle)

Master (60-64) D. Preston 533 630 Open D. Presto 595 N. Hinkle 751 Assisted Chickahominy YMCA BP I. Penn 20 MAY 06 - Sandston, VA Master (40-44) J. Penn 595 Junior (20-23) I. Thiam 724 220 lbs. Master (45-49) Master (65-69) T. Amiss 4 WOMEN K. McCall 315 C. Gregory 571 Master (50-54) T. Amiss 460 242 lbs. SHW to the lifting platform. Jack benched 479
242 lbs. Open F. Beckers 1008 R. Gormas
T. Brightwell 1042 E. Shrader 5r.897 D. Mason 934 B. Watts — Master (50-54)
F. Schuetz 897 Master (45-49)
M. VanSickle 694

SHW to the lifting platform. Jack benched 479 in the supers. The award for Best Overall Lifter went out to John Graube, while the Female Best Overall Lifter award was given to Bonnie Graube. There were a total of 40 lifters. Special thanks goes out to Len Walker for bringing the I. Sams 181 lbs. 198 lbs. 776 B. Watts Jr. 496 123 lbs. Teen (15) B. Graube V. Buczynski 132 Junior (20-23) B. Watts Jr. 496 MEN 148 lbs. Raw Open M. Hellams 302 148 lbs. Open W. Kidd 994 Master (40-44) J. Creswell 557 M. Rubins 703 Open 165 lbs. B. Watts Jr. 496 S. Kuzma C. Buczynski 205 Master (40-44)
485 A. Morgan 619
Master (70-74) Teen (15) M. Hayes Master (45-49) C. Bonnister 218 165 lbs. Teen (16-17) B. Fleming

Junior (20-23) B. Bowman 93 N. Hinkle 751 Master (40-44)

M. Nichols 654
M. Nichols 654
M. Den Graube 1360
M. Nichols 654
At 650. The Comeback Lifter award was presented to Jack Cox, of Beaverton, VA. Jack Cox went through a major surgery in J. Graube 1360
Jack Cox went through a major surgery in Ja W. VanSickle 694 goes out to Len Walker for bringing the This meet serves as a fund raiser for the competition bench and Texas power bar, Open S. Kuzma 1111 YMCA's Planting Seeds of Hope Campaing.
J. Penn 692 Highlights of the contest were Walter Weight Room for supplying the warm-up Kidd's 451 bench, Vladimir Taralay's 352 SHW 242, Bonnie Graube 352 assisted in the Sewman Master (40-44) 88 Rob Gormas, or Mechanicsville, VA. Competition bench and Texas power bar, Competition bench and Open laborator of the Weight Room for supplying the warm-up weight

Rob benched 629 at SHW and a near miss

drjudd.net

436 W. Burnette 423

220 lbs.

V. Tarabay 776 N. Hinkle

Master (45-49)

Assisted 148 lbs.

Mourtzakis 253

181 lbs.

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riveting insider's account of the lured world of one of the most powerful underground organizations in North America...the Hells Angels. It is a bold book that will shock you, entertain you, and at times turn you stomach, but ultimately it will convince you that with Jesus Christ nothing is hopeless, nothing is impossible, and that there are no boundaries for man.

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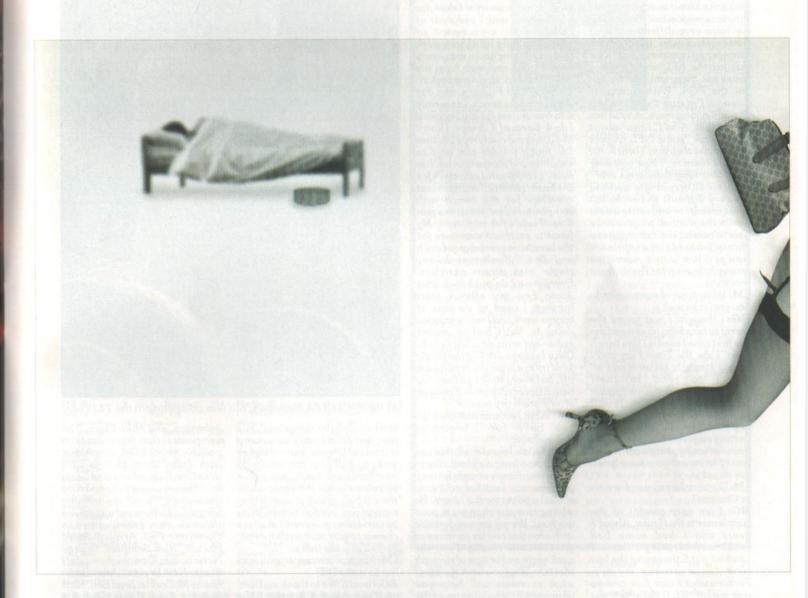
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Becca and Jill spent an afternoon in the gym pushing themselves (and each other!) to the ULTIMATE limit. Weights well over what most competitive female lifters max out at, they were going FOR REPS without squat and deadlift suits! Watch them max out their hard earned muscle mass and mental focus to hit huge numbers in the squat, partial rack squats, and deadlift. This wasn't enough for these two out-of-control women! They followed up with a friendly competition in one-arm barbell snatches. Next they moved on to some typical gym lifts in their extreme training session... the ENTIRE stack on seated cable rows, 120 lb dumbbell rows, heavy barbell curls... and so much more (including a one-on-one interview). You'll become exhausted just watching them!

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(continued from page 15)

believing that if they could only lift a lot of weight then they could play in the NFL. What they forget is there is more than just being strong to playing football. Don't get me wrong, I do believe that you need to be very strong to play football. I have had athletes tell me you don't need to be strong to play in the NFL and I ask them 'why don't women play then?" Training for powerlifting has given me some special insights into training football players, but we train very different. I hear powerlifters who have gotten stronger tell me they want to try out for the NFL and I'll some times ask them why not try out for the PGA. With their new strength I'm sure they could hit the ball a long ways, maybe not so straight. Also I'll hear about how "weak" some NFL players are because they don't bench. All I asked them is "Have you ever seen how long their arms are?' They are all very long armed and it's very difficult to bench, but most are not in any sense weak. I train the football players to be able to exhibit their strength in a shorter period of time with more power. We can't sacrifice strength develop for flexibility or

LM: What type of equipment do vou prefer to use?

BG: I thought I had found the secret to benching huge numbers the first time I used a Titan bench shirt. I use the Titan Fury and I would strongly recommend all lifters to send in their measurements and have custom shirts made for them. It will change their bench more than any thing I know. Titan is on the cutting edge of lifting gear and I know when I go into a contest at least I know my gear have given me an edge.

LM: Do you take any supplements

or vitamins? BG: I am very careful of the supplements that I take. About 7 years ago I had some bad problems from using creatine. I blacked out 5 times and the last time I was driving my car. Fortunately, I was fine and so was my car, but it definitely got my attention. I had several tests done and came to find out my body wasn't processing the creatine like everyone else. I am now taking a joint compound that has worked miracles. I now compare all my supplements to this supplement; if it doesn't work as well as my Sure Fire Joint Compound then I'm not taking it. I take some protein after a workout, but nothing fancy.

LM: What does your powerlifting program consist of?

BG: I am really big on Westside

and Louie Simmons. Louie has studied the leading strength researchers in the world. The mistake too many people make is to think that all the training ideas are Louie's ideas. Louie is a rare man that has a practical background and the intellect to understand the research. Too many lifters want to know only want the strongest lifters are doing, but there is more information that is out there that can make vou very strong. I change my max effort exercise all the time and I use a lot of bands with my choice of exercises. I do a lot of back work because I have seen that every time I work my back hard my bench goes up. I train my back on Tuesday and Friday's, the day after I train the bench. I do mostly 4 to 6 exercises for my back and Ido 4-6 sets of 4-6 reps. Idon't like doing too many reps because too much fatigue can lead to shoulder and triceps injuries. I do mostly compound exercises for the back. I train all my assistant exercises for the bench with compound exercises with again 4 to 6 sets of 4 to 6 reps. My favorite assistant exercises for the bench are narrow grip bench and dips. I don't ever do any single joint triceps exercises. Every time I do my bench goes down and my elbows start hurting. I used to do tons of triceps work and I really enjoyed doing it, but I had to choose either big arms or a big bench. Once I stopped doing the single joint triceps work my bench took off, but every time I go back my bench never responds during or after I train my triceps. LM: What recommendations do

you have for beginning Powerlifters? BG: Build a foundation that can

take you a long way and stay in the sport long enough to reap your rewards. Istill keep thinking about building for the future. Be willing to make changes in your workout. We get too comfortable with a routine and we continue to get the same results. Find the weak angle and/or type of strength that is holding you back then find what exercises will help you improve while holding on to the things that got you to where you are. Remember you are only as strong as your weakest link. The toughest part is finding it and then knowing how to fix it. Also, for every meet you enter your first goal is to get a lift in, your second goal is to set a new personal record. This will help you when the training gets tough for the next contest. Nothing breeds more success than success! Be prepared for setbacks. Keep a journal of your training and your

contests. The great coaches I have



At the '94 ADFPA Nationals, Bill was competing in the 242 class.

worked with did things well, but they just didn't make very many mistakes. Lessen your mistakes and you will reap the results of your hard work. Lastly, remember you never made it on your own, there is huge group of people that support you. We don't do anything by ourselves; give credit at every chance to give back to those that helped you get there.

LM: Any final comments you would like to make Bill?

BG: I would like to thank my Lord and Savior Jesus Christ for what he has done in my life. About 15 years ago I fell from 20' and I shouldn't be walking, but I know where my strength comes from. My wonderful wife Anita and children, Cameron and Rachel, they are my heartbeat. It was my Mom and Dad who taught me my work ethic and to never give up. I want to "Thank" my coaches and mentors who taught me all about strength training over the vears, Dave Williams, Louie Simmons, Dave Tate, Jake Matthes, Rick Huegli, Kent

Johnston, and Mike Clark. The companies that have made it possible for me to lift, Pete Alaniz with Titan, John Hyland with Sure Fire, Richard and Bert Sorin with Sorinex, and Emerald City Smoothies. To all my training partners who have put up with me through the years, my son Cameron, Phil Arroyo, Steve Horton, Rick Samples, George Nelson, Jim Cunningham, Jeff Scott, Neil Bryant, John Bear, Blaine McCorkle, Brad Bell, Matt Roberts, Dave Chase, Raycelle Ellsworth, the Paul brothers and my first training partner John Hoffmann "Thanks" for putting up with all the crazy ideas and the constant changes in workouts. Ken Anderson, you have been a great friend and you have kept me so up to date with all the equipment. Gus Rethwisch, if it wasn't for him, I would have retired and quit powerlifting a long time ago. Again I owe him so much. And I want to "Thank-you" Larry for asking me to do this interview and for PL USA for publishing it.

Fues	naan	Single Lift					
		Single Lift 6 - Varese, IT	٨	Master III		H. Klatte	529
SQUAT	11 0	F. Morelli	440	A. Dessalvi G. D'Amico	319 253	E. Verel V. Sushchak	429
Unequipped		320 lbs.	440	Master IV	255	Master I	407
123 lbs.		Senior		C. Rigot	253	A. Thioux	358
Teen 1		V. Sushchak	793	176 lbs.		Master II	
M. Gisclon	226	Master I		Senior	101	H. Rowlands	413
149 lbs. Junior		G. Mancusi BENCH	440	A. Milesi Master II	121	4th-424 M. Zumbuhl	374
G. Cuccurillo	319	Unequipped		L. Frassati	121	Master IV	3/4
154 lbs.		97 lbs.		182 lbs.		F. Franchi	330
Senior		Master II		Senior		Equipped	
P. Stumpova	286	M. Montano	104	S. Pesqueux	341	97 lbs.	
165 lbs. Senior		Senior S. Maillot	99	J. Prevot Master I	319	Master II M. Montana	126
D. Mickailov	391	105 lbs.	33	A. Cavallaro	297	149 lbs.	120
S. Madronal	374	Master I		Master II		Master IV	
176 lbs.		S. Tissot	132	T. Leprovost	319	A. Collela	264
Senior		114 lbs.		C. Hooreman	281	154 lbs.	
A. Milesi	209	Senior	100	L. Bonazzi	275	Junior I. Monakov	237
Master II L. Frassati	132	A. Tommasi 116 lbs.	165	Master V 1. Polese	297	Senior Senior	23/
182 lbs.	132	Senior		4th-299		P. Stumpfova	214
Master I		M. Marinoa	137	E. Malpelo	281	165 lbs.	
T. Coyle	325	122 lbs.		Lenormand	259	Senior	
198 lbs.		Master I		Master VII		D. Michailov	
Master II S. Bianchi	400	I. Rabanal	137	P. Laving	209	M. Zanoni	319
G. Zobach	490 464	Master III A. Mougin	159	198 lbs. Senior		P. Nadreau Master I	308
Senior	404	123 lbs.	133	M. Veber	407	L. Russo	297
M. Ferrari	220	Teen I		R. Pandiscia	297	176 lbs.	
220 lbs.		M. Gisclon	154	Master I		Master I	
Junior		128 lbs.		P. Valfrey	314	M. Borgia	115
D. Krasna	374	Master II	100	B. Suzicv	303	182 lbs.	
P. Serio Master II	363	1. Tagliaferri 132 lbs.	126	Master II T. Grude	319	Master II B. Garcia	352
I. Bortnikov	446	Teen III		Master III	319	Master IV	332
N. Zeccolella		G. Trevisan	187	G. Zobach	330	G. Voisin	286
242 lbs.		Senior		M. Paredi	303	Master V	
Senior		D. Furnari	286	L. Pacaud	303	E. Malpelo	297
C. Rajtmajer		G. Veronese	264	Master IV		198 lbs.	
M. Ortega	463	A. Tantin	237	R. Polese Master VI	275	Senior M. Green	468
276 lbs. Senior		Master II V. Grasselli	181	N. Vallee	314	M. Veber	440
P. Vecchio	518	Master IV		P. Ranieri	264	Master I	
320 lbs.		G. Serra	242	198+ lbs.		G. Collela	385
Senior		138 lbs.		Senior	cell	P. Valfrey	369
V. Sushchak	573	Teen I		C. Ortega	126	B. Suzic	330
Equipped 149 lbs.		T. Brau Senior	143	220 lbs. Junior		Master III G. Zobach	319
lunior		C. Reynes	203	D. Krasna	286	220 lbs.	319
I. Minakov	374	149 lbs.	200	Senior	200	Senior	
165 lbs.		Junior		N. Thomas	363	N. Thomas	440
Master I		M. Parolari	253	P. Vallais	358	A. DiCiccarie	330
L. Russo	485	I. Minakov	242	F. Sudano	341	Master II P. Miskowiak	462
Master IV A. Collela	429	Teen II Macchiavello	231	A. DiCiccarie Master II	330	242 lbs.	403
176 lbs.	723	Master I	-3.	I. Bortnikov	220	Senior	
Master I		D. Loquet	259	Master III		D. Bertrand	463
M. Borga	198	Master II		L. Fretel	275	Master I	
198 lbs.		A. Trevisan	231	Master IV	220	J. Malotteau	479
Master I B. Verbeke	589	154 lbs.		P. Vallais	330	R. Bianchi	396
4th-607	309	Senior P. Stumpova	203	Master V L. Grotto	330	276 lbs. Senior	
G. Collela	551	K. Gaido	148	J. Alain	330	A. Clavier	407
B. Suzic	457	165 lbs.		R. Volpis	325	320 lbs.	
Master II		Teen II		242 lbs.		Senior	
S. Bianchi	551	M. Tellier	237	Senior	440	V. Sushchak	553
Master III G. Zobach	474	Teen III A. Guenard	242	D. Bertrand M. Pedranzini	413	Master I W. Backelant	E10
220 lbs.	4/4	Junior	242	J. Haynes	374	G. Mancusi	374
Senior		L. Telesca	242	P. Plancq	363	DEADLIFT	
G. Vermote	617	D. Mickailov		Master 1		Unequipped	
A. DiCiccario	418	E. Panelli	352	R. Bianchi	374	116 lbs.	
Master II		C. Cusumano	303	Master II	200	Senior	200
N. Zeccolella	418	M. Cosmai G. Batzu	297	P. Sanchez	396	M. Marinova E. Cecchi	308 248
242 lbs. Senior		Master II	248	Master III L. DeLuca	380	S. Gaglio	176
C. Rajtmajer	529	V. Schipani	286	276 lbs.		123 lbs.	
Master IV		M. Marottoli	264	Senior		Teen I	
					120		

## BACK ISSUE OF THE MONTH

BACK ISSUE OF THE Bob Wahl, Rickey Crain, MONTH ... Wade Hooper Mike Bridges at 181 over the debut of Ed

was the primary subject on the cover of h SEPTEMBER 1997 issue, but it was a triple Seniors edition, covering the USPF ADFPA, and APF Senior Nationals.



weight for the 165s, Buddy Duke at 198, Joe Ladnier in a three way battle with Fred Hatfield and Jim Cash at 220, Steve Wilson at 242, John a report of the IPF Women's Gamble at 275, and Bill Worlds, from South Africa. Kazmier at SHW. Rick In Louie Simmons' training Brunner of Atletika, talked article, he delves into about "Building Strength and progressive overload theory Power with Mineral and ask "Is it Progressive Orotates." In our USAPL Disaster?" We also had corner, we had a doping

Coan, who

couldn't

quite make

coverage of the World's control report for July 1996 Strongest Man Team through June 1997, a total of championships, where the 813 drug tests. On the Top winners were Riku Kiri and 100 list for the 132 lb. class, Jouko Ahola. Nick Doug Heath led in the squat Theodorou, one of the - 600, bench press - 400, founding officers of the and total - 1500. Tim Taylor ADFPA, was interviewed by was THE top deadlifter with Fred Rice. Herb 551. Elsewhere on the list, Glossbrenner had a Ellen Stein was 85th in the chronology of the squat with 350, Eric champions of the WPC Kupperstein was 98th in the Worlds. Doug Daniels wrote bench press with 250, Nori a great article on machine Kawasaki was 81st in the training, and we had an deadlift at 402, and Bob interesting shot of James Lambwas 90th in the total at Henderson with April 953. You can still get this Delmore on his lap (both IPF back issue and many others, World Record holders) in see our listing on pages 48-Dr. Judd's column on "What 51 of this issue of Powerlifting it Takes to Be Great." Herb USA. Make sure you check Glossbrenner reprised the out the special price break

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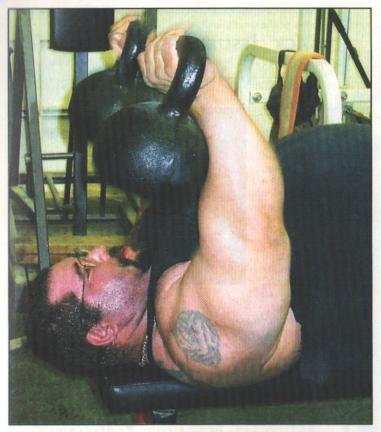
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M. Gisclon	298	L. Frassati	231				573
4th-308		198 lbs.		320 lbs.		M. Lazzeri	474
128 lbs.		Junior		Senior		198 lbs.	
Senior		D. Pigaro	374	V. Sushchak	666	Master I	
A. Thomas	275	Senior		Master III		B. Verbeke	705
132 lbs.		L. Sanges	551	E. Brusco	518	B. Suzic	474
Teen 1		M. Ferrari	231	Equipped		Master III	
E. Putrino	187	Master III		149 lbs.		G. Zobach	474
149 lbs.		L. Pacaud	507	Junnior		220 lbs.	
Junior		G. Zobach	474	I. Minakov	352	Senior	
I. Minakov	358	220 lbs.		165 lbs.		A. Geitner	606
Teen II		Junior		Senior		242 lbs.	
M. Modena	319	D. Krasna	551	D. Mickailov	496	Senior	
Master I		Senior		S. Manuardi	451	G. Vermote	518
E. Gachet	418	A. Geitner	584	Master I		276 lbs.	
Master IV		Master II		L. Russo	440	Senior	
A. Collela	429	I. Bortnikov	518	Master II		C. Rajtmajer	551
Master VI		242 lbs.		J. Tenniere	496	320 lbs.	
A. Menard	330	Teen I		176 lbs.		Senior	
176 lbs.		F. Zara	286	Master I		V. Sushchak	617
Senior		Senior		M. Borgia	248		
A. Milesi	231	M. Armanni	595	182 lbs.			
C. Marchand		M. Ortega	496	Senior			
Master II		P. Vecchio	595	(Thanks to Ne	il Thor	nas for these re	sults

19th Senior Nationals, in you get if you order multiple

which the winners included copies: either of one issue,

Ralph Caputo, Lemar Gant, or different issues.



Mike Wolf has put 250 lbs. on his bench press since going Westside!

(continued from page 12)

anyone at Westside). Fred's motivation is his desire to destroy Jay. I'm sure you will see Fred for a long time to come.

Mike Wolf made rapid progress after coming to Westside. His 585 soon became

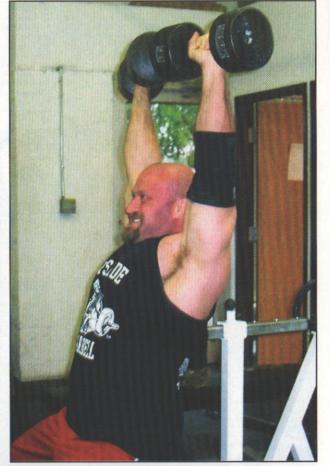
825, and then 830. Mike is huge, about 405 pounds. George started working with Mike, finding his weaknesses. First George had Mike push up the triceps work and board press with lots of bands, up to 400 pounds of bands, plus weight. Mike also did full-range band presses: flat, incline, and decline. At Westside, we do a lot of triceps extension: straight bar, dumbbells with palms facing in, roll back style, dumbbells with elbows out to the sides, J.M., presses, and the kettlebell extensions. Mike also does a lot of benches with kettlebells hanging from the bar with doubled up mini-bands. Mike found his floor press well below our average for his shirt bench. So, he pushed it up to 515 with 200 pounds of chain, and this raised his bench considerably. Lots of lat

placement on his chest.

Last is speed work. A fast rate of force lift heavy weights fast. Let's

see if Mike can give Westside its first 900

George Halbert is our most decorated



development is essential to George Halbert - 11 all time world records in 3 wt. classes!

bencher: 11 all-time world records in three different weight classes. George's views on benching are as follows. Speed work is most

important. George knows that if you miss a heavy lift, it was not too heavy, but was not lifted fast enough. His speed work consists of chains, bands, and hanging kettlebells from the bar

For max effort work, it's heavy band presses at all angles. This sometimes includes benching almost upside down; reverse or lightened band presses-flat, incline, or decline; board presses (without shirt): and lots of dumbbells. He also does the repetition method to near failure for 15 reps with hanging kettle bells.

George is very innovative in his training. His bench methods are responsible for much of Westside's benching success. He does many workouts a week, just lats or delts or rehab work. He is one of only a few men who have made world records in three weight classes, and he's got more up his sleeve than just triceps.

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148 lbs. USPF West Coast BP/DL V. Tanabe 181 lbs. 10 JUN 06 - Venice, CA R. Ridenour 911 220 lbs. WOMEN lunior (13-15) M. Tronske A. Hudson 729 f. Layman 145 D. Johnson 595 Junior (18-19) 242 lbs. 148 lbs. R. Garcia 887 S. Wheeler I. Dentice S. Favarger 607 148 lbs. M. Sparango! 473 Master(40-49) 1324 S. Denison! 242 lbs. D. Marr 1288 148 lbs. Master (40-49) M. Sparango 473 MEN I. Dentice 850 275 lbs. Junior (13-15) 123 lbs. D. Hester 899 D. Shepard 308 lbs. 1324 Schrader 279 148 lbs. Master (50-59) Schrader B. Evans 887 181 lbs. S. Brown 1081 Master (60-69) 220 lbs. D. Herrera DEADLIFT 583 help: Gordon Santee, International ref-eree, Victor Elliott, National referee, Junior (16-17) WOMEN ior (13-15) Ken Wheeler, National referee, Lisa Wheeler, National referee, Scott Lay-534 D. Rocha 97 lbs. 218 man, National referee, Scott Lay-man, National referee, Jack Hughes, International referee, Jim Merlino, Na-tional referee, Dave Foster, State ref-eree, Kevin Meskew, National referee, 595 lunior (18-19) T. Adams 220 lbs. S. Wheeler 376 583 A. Sneed Belange Open 148 lbs. 522 Junior (18-19) M. Sparango! 704 M. Silva 692 165 lbs. LaMantia, announcer, scorekeeper. Spot-ter Loaders: Barrett Marum, Brian Duell, and the Venice Beach Staff. State Single Lift Bench Records set: Shannon Wheeler, N. Cambero 461 692 275 lbs. Master (40-49) 1093 148 lbs. C. Collins! Junior (20-23) 198 lbs. M. Sparango 704 M. Silva 692 148 Junior Women 18-19, bench, Monica Sparango, 148 Master Women 40-44, B. Wheeler 704 MEN Junior (13-15) 275 lbs. D. Olea 148 lbs bench, Tyler Schrader, 123 Junior 13-15, bench, David Rocha, 132 Junior 16-17, C. Schrader 704 N. Wright 1093 Junior(16-17) bench, Tom Adams, 165 Junior 16-17, bench, Chase Collins, 275 Junior 18-19, 308+ lbs 887 O. Roussell T. Adams 692 198 lbs. 132 lbs Hernandez 996 D. Rocha 220 lbs. 1275 148 lbs. A. Sneed! Records set: Shannon Wheeler, 148 Jun-ior Women 18-19, deadlift, Monica V. Tanabe Junior (18-19) 165 lbs. 165 lbs. N. Cambero 789 D. Davis 181 lbs. Junior (20-23) B. Wheeler 911 R. Ordonez 850 Bench Records set: Monica Sparango, 148 Master Women 40-44, bench, David Sparango 1288 668 N. Wright 198 lbs.

Wright, 308 Junior 20-23, bench, Steve on, 308 Master 40-44, bench, and Steven Brown, 308 Master 50-54, bench American Single Lift Deadlift Records set: Shannon Wheeler, 148 Junior Women 18-19, deadlift, Monica Sparango, 148 Master Women 40-44, deadlift, Austin Sneed, 220 Junior 16-17, deadlift, Steve Denison, 308 Master 40-44, deadlift, and Larry Russell, 220 Master 55-59, deadlift. (Thanks to Steve Denison for the results)

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220 lbs.

242 lbs.

308 lbs.

1531

1215 1215

972

1057

923

1069 220 lbs.

1288 308 lbs.

1166 S. Brown

1045 198 lbs.

1531 165 lbs.

1215 R. Hill!

!=Best Lifters. Steve Denison, meet di-

rector. Thanks for all of our Valuable

awards, Steve Denison, National ref-eree, computer scoring, and Chuck

bench, Kenny Wilson, 220 Junior 13-15, bench, Chaz Schrader, 148 Junior 13-15,

bench, O'neil Roussell, 308+ Junior 20-

23, bench, Steve Denison, 308 Master 40-

44, bench, and Steven Brown, 308 Master

50-54, bench. State Single lift Deadlift

Sparango, 148 Master Women 40-44, deadlift, Austin Sneed, 220 Junior 16-17,

deadlift, and Steve Denison, 308 Master

Rocha, 132 Junior 16-17, bench, Nathar

40-44, deadlift. American Single Lift

S. Denison

L. Russell

1409

Master (50-59)

Master (60-69)

S. Bloom 6 Master (70-79)

668

1020 M. Brown

1154 L Dentice

Sparango

P. Tsatsoul

Russell

Foster

A. Hudson

Elliott

Dentice

Favarger

Belanger

S. Denison!

Master (40-49)

220 lbs.

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TOP 100 For standard SHW/125+ Kg. USA lifters in results received from JUN/2005 through MAY/06

1220 Miller, M..4/9/06 1212 Lewis, J..3/4/06 1146 Childress, P..10/30/05 1107 Aichs, C..3/4/06 1102 Frank, G.9/24/05 1102 Bernor, J..10/30/05 1102 Smith, M..10/30/05 1102 Hoskinson, J..10/30/05 1102 Weech, S..12/4/05

1063 Stratakis, P., 6/5/05 106.3 Stratakis, P..0/5/05 105.8 Basson, O.3/5/06 105.2 Gallo, C..10/30/05 1030 Ruggeria, M..6/5/05 1030 Woods, S..3/5/06 1030 Ewing, J..3/5/06 1025 Henderson, S..6/5/05 1025 Wilson, M..4/2/06 1015 Brown, M..11/13/05 1008 Tillman, K..5/14/06

1005 Harold, T..2/4/06 981 Siders B..6/25/05 970 Henderson, T..12/17/05 964 Theriot, G..6/5/05 960 Greninger, T..2/4/06 950 Roberts, A..4/1/06 931 Moore, B..6/25/05 920 Grove, J..6/5/05 920 Lawrence, A..7/30/05 920 Weber, B..9/10/05

920 Bolognone, A..4/2/06 914 Barlow, R.. 6/5/05 910 Brooks, S..4/2/06 909 Bryant, J..6/25/05 903 Taylor, C..6/5/05 903 Vaughn, J..12/4/05 903 Moore, C..4/8/06 900 Ramsey, W..11/13/05 898 White, R..6/5/05 881 Rogers, S..6/5/05

881 Toranzo, J..6/5/05 881 Wiers, C..6/5/05 880 Manly, J..12/17/05 880 Rhodes, M..5/20/06 865 Cartwright, S..2/19/06 860 Safreed, R..7/17/05 860 Karabel, L..11/5/05 860 Johnson, E..2/25/06 860 Lowe, C..4/8/06 854 Quinn, B..6/5/05

854 Skiver, T..6/5/05 854 Gillingham, B..7/16/05 850 Schott, M..4/2/06 848 Lanier, M..10/23/05 843 Clark, C..5/14/06 840 Symons, C..4/1/06 830 Madvig, B..11/5/05 830 Gimbel, B..4/1/06 825 Twining, R..11/13/05 825 Ufford, K..4/8/06

810 Southwood, K..6/5/05 810 Adelmann, M..8/14/05 810 Nease, M..11/13/05 805 Russo, G..6/25/05 805 Delorimiere, T..3/5/06 805 Thompson, D..5/6/06 805 Sargent, H..5/20/06 804 Neal, M..7/23/05 804 Biddle, J..6/5/05 804 McKee..11/4/05

804 Sparkman, M..11/5/05 804 Harris, R..11/13/05 800 Salscheider, B..6/25/05 800 Magee, J..7/16/05 800 Justice, M..8/27/05 800 Lovelace, M..12/3/05 800 Lovelace, M..12/3/05 800 Kelley, S..4/2/06 799 Wood, B..9/10/05 788 Hulslander, N..3/19/06

782 Kravoletz, D..7./9/05 782 Israelson, M..5/14/06 777 Garner, B..3/11/06 775 Tewell, T..2/4/06 775 Lewell, T..2/4/06 775 Lewis, O..3/25/06 771 Burdick, J..6/5/05 771 Overbey, K..3/18/06 765 Wnuk, K..8/20/05

765 Damminga, G..12/3/05 760 Bierschbach, R..7/31/05 760 Einhaus, B..11/5/05 760 Duvall, J..12/10/05 760 Divall, J...12/10/05 760 Fiss, J..3/19/06 760 Suarez, J..3/25/06 760 Peshek, J..4/8/06 760 Boissiere, V..5/14/06 760 Lane, T..5/14/06 755 Payne, G..3/25/06

1008 Mendelson, S..2/18/06 942 Meeker, T..2/19/06 854 Wong, S..8/7/05 854 Kennelly, R..10/29/05 848 Frank, G..3/18/06 830 Wolfe, M..3/25/06 826 Womack, M..11/20/05 821 Crawford, B..3/4/06 815 Lewis, J..3/4/06 810 Aichs, C..10/30/05

BENCH

810 Brandenburg, C..4/8/06 804 Siders, B..6/25/05 801 Peshek, J..2/18/06 801 Peshek, J..Z/18/06 800 Zemmin, J..1/14/06 800 Rogers, T..5/6/06 780 Toranzo, J..5/20/06 777 Bernor, J..10/30/05 760 Coulter, M..7/30/05 760 Miller, M.. 12/17/05 755 Taylor, C.. 10/30/05

755 Vick, R..4/1/06 750 Leach, J..9/24/05 740 Baker, A..8/7/05 740 Harwood, C..4/15/06 730 Gutlidge, J..2/4/06 727 Hamby, M..9/10/05 727 Gillespie, B..12/5/05 725 Corwin, T..5/6/06 722 Bradshaw, R..11/02/05 715 Shell, J..4/8/06

705 Primeau, P..12/10/05 705 Smith, M..3/4/06 705 Aleaga, V..3/25/06 705 Quickle, J..4/8/06 705 Guickle, J., 4/8/06 705 Groneman, R., 5/6/06 700 Winters, N., 9/10/05 700 Petrino, T., 10/2/05 700 Harold, T., 2/4/06 700 Welch, D., 2/4/06 700 Doherty, J., 4/9/06

700 Patterson, R..5/6/06 694 Childress, P..10/30/05 688 Crawford, J..3/25/06 683 Marchant, D..8/7/05 680 Brown, M..11/13/05 677 Moore, B.6/25/05 677 Gerona, D..8/7/05 677 Manno, T..1/29/06 677 Mateer, L..4/1/06 675 Barbaccio, T..11/12/05

675 Neal, M..5/13/06 672 Aleaga, E..3/25/06 672 Ratsch, P..3/25/06 670 Lawrence, A..7/30/05 670 Lealiifano, G..3/26/06 670 Lealiifano, G..3/26/06 665 Bruce, T..6/25/05 665 Jarausch, S..3/26/06 661 Gaudreau, D..11/13/05 661 Kollauf, J..4/8/06 655 Webster, T..1/14/06

655 Hart, J. 4/15/06 655 McCaslin, Z. 4/29/06 650 Micka, J. 6/4/05 650 Robbins, S. 6/5/05 650 Tuffanelli, N. 6/11/05 650 Jordan, S. 11/20/05 650 Duvall, J. 12/10/05 650 Wesser, S. 650 Roberts, A. 4/1/06

650 Schott, M..4/2/06 650 Moore, C..4/8/06 650 Crawford, M..4/8/06 650 Cawley..4/8/06 650 Soppelsa, D..4/8/06 650 Sterling, W..5/20/06 640 Reynolds, B..1/29/06 640 LaPointe, M..2/25/06 640 Wilson, M..4/2/06 640 Dickey, D..4/8/06

639 Karabel, L..9/18/05 639 Meene, J..10/30/05 635 Lewis, D..8/20/05 635 Coleman, A.J.8/27/05 633 Ruggeria, M..6/5/05 633 Weech, S..6/18/05 633 Bryant, J..6/25/05 630 Register, C..8/13/05 630 Wnuk, K..11/12/05

630 Johnson, W..3/18/06 628 Harris, R..11/26/05 628 Cartwright, S..2/19/06 628 Gormus, R..5/20/06 625 Verduzco, S..12/3/05 622 Henderson, S..6/5/05 622 Sissel, M..9/10/05 622 Shields, A..9/24/05 622 Leo, J..3/4/06 622 Garner, B..3/11/06

DEADLIFT

870 Frank, G..10/30/05 859 Gillingham, B..5/7/06 855 Harold, T..2/4/06 832 Siders, B..4/30/06 832 Siders, B., 4/30/06 821 Ruggeria, M., 6/5/05 821 Childress, P., 10/30/05 820 Lawrence, A., 7/30/05 815 Harris, R., 11/26/05 801 Oldham, B., 11/20/05 800 Nease, M., 10/29/05

800 Thompson, D..5/6/06 790 Minnetti, M..2/11/06 775 Ufford, K..9/17/05 775 Moore, B..5/6/06 771 Saunders, C..8/13/05 771 Lewis, J..3/4/06 766 Smith, M..3/4/06 760 Stratakis, P..6/5/05 760 Studevant, T..10/16/05 760 Rogers, D..1/28/06

755 Karabel, L..11/5/05 755 Theriot, G..9/24/05 750 Duncan, L..12/10/05 750 Rhodes, M..5/20/06 750 Sargent, H..5/20/06 749 Bryant, J..6/25/05 749 Vaughn, J..12/4/05 740 Boissiere, V..7/17/05 740 Greninger, T..2/4/06

739 Abbott, P..8/6/05 735 Wilson, M..4/2/06 727 Pecktol, S..11/20/05 725 Henley, R..10/16/05 725 Brown, M..11/13/05 725 Forstner, D..4/8/06 722 Gallo, C..6/5/05 722 Weech, S..12/4/05 716 Barlow, R..6/5/05 716 Greene, J., 9/10/05

716 Atarian, V..2/19/06 715 Salscheider, B..6/25/05 715 Ewold, C..5/27/06 710 Schott, T..6/18/05 710 Edgell, D..6/25/05 710 Aichs, C..10/30/05 710 Holichs, C..10/30/05 710 Holichs, C..10/30/05 710 Holichs, C..10/30/05 710 Hoskinson, J., 10/30/05 710 Mott. W. 11/20/05 710 Fay, C..2/4/06 710 Mlarcik, P..2/18/06

710 Cartwright, S..2/19/06 710 Hendrix, R..3/25/06 710 Miller, M..5/6/06 710 Culnan, S..5/6/06 705 Henderson, S..6/5/06 710 Culnan, S..5/6/06 705 Henderson, S..6/5/06 705 Youngs, B..6/18/05 705 Cunane, E..6/25/05 705 Medak, A..8/7/05 705 Fletcher, P..8/20/05 705 Lanier, M..10/23/05

705 Lowe, C..12/10/05 705 Beatty, M..3/18/06 705 Hulslander, N..3/19/06 705 Schott, M..4/2/06 705 Nichols..5/7/06 700 Birnbaum, B..6/5/05 700 Hudson, J..8/7/05 700 Cole, Z..8/13/05 700 Felton, J..9/11/05 700 Wnuk, K..11/12/05

700 Manly, J.. 12/17/05 700 Corridean, D.. 3/25/06 700 Roberts, A.. 4/1/06 700 Patterson, J.. 4/1/06 700 Brooks, S.. 4/2/06 699 White, R. 6/5/05 688 Thompson, J. 6/11/05 685 Eldridge, V.. 6/4/05 685 Reynolds, B.. 1/29/06 685 Pelosi, M.. 5/6/06

685 Cole, C..5/27/06 685 Cole, C..5/27/06 677 Grant, F..7/16/05 677 Reich, K..9/24/05 677 Taylor, C..10/30/05 675 Mahoney, T..3/25/06 672 Bernor, J..10/30/05 672 Duvall, J...12/10/05 670 Hicks, G..10/29/05 666 Neal, M..7/23/05 661 Ratsch, P., 8/7/05

661 Adelmann, M..8/14/05 661 Ringer, M..11/19/05 661 Cline..11/20/05 661 Ewing, J..12/4/05 661 Payne, G..12/4/05 661 Clark, C..5/14/06 661 Israelson, M..5/14/06 660 Finland, T..7/23/05 660 LaPointe, M..11/13/05 660 Emrich, G..12/3/05

TOTAL

2799 Lewis, J..3/4/06 2733 Frank, G..3/18/06 2662 Childress, P..10/30/05 2625 Miller, M..4/9/06 2623 Aichs, C., 10/30/05 2569 Siders, B., 4/30/06 2569 Siders, B..4/30/06 2560 Harold, T..2/4/06 2551 Bernor, J..10/30/05 2513 Smith, M..3/4/06 2486 Ruggeria, M..6/5/05

2454 Weech, S..12/4/05 2420 Brown, M..11/13/05 2419 Hoskinson, J..10/30/05 2410 Lawrence, A..7/30/05 2408 Stratakis, P..6/5/05 2400 Wilson, M..42/06 2349 Henderson, S..6/5/05 2338 Gallo, C..6/5/05 2314 Moore, B..6/25/05 2309 Crumbley, S..12/4/05

2303 Taylor, C..10/30/05 2300 Greninger, T..2/4/06 2300 Roberts, A..4/1/06 2292 Bryant, J..6/25/05 2292 Gillingham, B..11/26/05 2270 Theriot, G.,9/24/05 2243 Harris, R..11/26/05 2237 Ewing, J..6/5/05 2235 Karabel, L..11/5/05 2210 Brooks, S..4/2/06

2205 Schott, M..4/2/06 2205 Schott, M. 4/2/06 2204 Cartwright, S. .2/19/06 2204 Moore, C. 4/8/06 2195 Ufford, K. 4/8/06 2193 Grove, J. .6/5/05 2180 Rhodes, M. 5/20/06 2176 Vaughn, J. 12/4/05 2171 Robbins, S. .6/5/05 2170 Thompson, D. 5/6/06 2160 Ramsey, W. .11/13/05

2105 Barlow, R..6/5/05 2105 Neal, M..7/23/05 2105 Hulslander

2088 Lanier, M..10/23/05 2083 Duvall, J..12/10/05 2060 Nease, M..11/13/05 2060 Peshek, J..4/8/06 2044 Adelmann, M. 8/14/05 2044 Clark, C. 5/14/06 2035 Salscheider, B. 6/25/05 2011 Sparkman, M. 11/5/05 2010 Symons, C. 4/1/06 2006 McKee.. 11/4/05 2044 Adeln

2006 Dennis, C..3/18/06 2000 Justice, M..8/27/05 2000 Justice, M. 8/27/05 1995 Schott, T. 6/18/05 1989 Cunane, E. 6/25/05 1980 Boissiere, V. 7/17/05 1967 Leo, J. 3/4/06 1965 Patterson, J. 4/1/06 1962 Burdick, J. 6/5/05 1962 Bolger, J. R. 3/25/06 1955 Ewold, C. 12/3/05

1951 Garner, B..3/11/06 1951 Israelson, M..5/14/06 1950 Bolognone, A..11/13/05 1950 Gimbel, B..4/1/06 1945 Southwood, K..6/5/05 1940 Barbaccio, T..11/12/05 1940 LaPointe, M..11/13/05 1934 Rogers, D..1/28/06 1925 Russo, G..6/25/05 1925 Haney, J..11/13/05

1923 Garza, R..7/23/05 1923 Bierschbach, B..7/31/05 1923 Einhaus, B..11/5/05 1920 Hendrix, R..3/25/06 1918 Biddle, J..6/5/05 1918 Fiss, J..3/19/06 1912 Beatty, M..3/18/06 1906 Feliciano, N..7/9/05 1906 Meek, B..3/25/06 1906 Gaudreau, D., 5/7/06

1905 Tewell, T..2/4/06 1901 Miller, A..7/30/05 1901 Wood, B..9/10/05 1901 Overbey, K..3/18/06 1900 Carpenter, W..4/1/06 1900 Kelley, S..4/2/06 1895 Fletcher, P..8/20/05 1895 Lamar, C..3/25/06 1890 Damminga, G..12/3/05 1880 Damminga, G..12/3/05

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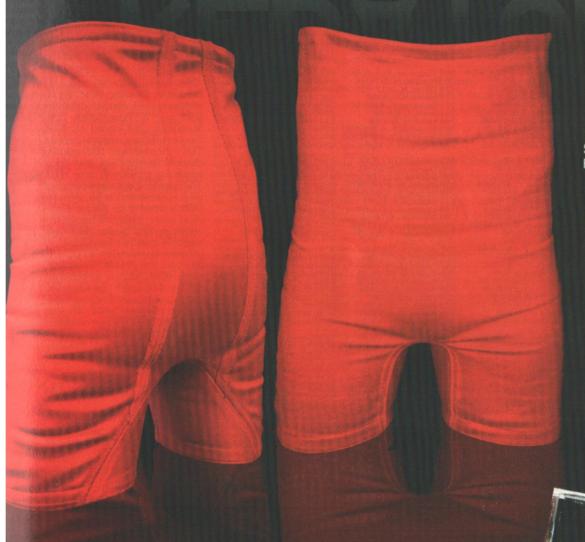
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### **NEXT MONTH... TOP 114s**

CORRECTIONS ... Steve Jarausch should have been credited with a 660 bench press in the results of the Elkhart meet of Dec. 10th, 2005 Brandon Williamson should have been credited with a 660 DL on the TOP 100 275 lb. class list from last month. B. Skelton should have been credited with a 1675 total in the results of the APA Yellowhammer Open (3/18/ 06). Cooper Wage should have been credited with a 749 squat on the 2005 TOP 20 Teenage listing for the 275 lb. class. Matt Riedy's name was misspelled on the TOP 100 rankings for the 242 lb. class (#68 in the deadlift). L. Edwards name was misspelled on the same list (620 BP). If you find errors in our ranking lists or the competition results that we publish, let us know at POWERLIFTING USA Errors Department, P.O. Box 467. Camarillo, California 93011 for a proper analysis of the situation (which can take some time, depending on the situation) and an appropriate correction.



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