

AMERICAN DRUG FREE POWERLIFTING NEWS

Volume 3 Issue 1

FEBRUARY 1996

PRESIDENTIAL MESSAGE

It is mid-winter and we are training hard to gear up for the season ADFPA members look forward to - Powerlifting Season! As the first grip on the bar turns chilly in the hard-core gyms of many iron warriors; I wish you success in the new year. I also hope that you've spent some time with the important people in your life. From your training partners to your closest life-mate, it is good to pause from the daily rush, and let them know how much you appreciate the quality they add to your life.

We are hearing of meets that are being planned, but the meet sanction applications are not coming in nearly as quickly as the words we hear. Fearless ADFPA Members: We need you to get the ball rolling - boost us into the New Year by sanctioning the next meet in your area. The No. 1 question that surfaces in the calls we receive is - Where is the next Meet in my area/State? Our statistics show that most of our members live within a 150 mile radius of the Meet Sites and nearly 50% of our members are new each year. The clear truth is that we need to fill the gaps with ADFPA contests. Your Meet doesn't have to be big to be successful. A good tip is to coordinate with the timing of a local festival or street fair in your community. You may even get a Meet Site and volunteers provided for you! If you're new to becoming a Meet Director, call the President or Secretary-Treasurer's Office for all the support and advice you need to host your Meet. A super bonus has been added this year as you can take advantage of the ADFPA Non-Profit Mail permit to send out entries. This will save you a good chunk of money. Call us for the details.

Interest level in our National Meet Schedule is running high with those National Meet Directors busy promoting their events with advertising & direct mailings coordinated through the Secretary-Treasurer's Office.

On the advertising subject, be sure and check out our growing list of "Proud Corporate Sponsors"- to be aware of those companies whose advertising logos may be worn on the platform. Executive Committee Member Craig Safran is developing this program for those companies who wish to support and be benefitted by exposure through the ADFPA.

Each one of us works, trains & plays hard. We deserve the recognition we get for our efforts. With all the various powerlifting organizations out there, it is difficult for our top athletes to get the recognition they deserve when "Joe Schmoe" claims a national title in the National Backyard Powerlifting Union". This situation screams for remedy. The unifying of our sport may be the answer. While we are the oldest and largest Powerlifting Organization in the U.S. and we have successfully

pioneered the Drug-Free movement - there is a large contingency in our ranks that wants to call all the other powerlifting organizations to the bargaining table to talk about unification with the vision of Olympic Sport status as the ultimate goal. What do you think?

Whatever happens, I must tell you that the only way to bargain is from a position of strength. This translates into more Meets, more Members, and more publicity that spreads the dynamic integrity of the ADFPA across the Nation. In keeping with this I ask you to send in your membership and team applications now instead of waiting for your first Meet. We need you on board and I do not want you to miss a single issue of *Powerlifting News* or a Meet Entry coming early in the year.

We are a volunteer-driven organization - together let us drive the ADFPA to the best Powerlifting Year in History.

ADFP President Michael W Overdeer

NOTICE! *The Executive Committee has accepted the resignation of Ned and Mary Cramer as Sec'y-Treasurer of the ADFPA. Their legacy of hard work and integrity will not be forgotten. With this action we announce the opening of this office for candidates. Persons applying need to be an ADFPA member with the skills and background that apply to the following job description:*

The Secretary/Treasurer shall make proper arrangements for keeping the records of the ADFPA, issuing official notices of all meetings of the Association, and performing such other duties as may be directed by the President. The Secretary/Treasurer shall also serve as the Secretary of the National Committee and the Executive Committee and shall receive and account for all funds of the Association.

TO APPLY: *Forward your letter of interest and a resume to the ADFPA National Office, 124 W Van Buren, Columbia City, IN 46725 no later than February 29, 1996.*

PROUD ADFPA SPONSORS

Craig Safran, Executive Committee member and Chair of the Publicity Committee has announced the following corporate sponsors of the American Drug Free Powerlifting Association. Their sponsorship of Drug Free powerlifting is sincerely appreciated.

***TITAN SUPPORT SYSTEMS, 921 Rickey,**
Corpus Christi, TX 78412

***NUTRITIONAL TECHNOLOGIES, 5 STONECROFT**
DRIVE PALMER, PA 18043

***INZER ADVANCE DESIGNS, PO BOX 2981,**
Longview, TX 75606

***SPORTPHARMA, 930 Detroit Avenue, Suite E,**
Concord, CA 94518



PRESIDENT'S DAY



1995 NATIONAL MASTERS

DENVER, CO - NOVEMBER 11 & 12

123 lbs 40-44

Higgins, F	275.50	292.00	275.50	843.25
Aguiar, Dan	220.25	187.25	303.00	710.75

123 lbs 45-49

Galant, A	319.50	<u>198.25</u>	347.00	865.25
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132 lbs 40-44

Westbrook, K	<u>473.75</u>	248.00	<u>473.75</u>	<u>1195.25</u>
Coleman, B	396.75	297.50	435.25	1129.75

132 lbs 45-49

Rosen, I	385.75	209.25	418.75	1014.00
Addy, J	253.50	132.25	341.50	727.50

132 lbs 50-54

Umberger, R	308.50	176.25	330.50	815.50
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132 lbs 55-59

Glass, F	336.00	143.25	363.75	843.25
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132 lbs 65-69

Kawasaki, N	<u>303.00</u>	<u>220.25</u>	<u>341.50</u>	<u>865.25</u>
Nolan, R	203.75	148.75	308.50	661.25

148 lbs 40-44

Rohan, B	385.75	297.50	496.00	1179.25
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148 lbs 45-49

Martin, J	418.75	242.50	418.75	1080.25
Charles, R	314.00	220.25	385.75	920.25
Harben, G	281.00	225.75	380.25	887.25

148 lbs 50-54

Trujillo, B	435.25	259.00	451.75	1146.25
Pellegrino, J	385.75	308.50	385.75	1080.25
Gonzalez, A	341.50	203.75	358.00	903.75

148 lbs 60-64

Balazs, L	336.00	187.25	402.25	925.75
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148 lbs 65-69

Cortes, R	407.00	270.00	<u>490.50</u>	<u>1168.25</u>
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165 lbs 40-44

Cirigliano, R	501.50	319.50	600.50	1421.75
Ruettiger, R	512.50	292.00	490.50	1295.00
Owen, R	451.75	363.75	473.75	1289.50
Coxey, L	308.50	242.50	451.75	1003.00

165 lbs 45-49

Waldrop, M	435.25	270.00	<u>601.86</u>	1306.00
Bartotti, G	385.75	281.00	451.75	1118.75
Green, D	352.50	264.50	330.50	947.75

165 lbs 50-54

Krueger, J	462.75	242.50	451.75	1157.25
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165 lbs 55-59

Flores, R	<u>529.00</u>	292.00	551.00	<u>1372.25</u>
Lozano, R	385.75	303.00	490.50	1179.25
Ringewold, R	435.25	198.25	451.75	1085.25
McDermott, J	341.50	<u>319.50</u>	220.25	881.25

165 lbs 60-64

Douglas, D	286.50	176.25	303.00	766.00
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165 lbs 70-74

Archambault, F	319.50	<u>209.25</u>	363.75	892.75
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165 lbs 75-79

Benner, H	220.25	<u>209.25</u>	<u>341.50</u>	<u>771.50</u>
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181 lbs 40-44

Wiley, D	545.50	352.50	545.50	1444.00
Williams, T	490.50	330.50	551.00	1372.25
Clayton, B	507.00	303.00	518.00	1328.25
Everett, L	457.25	303.00	534.50	1294.50
Lindemans, C	473.75	275.50	534.50	1284.00
Lukens, J	424.25	292.00	462.75	1179.25
Westcott, R	341.50	314.00	429.00	1085.75

181 lbs 45-49

Fisher, R	485.00	314.00	589.50	1388.75
McDermott, J	468.25	352.50	407.00	1229.00
Keller, T	363.75	264.50	440.75	1069.00

181 lbs 50-54

Glumac, R	584.00	292.00	639.25	1515.50
Rouse, J	485.00	<u>396.75</u>	562.00	1444.00
Kindred, W	446.25	325.00	556.50	1328.25
O'Neill, S	479.50	297.50	473.75	1251.00
Lynn, J	385.75	259.00	374.75	1019.50

181 lbs 55-59

Roseman, R	424.25	259.00	490.50	1173.75
Vaughan, R	358.00	192.75	396.75	947.75

181 lbs 60-64

Burt, G	303.00	209.25	462.75	975.50
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181 lbs 65-69

Ginenthal, D	363.75	248.00	435.25	1047.00
Everett, C	352.50	242.50	407.00	1003.00

181 lbs 70-74

Accosta, B	248.00	170.75	330.50	749.50
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198 lbs 40-44

Traub, L	628.25	347.00	633.75	1609.25
Jenness, R	589.50	440.75	562.50	1592.75
Nellor, E	595.00	341.50	606.25	1543.00
Mantos, J	595.00	385.75	540.00	1521.00
Byas, A	518.00	330.50	639.25	1488.00
Silva, R	551.00	330.50	573.00	1455.00
Barkee, D	501.50	391.25	512.50	1405.25
Rodriguez, E	551.00	314.00	523.50	1388.75
Coury, B	523.50	303.00	512.50	1339.25
Tharaldson, M	479.50	308.50	501.50	1289.50

198 lbs 45-49

Thomas, W	<u>672.25</u>	424.25	<u>705.25</u>	<u>1802.25</u>
Willis, R	578.50	380.25	512.50	1471.50
Douglas, J	435.25	314.00	451.75	1201.50
Mooney, M	380.25	270.00	402.25	1052.50

198 lbs 50-54

Rice, F	<u>567.50</u>	314.00	<u>600.75</u>	1482.50
Poulin, D	435.25	270.00	529.00	1234.50
Haggenmiller, T	396.75	308.50	451.75	1157.25

198 lbs 55-59

Strange, B	496.00	363.75	529.00	1388.75
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198 lbs 60-64

Ladd, R	407.00	253.50	<u>523.50</u>	1184.75
Rosenfield, B	418.75	308.50	457.25	1184.75

198 lbs 65-69

Remley, B	485.00	<u>325.00</u>	<u>501.50</u>	<u>1311.50</u>
Mullin, G	<u>485.00</u>	314.00	485.00	1284.00
Frosland, D	352.50	253.50	358.00	964.50

198 lbs 75-79					319 lbs 45-49				
Lee, C	<u>330.50</u>	<u>253.50</u>	402.25	<u>986.50</u>	McCune, B	584.00	358.00	606.25	1548.50
220 lbs 40-44					Glover, A	501.50	352.50	523.50	1377.75
Musto, M	644.75	418.75	622.75	1686.50	Nugent, T	540.00	319.50	473.75	1333.75
Berstein, J	562.00	396.75	600.75	1559.75	319 lbs 50-54				
Rabenold, K	209.25	281.00	143.25	633.75	Lindsley, J	490.50	391.25	512.50	1394.25
220 lbs 45-49					319 lbs 55-59				
Elliott, V	655.75	396.75	617.25	1669.75	Budwin, H	413.25	303.00	457.25	1173.75
Shepard, L	540.00	358.00	606.25	1504.50	UNL lbs 40-44				
Worley, D	578.50	281.00	507.00	1366.75	Dirksen, R	633.75	440.75	600.75	1675.25
Keller, G	462.75	325.00	573.00	1361.25	UNL lbs 45-49				
220 lbs 50-54					Wrenn, P	688.75	396.75	551.00	1636.75
Hansen, K	578.50	402.25	529.00	1510.00	Andrews, W	584.00	347.00	611.75	1543.00
King, A	518.00	308.50	600.75	1427.25	Bold-National Record		<u>Underline-American Record</u>		
220 lbs 65-69					The 1995 ADFPA Men's Master's Nationals was a great success with 131 lifters showing from 38 states. If anyone had any doubts about the effects of high altitude in Denver, these quickly went out the window as lifters by and large had fine performances.				
Dean, J	363.75	292.00	440.75	1096.75	21 lifters set 37 American records. Many of these same lifters were among the 33 that set 72 National meet records. Seven lifters went "9 for 9", with another 17 making 8 for 9 attempts. Only 3 lifters did not complete the meet. 72% of the competitors made at least one third attempt.				
Kress, J	374.75	231.25	385.75	992.00	Meet highlights include 65 years young Robert Cortes of California with a perfect performance in the 148's to total an unbelievable 1168 lbs. Using McCullough age coefficients this equates to a whopping 1791 for an open 148 competitor! 57 years and looking much younger, Illinois' Richard Flores totalled 1372 at 165. Ten men age 40-44 weighed in at the 198's. Larry Traub made it to the top of this pack with a 1609 total. Walter Thomas, just 4 days shy of 50, won the 198's in the 45-49 age group going 8 for 9 and totalling 1802. 67 year old Nori Kawasaki totalled 865 in the 132's, including a new American and National Record 220 bench. Light day all-around champions were Walter Thomas(40-49), Richard Flores(50-59) and Robert Cortes (60+).				
242 lbs 40-44					Day two had several exciting battles, topped off with a win for Johnny Graham as a light 242'er that went down to his last deadlift of 705, which gave him the tie and the win over Leonard Sample based on lighter bodyweight. Victor Starkel of Montana totalled 1080 at age 72, in the 242's. Ned Cramer, the ADFPA's ever-busy Secretary-Treasurer hit an American record 529 squat on the way to win the 60-64 275's.				
Graham, J	727.50	374.75	705.25	1807.75	The second day all-around champions were Johnny Graham(40-49), Knud Hansen(50-59), and Victor Starkel(60+). The six all-around champions received marble clocks. Top five finishers in all divisions received elegant laser-engraved oak plaques. The team places, first through fifth, were as follows: Wisconsin Power; McDermott Power and Bench; Colorado Iron Masters; Northland; and Jim's Gym G2.				
Sample, L	705.25	451.75	650.25	1807.75					
Atherton, D	672.25	424.25	606.25	1703.00					
Nelson, C	501.50	341.50	584.00	1427.25					
Howard, S	562.00	363.75	490.50	1416.25					
242 lbs 45-49									
Miller, J	600.75	413.25	611.75	1625.75					
Wendt, J	540.00	424.25	529.00	1493.50					
Rice, J	600.75	319.50	551.00	1471.50					
242 lbs 50-54									
Spikes, R	518.00	347.00	622.75	1488.00					
Hakarawicz, R	529.00	391.25	529.00	1449.50					
Gourley, J	485.00	292.00	600.75	1377.75					
Romich, T	479.50	275.50	479.50	1234.50					
242 lbs 55-59									
Chatis, S	501.50	363.75	551.00	1416.25					
Fuller, C	429.00	308.50	501.50	1240.00					
242 lbs 60-64									
Corulli, L	440.75	231.25	451.75	1124.25					
242 lbs 70-74									
Starkel, V	363.75	264.50	<u>451.75</u>	1080.25					
275 lbs 40-44									
Simmons, R	600.75	418.75	628.25	1647.75					
Medeiros, H	573.00	451.75	578.50	1603.75					
Lane, B	540.00	380.25	562.00	1482.50					
275 lbs 45-49									
Krueger, G	633.75	407.00	540.00	1581.75					
VanBrocklin, D	600.75	374.75	507.00	1482.50					
Grindall, S	507.00	297.50	578.50	1383.25					
Halverstadt, C	468.25	264.50	451.75	1184.75					
275 lbs 50-54									
Blankenship, R	578.50	352.50	523.50	1455.00					
275 lbs 55-59									
Robinson, J	529.00	286.50	407.00	1223.00					
275 lbs 60-64									
Cramer, N	529.00	303.00	509.25	<u>1341.25</u>					
Twet, J	330.50	292.00	462.75	1085.75					
275 lbs 70-74									
Davis, R	154.25	336.00	303.00	793.50					

ADFP MEET RESULTS

BLACKBURN OPEN QUALIFIER
NOV 19, 95-BEDFORD HTS, OHIO
KINGS GYM

WOMEN 111				
Frankomarm, L	185	135	265	585
Men 123 lbs				
Blackburn, K	300	200	360	860

BENCH PRESS NATIONALS
OCT 29, 95- WHITE PLAINS, NY
PETE GISONDI

WOMEN				
104 OPEN				
Colarusso, Donna	100			
122 OPEN				
Lippert, Tern	203			
Ty, Pam	170			
122 LIFETIME				
Ty, Pam	170 NR			
122 JUNIOR				
Lippert, Tern	203 NR			
Ty, Pam	170			
122 COLLEGIATE				
Ty, Pam	170 NR			
129 OPEN				
Norton, Debra	187			
129 LIFETIME				
Norton, Debra	187 NR			
129 MASTER 40-44				
Norton, Debra	187 NR			
139 OPEN				
Billings, Cindy	259 NR			
Emenich, Joanne	137			
139 LIFETIME				
Billings, Cindy	259 NR			
139 SUBMASTER				
Billings, Cindy	259 NR			
154 OPEN				
Sauer, Helen	220 NR			
154 LIFETIME				
Sauer, Helen	220 NR			
154 MASTER 40-44				
Sauer, Helen	220 NR			
Rasmussen, Lorre	143			
MEN 123 TEEN 16-17				
Czupil, Jason	192 NR			
123 TEEN 18-19				
Benford, Dan	203			
132 OPEN				
Bymes, Chris	358 NR			
132 POLICE AND FIRE				
Bymes, Chris	358 NR			
148 OPEN				
Crane, Mark	281			
148 LIFETIME				
Hoshyla, Paul	369			
Crane, Mark	281			
Stenson, John	236			
148 MILITARY				
Stenson, John	236 NR			
148 JUNIOR				
Alongo, Joe	275 NR			
148 TEEN 18-19				
Turn, Brad	248			
148 MASTER 40-44				
Romeo, S	242			
Kunze, M	220			
165 OPEN				
Margotta, Marco	413			
Masher, Joe	413			
Dematteo, Joe	363			
Lee, Walter	314			
165 LIFETIME				
Margotta, Marco	413			
Dematteo, Joe	363			
Twyman, Baron	352			
Todace, Gary	330			
Herbst, Rob	319			
165 COLLEGIATE				
Felthous, Enk	236 NR			
165 NOVICE				
Lee, Walter	314			
Terlonge, Pat	286			
Tantorno, Randy	253			
165 SPECIAL OLYMPIC				
Willard, Mark	354 NR			
165 TEEN 18-19				
Sakabas, Tony	330			
165 SUBMASTER				
Herbst, R	319			

165 MASTER 55-59				
Wolff, Jack	231 NR			
181 OPEN				
Zangl, Gregg	424			
Deem, Sammy	407			
Swanson, Bruce	402			
Schaefer, Marc	380			
Dalzell, Joe	374			
Weber, George	352			
Smith, Anthony	347			
181 LIFETIME				
Swanson, Bruce	402			
Dalzell, Joe	374			
Mitsopoulos, John	352			
181 POLICE AND FIRE				
Krukowski, Rob	292			
181 NOVICE				
Schaefer, Marc	380			
181 SPECIAL OLYMPIC				
Godbay, Jacques	264 NR			
181 JUNIOR				
Nocto, John	369 NR			
181 SUBMASTER				
Zangl, Gregg	424 NR			
Funaro, Anthony	380			
Gelzeiser, Bob	314			
181 MASTER 40-44				
Rasammy, Rick	297			
Krukowski, Rob	292			
Andrade, William	231			
181 MASTER 45-49				
Krom, Ronald	209			
181 MASTER 50-54				
Mitsopoulos, John	352			
181 MASTER 55-59				
Feig, Jerry	396 NR			
198 OPEN				
Raccio, Gerry	435			
Capriotti, Mike	402			
Sandiford, Claude	396			
Nyahay, Jack	369			
198 LIFETIME				
Kielczwesko, Rick	451			
Bilgini, Shawn	435			
Raccio, Gerry	435			
Macri, Mike	374			
198 MILITARY				
Sandiford, Claude	396 NR			
198 NOVICE				
Mulligan, Brian	325			
198 TEEN 18-19				
Crumme, Tim	391			
Alava, Miguel	275			
198 SUBMASTER				
Kielczwesko, Rick	451 NR			
Ehrhardt, Ron	440			
Miller, George	374			
198 MASTER 40-44				
Nyahay, Jack	369			
198 MASTER 45-49				
Makofsky, Mike	352 NR			
198 MASTER 50-54				
McLaughlin, William	341			
198 MASTER 55-59				
Ballen, Dennis	330 NR			
220 OPEN				
McMillan, Danny	512 NR			
Maher, Mark	512			
Halliwel, Phil	440			
220 LIFETIME				
Ventrighio, Tom	479			
Plummer, Jeff	462			
Chevalier, David	457			
Guyette, Robbie	402			
220 POLICE AND FIRE				
McMillan, Danny	512 NR			
Albano, Lou	336			
Rasmussen, Rich	303			
220 MILITARY				
Albano, Lou	336 NR			
220 SUBMASTER				
Maher, Mark	512 NR			
Guyette, Robbie	402			
Brerunck, Dennis	358			
Sloan, Willard	352			
220 MASTER 40-44				
McMillan, Danny	512 NR			
Brown, Ralph	402			
220 MASTER 45-49				
Chevalier, David	457 NR			
Albano, Lou	336			

220 MASTER 50-54				
Cote, Roland	424 NR			
220 MASTER 55-59				
Hogan, Bill	236			
242 OPEN				
Orlando, Gaspar	523			
Blackston, Keith	479			
Klinger, Brad	468			
Ruhe, Fred	440			
Milausky, John	435			
Marshall, Delano	347			
242 LIFETIME				
Blackston, Keith	479			
Klinger, Brad	468			
Saviano, Lou	440			
Lamoureux, Tom	429			
Marshall, Delano	347			
242 POLICE AND FIRE				
Blackston, Keith	479			
Marshall, Delano	347			
242 MILITARY				
Vogel, Fred	336 NR			
242 NOVICE				
Ruhe, Fred	440			
242 JUNIOR				
Cashwell, James	407 NR			
242 MASTER 40-44				
Cease, Dan	380			
242 MASTER 50-54				
Henneman, Olin	336			
242 MASTER 55-59				
Chats, Stan	358 NR			
275 OPEN				
Johnson, Kevin	529			
Lucci, Anthony	523			
Dini, Fred	518			
Huey, John	402			
275 LIFETIME				
Dini, Fred	518			
Scott, Rich	501			
Deutsch, Lou	479			
Jackson, Anson	462			
Helmer, Brett	457			
Pope, Melvin	451			
275 MILITARY				
Pope, Melvin	451			
275 NOVICE				
Borrero, Freddie	451			
275 JUNIOR				
Quimby, Shaun	424 NR			
275 SUBMASTER				
Deutsch, Lou	479			
275 MASTER 40-44				
Dini, Fred	518			
275 MASTER 45-49				
Huey, John	402 NR			
275 MASTER 50-54				
Pope, Melvin	451 NR			
275 MASTER 60-64				
Levy, Sheldon	275 NR			
UNL OPEN				
Lawson, Wes	650 NR			
Griffin, Jim	600			
Culnan, Sean	551			
Lee, Greg	534			
Serocco, Dan	418			
UNL LIFETIME				
Lawson, Wes	650 NR			
Griffin, Jim	600			
Culnan, Sean	551			
Lee, Greg	534			
Cutts, Rob	473			
Armando, Chris	462			
UNL NOVICE				
Lawson, Wes	650			
UNL SUBMASTER				
Cutts, Rob	473			
UNL MASTER 45-49				
Serocco, Dan	418 NR			
UNL MASTER 50-54				
Gray, Brian	429			
NR= NATIONAL RECORD				

POLICE & FIRE NATIONALS
OCT 28, 95-WHITE PLAINS, NY
PETE GISONDI

WOMEN				
154 OPEN				
Satkowski, Michalene	77			
176 OPEN				
Martin, C	374*	203*	191*	970*
MEN 148 SUBMASTER				
Vetrano, P	418*	253*	440*	1113*
148 OPEN BENCH				
Cerasani, George	303			

Smith, Scott	281			
Parker, Frank	275			
Golden, Tim	259			
148 LIFETIME BENCH				
Cerasani, George	303			
165 OPEN				
Ruettiger, F	473	303	473	1251
Pamulo, Ray	512	236	485	1234
Anderson, Tom	435	248	468	1151
Waters, J	352	264	429	1047
165 LIFETIME				
Anderson, T	435	248	468	1151
Sacco, Rob	330	231	407	970
165 MASTERS 40-44				
Ruettiger, F	473	303	473	1251
165 MASTERS 55-59				
Pamulo, R	512*	236*	485*	1234*
165 OPEN IRONMAN				
Pryor, Bryon	308	380	688	
165 LIFETIME IRONMAN				
Sacco, Rob	231	407	639	
165 LIFETIME DEADLIFT				
Sacco, Rob		407		
165 OPEN BENCH PRESS				
Atme, Tony	358			
Privitera, Horace	352			
Distler, Doug	336			
Fleming, Paul	336			
Verrone, Tom	319			
Pryor, Bryon	308			
165 LIFETIME BENCH PRESS				
Privitera, Horace	352			
165 MASTERS 40-45 BENCH PRESS				
Privitera, Horace	352			
181 OPEN				
Garcia, Arron	650*	303	551	1504
Lyons, Bill	529	336	479	1344
Martinez, Ed	429	319	501	1251
181 LIFETIME				
Heim, G	424*	275*	451*	1151*
181 MASTER 45-49				
Lyons, Bill	529	336*	479	1344
Dinolfo, Sal	424	303	446	1218
181 OPEN IRONMAN				
Garcia, Aaron	303	551	854	
Skinner, Andy	253	473	727	
181 LIFETIME IRONMAN				
Heim, Gary	275	451	727	
Skinner, Andy	253	473	727	
181 SUBMASTER IRONMAN				
Tramontana, Carl	330	424	755	
Skinner, Andy	253	473	727	
181 OPEN DEADLIFT				
Skinner, Andy		473		
181 LIFETIME DEADLIFT				
Skinner, Andy		473		
Heim, Gary		451		
181 SUBMASTER DEADLIFT				
Skinner, Andy		473		
181 MASTER 40-44 IRONMAN				
Krukowski, Rob		402		
181 OPEN BENCH PRESS				
Casanta, Nick	391			
Rojas, Fabian	352			
Rosano, George	325			
Skinner, Andy	253			
181 LIFETIME BENCH PRESS				
Heim, Gary	275			
181 SUBMASTER BENCH PRESS				
McMahon, Bryan	330			
Tramontana, Carl	330**			
181 MASTER 40-44 BENCH PRESS				
Presta, John	303			
Concepcion, Felix	292			
181 MASTER 45-49 BENCH PRESS				
Dinolfo, Sal	303			
198 OPEN				
Obrien, C	617	407	622	1647
Fioris, Paul	644	457	512	1614
Teets, D	644	358	529	1532
Caro, D	556	352	507	1416
Mabry, B	479	275	440	1195
198 MASTER 40-44				
Fioris, P	644*	457*	512*	1614*
198 OPEN IRONMAN				
Cono, Anthony	380	418	799	
198 OPEN BENCH PRESS				
Cole, George	462			
Criscone, Mel	418			
Corona, Anthony	391			
Golner, Barry	297			
McDermott, Keith	264			
198 LIFETIME BENCH PRESS				
McDermott, Keith	264			
198 NOVICE				
Farekly Sam	281			

McDermott, Keith	264			
220 OPEN				
Mozozak, 600**	374**	600**	1576**	
Shurey, M.	617	352	595	1565
Whisenant, A	540	429	501	1471
220 LIFETIME				
Whisenant, A	540	429*	501	1471
Egan, J	523	347	540	1410
220 MASTER 40-44				
Egan, Jack	523*	347*	540*	1410*
220 MASTER 45-49				
Sivers, P	501*	270	440	1212
220 OPEN BENCH PRESS				
Conklin, James	468			
Wood, David	440			
Passano, Lorenzo	418			
Duncan, Joe	413			
Brown, Ralph	402			
Smith, Anthony	308			
220 LIFETIME BENCH PRESS				
Wood, David	440			
Whisenant, Anthony	429			
Duncan, Joe	413			
220 NOVICE BENCH PRESS				
Duncan, Joe	413			
220 MASTER 40-44 BENCH PRESS				
Brown, Ralph	402			
220 MASTER 50-54 BENCH PRESS				
Bonazzi, John	330			
242 OPEN				
Klinger, B	507	473	523	1504
Wood, D	507	325	529	1361
Reese, M	496	352	485	1333
Costa, N	396	236	424	1058
242 LIFETIME				
Newins, C	551	374	584*	1510
242 SUBMASTER				
Klinger, Brad	507*	473*	523*	1504*
242 MASTER 45-49				
Lloyd, Ken	308*	225*	330*	865*
242 OPEN BENCH PRESS				
Rosado, Janco	440			
Puch, Harry	413			
Petrocelli, Joe	407			
Reese, Mark	352			
Fink, Tom	347			
242 LIFETIME BENCH PRESS				
Fink, Tom	347			
242 MASTER 45-49 BENCH PRESS				
Puch, Harry	413			
Lloyd, Ken	225			
242 MASTER 55-59 BENCH PRESS				
Luongo, Lenny	275			
242 OPEN IRONMAN				
Fink, Tom	347	352	699	
242 LIFETIME IRONMAN				
Fink, Tom	347	352	699	
275 LIFETIME				
Hart, G	606*	380*	551	1537*
Regan, Pat	523	347	600*	1493
275 OPEN				
Babb, M	755*	429**	694**	1879*
Rittger, W	705	451	705*	1862
Hart, G	606	380	551	1537
Garner, A	507	402	507	1416
275 MASTER 55-59				
Spellane, Joe	352*	352*	440*	1146*
275 OPEN IRONMAN				
Rittger, Walter	451	705	1157	
275 MASTER 55-59 IRONMAN				
Spellane, Joe	352	440	793	
275 OPEN DEADLIFT				
Rittger, Walter	705			
275 OPEN BENCH PRESS				
Tolve, David	507			
Rittger, Walter	451			
Cadi, Denn	440			
Arcten, Leonard	440			
Dipasquale, Tony	424			
Carner, Andy	402			
275 LIFETIME BENCH PRESS				
Tolve, David	507			
275 MASTER 55-59				
Spellane, Joe	352			
UNL OPEN BENCH PRESS				
Duncan, Tom	485			
Cutts, Rob	451			
Santini, Tom	418			
UNL LIFETIME BENCH PRESS				
Cutts, Rob	451			
Santini, Tom	418			
Garner, Chns	402			
UNL SUBMASTER BENCH PRESS				
Williams, Steve	457			
Cutts, Rob	451			

Garner, Chris	402
UNL MASTER 50-54 BENCH PRESS	
Santini, Tom	418
UNL POLICE AND FIRE BENCH PRESS	
Santini, Tom	418
* = National Record	
** = New York State Record	

303+ BASHO BENCH PRESS NOV 11, 95-SILVER CREEK HS MANUEL VILLARREAL

148-Hara, M	177.5
165	
Audiss, D	155
Batesole, M	152.5
198	
Yelder, R	170
Siebert, F	155
Pawlowski, P	145
220-Ivers, R	165
242	
Kim, J	200
Costa, B	177.5
Jue, J	160
275	
Burns, T	227.5
Sanchez, R	182.5
319	
Sanders, C	247.5
Whitthun, D	242.5
Tirri, L	200
Contreras, L	195

US VERSUS MEXICO BP

WOMEN	
Kaanapu, J-UNL	107.5
Catalina, D-148	77.5
Bauer, D-132	65
Sakahara, K-181	62.5
Navarro, P-165	42.5
MEN 132	
Ioppolo, R	122.5
Corelli, M	117.5
Turner, D	115
181-Laurel, M	140
198	
Yelder, R	170
Siebert, F	155
O'Reilly, J	115
220-Cummerow, D	182.5
242	
Kim, J	192.5
Costa, B	187.5
275	
Burns, T	247.5
Sanchez, R	182.5
319	
Sanders, C	192.5
Whitthun, D	242.5
Contreras, L	195
MASTERS 3	
Maggard, L	185
Kaanapu, S	135
MASTER 4	
Faler, D	145

NEW YORK STATE BENCH NOV 18, 1995-CHESTER, NY STRAUB'S FITNESS

181 POLICE	
Coombs, Eric	350
Krukowski, Robert	285
220 POLICE	
Castellano, Nick	360
165 LAW - MASTER	
Krom, Ronald	210
181 MASTER	
Dibattista, Mike	340
Krukowski, Robert	285
Orloff, Marc	280
Rasamny, Rick	305
198 MASTER	
Montz, Bob	220
220 MASTER	
Albano, Lou	330
Hogan, Bill	240
Vitale, Rocco	350
220 MILITARY	
Abano, Lou	330
148 NOVICE	
Lombardi, Pete	250
165 NOVICE	
Berkowitz, Matthew	325
220 NOVICE	
Castellano, Nick	360

Colucci, Thomas	225
132 OPEN	
Byrnes, Chns	330
165 OPEN	
Berkowitz, Matthew	325
Sakalis, Tony	315
181 OPEN	
Coombs, Eric	350
Fein, Larry	370
Marchetti, Bill	325
Swanson, Bruce	405
198 OPEN	
Behari, Jr, Joseph	370
220 OPEN	
Castellano, Nick	360
Herrmann, David	440
242 OPEN	
Wlosinski, Mike	435
275 OPEN	
Minnetti, Nick	410
UNL OPEN	
Nickless, John	485
Rogers, Steve	460
165 SPECIAL OLYMPIC	
Hunkley, Chns	150
Willard, Mark	155
181 SPECIAL OLYMPIC	
Godbay, Jacque	270
188 SPECIAL OLYMPIC	
Jordan, Stephen	170
198 SPECIAL OLYMPIC	
Finn, Derrick	215
Miller, Robert	150
148 SUBMASTER	
Corsi, David	250
198 SUBMASTER	
Miller, George	380
220 SUBMASTER	
Rasmussen, Richard	300
165 TEEN 16-17	
Gavin, Stephen	175
165 TEEN 18-19	
Sakalis, Tony	315
181 TEEN 18-19	
Waananen, Robert	260
198 TEEN 18-19	
Perotta, John	310
WOMEN 154 MASTER	
Rasmussen, Lorne	140
122 NOVICE	
Clark, Shannon	145
139 NOVICE	
Ibarra, Roxana	170
Manfredonia, Valene	105
139 OPEN	
Minnetti, Diane	145

NH BENCH PRESS OCT 21, 1995-MANCHESTER, NH WAYNE MACKERT

WOMEN OPEN	
Mcgee, Betsey	170
Canha, Linda	115
Coughlan, Ellen	120
White, Jessica	175
MEN OPEN 123	
Brand, Andy	215
165	
Benot, Ronald	330
Pariteledes, John	320
Quirk, Frank	285
181	
Dube, David	305
Bias, David	300
198	
Dimeghio, Michael	405 Outstanding Lifter
Proto, Phil	400
220-Harvie, Dan	375
242-Forgione, Peter	430
275	
Content, Manny	360
Morse, Stephen	290
SUBMASTER (BY FORMULA)	
Proto, Phil	400
Harvie, Dan	375
Lasker, Craig	375
Quirk, Frank	285
Cota, Jeff	215
MASTER (BY FORMULA)	
Olesan, Donald	415
Noel, Stephen	375
GRAND MASTER (BY FORMULA)	
Ross, Tony	325
Makarawicz, Ron	370

NEW JERSEY STATES OCT 22, 1995-ROCKAWAY, NJ JOE MORREALE

WOMEN 154				
Degenarro, M	330	185	350	865
MEN OPEN 123				
DiDonato, A	330	200	400	930
132				
Corsello, J	265*	270*	365*	900*
Bautista, J	275	185	325	785
Oppelman, M	225	165	365	745
148-Yost, M	410	330	450	1190
165-Falcone, R	475	340	485	1300
181				
Applegate, G	535	330	550	1415
Ely, D	500	375	475	1350
Dally, J	535	280	515	1330
198				
Grosbeck, E	500	300	505	1305
Craven, B	450	275	505	1230
Caffrey, D	425	285	485	1195
Cieri, D	225	510&!	225	960
220				
Tiano, M	590	310	550	1450
Hunter, D	490	430	500	1420
Powell, D	500	380	500	1380
242				
Brunskill, K	595	390	625	1610
Toms, P	615	360	590	1565
Vogel, F	145	370*	325	840
Orlando, G	145	525&	145	815
UNL				
Abramson, D	645*	340	575	1560
LIFETIME				
Weiss, J 269	650	390	640	1680
Falcone, R 165	475	340	485	1300
Green, J 203	570	335	570	1475
Bruckardt, G 198	550	335	535	1420
Wolf, J 275	560	430	560	1550
Caffrey, D 194	425	285	485	1195
Opperman, P 176	315	215	405	935
Cieri, D 196	225	510&!	225	960
TEEN				
Sayles, E 165	480	275	525	1280
Kazanowsky, Jr 220	380	165	425	970
MASTER				
Eplor, R	325	185	370	880
Schmalzof, R 218 570	310	575	1455	
Kazanowsky, J 197	420	285	490	1195
Bautista, J	275	185	325	785
OUT OF STATE				
Green, J 203	570	335	570	1475
Johnson, J 192	465	315	480	1260
SPECIAL OLYMPIC				
Decamp, E 160	305	200	325	830
Lyons, B 260	275	130	350	755

! = American Record

& = NJ Open Record

* = NJ Submaster Record

BEST LIFTERS: SQ=JIM WEISS; BP=DENNIS

CIERI; DL ERIC SAYLES; TOT-JIM WEISS

The 1995 New Jersey State Powerlifting Championships were held October 22 at the Sheraton Hotel in Mount Arlington, New Jersey. The meet was sponsored by Pro Fitness Health Club, Inc of Rockaway, NJ which also sponsored the ADFPA North Americans in June of this year. Joe Morreale, the owner of Pro Fitness, outdid himself in the accommodations for this meet, which was held in the indoor pool area of the hotel. This is a very large area, with tables around the pool where lifters could enjoy the complimentary luncheon buffet, and where spectators could continue to watch the meet while eating. As was the case with the June meet, I heard only positive comments regarding the accommodations and how well the meet was run.

The women's division was lacking in lifters due to the closeness of the women's worlds. However, WDFPF world champion Michele Degenarro turned in a very respectable 865 total.

Al DiDonato lifted alone at 123, but turned in a good performance with a 930 total. At 132 John Corsello, in his first full powerlifting meet (although a veteran of numerous bench press meets), broke all the NJ submasters state records. Way to go, John! At 148 Mike Yost lifted alone with a good 1190 total and an excellent bench of 330 at this bodyweight. In the 165s Ron Falcone is now state champ, and continues to make steady improvement. Ron also was judged to have best front delts! Actually, Ron is gearing his training to help Bill Clayton and me in our bench shirts. At 181 Glenn Applegate had a solid win.

although Jerry Dally, 1994 ADFPA National Deadlift champion, passed on a sure 555 attempt to go for 610 and the win, but it wasn't there with that broken finger he *hasn't* been nursing. Doug Ely had the biggest bench in this class with a strong 375, but that 400 he did in training just wouldn't go today.

In the 198 class Enc Grosbeck went 8 for 9 in his first meet, and is NJ state champion. Bill Craven was second. Dennis Cien, who has set many bench press records in our state, blasted - yes blasted - 510 lbs in the bench for an ADFPA American Record, breaking the 507 record which national champion Joe MacAuliffe just did a few weeks ago in Wilkes-Barre. At 220 Mike Tiano of Natural Fitness Products put in a solid performance to win over Dave Hunter and his 430 lb bench. In the 242s Ken Brunsall got it all together with several meet PRs and a 1610 lb total. Jim Morton's buddy Pat Toms did very well in second, and has a lot of potential, having only trained the powerlifts for a relatively short time. Gaspar Orlando, one of the top benchers in the country, did 525 today to break the state record. Actually, his 135 deadlift didn't look too bad either! Jim "Tower of Power" Weiss, a familiar figure to all of us in the Garden State, not only won the 275s, but was the meet's best squatter and best overall lifter. Big tall Jim has even surprised himself a little recently in the bench press, and did 390 on his third attempt today. Gaspar's hero Dave Abramson is now the New Jersey state super-heavy weight champ. Dave, it is really true that you used to lift at 198? Dave had a submasters state record of 645 in the squat and did an easy 670 which was just a little high.

Jim Weiss also won the lifetime division. Enc Sayles, who was the best deadlifter, won the teens, with Joe Kazanowsky, Jr. placing second. It's good to see Joe Kazanowsky Sr. and Jr. continuing to train and lift together at these meets - they're both getting older and better, and both took second place in their categories. Rob Epler, who works at Pro Fitness, took third in his first meet, after powerlifting for only a few months, and hopes to qualify for the collegiate nationals in the near future. Rich Schmalzel took the masters, John Green the out of state, and Eddie "Diesel" Decamp the special olympics. The team trophy went to the 1995 ADFPA Lifetime and men's open champions, Pro Fitness Powerlifting Team.

A meet of this quality cannot take place without the help of a lot of people. Every member of the Pro Fitness Powerlifting Team, as well as many others, helped to make this a success. We want to thank Rob Mellusi, John Bott, and Dale Powell for the use of their squat racks, James Benemerto, Anthony Rivano, and Mike Thumser for constructing the sturdy platform, and James Benemerto, John Corsello, and Gina, "ito and Manarrie Morreale, for the excellent program. James Benemerto also provided music during the lifting. Many guys helped spot, including Anthony Rivano, Mike Thumser, Pat Contreras, John Rivano, Jeff Gurney, "Scope" and Ray Benemerto. Ray also helped at the table and in transporting the equipment, along with Manny Munoz, Jeff Walker, Gary Joyce, Dave Abramson, Eric Grosbeck, John Corsello, and Charlie Neal. Mane Bonillo did her usual great job of announcing. Also helping at the table were Laurie Chantura and Joan and Dale De'arnp. Five national judges and five state judges helped with the officiating. Bill Clayton, the state chair, who also did a great deal of the organizational work for this meet, Charlie Schroeder, Mane Bonillo, Nick Theodorou, Fred Glass, Ray Benemerto, Russ Barnicle, Bruce Erkan, Ted Chantura, and Fred Rice. We also want to thank Ray Benemerto for giving a seminar the night before the meet, and any others whom we may have missed in these credits.

February 10, 1996 Pro Fitness will host the "Ironman Classic" an ADFPA sanctioned bench press and deadlift meet, at the health club in Rockaway, NJ. For information call 201-627-9150.

KANSAS STATE POWERLIFTING

NOV 18, 1995 AUGUSTA, KS

SCOTT PANTER

104 LIGHTWEIGHT LIFETIME				
Day, B	185	85	175	445
154 HEAVYWEIGHT LIFETIME				
White, B	245*	130	440*	715
MEN 198 LIFETIME				
Jones, Brian	340*	225	125*	990
148 MASTER				
Holden, R	380*	215*	445*	1040
165 LIFETIME				
Chasak, B	410*	240*	600*	1250

181 LIFETIME				
Lockett, K	455	355	520	1330
Noren, S	475	325	450	1250
Baker, R	430	255	520*	1205
181 OPEN				
Richardson, K	530	315	500	1345
Breault, M	465	330*	500	1295
220 LIFETIME				
Jackson, D	600*	415	600*	1615
Camarena, C	440	320	480	1240
220 OPEN				
Bowser, R	425	225	450	1100
220 MASTER				
McClure, J	300*	220*	405*	925
242 LIFETIME				
Gant, F	580	385	600	1565
242 OPEN				
Elder, M	685*	430	600	1715
Panther, S	135	465*	660*	1260
275 LIFETIME				
Perez, A	600*	440*	600*	1640
275 MASTER				
Gamble, S	575*	375*	550*	1500
BENCH PRESS ONLY				
148 LIFETIME				
Howell, Corey		340*		
181 LIFETIME				
Weinlood, Ron		330*		
220 LIFETIME				
Teague, Larry		440*		
242 LIFETIME				
Currie Sr, Vincent		400		
275 LIFETIME				
Perez, Anthony		440*		
UNL OPEN				
Newsom, Mark		440*		
WOMEN BEST LIFTER				
BRENDA WHITE				
MEN BEST LIFTER				
MARK ELDER				
* = STATE RECORD				
by Scott Panter Kansas State Chair and Meet Director				

HUDSON NATURAL OPEN NOV 11, 1995-HUDSON, WI SHAWN CAIN

WOMEN				
Dille, T	270	140	280	690
Peroni, S	210	200	315	725
TEEN WOMEN				
McHugh P	215	105	230	550
McHugh A	175	100	235	520
TEEN MEN				
Wolter, J	510	325	530	1365
Steele, M	405	230	405	1040
Bergmann, J	435	265	500	1200
Warsinske, J	280	175	330	785
Collins, G	375	250	400	1025
MASTERS				
Green, J	765	430	620	1815
Sullivan, B	500	330	510	1340
Spies, P	520	340	575	1435
Eckenrood, G	370	370	605	1450
Donatelli, J	380	295	370	1045
Phwonska, E	365	265	400	1030
Richards, B	500	285	480	1265
Cornelius, C	350	310	425	1085
148 OPEN				
Reaunmaster, P	540	305	540	1385
Thompson, D	420	260	440	1120
McCabe, D	395	235	435	1065
165 OPEN				
Wolter, J	510	325	530	1365
Landquist, S	500	275	500	1275
Mula, M	445	250	445	1140
Scholtze, M	425	250	425	1100
Prwonska, E	365	265	400	1030
181 OPEN				
Miller, B	510	365	525	1400
Shields, J	535	300	500	1335
Dertrich, J	475	300	480	1255
Laabs, M	420	275	505	1200
Bristol, S	395	270	450	1115
Hatch, D	395	275	425	1095
198 OPEN				
Daliman, M	475	330	550	1355
Fischer, I	470	360	500	1330
Cornelius, C	390	310	425	1085
Hirv-seye, J	390	255	405	1050
220 OPEN				
Chad, J	625	380	550	1555
Becker, M	640	380	580	1600
Beisler, K	615	385	545	1545
Vaudrin, I	465	335	525	1325
Potts, E	455	275	450	1080
Jacoby, J	365	275	405	1045

242 OPEN				
Weyrough, K	650	390	675	1715
Steele, G	640	390	640	1670
Dille, D	600	340	635	1575
Polishinski, T	565	380	625	1570
Bauman, E	620	305	570	1495
Madvig, B	550	365	560	1475
Woznicki, G	505	300	545	1350
275 OPEN				
Antezak, S	680	370	670	1720

Once again the Hudson Natural Open was a success. It seems as though most of the lifters enjoy lifting in a nice hotel. The meet was at the 50 lifter limit 4 weeks in advance. We sure hate to turn away lifters, but it is for the good of those who are lifting in the meet. Too many lifters make for a long day for helpers and lifters.

We have held this meet annually since 1989. This was the first year we have had a serious injury during the meet. Master lifter Bob Morton was almost at arms length with his second attempt bench, when the bar flipped out of his hand and landed on his chest. Luckily there was medically trained personnel working, and lifting in the meet to assist him. He was transported to the local hospital where he learned that he had broken 5 ribs! He was released from the hospital the next day, but will be in recovery of his injuries for quite some time. Our thoughts are with you Bob!

The rest of the lifting went very well. We didn't have as many divisions go down to the last deadlift like last year, but the lifting was excellent. I won't go into detail of the individual efforts, but by looking at the results of the meet you can see that there was some great lifting going on.

A big thank you to the Hudson House Inn for hosting this meet, and thanks to all the spotters, loaders, judges, and other helpers for making this meet happen. Next year, get your entries in early so that you're not a "turn away." Until next year's meet, the Hudson Natural Powerlifters are going back to what we do best, Drug Free lifting in the ADFPA!

CONNECTICUT PUSH & PULL NOV 5, 1995-STAMFORD, CT LLOYD WEINSTEIN

WOMEN BENCH PRESS				
Barette, K 111		130		
Whittington, P 116		85		
MEN TEEN BENCH PRESS				
Debernardo, G 19-217		360		
Smuke, B 15-150		225		
Green, S 16-165		205		
MASTERS BENCH PRESS				
Cote, R 50-214		415		
148 BENCH PRESS				
Jerry, G		245		
165 BENCH PRESS				
A'Vant, J		370		
Caffrey, J		300		
Debellis, D		285		
181 BENCH PRESS				
Guh, M		275		
198 BENCH PRESS				
Johnson, P		380		
Caffrey, C		360		
Ray, B		330		
242 BENCH PRESS				
Milavsky, J		425		
Hallwell, P		405		
275 BENCH PRESS				
Miller, C		465		
Lidsky, M		410		
DEADLIFT MEN TEEN				
Debernardo, G 19-217		605		
Likvernik, A 17-162		115		
Green, S 15-165		370		
MASTER DEADLIFT				
Gorton, J 88-151		360		
148 DEADLIFT				
Jerry, G		445		
Resnick, J		440		
165 DEADLIFT				
Terlonge, P		600		
Ferna, A		465		
181 DEADLIFT				
Guh, M		475		
198 DEADLIFT				
Ray, B		675		
Thumser, M		605		
Incarnillo, T		590		
Green, E		595		
242 DEADLIFT				
Incarnillo, J		690		

Collins, G		525		
275 DEADLIFT				
Hocher, Bryan		630		
UNL DEADLIFT-Hirt, T COMBINATION				
TEENAGE-Green, S			575	
MASTERS-Cote, Roland			990	
198-Johnson, P			900	
275-Lightbourne, D			720	
BEST BENCHER				
JOHN A'VANT				
BEST DEADLIFT				
BARRY RAY				
BEST COMBINATION: ROLAND COTE				
DRUG TESTING: DAN STEVENS- ALL PASSED				
JUDGES: P Gisondi Jr, Gerry Raccio, G Sylvia, C Machin, B Kelley				

Special Thanks to the Stamford YMCA Staff and Mark Williams, Gordon Beinsten, Rich Bruno, Phil Romersa, Dawn Hendricks & Robert Fisher. Next Contest: 7th Annual ADFPA Conn Open March 4 & 5.

34 lifters from Connecticut, New York, New Jersey, & Rhode Island, participated in the first time event at the Stamford YMCA. The athletes could enter the Bench, Deadlift or Combo as individual events or any combination of the three.

The major highlight as usual, was the continually mystifying exploits of the USA's oldest active powerlifter, 88 year old John Gorton. John pulled an easy as usual 360 lb deadlift at 151 bodyweight, to capture the Masters' Deadlift title. Equally impressive was 50 year old Roland Cote 214 who Benchd 415 and Deadlifted 575.

Other outstanding performances were turned in by best benchman John A'Vant, who pushed 370 in the 165's and best deadlifter Barry Ray who pulled 675 at 198. The teenage division also turned some heads with new YMCA team members Gino Debernardo 360-505 at 217 bodyweight and Aleksey Likvernik who pulled 415 at 162 bodyweight.

CENTRAL WASHINGTON BP NOV 18, 1995-WASH STATE JOHN BARADA

WOMEN (by formula)				
Robins, Carol		130		
Landon, LaVonne		150		
MASTER (by formula)				
Crossen, Jr, Willard		460		
Robins, Edd		265		
Peterson, Mark		270		
TEEN 123				
Crossen, Willard III		160		
148				
Bondurant, Rob		325		
Ashe, Phil		250		
165-Robins, Edd		265		
181				
Nielsen, Russ		310		
Maydich, Tom		270		
198				
Multimore, Rick		340		
Peterson, Mark		270		
220				
Crossen, Jr, Willard		460		
Dinsmore, Anthony		365		
Eastman, Rob		340		
242				
Davis, Tim		440		
Dymont, Kent		365		

McBrayer, C	70	52.5	70	192.5
154				
Maas, K	137.5	72.5	117.5	327.5
Peterson, J	112.5	62.5	117.5	292.5
176-Moore, AM	97.5	55	132.5	285
MEN 114				
Westphal, J	70	60	110	240
123-Radford, J	150	95	172.5	417.5
132-Buyan, D	170	112.5	200	482.5
148				
Nelson, A	182.5	130	195	507.5
Bernian, S	160	107.5	240	507.5
Warakowski, Z	147.5	110	142.5	400
Aguilar, M	137.5	85	167.5	390
165				
Joyal, C	215	155	230	600
Dao, A	182.5	125	227.5	535
Quatrara, M	185	115	205	505
David, S	172.5	137.5	192.5	502.5
181				
Marlin, B	250	160	250	660
Leth, A	220	157.5	245	622.5
Alvarado, C	180	140	227.5	547.5
Queddeng, E	145	102.5	185	432.5
Mrazik, J	147.5	95	182.5	424.5
198				
Lewis, J	255	147.5	255	657.5
Fountain, L	205	142.5	235	582.5
Mica, E	170	122.5	220	512.5
220-Scott, E	237.5	157.5	265	660

ALL CLUBS MEET OCT 28, 1995-NW RACQUET CLUB ERIN FELDGES

WOMEN 122				
Rivet, J 38	245	155	280	680
139				
Kosbacka, M 28	230	125	275	630
MEN 148				
Hulse, M 28	430	260	430	1120
165				
Miller, D 27	425	330	500	1255
181				
Hanson, B 24	450	280	480	1210
Smith, J 29	350	240	475	1065
198				
Hoppe, M 26	400	290	450	1140
Fazio, G 47	385	270	420	1075
LaBelle, G 56	320	240	355	915
Atwater, S 45	145	345	315	805
242				
Madvig, B 20	530	360	560	1450
Martin, K 43	275	260	325	860
BENCH PRESS DIVISION				
148-Nosbusch, David 35	230			
165-Schultenover, M 34	315	510		
181-Reinders, Steven 27	305			

SOUTH CAROLINA STATE PL NOV 18, 1995-BEAUFORT, SC

RAY JONES

114-Zuniga	205	165	270	640
123-Yager	245	195	305	770
132-Forquer	350	265	350	965
148-Stanley	425	310	460	1195
165				
Blue	405	250	480	1135
West	300	250	350	900
181				
Osgood	550	355	475	1380
McAteer	475	410	425	1310
Taylor	455	320	515	1290
ifagbemi	425	320	425	1170
198				
Worth, F	425	315	465	1205
Langanfeld, B	265	230	300	795
220				
Slaughter, D	500	380	615	1495
Malphrus, J	470	340	505	1315
242 & TEEN				
Seabrook, S	475	310	460	1245
275-Bridges, D	520	350	550	1420
UNL-Coan, J	650	435	665	1750
WOMEN				
Fogg	235	120	275	630
Lee	190	105	280	575
King	185	110	240	535
Hackney	185	120	240	545
MASTER				
Bridges, D	520	350	550	1420
West, J	300	250	350	900
Langanfeld, B	265	230	300	795
BEST LIFTER LIGHT SESSION: STANLEY				
BEST LIFTER HEAVY SESSION: COAN, J				

OLD TIMER'S QUALIFIER NOV 10, 1995-DENVER, CO

ANDREA SORTWELL

Douglass, D	25	25	75	125
Kawasaki, N	25	26	25	75
Mullan, F	25	25	25	75

EAST CARBON PL

NOV 18, 1995-EAST CARBON, UT STEVE SIMS

WOMEN 116				
Mendel, Z		95 BP ONLY		
UNL TEEN 14-15				
Laulu, M	145	80	165	390
MEN 114 TEEN 14-15				
Shaffer, J	150	145	290	585
Hurtado, J Jr	185	115	200	500
123 MASTER				
Shaffer, J	200	130	280	610
132 JUNIOR				
Holt, D	250	190	300	740
132 TEEN 14-15				
Kempe, N	200	130	280	610
132 TEEN 16-17				
Shaffer, A	200	150	300	650
148 OPEN				
Johnson, B	400	240	470	1110
148 TEEN 16-17				
Kempe, L	230	105	300	635
181 MASTER				
Bruckey, W	340	240	430	1010
Zeitlin, A		335 BP ONLY		
198 OPEN				
Rounseville, D	520	305	520	1345
Bruckey, J	350	275	405	1030
Sims, S 42		275 BP ONLY		
220 TEEN 16-17				
Johnson, TJ	320	240	390	950
220 TEEN 18-19				
Martinez, L	380	250	375	1005
242 TEEN 16-17				
Hanson, L	405	285	430	1120
275 OPEN				
Johnson, D	500	305	520	1325
UNL MASTER				
Laulu, L 44	405	270	400	1075

!! NEWS FLASH!! Utah does exist in the ADFPA Powerlifting World!

Nerves, dieting and lack of sleep knocked a lot of the expected lifts, but the fun, camaraderie and enjoyment were higher than expected. 14 of the 20 contestants had never lifted in competition before. The 100-150 spectators in attendance gave loud approval of attempts.

The squats were done to an unquestionable depth. The benches were all strict; the deadlifts went off without nary a hitch - so to speak. All competitors were given a personalized wall plaque in the shape of Utah.

Ben Shaffer lost 75 pounds on his squat. He simply panicked and cut them too high. He should have benched some 25-30 pounds more, too, but only got his "safe" opener. His 290 deadlift looked like '135'. He should get 330/40 soon. Not bad for 6 months of lifting and 108 pounds of bodyweight. His total puts him 6th in the nation and qualifies him for the Teen Nationals.

James Hurtado "Chubby" at 104-3/4 squatted 185 like air. He's a natural lifter, turned 14 just 5 days earlier. With wraps, he may go 230+ now. He started lifting the day before - where he maxed out!

Jim Shaffer, after 3 months of lifting, nearly passed out in trying to get to 114 (he weighed 119). He lost a lot of ground. In training, he has benched 135x8, and squatted 160x20.

The Olympic style Briceys were a thrill to watch. They never came close to any straining.

Zlata Mendel, a Czech gymnast, had been sick. She lost valuable training time. Still her 95 lbs. opener was nothing to sneeze at. She has repped 140.

Alan "The Great" Zeitlin, it was sure great to see you. The man had to run around the school's track and chew gum while spitting to lose that 1/4 lb. His opener at 335 was flawless; he only barely lost his second at 355 because of a lagging left arm. Not shabby for 52 years young.

Yours truly, Steve Sims, had to set up the day before (Thanks to Jim Shaffer, Dale Holt and Junior Laulu for helping.) I was awake for 39 hours, lost 8 lbs. in the last 14 hours, and missed a 300 bench at 194. I had intended to open with that. No excuses, I tried.

"Junior" (Lafoaga) Laulu and his daughter Malia from Price were exciting to watch. "Junior" was a proud father as he watched Malia in her first meet do so well.

Another father there to support his son was Mr. Hanson and with a total of 1120 Luke Hanson did his best.

It was great to see so many teens there sweating their best attempts with Adam Shaffer, Ben Shaffer, James Hurtado, TJ Johnson, and Luis Martinez all from the same high school there was great support for each other. The Kemples, Levi and Nathan represented Emery County.

The big four lifters were Junior Laulu with 1075, Bart Johnson with 1110 and the 2 David's - Johnson with 1325 and Rounseville with 1345. Look at their scores - it was neck and neck all day.

They all were enthusiastic and fun to watch. The spirit at the meet was wonderful. Everyone was helpful and cheering each other on. Spectators were willingly recruited to be loaders and spotters. Everyone was happy to have powerlifting back in the state of Utah. It was great to put the first meet together in Utah for the ADFPA - an historic day!

Dale Holt was a referee as well as a lifter. He tied with Adam Shaffer in his deadlift at 300.

Thanks to Connie McCourt, principal of the meet site. Thanks to Gary Richardson of Tri W Pipe of Price, UT. He donated pipe for our squat racks; Don McCourt, a gentleman, welded them together free. I couldn't even get myself a trophy, I'm glad that I didn't have to rent a pair of racks for \$300.

Thanks to Greg Shepard of "Bigger Faster Stronger" fame. He was very generous in offering to lend his racks for free if needed.

Thanks to Mortensen's Quality Carpets, Dr. Craig Dunn, East Carbon City, Mr. Bob Brown, A Pawn and Brian Torres. Thanks to David Doperto for helping a good lifter. Thanks to Andrea Sortwell, Mike Overdeer and Stef Valdez.

At the meet we had help from Ramona Holt, Melissa Holt, Mary Shaffer and Robert Agnew, our announcer.

IDAHO STATE OPEN PL NOV 18, 1995-POCATELLO, ID BILL DAVIS

123				
Lewis, M	155	205	275	635
Ocrne, B	255	225	315	795
132				
Thornton, M	400	255	410	1065
Gonoe, A	320	255	425	1000
148				
Kelley, J	225	200	335	760
Swensen, L	300	215	335	850
165				
Purser, J	195	165	270	630
Mecham, T	350	200	430	980
Huston, S	500	320	480	1300
Williamson, D	370	205	350	925
Erdman, R	455	270	380	1105
Scouten, S	180	200	235	615
181				
Lovell, C	480	240	470	1190
Lukens, J	435	305	460	1200
Hernandez, J	500	390	510	1400
Wise, J	550	250	580	1380
Baker, B	445	315	435	1195
Yost, T	580	315	525	1420
Collins, D	475	320	500	1295
198				
Richards, J	615	355	635	1605
Hicks, J	475	305	520	1300
Rumple, D	550	335	570	1455
Kencheloe, C	600	465	600	1665
220				
Salmass, J	450	265	465	1180
Solon, A	505	340	490	1335
Scardino, A	580	350	470	1400
242				
Radford, R	560	335	560	1455
Axtman, R	530	320	550	1400
275				
Roberts, B	585	325	565	1475
Hudgens, K	600	375	600	1575
Jesse, R	490	300	405	1195
WOMEN				
122				
McCunn, T	245	105	245	595
Uberuaga, R	225	100	275	600
176				
Roberts, C	250	95	270	615
Childers, C	275	145	275	695
UNL-Magno, R	320	175	400	895

GOLD GYM INVITATIONAL NOV 11, 1995-ANCHORAGE, AK LARRY MAILE

WOMEN - LIGHT				
Craig, K	122.5	65	140	327.5
Birmingham, P	125	52.5	140	317.5
WOMEN - HEAVY				
Ferrell, D	100	92.5	137.5	330
Maloney, B	85	47.5	110	242.5
Bingham, T	42.5	42.5	72.5	157.5
MEN - LIGHT				
Mack, R	112.5	75	170	357.5
MEN - HEAVY				
Lockard, L	227.5	142.5	250	620
Ray, D	192.5	140	205	537.5
Baker, K	250	165	215	630
Koenig, A	122.5	112.5	147.5	382.5

NORTHEAST OPEN PL & BP AUG 19-20, 1995-PITTSBURGH, PA STAN WHITE & PAUL BROWN

WOMEN LIGHT				
McKinney, D111	335*	190	330	855
Ryman, K 103	265	130	285	680
WOMEN HEAVY				
Laslow, J 136	215	135	265	615
Hemdon, M GL	360	155	335	850
MEN OPEN 148				
Winston, C	405	330	410	1145
Weaver, W	350	275	500	1125
165				
Bushman, S	450	325	500	1275 BL
Bradshaw, B	255	225	225	705
181				
Woods, G	435	270	475	1180
Debonis, E	450	275	450	1175
198				
Bluck, R	515	360	535	1410
Wilson, R	480	345	475	1300
Accordino, P	465	310	500	1275
Anderson, M	405	330	500	1235
Sheasley, K	405	250	530	1185
Dunn, R	400	290	440	1130
220				
Gargiasz, C	575	420	550	1545
Samuels, B	555	370	570	1495
Purdy, M	585	360	540	1485
Grosser, J	540	375	550	1465
Kusserow, K	540	270	555	1365
Matwick, M	475	300	525	1300
242				
Foster, D	525	330	600	1455
Williams, G	420	390	460	1270
Volpatti, R	400	315	400	1115
275				
Giordani, T	640	410	585	1635
Kress, H	600	405	620	1625
Irvin, R	610	375	550	1535
Likens, W	525	410	500	1435
BELOW CLASS 1148				
Weaver, W	350	275	500	1125
198-Sheasley, K	405	250	530	1185
220-Matwick, M	275	300	525	1300
242-Williams, G	420	390	460	1270
UNL-Brunck, J	580	350	475	1405
MASTER 181				
Woods, G	435	310	500	1180
198				
Accordino, P	465	310	500	1275
Dunn, R	400	290	440	1130
242-Volpatti, R	400	315	400	1115
UNL				
Powell, B	665	475	620	1760
Brunck, J	580	350	475	1405
Wallick, T	225	225	225	675
*Denotes Women's American Masters Record				
BENCH PRESS WOMEN LIGHT				
Lippert, J 121	205			
Schepus, L 116	120			
WOMEN HEAVY				
Oskan, Debra 135	120			
BENCH PRESS MEN 132				
Marquezuez, F	265			
Roeng, J	175			
148-Winston, Casey	330			
165				
Platano, T BL-LGT	390			
Morgan, Brent	320			
Hunker, D	310			
181				
Wnght, T	420			
Resruck, D	340			
198				
Young, R BL-HVY	460			
Wnght, D	385			

220	
Edmondson, G	460
Marshall, R	350
242	
Aretz, R	475
Stoffer, S	380
Johnson, Lee	380
275	
Roof, David	460
Leonard, B	330
UNL-Powell, B	475

CORRECTIONS OCT 15, 95 IRONMAN

Bray, David: Squat 633.75 at 275 Body Wt	
MAR, 95-SHENANDOAH, VA	
WOMEN 122 MASTER	
Abrams, S	200 100 265 565

ALL AMERICAN BENCH PRESS 11/19/95-DICKSON CITY, PA BOB GAYNOR

WOMEN 129	
Fetterolf, K	87.5
176-Warner, J	115.0
MEN 123 TEEN 18/19	
Vella, R	100.0
123 LIFETIME & OPEN	
Deverse, P	125.0
132 TEEN 16/17	
Antonishak, M	95.0
132 TEEN 18/19	
Parody, C	105.0
132 JUNIOR	
Lutkowski, J	110.0
132 MASTER 45-49 & OPEN	
Detore, P	162.5
148 TEEN 16/17	
Gronski, D	105.0
Timko, E	70.0
148 TEEN 18/19	
Pressly, J	137.5
Pentasuglio, M	117.5
148 JUNIOR	
Chivale, B	97.5
148 SUBMASTER	
Detore, D	147.5
148 MASTER 40-44	
Poteste, V	147.5
148 OPEN	
Poteste, V	147.5
Detore, D	147.5
165 JUNIOR	
Kratz, E	157.5
165 LAW/FIRE	
Burnett, R	125.0
Legg, B	105.0
165 MASTER 40-44	
Burnett, R	125.0
Troast, G	115.0
Legg, B	105.0
165 LIFETIME	
Neveu, M	115.0
Legg, B	105.0
165 OPEN	
Lee, W	155.0
Fenton, M	137.5
Legg, B	105.0
181 TEEN 18/19	
Wurth, B	155.0
Auerbach, J	145.0
181 TEEN 16/17	
Gordon, J	150.0
181 JUNIOR	
Smoyer, J	182.5
Pentasuglio, S	172.5
McElhenny, J	110.0
181 LAW/FIRE	
Krukowski, R	130.0
181 MASTER 40-44	
Veet, P	137.5
Misaczek, J	132.5
Krukowski, P	130.0
181 MASTER 45-49	
Granko, B	165.0
Neals, J	140.0
181 MASTER 50-54	
Mitsopoulos, J	165.0
181 OPEN	
Salver, A	177.5
Mitsopoulos, J	165.0
Kaufman, B	145.0
Misaczek, J	132.5
181 LIFETIME	
Salver, A	177.5

Moeyunas, J	147.5
Kaufman, B	145.0
Misaczek, J	132.5
198 TEEN 16/17	
Soliman, D	117.5
198 JUNIOR	
Rescigno, J	185.0
Burke, C	177.5
Gordon, R	140.0
Scott, D	137.5
198 SUBMASTER	
Serfass, S	152.5
Dowling, D	112.0
198 MASTER 40-44	
Welcome, C	190.0
198 MASTER 45-49	
Anderson, R	130.0
198 MASTER 50-54	
Merook, P	167.5
198 LIFETIME	
Rescigno, J	185.0
Burke, C	172.5
Matyas, J	145.0
198 OPEN	
Scheuer, D	182.5
Matyas, J	145.0
220 SUBMASTER	
Girtton, M	220.0
Kurpell, K	160.0
220 MASTER 45-49	
Fetterolf, D	167.5
220 MASTER 55-59	
Sposato, L	135.0
220 LIFETIME	
Girtton, M	220.0
Hirsch, J	192.5
Kurpell, K	160.0
220 OPEN	
Girtton, M	220.0
Hirsch, J	192.5
Schlofer, F	190.0
Fetterolf, D	167.5
Barba, T	160.0
242 JUNIOR	
Shuffer, D	207.5
Laguttuta, S	182.5
242 MASTER 40-44	
Jones, G	197.5
242 MASTER 45-49, LIFETIME, LAW/FIRE	
Dissinger, C	145.0
242 MASTER 50-54	
Ruffo, P	155.0
242 OPEN	
Svalina, J	190.0
Stallings, E	162.5
275 SUBMASTER	
Bowerman, B	172.5
275 MASTER 40-44	
Bayer, B	120.0
275 MASTER 45-49	
McCarthy, T	170.0
275 MASTER 60-64 & LIFETIME	
Bragg, D	170.0
UNL MASTER 50-54, LAW/FIRE, LIFETIME, OPEN	
Santuru, T	190.0
OFFICIALS: Jack Stevens, Fred Glass, Nick Theodorou,	
Mary Cramer, Ned Cramer, J.D. Gaynor, Heather Hollock	
SPOTTERS: Bob Thomas, Mike Chesna, J.D. Gaynor	
SCOREKEEPERS: Mary Cramer, Kathy Stevens,	
Heather Hollock	
M.C. Ned Cramer, Gen Gaynor	

ADFFA SQUAT NATIONALS NOV 18, 1995-DICKSON CITY, PA BOB GAYNOR

WOMEN LAW/FIRE	
Davis, J	145.0
122 OPEN-Cane, D	140.0
154 OPEN-Kennedy, P	90.0
242	
MEN 132 MASTER 50-59 & LIFETIME	
Gniffith, P	187.5
148 TEEN 18-19-Pressly, J	237.5
148 JUNIOR-Manuello, B	160.0
148 LAW/FIRE-Gengo, J	187.5
148 MASTER 50-54	
Bonaccetti, I	170.0
148 OPEN	
Pressly, J	237.5
Manuello, B	160.0
165 LIFETIME Scott, J	227.5
181 TEEN 16-17-Stener, E	215.0
181 MASTER 45-49-Hauprich, T	180.0
181 MASTER 55-59-DeRosa, B	235.0
181 LIFETIME-Veet, P	235.0
181 OPEN-Hall, G	180.0

198 TEEN 14-15-Brown, D	170.0
198 OPEN	
Mastream, M	337.5
Nace, S	220.0
220 LIFETIME-Hirsch, J	245.0
220 OPEN	
Schleich, D	337.5
Hirsch, J	245.0
242 LAW/FIRE-Greshaber, W	277.5
275 TEEN 18-19	
Edgerton, B	240.0
275 OPEN	
McCoy, S	295.0
Edgerton, B	240.0
OFFICIALS: Fred Glass, Jack Stevens, Nick	
Theodorou	
SCOREKEEPERS: Mary Cramer, Heather Hollock,	
Kathy Stevens	
SPOTTER/LOADERS: Mike Chesna, J.D. Gaynor,	
John McGowan, Mark Achammer	
MC: Ned Cramer	

OMNI 41 NOV 11, 95-SHERERVILLE, IN CHRIS ELKINS

WOMEN (BY FORMULA)	
Beyers, D	150.0 105.0 190.0 445.00
Waller, L	142.5 62.5 125.0 330.00
Martin, C	167.5 95.0 170.0 432.5
Welding, R	147.5 80.0 160.0 387.50
Brady, S	135.0 67.5 145.0 347.50
Hines, O	117.5 75.0 157.5 350.00
Hallen, S	157.5 100.0 150.0 407.50
MASTERS	
Miller, J	320.0 172.5 295.0 787.5
Lopez, B	210.0 120.0 210.0 540.0
Dawson, J	237.5 160.0 220.0 617.5
Smolnicki, D	220.0 130.0 240.0 590.0
Valpatic, J	212.5 120.0 235.0 567.5
Schweizer, S	180.0 125.0 192.5 497.5
Bruschuk, J	185.0 112.5 207.5 505.0
114-Nunley, K	122.5 70.0 147.5 340.0
123-Burris, R	195.0 110.0 205.0 515.0
132	
Stagg, M	187.5 105.0 212.5 505.0
Simmons, G	172.5 102.5 180.0 455.0
148	
Wills, R	182.5 105.0 190.0 477.5
Schuelke, M	222.5 102.5 205.0 530.0
Volland, M	130.0 102.5 152.5 385.0
165	
Unterreiner, D	162.5 122.5 205.0 490.0
Wilhite, J	195.0 100.0 217.5 512.5
Waller, M	237.5 137.5 210.0 585.0
Singleton, B	160.0 97.5 187.5 445.0
Cook, K	202.5 130.0 240.0 572.5
Smock, G	202.5 137.5 197.5 537.5
181	
Runyon, S	192.5 162.0 187.5 542.0
Lopez, B	210.0 120.0 210.0 540.0
Cole, S	202.5 137.5 225.0 565.0
Schmeizer, S	180.0 125.0 192.5 497.5
Varnier, R	182.5 105.0 205.0 492.5
Goodhew, J	262.5 177.5 250.0 690.0
198	
Spitale, D	250.0 142.5 217.5 610.0
Dills, P	210.0 135.0 215.0 560.0
Sanders, J	115.0 142.5 137.5 395.0
Fensler, M	262.5 170.0 250.0 682.5
Lum, J	217.5 122.5 235.0 575.0
Bruschuk, J	185.0 112.5 207.5 505.0
Moasser, D	220.0 142.5 235.0 597.5
Keller, C	252.5 147.5 225.0 625.0
220	
Janica, A	305.0 182.5 285.0 772.5
Valpatic, J	212.5 120.0 235.0 567.5
Homer, B	220.0 135.0 250.0 605.0
Keller, V	297.5 180.0 250.0 727.5
242	
Swift, M	312.5 197.5 282.5 792.5
Smolnicki, D	220.0 130.0 240.0 590.0
Benott, T	252.5 157.5 227.5 637.5
Donath, R	320.0 255.0 322.5 897.5
Shendan, B	300.0 207.5 277.5 785.0
Dawson, J	237.5 160.0 220.0 617.5
Chandler, J	280.0 152.5 255.0 687.5
Keyes, R	257.0 165.0 272.5 694.5
Koehrsen, C	330.0 197.5 340.0 867.5
275	
Miller, J	320.0 172.5 295.0 787.5
Runyon, S	292.5 212.5 282.5 815.0
UNL	
Peterson, C	215.0 147.5 202.5 565.0
Sharon, A	290.0 220.0 272.5 825.0

"THE SENIORS" REGIONALS DEC 2, 1995-ST PAUL, MN DENNIS GREEN

WOMEN 104 MASTER	
Whiting, S	200 105 220 525
116 MASTER	
Schmidt, C	135 85M 185 405
122-Sevene, P	235 140 310 685BL
UNL TEEN	
Eisenberg, E	350t 190t 420TS 960t
MEN OPEN	
148	
Beaumaster, P	575 315 505 1395
Fischer, T	340 255 380 975
181-Reid, S	440 260 475 1175
198	
Teragawa, T	525 380 580 1485
Friday, S	55 400 555 1010
220	
Cahill, J	635J 370 720CJ 1725J/S
Edelstein, M	580 385 650 1615
Bernsten, J	530 400 610 1540
Dorsher, J	515 350 600 1465
242	
Hartle, M	590 415 575 1580
UNL	
Gillingham, B BL 750	560S 800S 2110S
Sartin, K	715 485 665 1865
MEN MASTERS 40-49	
198-Todd, J	490 345 435 1270
220-Bernsten, J	530 400 610M 1540
242	
Paczkowski, D	560 260 545 1365
MEN MASTERS 50-59	
198-Chavie, T	485 340M 520 1345
MEN MASTER 60 & OVER	
220	
Ormundson, W	380 240 490M 1110
275-Davis, R	250 320 300 870
S= Minnesota State Open Record	
M= Minnesota State Masters Record	
C= Collegiate American Record	
J= Junior (20-23) American Record	
T= Minnesota Teenage Record	
T= Teenage American Record	
International Elite: Gillingham, Brad H	
ELITE:	
Beaumaster, Pat	
Cahill, James B	
Edelstein, Mitchell	
Sartin, Kim, J	
Bernsten, Joel	
Hartle, Michael A	
Teragawa, Tim P	

BL Best Lifter

The Seniors Regional Powerlifting Championships were held December 2, 1995 at Concordia College's Lutheran Memorial Center in St Paul, MN. Twenty-five lifters, ranging in age between 18 to 71 years, from Minnesota, North Dakota and Wisconsin were entered.

Stephanie Whiting from Stevens Point, WI lifted well in the 104 lb class finishing with three strong deadlifts and totaled 525 lbs. Cheryl Schmidt got a MN State Masters record bench of 85 lbs in the 116 lb Masters Division. Trish Sevene, who qualified for the meet at The Connecticut State Open, totaled 685 lbs in the 122 lb class and was named Women's Best Lifter based on the Malone Formula. 1995 MN State, National and WDFPF Teenage Champion, Erin Eisenberg finished off her day with an American Teen Record Deadlift of 420 lbs, which represents the biggest DL by a MN woman in ADFFA sanctioned competition. Erin's record is pending certification.

Travis Fischer lifted well in the 148 lb juniors (20-23 yrs old). Sixty-one year old Bill Ormundson gave us quite a fright in the squats when he crashed to the platform on his second attempt, but thanks to immediate attention by Dr David Stude of the ADFFA Sports Medicine Committee, Bill was able to continue and finish the day with 490 lb State Masters Record Deadlift. Dale Paczkowski, Tom Chavie, Jim Todd, the likable Roger Davis, and Sid Reid all lifted well in the Masters Division.

In the Men's Open Division, 148 lb Pat Beaumaster totaled 1395 lbs. Shawn Friday from Devils lake, ND moved up a weight class into the 198's and barely missed a 410 lb third attempt bench, finishing with 400 lb. Tim Teragawa, who became a proud father of a baby girl earlier in the week, finished first in the 198's with a 1485 total going 9 for 9. At 220 lbs., John Dorsher who trains at The Gym in Bloomington took fourth place finishing with a PR 600 lb DL. Joel Bernsten, from Twin Cities Gym, finished third totaling 1540 lbs. Mitch Edelstein topped off his day pulling 650 lbs. and totaling 1615 for a second and 22 year old James Cahill finished first at 720 totaling 1725 lbs which included a 635 lb

ADFFA COMING EVENTS

FEBRUARY

- 17 FEB ADFPA CA State DL & BP Challenge (all weight groups and classes) Manuel Villarreal, 895 N Bayshore Road, San Jose, CA 95112 800-484-9879 ID MEME
 17 FEB ADFPA Hawaii Powerlifting, Susan Clancy-Lovell, 73-1149 Ala Kapua Street, Kailua-Kona HI 96740 808-325-0201
 17-18 FEB ADFPA Lifetime Drug Free Nationals, Ed or Frank King, 24748 Aurora Road, Bedford Heights, OH 44146, 216-439-5464
 24 FEB ADFPA Martin Luther King BP, Ron Parker, 602 Hummingbird Way, Suisun, CA 94585 408-752-3923
 24,25 FEB ADFPA PENN State High School Championship(State records to be established)Bob Gaynor 19 Sunrise Dr Mountaintop PA 18707 717-474-6111 night or 717-823-6994 days
 24 FEB ADFPA OPEN High School Championships, Bob Gaynor 19 Sunrise Dr, Mountaintop PA 18707 717-474-6111 night or 717-823-6994 days
 24,25 FEB ADFPA Minnesota State PL/BP, Dennis Green, PO Box 147, New Market, MN 55054 612-461-3007
 25 FEB ADFPA Top Gun BP,(all div/wt cl) Bob Gaynor, 19 Sunrise Dr., Mountaintop PA 18707 717-474-6111 night or 717-823-6994 days

MARCH

- 2 MAR ADFPA Indiana State PL & BP, Art Brock, 203 N Michigan Street, Plymouth, IN 46563 219-936-5552
 2,3 MAR ADFPA Connecticut Open PL, Lloyd Weinstein, Stamford YMCA, 909 Washington, Blvd, Stamford, CT 06901, 203-854-4700
 2,3 MAR ADFPA 14th Shenandoah Open, Tom Giordani, 54 Phillips Way, Sharon, PA 16146 412-342-2525
 9 MAR ADFPA Red River Open, Ann DeGroot, 2501 Villa Drive #204, Fargo, ND 701-225-7391
 9 MAR ADFPA West Virginia High School Championships, Lisa Williams 260 Gunter Road, Beckley, WV 25801; 304-255-6600
 9,10 MAR ADFPA National Military Championships (Ft Hood) J Graham, 1706 Shoemaker Dr., Kileen, TX 76543, 817-526-0779 after 8pm CST/AV 737-3352
 10 MAR ADFPA West Virginia Powerlifting Championships, Lisa Williams 260 Gunter Road, Beckley, WV 25801; 304-255-6600
 10 MAR ADFPA Kansas BP & DL, Scott Panter, 1009 Helen, Augusta, KS 67010 316-775-0185
 16 MAR ADFPA Washington Open, Jon Krause 1830 Eagle Crest Way, Clallam Bay, WA 98326; 360-963-2000
 2,3 MAR ADFPA Mass. State Open High School PL (Boys & Girls) H Waldron, Coyle & Cassidy HS, 2 Hamilton St., Taunton, MA 02780, 508-823-6164 Ext 680
 23 MAR ADFPA North Carolina State BP Champs Donnie Kiefer, PO Box 1974, Andrews, NC 28901 704-321-5446 W; 704-837-7220 H
 23 MAR ADFPA Biggest Bench in Dixie Open Donnie Kiefer 704-321-5446 W; 704-837-7220 H
 23 MAR ADFPA March Madness BP/DL, T Hauprich-T Maione, 253 Malta Avenue, Ballston Spa, NY 12020 518-587-7115 or 518-587-7070
 23,24 MAR ADFPA New Hampshire State & High School PL Champs, Wayne Mackert, 89 Dow Street, Manchester, NH 03101; 603-641-6500
 23,24 MAR ADFPA Collegiate Nationals, (Fort Hood) MSGT J Graham, 1706 Shoemaker Dr., Kileen, TX 76543, 817-526-0779 after 8pm CST
 24 MAR ADFPA Superstars Bench(all weight groups and classes)Bob Gaynor, 19 Sunrise Drive, Mountaintop, PA 18707 717-823-6994 days or 717-474-6111 evenings
 30,31 MAR ADFPA High School Nationals, Dennis Brady, 5920 N Ridge, Chicago, IL 60660, 312-561-9692

APRIL

- 6 APR ADFPA North Michigan BP & DL Classic (P/L Qualifying) Jeffrey Fleischer, 520 W Houghton Avenue, W Branch, MI 517-345-4600
 13 APR ADFPA Rhode Island State PL & BP (Mar 30 deadline) David Roderick, 51 Whirlaway Place, Pawtucket, RI 02861 401-724-8714
 13 APR ADFPA East Coast PL & BP (Mar 30 deadline) David Roderick, 51 Whirlaway Place, Pawtucket, RI 02861 401-724-8714
 13 APR ADFPA Missouri State/Ozark Open & Bench Press Mike Cissell 15 Lakeside Dr. Lake St Louis, MO 314-625-1225 days
 13 APR ADFPA Tri-State BP Jacqueline Davis, 1190 Washington Gree, New Windsor, NY 12553 914-569-1457 (h) or 718-220-5921 (w)
 13,14 APR ADFPA California State (Open, master, teen, disabled, all men/women) Christy Kling, Napa Valley College, 2277 Napa-Vallejo Hwy Napa CA 94559 707-256-3228 or 257-7818
 14 APR ADFPA Chicagoland DL, Dennis Brady, 5920 N Ridge, Chicago IL 60660 312-561-9692
 14 APR ADFPA Ohio State Open PL Championships, Ed & Frank King, 24748 Aurora Rd., Bedford Hts, OH 44146 216-439-5464
 19-21 APR ADFPA Women's Nationals (Open, teen, junior, master), Bob Gaynor, 19 Sunrise Drive, Mountaintop, PA 18707 717-474-6111 or 717-823-6994
 27 APR ADFPA Oregon State Powerlifting Championship Mike Mooney, 1170 N Valley View, Ashland, OR 503-488-2570
 28 APR ADFPA Colorado Powerlifting Classic, Andrea Sortwell, 11360 W 84th Place, Arvada CO 80005, 303-425-7075

MAY

- 4 MAY ADFPA C Chavez BP (all weight groups and classes) Manuel Villarreal, 895 N Bayshore Rd, San Jose, CA 95112 800-484-9879 ID MEME
 4 MAY ADFPA Blacksmith Open PL & BP Mike Overdeer, 124 W VanBuren St, Colombia City, IN 46725; 219-693-1363 or 219-244-7575
 4,5 MAY ADFPA Tennessee State/Mid South Classic & BP Mike Simmons, 1558 Dearing Rd, Memphis, TN 38117 901-362-0100(w) 901-682-4162(h)
 5 MAY ADFPA Maryland State (Maryland resident and out-of-state) Carl Alleyne, 1336 Germader Drive, Belcamp MD 21017, 410-994-0907
 11 May ADFPA North Carolina State Championships, Donnie Kiefer, PO Box 1974, Andrews, NC 28901, 704-321-5446 W;704-837-7220 H
 18,19 MAY ADFPA Penn State(Limited Entries)(all wt groups and classes)BobGaynor 19 Sunrise Dr, Mountaintop, PA 18707 717-823-6994 day or 717-474-6111 night
 18 MAY ADFPA Texas State PL & BP (Brooks AFB), Willie Mastin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964/536-2342

JUNE

- 14-16 JUN ADFPA Men Nationals, Michael Cissell, 15 Lakeside Drive, Lake St Louis, MO 63367, 314-625-1225(d)
 17 JUN ADFPA California Firemans Olympics, Duane Doglietto, 9308 Edens Bury Court, Elk Grove, CA 95758 916-684-2622
 30 JUN ADFPA Summer Bench Press Fest Andrea Sortwell, 11360 W 84th Place, Arvada, CO 80005 303-425-7075

JULY

- 13,14 JUL ADFPA Men Teenage/Junior Nationals, James Hart, PO Box 82264, Lincoln, NE 68524, 402-470-3672
 20 JUL ADFPA CA State BP (all weight groups and classes) Manuel Villarreal, 895 N Bayshore Rd, San Jose, CA 95112 800-484-9879 ID MEME
 20 JUL ADFPA Mid America Bench Press/Deadlift (Dardenne, MO) Mike Cissell 15 lakeside Dr. Lake St Louis MO 63367 314-625-1225 (days)

AUGUST

- 3,4 AUG ADFPA Deadlift Nationals (all divisions and age groups) Bob Gaynor, 19 Sunrise Drive, Mountaintop, PA 18707 717-474-6111evenings or 717-823-6994 days

SEPTEMBER

- 21,22 SEP ADFPA Bench Press Nationals, Michael Cissell, 15 Lakeside Drive, Lake St Louis MO 63367, 314-625-1225 (days)

OCTOBER

- date TBA New York States, Linda Jo Belsito, 209 W Nicholai Street, Hicksville, NY 11801 516-932-0479
 12,13 OCT ADFPA Ironman/woman & Bench(all weight classes & divisions)Jim Thomas, YMCA, Wilkes-Barre, PA 717-823-2191 Ask for Doreen

NOVEMBER

- 2,3 NOV ADFPA Police and Firefighters Nationals, James Hart, Lincoln, NE 68524, 402-470-3672
 2,3 NOV ADFPA Central USA Power & Bench Press Mike Cissell 15 Lakeside Dr, Lake St Louis, MO 63367 314-625-1225 (days)
 9-11 NOV ADFPA Master's Nationals (St Louis MO) Mike Cissell 15 Lakeside Dr, Lake St Louis, MO 63367 314-625-1225 (days)

1997

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

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1996 ADFPA NATIONAL MEET SCHEDULE

FEBRUARY 17-18, 1996 ADFPA Life-time Drug Free National , Ed or Frank King, 24748 Aurora Road, Bedford Heights, OH 44146 216-439-5464 MARCH 9-10, 1996 ADFPA Military National , Johnny Graham, 1706 Shoemaker Drive Killeen TX 76543, 817-526-0779 MARCH 22-24, 1996 ADFPA Collegiate National , Johnny Graham, 1706 Shoemaker Drive, Killeen TX 76543, 817-526-0779 MARCH 30-31, 1996 ADFPA High School National , Dennis Brady, 5920 N Ridge, Chicago, IL 60660 312-561-9692	APRIL 14, 1996 ADFPA High School BP Nationals , James Hart, PO Box 82264, Lincoln NE 68501 402-470-3672 APRIL 19-21, 1996 WOMEN'S NATIONALS (All Women) Bob Gaynor, 19 Sunrise Drive, Mountaintop, PA 18707, 717-474-6111 JUNE 14-16, 1996 ADFPA Men National , Michael Cissell, 15 Lakeside Drive, Lake St Louis, MO 63367 314-625-1225 JULY 13-14, 1996 ADFPA MEN TEEN-AGE/JUNIOR NATIONAL , James Hart, PO Box 82264 Lincoln, NE 68501, 402-470-3672 AUGUST 3-4, 1996 ADFPA Deadlift National , Bob Gaynor, 19 Sunrise Drive, Mountaintop, PA 18707 717-474-6111	SEPTEMBER 21, 1996 ADFPA Bench Press National , Michael Cissell, 15 Lakeside Drive, Lake St Louis, MO 63367 314-625-1225 NOVEMBER 2-3, 1996 ADFPA Police & Fire National , James Hart, PO Box 82264, Lincoln, NE 68501 402-470-3672 NOVEMBER 9-11, 1996 ADFPA National Master Men National , Michael Cissell, 15 Lakeside Drive, Lake St Louis, MO 63367, 314-625-1225 NOVEMBER 17, 1996 ADFPA Squat National , Bob Gaynor, 19 Sunrise Drive, Mountaintop, PA 18707 717-474-6111 26,27 JUL 1997 ADFPA Men's Nationals , B&W Gym, 5920 N Ridge, Chicago, IL 60660, 312-561-9692
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WDFPF OPEN WORLD "STORY"

The white-out was flowing all over the record books after the lifting was done at the 1995 WDFPF World Championships in Sussex, England October 28 and 29. A total of 23 World Records were set, with more than one being broken and reset moments later. Although several countries were absent for a variety of reasons, notably France and Poland, this was a true World Competition with lifters from Belgium, Canada, Cyprus, England, Ireland, Russia, Tajikistan, USA and Wales putting it on the line for the title of World Champion.

The meet was held at the Broadbridge Heath Leisure Center, a large facility that caters to a variety of sports, as well as providing a restaurant and pub for post-competition endeavors. Once again coordinating the meet was Ken Smith, WDFPF President. This will probably be Ken's last Worlds, as he has decided to resign his position with the WDFPF.

As always, many new friendships were forged at the World. US Coach Johnny Graham showed the true meaning of friendly competition, giving up his hotel room to the Russians, who arrived in England with no hotel reservations. The evening before, they had stayed in Ken Smith's trailer in his backyard.

The US lifters arrived in a few groups, with several meeting in Newark for the flight over. The team represented all the different regions of America, with lifters coming from Hawaii, Virginia, New Jersey, Ohio, Nevada, New York, Texas, Missouri, Florida, and elsewhere. Most of the men's team are also members of the ProFitness/Titan Team, showing the world where the best drug-free lifters are. Helping coach the US lifters were ProFitness team member Jerry Dally, Jaime Moller, Chuck Trosper, Terry Todd, Ron Walsh, and Johnny "Truck" Graham. ADFPA officers Ned Cramer, Mike Overdeer, and Mike Hartle were also helping lifters between their officiating duties, with Dr. Hartle being of especially valuable warm-up area help. A team T-shirt came from team member Dave Weiss and Spirit Graphics in Richmond, VA.

Saturday got things going with the women lifters taking the platform by storm. While most of the weight classes had new faces, quality lifting was displayed across the board. First timer, Beth Grater, needed her third squat to stay in the meet, but didn't miss a lift the rest of the day. She finished with a strong 601 total that Beth feels has plenty of room to grow. In the 104's Tina Michaud was also on the rookie squad, but showed intense concentration, with a 7 for 9 day. She posted an impressive 264 deadlift in her 617 total. Sue Sullivan did what she termed "survival lifting" in her fourth trip to the Worlds. Sue had been very sick getting ready for the meet and "was happy just to be here". Her 661 total didn't have any indication of Sue's little secret; she was the oldest lifter in the meet at age 49.

The first World Records of the meet were police officer Jackie Davis's 380 deadlift, also providing her with a World Record 871 total. Her 8 for 9 day was a great debut to the World's, with a total that would have won in the next two weight classes up. Diedre Johnson-Cane made her debut with a World title in the 122's. Diedre showed that she came to do some numbers, repeating and achieving her 148 bench, and nailing her 330 deadlift.

The next weight class was the first without a US lifter, as well as the first contested weight class. This allowed Belgian lifter

Demesse to take the decisive win over Hill of England by 60 kilos. The 154's were the Carla Trosper show, with a strong 462 deadlift leading to a big 964 total. Carla, coached by her husband Chuck, was the fashion hit of the World's with both she and Chuck wearing the Powerbody warmups she makes. Before she left England she had orders from teammates Dave Weiss and Ray Benemerito.

The 176 class had the sole English women's win of the meet. A strong Helen Williams put up a European World Record 440 squat to fuel a 1090 EWR total. She put the heat on Linda Jo Belsito, coached by bench pressing-machine Ron Walsh, but Belsito with her own benches getting only her opener. She went for the win with a 480 deadlift that was out of reach that day. Nikki Avey took her second World's with a World Record 435 squat. Coached by Jaime Moller, Avey had disappointing benches, but a strong 418 deadlift for her 1003 total. The final women's class was the contested 176+ with a seasoned Cindy Regan beating Tajikistan's Khojuekuolo. Regan didn't have the day she had hoped for, but gave a Master's World Record deadlift of 446 a strong try.

Most of the women's team did their own thing after the competition was over, with some doing some sightseeing or other traveling. The Trosper's took their opportunity to see Amsterdam before returning to the States. Nikki Avey wasn't scared "to hang with the boys", with she and Jaime staying with the Men's team lifters that stayed thru Thursday.

The men were broken up into two flights for Saturdays lifting. 114'er William "Action" Jackson, under Johnny Graham's coaching, put together a 7 for 9 day for his first World title. Jackson, who will be leaving for duty in Korea shortly, had an impressive 435 deadlift in his 925 total.

The first contested class was the 123's with US lifter Dave Weiss going for his third World title. A tough day on the squats and bench left his subtotal behind where he wanted to be, but a 496 deadlift went into a 1113 total. An attempted World Record 514 deadlift wasn't going to happen that day, but will fall soon. Graham Price of England had disappointing squats as well, ending the day with a 964 total.

Brad Olson in the 132's had the best day of any US lifter, with the biggest margin of victory until the unlimited class. Olson's biggest battle was with his weight, needing to sweat off the last little bit to make it, but that certainly didn't show in his performance. A World Record 525 squat fueled a 10 times bodyweight 1320 total that earned Olson 3rd place in the Best Lifter honors for the meet. Kahn had a tough 5 for 9 day in his 992 total.

James Benemerito picked his attempts carefully in his assault on his first World title. He was well within his abilities, leaving weight on the platform in both squats and deads. He missed a 611 deadlift which would have led to a record in the deadlift and total, but Benemerito felt it was a form mistake that cost him the lift. Both Benemerito and Weiss plan to improve their performance at the North American this January. England's Swallow and Cyprus's Troullis filled out the class, with Swallow earning a European World Record in the deadlift.

The 165's had an unexpected absence of a US lifter, with Bob Bridges being a no-show. This opened up the field for a four-way

battle that left England's Tonge the new World Champion. His 9 for 9 day outdistanced Russia's Lykov, who did earn a European World Record deadlift, and fellow Englishman Ottolangui.

Missed attempts kept Ray Benemerito from getting close to his 1906 total from the Nationals, but he still ended with a strong 1763 total. Along the way to his sixth World title, (spanning three weight classes) Benemerito set a World Record deadlift of 744, as well as earning Best Lifter honors. An attempted 761 deadlift to up his newest record, which was formerly held by Mike Bridges, will have to wait for Benemerito's next meet, possibly the Lifetime Drug-Free Nationals.

The 198's showcased first timer Joe McAuliffe's benchpressing skills. McAuliffe dedicated his lifting to his father, who was unable to attend as he is recovering from a stroke. After baffling red lights on his record 710 squat attempt, McAuliffe turned it on the bench press, setting the World Record on 3 of 4 attempts. The new mark is 457, and probably will be for a while. McAuliffe truly enjoyed the team spirit at the Worlds, especially the friendship and closeness of teammate Jim Morton and his girlfriend Paige Stillman. Englishmen Jex and Foulser rounded out the top three positions, with Foulser setting World Masters Deadlift and Total records.

Jim Morton took an early lead in the 220 class and never looked back. He was 4 for 6 going into his specialty, the deadlift. Once the bar hit the floor, the anticipation was in the air for Morton to pull 800. Unfortunately, 788 was the final number. Two strong attempts at 821 show another World Record that is ready to fall. His 1931 total earned second place in the Best Lifter standings. Morton celebrated his second World's with gusto, all the way back to Newark airport. Master's lifter Les Pilling ("Tastes Great"), put up an impressive 1716 Masters World Record total, and nearly got the deadlift as well, with two close tries at 681.

The 242's was the second non-US lifter class, with Eric Arnold stateside awaiting the birth of his new child. This opened up the field for five lifters to do battle, with Beechy of Wales ending up firmly on top. His 8 for 9 day left him a comfortable margin of victory, making the real battle for the next three places. In the end, they were separated by a mere 7.5 kilos, a tight race. Waites, Popp, Dekok, and Tucker rounded out the class.

Tony Lieato and his wife Leah traveled all the way from Hawaii to lift in the 275's, arriving almost a week early due to flight restrictions. He was rewarded with an assertive win and a World Record in the bench press. Disappointing squats kept his total down from where Lieato wanted to be, but it was still the second highest in the meet at 1997. Tony later shared a new Samoan dance, "The Silverback", with the team at the hotel pub.

Beau "Big Nasty" Moore had the 319's all to himself, but is doubtful anyone could have given him much of a challenge. After a tough time with the squats, Moore hit his favorite, the bench press, and came home with a World Record 551 lift. Moore kept the team laughing the rest of the trip, although the local cab drivers were happy to see him leave. "Beau Moore does The Jerky Boys" should be at your local record store soon, look for it.

The final weight class may have been one of the most anticipated, with Olympic weightlifter Mark Henry putting up some phenomenal numbers. A whippy bar hurt Henry on his second squat, but he adjusted and nailed a World Record 953 on

his third attempt. This lift is especially impressive when considering that it was done in a loose suit! He also set a record in the deadlift, moving the mark to 865, and nearly pulling the most ever moved by a human being, 925. He plans to come back and lift at next year's Nationals and Worlds.

After the meet, the celebrating began at the meet site and continued thru till Thursday for those who could stay over. The sights and excitement of London; London Tower, The Crown Jewels, The Hard Rock Cafe, London Dungeon, the changing of the guard at Buckingham Palace and an eventful trip to Brighton highlighted the trip. Plans were made for the next few meets and the training ideas were tossed up and back.

The members of the 1995 USA World Team would like to thank their sponsors and those who helped; Coaches Jerry Dally, Johnny Graham, Terry Todd, Ron Walsh, Chuck Trosper, and Jaime Moller, team cameragirl Paige Stillman, ADFPA Officials Ned Cramer, Mike Overdeer, and Dr. Mike Hartle, George Zangas, and Marathon Distributing, Sportpharma USA, Pete Alaniz and Titan, Mike's Olympic Gym, ProFitness, The Jerky Boys, Q-The Sports Club and it's members, Mohawk Industries, Arcade Floors-Carpet One, White Zombie, The Rug Mart, Spirit Graphics, AC/DC, and the boys from Gateway 2 and Local 68.

Write-up provided by Dave Weiss

powerlifting ON-LINE

If you are connected to the Internet and wish to have your E-mail address listed in the ADFPA Newsletter to help improve communications within the ADFPA, Please contact Ned Cramer to have it listed. Two of our 1995 World Champions ADFPA lifters are already listed:

Brad Olson

BGOLSON@AOLCOM

Dave "Slice" Weiss

UNCLESLICE@AOLCOM

American Jr Record squat, a 720 lb American Jr and Collegiate Record DL. James had 760 almost looked out on his final dead before slipping out of his left hand. We had two entries in the 242's, Pat Hall from Minot, ND came into the meet with some impressive numbers. Pat got out of the groove on his opening squat of 685 lbs. and was unable to continue. Don't worry Pat, there will be many brighter days in the future for you. Dr Mike Hartle, from Seymour, WI lifted well going 7 for 9, totaling 1580 lbs to win the 242's. In the 275+ weight class, Big Kim Sartin totaled 1865 lbs. for second with local MN powerlifting icon Brad Gillingham totaling 2110 for 1st place. Brad's lifts included a 750 squat, 560 bench and a huge 800 lb DL. Brad Gillingham was named Men's best lifter with a Schwartz total of 1073.30

I would like to thank Head Referee David Siegler, Platform Judges Shawn Cain, Ann DeGroot, Dustin Dulski, Jim Stockwell, Steve Johnson, Wendy Jaraslawski, Bob Sainati, and Darryl Schmidt. Weigh-in Officials were Wendy Jaraslawski, Bill Keller and Kirk Roetgering.

Much to my disappointment, some of the meet staff either did not show up or got lost in St Paul, after driving over from Minneapolis. (Local Joke) To Jim, Bill, Darwin, Mike, Blake and Doug whom I asked to step in and fill their places my sincere gratitude. If it wasn't for your efforts, Erin and Jim would not have set American Records and Big Brad wouldn't of had a loaded bar to grab when he came out for his big 800 lb DL.

Thanks to Safe USA, Northland Trophy and Awards, and Dr Fred Clary for sponsoring the meet and also to Northwest Racquet, Swim and Health Clubs, Twin Cities Gym and Metal Magic, Inc., manufacturers of the finest squat racks around this part of the country for their generous equipment loan.

Finally, thanks to Sandi and Vanessa for supporting me through these contests. Results by David Siegler, Report by Dennis Green.

OMAHA OPEN DEC 2, 1995-OMAHA, NE JOHN JONES

MEN OPEN				
220-Schellen, M	635	380	600	1615
242-Medina, D	530	300	555	1385
UNL-Sempek, J	850	440	660	1950
LIFETIME 181				
Safford, P	615	370	540	1525
Vermillion, C	500	300	505	1305
198-Miller, W	425	275	375	1175
275				
Urlaub, M	670	370	625	1665
Kosco, M	435	335	485	1255
TEEN 148				
Walvoord, B	380	195	395	970
Schurman, J	340	200	380	920
165-Tesmer, P	370	155	335	860
181-Snowden, J	470	225	425	1120
198-Bassett, C	420	300	520	1240
JUNIOR 181				
Jones, M	470	265	440	1175
SUBMASTER 198				
Barnister, D	550	355	475	1380
Searman, J	465	280	465	1210
Miller, W	425	275	375	1175
220-Beckman, K	550	400	600	1550
242				
Weich, V	600	375	525	1500
Medina, D	530	300	555	1385
MASTER 198				
Kanto, U	375	240	555	1170
Pepple, J	360	235	425	1020
Vermillion, C	250	175	325	750
220-Malby, B	510	340	465	1315
WOMEN OPEN				
104-Fox, L	190	120	300	610
129-Lee, T	275	150	290	715
154-Allen, M	315	150	380	845

from CHAIR DRUG EDUCATION CINDI REGAN

I have about 50 names of people who have received packets from my office. Now, I would like to form a strategic planning committee to help take the Drug Educational component into the next few years. If you have an interest in this, please contact me at (618)564-3231, after 7:00 p.m. (Central Time) by the 15th of March, 1996.

In 1988 shock waves hit the media when Canadian track superstar, Ben Johnson, was found to have used Winstrol to enhance his performance in the sprint. The buzz was on. Athletes were being tested in many of the classes because of this. The question can be put forth now, How many of the records that are on the books are true records and not records that have outside help? While you ponder this question I'd like to continue by saying that drug use of any kind places questions on an athlete and it also has a tendency to bring up, "What kind of a message are we sending to those who watch competition? Is it one that okays cheating, lying, and a blahzay attitude? Are we setting our young people up for a major fall? What about our own bodies and their future? Are we compromising our values for a trophy?"

Often I find myself in conversations with coaches and other people who feel it's okay to use steroids and other strength increasers as long as the competition has them as well. Well, pardon me but, a lie is a lie, cheating is cheating, no matter how one wants to camouflage it and it is not right! What has happened from this is what really bothers me. Although steroids do have medical uses, most people who abuse them are not taking them for medical reasons. Today, throughout this country and others, young people are using steroids for image. I hate to be the bearer of this but, there is evidence to show that about 250,000 young people in junior high schools through-out the United States are using Steroids as self-esteem builders, and a vast majority of these young people are not in athletics. It should not be misconstrued by you as you read this that it makes it okay to use steroids in this case. The affects of the Steroid do not care whether you are an athlete or not. The stress young people have pushes them into the big look. Why? because like it or not audiences (in all walks of life) have a preconceived idea big is better. Some of the biggest names in sports, Hulk Hogan, Lyle Alzado, Arnold, Larry Pacifico, Ed Coan, have all had the opportunity to use enhancers, and some have suffered for it. We have others in our organization who say they used, but have gone clean. We have to watch how we inform young people about the use. It cannot be made appealing, nor should we say, I took this, this, this, but now, I'm clean and doing well. Watch those mixed messages when you have the ears of young people listening.

Remember, the athlete who has a good program, good food, a good sleep schedule and a clear mind will be around a lot longer than the athlete who relies on juice and its consequences.

198-Rodney, Ron	290
275-Kubat, Bob	330
POLICE AND FIRE	
165-Scherer, Ben	300
220-Norwood, Mike	375
242-Sveningson, Arne	250
OMAHA OPEN DEADLIFT	
OPEN-275-Beatty, Victor	620
LIFETIME	
220-Boukal, Jerry	505
275	
Beatty, Victor	620
Bowers, John	540
TEEN-220-Cullinane, Bert	400
MASTER	
181-Story, Bill	475
275-Bowers, John	540
SUBMASTER	
148-Beverland, Brian	495

COLORADO STATE MEET DEC 2, 1995-USAFA, CO ROBERT KINERSON

MEN 114				
Westphal, J 18	195	130	265	590
148				
Sigala, M	535	335	600	1470
Stange, S	460	250	440	1150
Berman, S	365	240	525	1130
165				
Easton, C	530	290	540	1360
Eitzel, S	375	295	425	1095
Hillier, R	385	235	450	1070
181				
Wang, N	505	360	535	1400
Werner, M	440	300	465	1205
198				
Guerrero, R	570	300	500	1370
Dennis, L	440	400	470	1310
Lister, D	320	265	405	990
220-Onorato, J	605	445	580	1630
242				
Westerhold, K	550	405	620	1575
275-Baja, F	645	400	630	1675
UNL-McCune, B	605	370	610	1585
Outstanding Lifter Light:			Mark Sigala	
Outstanding Lifter Heavy:			John Onorato	
WOMEN 104				
Lalimanno, I 18	190	105	230	525
Ewing, P 44	145	115	215	475
116				
Arnold, S 19	190	110	220	520
Fuller, N 18	150	90	230	470
122				
Kemper, T	315	160	320	795
Weisenburger, I	205	105	280	590
129				
Vargas, C	200	95	245	540
Hall, N 18	165	105	240	510
139				
Meshkov, S	250	130	290	670
Emerson, T	230	125	300	655
Peterson, J 19	195	140	255	590
Segel, T 19	180	95	240	515
154-Egger, M	145	80	210	435
UNL-Maynard, S 170	135	225	530	
Outstanding Lifter, Women:			Toni Kemper	
TEEN MEN				
Quedden, E	375	240	440	1055
Simpson, C	350	185	350	885
Mrazik, J	325	220	400	945
JUNIOR				
148-Bard, J	295	170	340	805
165-181				
Dao, A	405	280	515	1200
Alvarado, C	430	325	475	1230
Picard, J	380	290	375	1045
Tippett, M	350	225	400	975
Aguilar, M	315	200	370	885
220-275				
Polka, R	580	420	585	1585
Westerhold, K	550	405	620	1575
Finch, B	455	350	510	1315
Reed, B	525	270	525	1320
Turley, T	385	260	410	1055
MASTER 165-181				
Burt, G	325	210	465	1000
Lynn, J	390	260	375	1025
Milner, M	365	265	450	1080
Coxsey, L	325	250	445	1020
Rojas, A	395	295	425	1115
275-UNL				
Baja, F	645	400	630	1675
McCune, B	605	370	610	1585
BENCH PRESS ONLY OPEN				

132-Accardi, Nicholas	205
165	
Fry, Doug	320
Hewlen, Dave	280
181-Kubitz, Dan	350
220	
Campbell, Cory	405
Martinez, Robert	405
McIntyre, Bob	380
242	
Ota, Mike	530
Obechina, Joe	400
275-Myers, Don	430
Outstanding Lifter, Light:	Dan Kubitz
Outstanding Lifter, Heavy:	Mike Ota
WOMEN BENCH PRESS ONLY	
104-Worster, Sabrina	125
154-Hawkins, Nancy	165
TEEN BENCH PRESS ONLY	
123-Falagrad, Bobby	220
MASTERS BENCH PRESS ONLY	
165-Szymanski, M	195
181-Westcott, Rick	335
198-275	
McIntyre, John	375
Gruber, John	250
Wolter, Herman	300
Doggett, Charles	255
Newcomb, Richard	285

LONGHORN OPEN UNIV OF TX DEC 2, 1995-AUSTIN, TX JAN TODD

TEENAGE WOMEN 18-19				
129-Crisantes, W	100.0	45.0	120.0	265.0
176-Rose, L	90.0	45.0	127.5	262.5
COLLEGIATE WOMEN				
97				
Oxley, M	97.5	40.0	97.5	235.0
Shannon, S	77.5	35.0	87.5	200.0
Gray, D	77.5	37.5	82.5	197.5
111-Tull, H	47.5	32.5	77.5	157.5
116-Sims, O	80.0	40.0	105.0	225.0
129-Huffman, H	120.0	52.5	115.0	287.5
139				
Abney, S	135.0	90.0	130.0	355.0
Hall, R	92.5	52.5	127.5	272.5
Shami, N	87.5	45.0	125.0	257.5
154-Smith, A	117.5	72.5	155.0	345.0
176				
Fambro, S	160.0	85.0	175.0	420.0
Jasper, J	140.0	72.5	142.5	355.0
UNL				
Smith, S	167.5	77.5	157.5	402.5
Jones, V	165.0	82.5	120.0	367.5
Brandee, P	130.0	57.5	135.0	302.5
WOMEN OPEN				
129-Smith, L	77.5	52.5	137.5	267.5
139				
Sullivan, K	142.5	65.0	157.5	365.0
Abney, S	135.0	90.0	130.0	355.0
Byars, F	110.0	50.0	107.5	267.5
154-Beckwith, K	65.0	87.5	65.0	152.5
MASTER WOMEN +80				
Calhoun, P	130.0	85.0	155.0	370.0
TEENAGE MEN 16-17				
148-McCoy, R	77.5	90.0	120.0	287.5
TEENAGE MEN 18-19				
114-Wadkwa, A	135.0	77.5	162.5	375.0
132-Darwin, S	95.0	65.0	105.0	265.0
165-Thompson, D	115.0	100.0	165.0	380.0
198-Rabago, C	190.0	120.0	200.0	510.0
242-Ruben, E	132.5	95.0	187.5	415.0
COLLEGIATE MEN 114				
Gutierrez, P	160.0	77.5	157.5	395.0
Wadkwa, A	135.0	77.5	162.5	375.0
132-Tijerina, T	185.0	100.0	207.5	492.5
148				
Jackson, W	180.0	115.0	205.0	500.0
Copley, K	180.0	125.0	175.0	480.0
Lugo, E	130.0	100.0	172.5	402.5
165				
Barron, T	230.0	110.0	225.0	565.0
Iman, M	205.0	102.5	200.0	507.5
Felthous, E	125.0	102.5	192.5	420.0
181				
Grant, R	260.0	132.5	260.0	652.5
Gahagan, C	157.5	107.5	240.0	505.0
198				
Gahagan, C	255.0	160.0	300.0	715.0
Berg, J	222.5	165.0	222.5	610.0
Rodriguez, R	220.0	130.0	222.5	572.5
McKelvey, E	182.5	120.0	210.0	512.5
220				
Stanford, M	285.0	197.5	285.0	767.5

WOMEN TEEN 97				
Brost, S	160	85	220	465
Hart, M	135	55	180	370
154-Snowden, J	185	95	245	525
UNL-Wilk, K	200	120	250	570
OMAHA OPEN BENCH				
OPEN 165				
Williams, Ricky	165			
LIFETIME				

220-Wernuth, Cory	375
275-Gillette, Mark	435
TEEN	
148-Baustert, Todd	245
198-Maliby, Matt	245
MASTER	
165-Lagoun, Louise	320
181-Story, Bill	330
Foyt, Mike	235

129				
Harstad, W	225	145	260	630
Kebhart, T	220	110	250	580
139				
Ford, W	275	170	385	830
Kech, L	155	105	245	505
154-Borden, J	220	105	255	580
176-McMillon, K	260	165	275	700
UNL				
Schoffstall, H	400	180	350	930
OPEN 114				
Ostrum, A	265	225	355	845
George, W	200	165	300	665
Ryman, K	235	125	290	650
123-Sine, T	235	110	260	615
132				
Kebhart, T	220	110	250	580
Kech, L	155	105	245	505
148				
Whetzel, J	410	290	435	1135
Mamola, A	300	240	345	885
Borden, J	220	105	255	580
165				
Hornyak, G	510	375	490	1375
Alston, J	460	310	545	1315
Retz, G	490	320	475	1285
Zito, M	480	335	460	1275
Grieve, J	400	290	500	1190
Padilla, M	425	270	480	1175
Harstad, S	380	330	430	1140
McCarthy, J	215	275	330	820
Vines, K	250	135	300	685
181				
Pilkenton, M	630	405	635	1670
Bell, M	600	350	530	1480
Baker, M	460	325	500	1285
Herr, R	465	315	500	1280
Pivarnuk, D	450	275	475	1200
Sine, R	335	195	400	930
Reed, D	225	310	405	930
198				
Bales, J	600	315	600	1515
Linn, T	550	330	600	1480
Lewis, R	425	525	525	1475
Wilder, R	500	305	500	1305
Dodson, D	440	275	485	1200
Dickenson, S	405	250	425	1080
220				
LittleJohn, F	700	370	722.5	1792.5
Mcintyre, F	680	370	660	1710
Ashworth, J	635	380	600	1615
Hynes, L	520	385	600	1505
Armstone, C	540	345	595	1480
Demchek, J	565	335	575	1475
Ritter, D	500	380	520	1400
Kelechear, G	500	335	530	1365
Arledge, D	430	420	485	1335
Matthews, C	455	325	535	1310
Frameh, S	430	320	400	1150
242				
Cornack, S	625	465	610	1700
Phillips, B	590	380	700	1670
Ward, S	650	420	575	1645
Gregory, J	560	395	645	1600
Garnett, B	600	375	615	1590
Sasowsky, B	540	330	580	1450
Davis, J	525	315	450	1290
Shurley, B	385	215	485	1085
275				
Bates, P	705	420	575	1700
Stead, R	675	420	585	1680
Schoffstall, J	565	365	560	1490
Morgan, A	450	300	500	1250
UNL				
Green, J	600	510	620	1730
James, J	610	335	655	1600
Tseouratos, T	550	405	520	1480
Randolph, A	525	375	500	1400
Armstead, R	135	500	135	770
TEEN				
132-Lamb, J	135	145	135	415
148-Mamola, A	300	240	345	885
242-Davis, J	525	315	450	1290
MASTER WOMEN				
114-Beasley, B	155	115	260	560
MASTER MEN				
148-Swan, D	55	230	145	420
165-Alston, J	460	310	345	1315
181				
Baker, M	460	325	500	1285
Loveless, R	455	300	450	1205
Stattman, A	385	310	505	1200
Underwood, W	360	230	400	990
Brothers, W	350	180	400	930
220				

Large, F	420	245	475	1140
242				
Phillips, B	590	380	700	1670
Gregory, J	560	395	645	1600
Minton, D	415	305	535	1255
Shirley, B	385	215	485	1085
Morris, W	255	390	255	900
275-Morgan, R	450	300	500	1250
Unl-Levitt, P	320	250	555	1125
BENCH PRESS 114				
Noteman, James		115		

**ILLINOIS STATE BENCH PRESS
NOV 18, 95-CHICAGO, IL
DENNIS BRADY**

WOMEN				
176-Weber, Valerie	97.5			
Unl-Hallen, Sue	92.5			
TEEN 16-17 165				
Metzger, J	145			
18-19 220				
Bonavota, Joe	155			
MASTER 40-49				
165-Craig, Scott	157.5			
181-Corradetti, Dan	170			
198-Mattuck, Michael	135			
220-Groth, Steve	190			
Basile, David	180			
Arambasich, Tom	170			
Unl-Ellis, Steve	235			
50-59				
181-Feig, Jerry	140			
Hostetter, William	137			
OPEN 148				
Zubeck, Jim	172.5			
Kischkek, Mark	145			
Kelly, Jim	140			
165				
Gaffin, Joe	165			
Craig, Scott	157.5			
181				
Corradetti, Dan	170			
Schaefer, Mark	167.5			
O'Connell, Bernie	155			
Walsh, Matt	147.5			
198				
Ford, Ron	202.5			
Dunne, Dave	165			
220				
Groth, Steve	190			
Pinckard, James	182.5			
Basile, David	180			
Arambasich, Tom	170			
Bartolomei, Tony	150			
242				
Ruhe, Fred	207.5			
Burke, Robert	197.5			
Haas, Richard	167.5			
Christensen, Mark	150			
275				
Simmons, Michael	227.5			
Frizzell, Mike	195			
BEST LIFTER:				
WOMEN:	VALERIE WEBER			
TEEN:	JOE METZGER			
MASTERS:	STEVE ELLIS			
OPEN:	JIM ZUBECK, RON FORD MICHAEL SIMMONS			

**CHRISTMAS CLASSIC
DEC 2, 95-ALEXANDRIA, LA
DUANE URBINA**

TEENAGE MEN 114				
Smith, C	220	90	225	535
123				
Chen, D	315	180	400	895
Hallman, C	240	135	300	675
132				
Guillory, L	200	150	265	615
James, J	200	115	250	565
Wiggins, B	150	110	160	420
148				
Gott, A	375	200	425	1000
Palene, M	400	205	385	990
Long, C	390	195	370	955
Sasser, T	340	200	365	905
Anderson, J	270	155	270	725
King, B	155	120	260	535
Jefferson, J	120	80	225	425
Bankovic, C	120	95	155	370
165				
Laborde, E	150	225	225	800
Spears, V	245	205	315	765
Table, T	180	115	275	570

181				
Laborde, J	340	200	430	970
Lee, J	290	210	400	900
Landreneau, A	340	205	350	895
Rios, R	210	185	360	755
Brewer, D	200	140	275	615
Landreneau, C	205	150	225	580
Cox, D	130	135	290	555
Gibbs, J	180	105	200	485
198				
Brown, J	500	155	550	1205
Willis, R	440	225	440	1105
Henry, L	290	210	370	870
Gumbordeller	320	175	350	845
220				
Beall, B	315	175	365	855
Morse, J	265	180	315	760
Zeehsan, Y	205	135	280	620
Thomas, M	210	100	200	510
Daigle, H	140	75	260	475

242				
Lewis, L	405	260	420	1085
Domestris, G	340	190	400	930
Scott, L	260	160	340	780
Ben, W	45	225	55	325
275				
Bassett, D	480	220	420	1120
Baber, R	500	195	420	1115
Unl				
Humphrey, D	315	300	400	1015
MEN OPEN				
181-Lang, N	470	200	500	1170
220-Wiley, W	500	330	630	1460

TEENAGE WOMEN				
97-McMillan, S	135	55	200	390
104				
Goff, L	185	80	235	500
Liner, K	180	95	215	490
Meyer, L	175	65	210	450
Wiggins, H	135	75	190	400
Haley, S	110	60	150	320
Pettigrew, C	95	45	130	270
116				
Willis, A	190	85	245	520
Hanson, C	120	75	145	240
122				
Smith, O	200	100	285	585
Knox, P	145	70	195	410
Briggs, A	160	60	160	380
Gros, B	130	70	175	375
Bryan, N	95	60	150	305
129				
Gamburg, C	190	85	240	515
Firmin, T	190	105	185	510
Thardni, B	135	75	220	430
Murphy, A	100	60	155	315
139				
Murphy, T	210	115	250	575
LaCroix, L	155	70	190	425
Dupuis, B	135	75	205	415
Mathews, C	165	70	145	380
154				
Buck, R	270	130	325	725
Barbara, K	260	100	315	675
Best, B	140	85	185	410
176				
Milazzo, J	300	145	315	760
Gooden, L	150	85	230	465
Best, M	165	75	195	435
Bankovic, S	130	75	190	395

Unl				
Guinn, K	310	135	320	765
Fox, J	300	110	265	675
Wilkinson, A	205	85	230	515
Smith, K	180	85	220	485
Steht, H	155	85	210	450
Diote, C	155	60	195	410

OUTSTANDING FEMALE LIFTER HIGH SCHOOL				
RUTHANNE BUCK				
OUTSTANDING MALE LIFTER HIGH SCHOOL				
DENNIS CHEN				
OUTSTANDING MALE LIFTER MEN'S OPEN				
WILEY WEBSTER				

139				
Murphy, T	210	115	250	575
LaCroix, L	155	70	190	425
Dupuis, B	135	75	205	415
Mathews, C	165	70	145	380
154				
Buck, R	270	130	325	725
Barbara, K	260	100	315	675
Best, B	140	85	185	410
176				
Milazzo, J	300	145	315	760
Gooden, L	150	85	230	465
Best, M	165	75	195	435
Bankovic, S	130	75	190	395

Unl				
Guinn, K	310	135	320	765
Fox, J	300	110	265	675
Wilkinson, A	205	85	230	515
Smith, K	180	85	220	485
Steht, H	155	85	210	450
Diote, C	155	60	195	410

OUTSTANDING FEMALE LIFTER HIGH SCHOOL				
RUTHANNE BUCK				
OUTSTANDING MALE LIFTER HIGH SCHOOL				
DENNIS CHEN				
OUTSTANDING MALE LIFTER MEN'S OPEN				
WILEY WEBSTER				

**EASTERN STATES/MASS STATE
DEC 2, 95- WHITMAN, MA
GREG KOSTAS**

SPECIAL OLYMPICS DIVISION				
Burn, S	245	180	310	735
Sanborn, J	370	240	345	955
WOMEN DIVISION				
Steid, B	315	125	300	740
Parson, V	270	150	300	720
TEENAGE DIVISION				

Pasiakas, S	440	245	440	1125
Sylvia, J	400	225	440	1065
SUBMASTER DIVISION				
Houle, R	430	280	490	1200
Nelson, S	545	385	540	1470
Gorman, J	485	300	520	1305
Westbrook, J	510	325	515	1350
Charles, D	520	310	520	1350
Bennett, R	495	275	500	1270
Paul, Martin	460	315	495	1270
MASTERS DIVISION				
Weeks, T	715	385	625	1725
Rizza, J	620	240	550	1410
Sylvia, J	560	260	525	1345
Todd, B	460	270	475	1205
Monti, J	440	290	445	1175

GRANDMASTER DIVISION				
Rubin, A	455	335	560	1350
Smith, D	375	230	455	1060
Lydon, T	470	335	450	1255
Dwyer, D	280	160	370	810
Gordon, R	295	210	375	880
148 DIVISION				
Houle, R	430	280	490	1200
McCarty, T	440	310	430	1180

165 DIVISION				
Gardner, S	450	335	500	1285
Dumont, S	450	285	480	1215
Ascani, J	460	250	465	1175
Keach, A	450	250	440	1140
Fosmire, W	485	200	425	1110
Molliga, A	375	245	460	1080
181 DIVISION				
Mathieu, C	575	310	565	1450
Gorman, J	485	300	520	1305
Laverniere, D	450	240	430	1120

198 DIVISION				
Boucher, D BL	725	390	565	1680
Safran, C	605	330	665	1600
Merrill, L	500	315	615	1430
Caffrey, C	580	350	500	1430
Molliga, H	500	300	515	1315
Bennet, M	480	290	520	1290
Sousa, G	460	305	470	1235

220 DIVISION				
Rodriguez, L	660	350	640	1650
Rogers, R	565	360	635	1560
Charles, D	520	310	520	1350
242 DIVISION				
Pace, J	660	405	610	1675
Forgione, P	600	385	550	1535
Burns, B	580	305	615	1500

275 DIVISION				
Scott, B	640	350	640	1630
Unl DIVISION				
Nyholm, K	730	460	600	1790
Otte, C	550	300	525	1375

NOVICE MEET				
Caffrey, A	405	260	455	1120
Cox, M	400	220	425	1045
Barton, T	190	75	240	505
JUNIOR DIVISION				
Caffrey, J	485	290	480	1255
O'Toole, P	365	250	480	1095
Blais, D	375	275	405	1055
Seger, J	405	250	460	1115

Bennet, M	480	290	520	1290
Sousa, G	460	305	470	1235
220 DIVISION				
Rodriguez, L	660	350	640	1650
Rogers, R	565	360	635	1560

Carter, P	425	240	525	1190
181				
Maslan, A	500	305	550	1355
Hornigs, R	550	330	540	1420
Vandeveter, J	450	315	475	1195
Bowsaw, N	385	220	350	940
Thomas, B	475	280	505	1260
Martin, D	405	235	425	1065
Canova, B	357	250	400	1000
Dalton, J	455	305	515	1265
Scott, R	350	230	430	1010
McIntyre, S		315		
198				
Hudson, J	470	265	485	1220
Manning, P	450	300	450	1200
Habic, J	500	300	575	1375
Weich, L	540	385	580	1480
Ballard, D	505	325	550	1380
Cannon, C	420	305	400	1125
Cruse, P		360		
Williams, R		410		
Simon, T	550	330	620	1500
220				
Pace, H	550	365	600	1515
Anguish, D	600	410	650	1660
Micheltree, J		275		
Osman, B	250	200	275	690
DeJarnett, D	565	425	670	1660
Johnson, N	510	320	650	1480
242				
McMichen, P	500	350	585	1435
Ganong, R	600	450	615	1650
Sowder, T	145	450	145	740
McLean, T	505	250	550	1305
275				
Vincent, J	145	420	145	710
McDaniel, C	675	505	625	1800
Ruchey, R	650	410	550	1570
Smith, T		425		
Bachelder, K	450	365	555	1370
UNL				
Lade, M	550	385	540	1475
Aderson, M	725	435	665	1825
Bowsaw, S	575	410	575	1585
Hardin, J	700	450	550	1700
Karnes, S	145	515	145	805
Hurle, J	620	350	500	1470
Coates, R	750	550	650	1950
Vance, K		480		

QUALIFIER MEET DEC 15, 95-EAST CARBON, UT STEVE SIMS

114 TEEN				
Hurtado, J	275	155	230	660
Shaffer, B	215	165	255	635
123 MASTER				
Shaffer, J	55	165	145	365
132 JUNIOR				
Holt, D	275	200	275	750
132 TEEN				
Kemple, N	230	135	300	665
148 TEEN				
Shaffer, A	240	170	330	740
Kemple, I	250	120	330	700
198 MASTER				
Sims, S	55	300	145	500
220 TEEN				
Johnson, TJ	360	265	400	1025

"Chub" Hurtado, all 105 1/2 lbs of him, did very well after working out a few times. With balance, there's no telling what he'll squat. His 275 flew up. His 307 1/2 was going until he fell backwards. All of his first attempts were his warm-ups. He's looking forward to the Teen Nationals.

Ben Shaffer, bulked up to 110 1/4, had been sick with the flu for some two weeks. Still, after some in depth discussions about squatting below parallel, he rectified the 150 that he did in last month's contest. His bench has been down lately, but he nearly got 172 1/2. His deadlift, down, was unimportant, as he only wanted to post enough to qualify for a 16 year old.

Jim Shaffer, the tenacious, like me, just cannot lift very well in the early hours. After hitting 185 in training, his opener at 165 was nearly a max. He did move his 183 1/2 quite well for the first few inches.

Dale Holt, at 127 pounds, just cannot seem to be able to make it to 123. His lifts were done very well - though he couldn't pull his heavier deadlift past his knees.

Nathan Kemple, very strong for 14, had his deadlift up - stiff legged. Adam Shaffer, at 140, looked to be able to deadlift about 370. Levi Kemple is much stronger than numbers would suggest. He completely goodmornings his squats.

TJ Johnson, like James Hurtado, used his openers as

his warm up. He is one strong guy, who deadlifts with the bar about six inches in front of his shins.

Yours Truly cannot lift in the morning. One of these days I will get that bench to where it really is. The 300, that I supposed would be easy, was the toughest lift that I ever want to see again! Steve Sims, ADFPA State Chairman

EAST COAST CHAMPIONSHIP DEC 2,3-1995-WHITE PLAINS, NY CRAIG SAFRAN

WOMEN 111				
Scarpulla, G	242	99	264	605
Capone, C	176	127	204	506
116				
Davis, J	325	170	369	864
Dechiera, V	203	121	275	600
122				
Cane, D	308	176	335	820
Kelly, K	138	82	209	429
139				
Loughborough, S	215	110	286	610
UNL				
Hagreen, M	247	110	303	660
MEN OPEN 123				
Maynard, C	275	187	335	797
148				
Weinstein, L	534	308	561	1403
Audia, J	517	363	517	1397
Jacobs, J	523	264	506	1293
Gengo, J	424	281	468	1172
Valinotti, M	412	253	462	1128
165				
Gibson, L	622	440	506	1568
Dematteo, J	440	391	462	1293
Alvarez, P	418	242	424	1084
Demania, A	385	242	424	1051
181				
Gibson, T	683	451	627	1760
Newark, D	451	330	578	1359
Marchetti, B	501	330	517	1348
Knight, R	424	347	473	1243
Divine, E	424	319	440	1183
Muscari, C	363	325	484	1172
198				
Macri, M	671	374	572	1617
Mubarak, M	561	336	561	1458
Nieves, Q	578	352	528	1458
Bowers, M	473	380	578	1430
Bruckardt, G	539	341	539	1419
Kutin, E	495	352	567	1414
Rivano, A	479	374	539	1392
Scarpulla, R	413	336	418	1166
Miller, M	451	253	451	1155
Mandell, D	380	308	451	1150
Capone, W	336	292	374	1001
220				
Leitch, K	523	374	605	1502
Dempsey, J	512	352	523	1386
Brant, M	506	314	561	1381
Emery, K	506	358	501	1364
Backos, J	512	319	468	1298
Johnson, M	468	352	479	1298
242				
Siapinides, C	803	473	743	2019
Thompson, L	583	402	638	1623
Birch, R	600	374	550	1524
Mulak, J	528	369	550	1447
Snyder, T	528	374	528	1430
Sweeney, T	528	380	451	1386
Wood, D	501	330	534	1375
Collins, G	429	297	506	1232
275				
Machin, C	759	446	660	1865
Gisondi, P	644	440	704	1788
Clark, M	699	462	605	1766
Cochran, M	737	440	572	1749
Regan, P	534	369	616	1518
Mazza, R	567	341	605	1513
Bianko, R	589	303	539	1430
UNL				
Yorkey, S	633	440	600	1673
TEEN 165				
Lukvornak, A	270	220	435	924
198-Rivano, A	479	374	539	1392
220				
Dibemardo, G	501	380	523	1403
Dolce, M	506	275	545	1326
JUNIOR 165				
Divine, A	435	286	457	1177
181-Newkirk, D	451	330	578	1359
198				
Mubarak, M	561	336	561	1458
Arena, P	473	341	567	1381
275-Mazza, R	567	341	605	1513

W.D.F.P.F. News Update

Many new WDFPF World Records were established during our 1995 competitive season. For those ADFPA members who helped to rewrite our WDFPF record book, CONGRATULATIONS! All the World Record Certificates have been completed by our calligrapher and signed by our WDFPF Administrators. If you have not yet received your WDFPF WORLD RECORD CERTIFICATE, please contact your ADFPA National Office.

Our WDFPF World Records Package has been updated to give credit to the current record holders. For a copy of our COMPLETE WORLD RECORDS PACKAGE, send your request with \$1.50 worth of stamps to the address given below. For single weight class records, send a stamped, self-addressed envelope to: Judith Gedney, WDFPF Secretary General, Brophy Hall WIU, Macomb IL 61455 USA.

WDFPF LOGOS: Beautifully designed and colorful WDFPF Logo emblems are now available at a cost of \$6.00/emblem. The logo is approx 4" in diameter and includes flags of past and present member nations. To order, send your request with a check made out to the WDFPF, in payment of \$6.00 per emblem to the address listed above.

Presidential Elections: Ken Smith resigned his position of WDFPF President as of October 30, 1995. Two candidates are currently running for election to that office. The ADFPA nominated Mr Dennis Brady to run for the office of WDFPF President; the Nation of England nominated Mr Andrew Cominos for this office. The deadline for the election process is January 31, 1996.

For those of you who wish to send notes of appreciation to Pres. Smith for the work that he has invested in developing this international drug-free powerlifting organization, please use the following address: Mr Ken Smith, 144 Bath Road, Reading; Berkshire, England, RD32E

WDFPF Championships for 1996: The voting representatives of the World Drug Free Powerlifting Federation are currently voting on the bids which have been received for the 1996 and the 1997 competitive season. The 1996 WDFPF competitive season includes the following Championship meets:

Teen, Junior & Masters* August
Open World* September/October
Bench Press World October

Lifters make every effort to keep these dates open. *Qualification necessary via ADFPA National Championships

SPECIAL OLYMPICS 198				
Jones, R	391	187	391	968
275-Walters, J	314	220	385	919
MASTERS 165				
Norman, G 45	363	314	501	1177
198				
Onderdonk, J 42	435	303	473	1210
Augello, V 40	424	275	429	1128
220-Jones, G 48	501	303	600	1403
242				
Ots, K 42	666	413	611	1689
Blum, L 51	418	319	550	1287
Reid, T 56	402	264	402	1067
Cerrato, R 53	55	369	55	479
BENCH PRESS DIVISION				
OPEN 148-Cohen, Daniel	253			
TEEN 181-Seff, David 17	242			
JUNIOR-Guli, Michael	281			
MASTER 52				
Mitsopoulos, John	352			
JUNIOR 198				
Rescigno, Joseph	435			
OPEN				

Rescigno, Joseph	435
Sloan, Willard	352
Olikowycz, John	264
JUNIOR 220	
Murray, Michael	325
OPEN	
Morton, James	484
Plummer, Jeff	473
Landman, Robert	369
MASTER 56	
Brown, Edward	286
JUNIOR 242	
Munoz, Miguel	429
OPEN	
Klinger, Brad	473
Munoz, Miguel	429
MASTER	
Cease, Daniel 41	391
Cerrato, Rich 53	369
MASTER 275	
Dina, Fred 45	512
JUNIOR OPEN & MASTER	
Santru, Thomas 53	424

This was our 4th Annual ADFPA East Coast Championship and for the fourth consecutive year winter storms were present. But as usual that did not stop lifters from all over the east coast and even some from California from competing. This year a separate Bench Press Division was added. As usual the caliber of lifting was very impressive.

This meet could not run as smoothly as it did if not for the following people: Ned & Mary Cramer, Charlie Schroeder, Beth Grater, and Ellen Stein who represented her sponsor Power Bar. Also a Special thanks to my wife, Lisa, and friends, Greg Field and Sal Canzoneri.

BECKLEY-RALEIGH COUNTY YMCA POWERLIFTING & BP DEC 16, 95-BECKLEY, WV LISA WILLIAM/RICK FISHER

WOMEN 129				
Bowling, S	185	125	135	445
WOMEN OPEN & MASTER 176				
Burdette, B	125	110	205	440
MEN OPEN 132				
Ray, P	315	260	315	890
Jo5-Ranson, M	440	265	375	1080
198				
Currence, D	550	400*	600	1550
Blackwell, M	410	235	505	1150
220-				
Parriski, M	530	410*	550	1490
Chapman, B	525	390	500	1415
242-Lyons, T	450	380	550	1380
COLLEGIATE DIVISION				
242-Lyons, T	450*	380*	550*	1380*
MEN TEEN 198				
Mills, S	305*	210*	365*	880*
MEN SUBMASTER				
198-Currence, D	550	400*	600	1550*
242-Leonard, J	635	405	705	1745
MEN MASTER				
220-Morris, D	380	220	430	1030
242				
Rubenstein, J	510	325	495	1330
Lilly, C	490	320	515	1325
POLICE & FIRE				
275-Crockett, T	350	275	515	940
BENCH PRESS DIVISION WOMEN				
116-Woodell, Teresa	140*			
UNL-Nutt, Nancy	220*			
WOMEN MASTER				
116-Woodell, T	140*			
176-Burdette, Barbara	110*			
UNL Nutt, Nancy	220*			
MEN OPEN				
132-Billips, Louis	240			
181-Pelfry, Mike	350			
198-Mondlak, Brian	345			
220-Chapman, Brian	390			
242				
McComar, Warren	425			
Hamilton, Jack	405			
Reed, Chris	350			
275				
Ellis, Ed	545			
Faulk, B.J.	425			
Barnard, Kerry	405			
MEN TEEN 148				
Polentino, Corey	285			
Fenn, K	250			
198-Hinkley, Paul	275			
242-Kessinger, Shawn	385*			
MEN SUBMASTER				
220-Thrasher, Rick	355			
275-Ward, Charles	400*			
MEN MASTER 40-49				
148-Woodell, Ken	275*			
220				
Callahan, Dave	360			
Morris, Doug	220			
242-Lilly, Charles	320			
275-Robertson, Cedric	415*			
MEN MASTER 50 & OVER				
275-Ewers, Robert	370			
POLICE & FIRE				
275				
Robertson, Cedric	415*			
Crockett, Trenton	275			
MEET DIRECTORS: Lisa Williams & Rick Fisher				
SPONSOR: Raleigh County YMCA				
HRIC: Paul Stuphin, WV ADFPA State Chair				
OFFICIALS: State Referees-Earl Lilly, Ron James,				
Dave Snodgrass, Mike Wills, Chuck Miller				
TABLESCORERS: Janne Shuffelbarger, Kristen				
Smith,				
ANNOUNCER: Rick Fisher				

The Beckley-Raleigh County YMCA 5th Annual Powerlifting & Bench Press Championships was a huge success for the 1995 year-ending with 37 lifters participating from North Carolina, Virginia, & West Virginia. Eighteen WV state records were set or broken including 12 in the Powerlifting Division and six in the Bench Press category.

Four women competed in this years event including Stephanie Bowling who is always colorful and this time setting PR's in the 129 lb class. Barbara Burdette of Lewisburg tried Powerlifting for the very first time in the ladies Masters category and lifted great setting 4 WV marks in the 176 lb class. Teresa Woodell was 116 this year and BP'ed 140 for a SR BP. Nancy Nutt BP'ed the heaviest for the women w/220!

Over eight VA lifters from the ADFPA returned to this event this year due to the fact expressed by them that in WV, the lifter is first and foremost...that is if you attend events promoted by Paul Stuphin. Personally, comments such as that makes all the work worthwhile. (A footnote: Since Dec '93' (25 months) there have been exactly 16 full Powerlifting events conducted within WV, excluding High School meets. The breakdown is that I am personally responsible for 7 of these events...more than any other individual! Powerlifting belongs to the athletes!)

Doug Currence had a pretty good day BP'ing 400 and totaling 1550 for new WV records @198 in the Open & Submaster. Brian Chapman of Ansted, WV, competed in his very first full-power event and did 1415 @220 placing 2nd to Mike Parriski who BP'ed a SR 410 and TL'ed 1490 to win 1st place.

John Leonard of Roanoke, VA won the OUTSTANDING LIFTER AWARD over Doug Currence DL'ing 705 and totaling 1745 @242! Ed Ellis of Winston-Salem, NC won the BEST BENCH AWARD, lifting 545 at a bodywt of 264.

In the MASTERS DIVISION, Jim Rubenstein of Grafton, WV won a very close match with Charles Lilly of Roanoke, VA in the 242 lb class. Charles tried in vain to make the 220 class but had to compete @242. Jim totaled exactly 140 lbs more this year than at the same meet last year! Local Law Enforcement Officer @ Beckley Cedric Robertson BP'ed a SR 415 in the Masters and Police & Fire. One of the most SR members, VA's Bob Ewers BP'ed 370 @275. Not sure about Bob's age, but he's over 60!

For the teenagers, Shawn Mills of Beckley set 4 WV records in the 198 lb class for the 16-17 age group. Shawn Kessinger BP'ed 385 @242 and Corey Polentino and Ken Fain did well @ 148.

Congratulations to everyone who turned in fine performances for this years event and I'm quite sure, I will be seeing most of you in some future upcoming event. If you ain't liftin', then you ain't livin' (Full-Powerlifting -that is!)

Paul Stuphin WV ADFPA STATE CHAIR

WEST COAST OPEN DEC 16, 95-WASHINGTON WILLIE AUSTIN

WOMEN OPEN				
104				
Nable, M	225	100	225	550
Kelly, D	200	110	225	535
116-Chang, Y	340	190	400*	930
129-Goto, K	235	125	265	625
139-Goto, S	235	130	245	610
154				
Houston, P	350	205	350	905
Rogers, S	360	180	325	865
Kenny, E	275	150	300	725
Hammertie, P	275	135	300	710
176				
Moore, K	360	165	350	875
McDaniel, T	350	150	325	825
Perr, A	325	135	325	785
WOMEN'S MASTERS				
122-Keeble, G	250	120	270	640
139-Grekoff, C	315	135	320	770
MEN'S OPEN				
148				
Arceaux, R	350	225	470	1045
Richards, T (M)	380	200	380	960
165				
Beavers, M	665	425	675	1765*
Inouye, T	525	275	500	1300
Turner, M (T)	365	225	420	1010
181				
Salter, D	550	275	575	1400
Olson, M	285	165	375	825
198-Franz, M	500	245	530	1275
198				
Stemas, G (M)	205	240	375	820

220					Barz, J (M)	530	375	520	1425
Faola, N	600	340	550	1490	Ritchie, E (T)	225	155	225	605
Wilcox, W	550	360	550	1460	T=TEENAGER				
242					*=AMERICAN RECORD				
Stewart, B	650	315	700	1665	M=MASTER				

NAPA VALLEY POWERFEST

The American Drug-Free Powerlifting Association has again sanctioned the California State Powerlifting Meet, which will be presented by Napa Valley Powerfest, at Napa Valley College on April 13 and 14, 1996. This is the second consecutive year that Napa Valley Powerfest will host a state meet. Last year the two-day event drew over 130 lifters from throughout California with ages ranging from 14 to 70 years of age. The meet will feature men and women's: master, open, teenage, junior, and sub-master categories.

Mike Mooney, last year's State chair, stated, "...this State meet, I believe the largest that I can remember, was organized and administered by you and your volunteers on a world-class level. It was obvious that you all put your hearts and souls into this and it showed".

It is the desire of the meet directors to learn from last year's contest and hopefully this upcoming State meet will be even better for the competitors. We are hosting the meet during the spring break weekend so that lifters have the opportunity to travel from southern California. The meet will be held in beautiful Napa Valley. Contact Bob Pothier, Mike Koufos, or Christy Kling, meet directors at Napa Valley College for further information (707-253-3228).

COMMEMORATIVE CERTIFICATES

*AMERICAN & NATIONAL RECORD

A 8 1/2 x 11 certificate is available to commemorate your achievements. Include a photo-copy of the record application with required signatures.

*ADFPA TOP 20 LIFTERS

Certificates to document your placement on the ADFPA TOP 20 LIFTER LIST. Include a photo-copy of the listing highlighting your name & placement.

The cost is \$5.00 per certificate. Send orders to:
ADFPA Secretary/Treasurer

ADFPA STATE REFEREE PATCHES:

An organizational patch indicating the ranking of STATE REFEREE is now available for \$5.00. All new State Referees after March 1, 1995 will be awarded this patch without cost.

*ADFPA CLASSIFICATION PATCHES:

Class I, International Elite, Class II, Elite, Class III, Master, Class IV: The cost is \$5.00 per patch. Include a photocopy of the meet results or published ranking.

OPEN WOMEN TOP LIFTERS

97 LBS SQUAT
236 Grater, B 5/95
231 Gedney, J 5/95
220 Anciuolo, 9/94
214 Oxley, M 12/95
210 Heller, M 10/94
180 Cohen, N 9/95
170 Shannon, S 12/95
170 Gray, D 12/95
165 Solner, S 3/95
160 Brost, S 12/95
145 Meyer, N 4/95
135 Hart, M 12/95
135 McMillian, S 12/95

104 LBS SQUAT
286 Kovalchik, P 10/95
270 Ryman, K 10/95
248 Michaud, T 5/95
245 Boudreau, P 12/95
242 Lindberg, C 5/95
230 Oxley, M 4/95
225 Nable, M 12/95
209 Hastings, H 3/95
205 Barron, L 2/95
200 Whiting, S 12/95

200 Kelley, D 12/95
190 Austin, K 3/9
190 Fox, L 12/95
190 Lalumarmo, I 12/95
190 Frailey, M 12/95
185 Schillinger, T 9/95
185 Day, B 11/95
185 Gott, L 12/95
180 Liner, K 12/95

111 LBS SQUAT
335 McKinney, D 8/95
286 Rester, B 5/95
285 Mitchell, K 12/95
245 Tschumperlin, S 4/95
245 Bodlak, M 5/95
242 Scarpulla, G 12/95
235 Ryman, 3/95
231 Munger, M 3/95
231 Snyder, L 10/95
225 Scheidegg, T 4/95

225 Canha, L 4/95
215 Swan, X 12/95
214 Bolt, M 7/95
214 Arthurs, S 8/95
214 Strickland, G 3/95
190 Kreller, D 9/95
185 Frankmann, L 11/95
185 Beasley, B 12/95
181 Day, B 10/95
176 Capone, C 12/95

116 LBS SQUAT
341 McKinney, D 3/95
340 Chang, Y 12/95
325 Davis, J 12/95
325 Waller, L 6/95
315 Kemper, T 9/95
297 Budd, C 5/95
297 Mitchell, K 5/95
265 Benjamin, T 3/95
265 Frankmann, L 4/95
264 Tschumperlin, S 5/95

253 Lombardi, R 8/95
248 Sutter, L 4/95
240 Gochenaur, M 2/95
240 Tyree, D 3/95
231 Godby, V 4/95
230 Brook, K 3/95
225 Anderson, C 7/95
220 Zepeda, B 5/95
209 Chats, C 9/95
205 Jones, E 3/95

97 LBS BENCH
137 Gedney, J 5/95
126 Grater, B 5/95
105 Meyer, N 4/95
100 Solner, S 3/95
100 Cohen, N 9/95
88 Oxley, M 12/95
83 Gray, D 12/95
85 Brost, S 12/95
77 Shannon, S 12/95
55 Hart, M 12/95
55 McMillian, S 12/95

104 LBS BENCH
187 Kovalchik, P 10/95
150 Frailey, M 12/95
145 Lalumarmo, I 9/95
130 Ryman, K 8/95
126 Michaud, T 5/95
120 Fox, L 12/95
115 Tolles, T 4/95
115 Whiting, S 6/95
115 Ewing, P 12/95
115 Boudreau, P 12/95

110 Lindberg, C 5/95
110 Kelley, D 12/95
105 Barron, L 2/95
104 Hastings, H 3/95
100 Oxley, M 4/95
100 Cushing, P 4/95
100 Schillinger, T 9/95
100 Nable, M 12/95
95 Liner, K 12/95

111 LBS BENCH
190 McKinney, D 8/95
165 Sullivan, S 5/95
159 James, A 6/95
155 Tschumperlin, S 4/95
154 Rester, B 5/95
154 Snyder, L 10/95
135 Frankmann, L 11/95
135 Mitchell, K 12/95
127 Capone, C 12/95
121 Bolt, M 7/95

120 Scheidegg, T 4/95
115 Whiting, S 3/95
115 Ryman, K 3/95
115 Canha, L 4/95
115 Bodlak, M 5/95
115 Kreller, D 8/95
115 Beasley, B 12/95
110 Munger, M 3/95
110 Rinehart, S 4/95
110 Scarpulla, G 3/95

116 LBS BENCH
192 McKinney, D 3/95
190 Chang, Y 12/95
181 Davis, J 5/95
170 Frankmann, L 4/95
154 Waller, L 6/95
150 Kemper, T 9/95
148 Tschumperlin, S 5/95
148 Zepeda, B 5/95
143 Sutter, L 4/95
143 Godby, V 4/95

140 Anderson, E 9/95
137 Lombardi, R 8/95
132 Mitchell, K 5/95
130 Tyree, D 3/95
125 Brook, K 3/95
125 Benjamin, R 3/95
125 Capone, C 4/95
121 Goeckentz, L 4/95
121 Dechuara, V 12/95
115 Gochenaur, M 2/95

97 LBS DEADLIFT
270 Gedney, J 5/95
255 Cohen, N 9/95
235 Meyer, N 4/95
231 Grater, B 5/95
225 Solner, S 3/95
220 Brost, S 12/95
214 Oxley, M 12/95
200 McMillian, S 12/95
192 Shannon, S 12/95
181 Gray, D 12/95
180 Hart, M 12/95

104 LBS DEADLIFT
308 Kovalchik, P 10/95
300 Fox, L 12/95
290 Ryman, K 12/95
285 Schillinger, T 9/95
275 Liner, K 12/95
270 Lindberg, C 5/95
265 Gott, L 12/95
260 Frailey, M 12/95
259 Michaud, T 5/95
255 Boudreau, P 12/95

250 Barron, L 2/95
242 Hastings, H 3/95
240 Cushing, P 4/95
240 Meyer, L 12/95
235 Austin, K 3/95
235 Oxley, M 4/95
230 Gougis, P 4/95
230 Lalumarmo, I 12/95
225 Whiting, S 6/95

111 LBS DEADLIFT
363 Sullivan, S 5/95
330 McKinney, D 8/95
314 Rester, B 5/95
303 Snyder, L 10/95
300 Tschumperlin, S 4/95
286 Arthurs, S 8/95
275 Mitchell, K 12/95
270 Canha, L 4/95
265 Dodge, M 4/95
265 Frankmann, L 11/95

264 Scarpulla, G 12/95
260 Kreller, D 9/95
260 Beasley, B 12/95
255 Ryman, K 3/95
255 Bodlak, M 5/95
255 Swain, X 12/95
253 Strickland, G 8/95
248 Munger, M 3/95
245 Rinehart, S 4/95
220 Whiting, S 3/95

116 LBS DEADLIFT
400 Chang, Y 12/95
380 Davis, J 3/95
336 Lombardi, R 8/95
330 Kemper, T 9/95
319 McKinney, D 3/95
315 Frankmann, L 4/95
308 Mitchell, K 5/95
292 Budd, C 5/95
292 Tschumperlin, S 5/95
286 Waller, L 6/95

285 Brook, K 3/95
285 Anderson, C 7/95
275 Tyree, D 3/95
275 Chats, C 9/95
275 Dechuara, V 12/95
270 Gochenaur, M 2/95
270 Sutter, L 4/95
270 Godby, V 4/95
259 Jeffries, E 11/95
245 Anderson, E 9/95

97 LBS TOTAL
639 Gedney, J 5/95
595 Grater, B 5/95
535 Cohen, N 9/95
518 Oxley, M 12/95
490 Solner, S 3/95
485 Meyer, N 4/95
465 Brost, S 12/95
440 Shannon, S 12/95
435 Gray, D 12/95
390 McMillian, S 12/95
370 Hart, M 12/95

104 LBS TOTAL
782 Kovalchik, P 10/95
683 Ryman, K 10/95
633 Michaud, T 5/95
622 Lindberg, C 5/95
615 Boudreau, P 12/95
610 Fox, L 12/95
600 Frailey, M 12/95
570 Schillinger, T 9/95
565 Oxley, M 4/95
560 Barron, L 2/95

556 Hastings, H 3/95
550 Nable, M 12/95
535 Kelly, D 12/95
534 Whiting, S 6/95
525 Lalumarmo, I 12/95
505 Austin, K 3/95
505 Tolles, T 4/95
500 Gougis, P 4/95
500 Gott, L 12/95

111 LBS TOTAL
855 McKinney, D 8/95
755 Rester, B 5/95
700 Tschumperlin, S 4/95
695 Mitchell, K 12/95
688 Snyder, L 10/95
615 Bodlak, M 5/95
610 Canha, L 4/95
606 Arthurs, S 8/95
605 Ryman, K 3/95
605 Scarpulla, G 12/95

595 Dodge, M 4/95
589 Munger, M 3/95
585 Frankmann, L 11/95
575 Swain, X 12/95
573 Strickland, G 8/95
565 Sutter, L 4/95
560 Scheneegg, T 4/95
560 Beasley, B 12/95
556 Bolt, M 7/95
550 Rinehart, S 4/95

116 LBS TOTAL
930 Chang, Y 12/95
876 Davis, J 3/95
854 McKinney, D 3/95
795 Kemper, T 9/95
766 Waller, L 6/95
750 Frankmann, L 4/95
749 Budd, C 5/95
738 Mitchell, K 5/95
727 Lombardi, R 8/95
705 Tschumperlin, S 5/95

661 Sutter, L 4/95
645 Tyree, D 3/95
644 Godby, V 4/95
640 Brook, K 3/95
630 Benjamin, R 3/95
620 Anderson, C 7/95
615 Gochenaur, M 2/95
600 Dechuara, V 12/95
584 Chats, C 9/95
565 Jones, E 3/95

122 LBS SQUAT
330 Dixon, S 5/95
319 Waller, L 5/95
315 Kemper, T 12/95
315 Stead, B 12/95
314 Cane, D 12/95
308 Stein, E 9/95
286 Maffioli, M 3/95
275 Hughes 4/95
275 Ruffener, M 4/95
265 Levi, J 4/95

259 Zima, I 8/95
253 Denuis, R 4/95
253 Craig, K 5/95
253 Gay, L 8/95
250 Keeble, G 12/95
248 Brackett, C 11/95
245 Rivet, J 10/95
245 McCurn, T 11/95
235 Sine, T 12/95
220 Slankard, U 9/95

129 LBS SQUAT
446 Altizer, B 5/95
350 Brissette, W 9/95
315 Bertoli, C 5/95
314 Stein, E 5/95
300 Holmes, L 5/95
300 Phillips, B 7/95
297 Ford, W 3/95
285 Clark, R 3/95
275 Warfield, Y 2/95
275 Kilberg, L 5/95

275 Mazur, M 11/95
275 Lee, T 12/95
264 Huffman, H 12/95
250 Gibson, J 3/95
248 McColl, S 3/95
245 Hurley, S 4/95
240 Chappell, M 7/95
240 Rivet, J 9/95
235 Goto, K 12/95
231 Peters, B 6/95

139 LBS SQUAT
418 Stevens, M 5/95
352 Myers, T 4/95
330 Hack, R 4/95
330 Heany, S 5/95
325 Hoffman, A 3/95
325 Lezon, C 6/95
315 Grekoff, C 12/95
314 Sullivan, K
308 Coleman 4/95
308 Safran, L 7/95

297 Abney, S 12/95
286 Trafton, D 8/95
275 McCune, L 4/95
275 Chapman, C 4/95
275 Yalch, C 4/95
275 Ford, W 12/95
270 Dilley, T 11/95
265 Vargo, C 7/95
253 Butler, T 11/95
250 Meshkov, S 12/95

154 LBS SQUAT
363 Coates, P 9/95
360 Rogers, S 12/95
350 Houston, P 12/95
347 Sortwell, A 5/95
341 Kantor, L 5/95
341 Linder, P 5/95
335 Rose, H 4/95
330 Degennaro, M 10/95
325 Welding, R 11/95
320 Allen, M 4/95

310 Mondlak, T 2/95
310 Holston, L 5/95
305 Disler, E 3/95
303 Maas, K 11/95
300 Tallanico, A 9/95
297 Brady, S 11/95
290 Brooker, S 2/95
285 Remley, B 4/95
285 Floyd, S 12/95
275 Keeran, K 6/95

122 LBS BENCH
192 Hughes, 4/95
176 Ruffener, M 5/95
176 Cane, D 12/95
170 Davis, J 3/95
165 Stein, E 9/95
160 Levi, J 4/95
160 Kemper, T 12/95
155 Rivet, J 10/95
154 Waller, L 5/95
145 Sevene, T 3/95

145 Botseas, D 4/95
143 Maffioli, M 3/95
137 Miller, C 3/95
137 Dixon, S 5/95
137 Craig, K 5/95
135 Smith, T 5/95
135 Coughlin, C 12/95
132 Zepeda, B 3/95
132 Zima, I 8/95
125 Stead, B 12/95

129 LBS BENCH
253 Altizer, B 5/95
175 Warfield, Y 2/95
159 Kilberg, L 5/95
155 Holmes, L 3/95
150 Stein, E 5/95
150 Lee, T 12/95
145 Gallardo, C 2/95
145 Edison, G 3/95
145 Bertoli, C 5/95
145 Rivet, J 9/95

145 Harstad, W 12/95
143 Roberts, J 3/95
140 Lobritz, M 4/95
140 Perkins, B 9/95
135 Benton, G 9/95
132 Mazur, M 11/95
130 Kronmuller, J 2/95
130 Clark, R 3/95
125 Brissette, W 9/95
125 Bowling, S 12/95

139 LBS BENCH
198 Abney, S 12/95
181 Vailancourt, L 8/95
180 Hoffman, A 3/95
176 Stevens, M 5/95
170 Lezon, C 6/95
170 Safran, L 7/95
170 Ford, W 12/95
165 McCune, L 4/95
165 Hack, R 12/95
165 Gross, L 8/95

159 Myers, T 4/95
159 Dilley, T 6/95
159 O'Brien, P 8/95
159 Fulton, A (M)
154 Heany 4/95
154 Yalch, C 4/95
150 Mazur, M 4/95
150 Formen, K 6/95
148 Pike, S 5/95
148 Chapman, C 4/95

154 LBS BENCH
225 Sortwell, A 5/95
209 Coates, P 9/95
205 Houston, P 12/95
192 Beckwith, K 12/95
187 Henninger, L 4/95
187 Kantor, L 5/95
187 Martun, M 8/95
185 Mondlak, T 2/95
185 Tallanico, A 9/95
185 Degennaro, M 10/95

181 Welding, R 5/95
180 Robers, S 12/95
175 Brubaker, M 12/95
170 Chandler, V 3/95
170 Holston, L 5/95
165 Hines, O 11/95
159 Floyd, S 12/95
159 Theel, S 6/95
159 Maas, K 11/95
159 Smith, A 12/95

122 LBS DEADLIFT
363 Dixon, S 5/95
341 Stein, E 9/95
335 Smith, T 5/95
335 Cane, D 12/95
320 Kemper, T 12/95
314 Craig, K 5/95
310 Sevene, T 12/95
308 Ruffener, M 5/95
303 Miller, C 3/95
300 Botseas, D 4/95

300 Steed, B 12/95
297 Zima, I 8/95
292 Zepeda, B 3/95
285 Smith, O 12/95
280 Rivet, J 10/95
280 Weisenburger, I 12/95
275 Gay, L 8/95
275 Ueberaga, R 11/95
275 Waller, L 11/95
270 Brackett, C 11/95

129 LBS DEADLIFT
418 Altizer, B 3/95
374 Ford, W 3/95
363 Kilberg, L 5/95
347 Mazur, M 11/95
340 Brissette, W 9/95
330 Warfield, Y 2/95
330 Perkins, B 9/95
325 Clark, R 3/95
319 Peters, B 6/95
314 Stein, E 5/95

303 Smith, L 12/95
300 Holmes, L 3/95
290 Edison, G 3/95
290 Lee, T 12/95
285 Bertoli, C 5/95
285 Gibson, J 3/95
280 Rivet, J 9/95
275 Phillips, B 7/95
275 Emrich, J 9/95
265 Rushing, T 9/95

139 LBS DEADLIFT
435 Stevens, M 5/95
385 Ford, W 12/95
380 Hoffman, A 3/95
370 Pike, S 4/95
358 Myers, T 4/95
358 Trafton, D 8/95
352 Hack, R 4/95
350 Mazur, M 4/95
347 Sullivan, K 12/95
336 Safran, L 7/95

330 Peters, B 3/95
325 Heany S 5/95
320 Grekoff, C 12/95
319 Lezon, C 6/95
310 Vargo, C 7/95
305 Formen, K 6/95
300 Power, C 4/95
303 Gross, L 8/95
303 Vailancourt, L 8/95
300 Curry, M 2/95

154 LBS DEADLIFT
418 Sortwell, A 5/95
400 Degennaro, M 10/95
385 Tallanico, A 9/95
380 Rose, H 4/95
380 Coates, P 9/95
380 Allen, M 12/95
363 Kantor, L 5/95
358 Welding, R 5/95
350 Houston, P 12/95
347 Hines, O 11/95

341 Smith, A 12/95
340 White, B 11/95
336 Disler, E 5/95
335 Holston, L 5/95
325 Martun, M 8/95
325 Buck, R 12/95
325 Floyd, S 12/95
325 Robers, S 12/95
319 Linder, P 5/95
319 Brady, S 11/95

122 LBS TOTAL
832 Dixon, S 5/95
820 Cane, D 12/95
815 Stein, E 9/95
795 Kemper, T 12/95
740 Hughes 4/95
740 Stead, B 12/95
733 Maffioli, M 3/95
730 Ruffener, M 4/95
727 Waller, L 11/95
705 Craig, K 5/95

700 Sevene, T 3/95
690 Botseas, D 4/95
688 Zima, I 8/95
685 Smith, T 4/95
680 Rivet, J 10/95
650 Gay, L 8/95
644 Brackett, C 11/95
640 Coughlin, C 12/95
640 Keeble, G 12/95
615 Sine, T 12/95

129 LBS TOTAL
1107 Altizer, B 3/95
832 Ford, W 3/95
815 Brissette, W 9/95
799 Kilberg, L 5/95
788 Stein, E 5/95
780 Warfield, Y 2/95
755 Mazur, M 11/95
745 Bertoli, C 5/95
740 Clark, R 3/95
720 Holmes, L 5/95

715 Lee, T 12/95
695 Perkins, B 9/95
690 Phillips, B 7/95
672 Peters, B 6/95
660 Edison, G 3/95
665 Rivet, J 9/95
660 Gibson, J 3/95
633 Huffman, H 12/95
630 Harstad, W 12/95
625 Goto, K 12/95

139 LBS TOTAL
1030 Stevens, M 5/95
880 Hoffman, A 3/95
870 Myers, T 4/95
848 Hack, R 3/95
830 Ford, W 12/95
815 Lezon, C 6/95
815 Safran, L 7/95
810 Heany, S 5/95
804 Sullivan, K 12/95
800 Mazur, M 4/95

782 Trafton, D 8/9
782 Abney, S 12/95
770 Grekoff, C 12/95
727 Coleman 4/95
722 Yalch, C 4/95
720 Formen, K 6/95
716 McCune, L 4/95
716 Gross, L 8/95
715 Vargo, C 7/95
694 Dilley, T 6/95

154 LBS TOTAL
992 Sortwell, A 5/95
953 Coates, P 9/95
905 Houston, P 12/95
892 Kantor, L 5/95
870 Tallanico, A 9/95
865 Welding, R 5/95
865 Degennaro, M 10/95
860 Rogers, S 12/95
860 Rose, H 4/95
845 Allen, M 12/95

821 Linder, P 5/95
815 Holston, L 5/95
790 Mondlak, T 2/95
788 Disler, E 5/95
771 Hines, O 11/95
766 Brady, S 11/95
760 Smith, A 12/95
755 Floyd, S 12/95
745 Brooker, S 2/95
725 Perron, S 11/95

176 LBS SQUAT

451 Ojanen, B 5/95
385 Eisenburg, E 5/95
385 Sortwell, A 9/95
380 Kuhn, K 4/95
380 Sodatis, J 9/95
374 Martin, C 11/95
369 Belt, P 3/95
365 Green, L 3/95
352 Fambro, S 12/95
350 Sabin, K 3/95

350 McKinney, R 3/95
350 Pearson, M 12/95
345 Roberts, K 7/95
341 Steele, G 5/95
330 Graham, D 4/95
330 Byers, D 11/95
319 Duncan, K 5/95
315 Wofenberger, G 2/95
315 Owens, A 6/95
314 Hayes, B 3/95

UNL LBS SQUAT

473 Avey, N 5/95
424 Corney, L 5/95
400 Schoffstall, H 12/95
395 Clever, L 6/95
391 Taylor, D 10/95
380 Martin, C 5/95
369 Smith, S 12/95
363 Jones, V 12/95
358 Kananapu, J 3/95
358 Defoor, J 5/95

350 Kendhammer, T 3/95
350 Eisenburg, E 12/95
347 Leiferman 4/95
347 Hallen, S 11/95
335 Hunter, S 12/95
330 Degroot, A 5/95
320 Magno, R 11/95
310 Gunn, K 12/95

176 LBS BENCH

260 Roberts, K 7/95
255 Green, L 3/95
231 Belisto, L J 5/95
231 Byers, D 11/95
242 Ojanen, B 5/95
230 Steele, G 3/95
230 Sortwell, A 9/95
209 Martin, C 11/95
203 Hayes, B 3/95
198 Duncan, K 5/95

192 Maile, J 5/95
192 Bezzender, A 8/95
190 Wofenberger, G 2/95
190 Sabin, K 3/95
187 Sodatis, J 9/95
187 Fambro, S 12/95
185 Calhoun, P 5/95
176 Eisenburg, E 5/95
175 Kuhn, K 4/95
170 McKinney, R 3/95

UNL LBS BENCH

304 Regan, C 5/95
220 Lattimore, B 4/95
220 Hallen, S 11/95
209 Kananapu, J 3/95
205 Clever, L 6/95
203 Degroot, A 5/95
203 Martin, C 5/95
192 Vincent, B 5/95
190 Eisenburg, E 12/95
187 Avey, N 5/95

187 Calhoun, P 12/95
181 Corney, L 5/95
181 Taylor, D 10/95
181 Jones, V 12/95
180 Schoffstall, H 12/95
176 Leiferman 4/95
175 Magno, R 11/95
170 Smith, S 12/95

176 LBS DEADLIFT

435 Belisto, L J 5/95
425 Sortwell, A 9/95
418 Byers, D 11/95
413 Maile, J 5/95
410 McKinney, R 3/95
407 Eisenburg, E 5/95
407 Ojanen, B 5/95
391 Steele, G 3/95
391 Martin, C 11/95
390 Roberts, K 7/95

385 Kuhn, K 4/95
385 Green, L 3/95
385 Fambro, S 12/95
380 Fambro, S 5/95
374 Hayes, B 3/95
370 Sabin, K 3/95
369 Belt, P 3/95
365 Hart, B 7/95
350 Wofenberger, G 2/95
350 Hart, B 3/95

UNL LBS DEADLIFT

429 Corney, L 5/95
420 Eisenburg, E 12/95
418 Vincent, B 5/95
413 Avey, N 5/95
402 Martin, C 5/95
400 DeGroot, A 8/95
400 Magno, R 11/95
400 Hunter, S 12/95
369 Defoor, J 5/95
365 Vincent, B 5/95

350 Schoffstall, H 12/95
347 Smith, S 12/95
341 Kananapu, J 3/95
341 Calhoun, P 12/95
340 Lattimore, B 12/95
336 Barba, M 5/95
330 Hallen, S 11/95
320 Gunn, K 12/95

176 LBS TOTAL

1102 Ojanen, B 5/95
1085 Belisto, L 5/95
1040 Sortwell, A 9/95
995 Roberts, K 7/95
981 Byers, D 11/95
970 Eisenburg, E 5/95
970 Martin, C 11/95
960 Green, L 3/95
945 Steele, G 3/95
940 Kuhn, K 4/95

925 Fambro, S 12/95
914 Maile, J 5/95
910 Sabin, K 3/95
909 Belt, P 3/95
892 Hayes, B 3/95
870 Sodatis, J 9/95
855 Wofenberger, G 2/95
820 Hart, B 3/95
815 Graham, D 4/95
815 Calhoun, P 5/95

UNL LBS TOTAL

1141 Regan, C 5/95
1047 Avey, N 5/95
1036 Corney, L 5/95
986 Martin, C 5/95
965 Clever, L 6/95
960 Eisenburg, E 12/95
930 Schoffstall, H 12/95
920 Degroot, A 5/95
909 Kananapu, J 3/95
898 Vincent, B 5/95

898 Hallen, S 11/95
895 Magno, R 11/95
892 Defoor, J 5/95
892 Taylor, D 10/95
887 Smith, S 12/95
837 Leiferman 4/95
821 Hunter, S 5/95
815 Calhoun, P 12/95

OPEN MEN TOP LIFTERS**114 LBS SQUAT**

375 Osborn, D 4/95
352 Gutierrez, P 12/95
347 Leonard, A 4/95
330 Snell, K 3/95
330 Jackson, W 3/95
315 Hunt, C 2/95
297 Wadhwa, A 12/95
280 Roberts, W 12/95
275 Hurtado, J 12/95
275 Gainer E12/95

270 Nunley, K 11/95
265 Ostrum, A 12/95
260 Murphy, S 4/95
231 Hall, D 6/95
220 Smeda, D 8/95
220 Smith, C 12/95
220 George, W 10/95
215 Shaffer, B 12/95
205 Zuniga, 11/95

123 LBS SQUAT

429 Burris, R 11/95
413 Smith, J 7/95
410 Sutherland, J 3/95
402 Weiss, D 7/95
402 Durachta, T 6/95
402 Lee, A 7/95
400 Duval, D 4/95
380 Snell, K 8/95
375 Shen, A 4/95
375 Flaherty, R 12/95

370 Walker, D 2/95
330 Jones, F 3/95
330 Didonato, A 10/95
330 Radford, J 11/95
325 Razo, M 3/95
320 Hanville, J 12/95
315 Laloy, D 4/95
315 Chen, D 12/95
310 Blackburn, K 4/95
297 Simmons, G 6/95

132 LBS SQUAT

479 Pallas, T 7/95
473 Huff, R 7/95
462 Washington, H 8/95
457 Clemens, K 4/95
435 Lofing, M 5/95
429 Westbrook, K 3/95
420 Beldin, B 12/95
413 Stagg, M 11/95
407 Tijerina, T 12/95
405 Castro, M 3/95

405 Coleman, B 3/95
405 Weaver 5/95
402 Griffith, P 8/95
400 Thornton, M 11/95
390 Houle, R 4/95
385 Simmons, G 12/95
380 DelGallo, R 4/95
375 Thornton, M 6/95
375 Maez, D 5/95
374 Degraffeur, R 6/95

148 LBS SQUAT

675 Conyers, T 3/95
595 Beaumaster, P 7/95
567 Page, G 7/95
562 Benemerto, J 7/95
535 Durkin, M 2/95
535 Smith, M 3/95
535 Thomas, A 9/95
535 Sigala, M 12/95
534 Weinstein, L 12/95
523 Jacobs, J 12/95

517 Audia, J 12/95
507 White, A 4/95
501 Cagola, M 4/95
501 Blevins, G 9/95
501 Byrd, T 10/95
490 Schuelke, M 11/95
473 Schuelke, M 6/95
460 Stange, S 12/95
451 Taylor, D 7/95
451 Rawn, R 9/95

114 LB BENCH PRESS

250 Hunt, C 2/95
235 Snell, K 3/95
235 Gainer, E 12/95
225 Osborn, D 4/95
225 Ostrum, A 12/95
220 Leonard, A 3/95
214 Smeda, D 8/95
180 Jackson, W 3/95
175 Wadhwa, A 4/95
170 Carver, T 7/95

170 Gutierrez, P 12/95
165 George, W 10/95
165 Zuniga, 11/95
165 Shaffer, B 12/95
155 Hurtado, J 12/95
154 Nunley, K 11/95
150 Murphy, S 4/95
145 Shaffer, B 11/95
145 Robert, W 12/95

123 LBS BENCHPRESS

308 Lee, A 7/95
270 Weiss, D 7/95
250 Duval, D 4/95
248 Snell, K 8/95
402 Burris, R 11/95
240 Aberwald, D 4/95
236 Sutherland, J 8/95
235 Calhoun, B 9/95
225 Sabol 4/95
225 Shen, A 4/95

225 Oerme, B 11/95
220 Razo, M 3/95
220 Durachta, T 6/95
220 Simmons, G 6/95
209 Radford, J 11/95
205 Walker, D 2/95
205 Blackburn, K 4/95
205 Lewis, M 11/95
200 Didonato, A 10/95
195 Yager, 11/95

132 LBS BENCHPRESS

314 Olson, B 7/95
308 Lona 3/95
308 Hoff, R 7/95
292 Washington, H 8/95
285 Coleman, B 3/95
280 Hawkins, K 2/95
280 Collins, C 4/95
275 Ray, J 11/95
270 Kestler, B 12/95
270 Corsello, J 10/95

265 Forquer, 11/95
260 Ray, P 12/95
259 Madgal, R 3/95
255 Garcia, M 4/95
255 Thornton, M 11/95
255 Gonoe, A 11/95
253 Degraffeur, R 6/95
250 Bowen, 2/95
250 Pearce, R 7/95
248 Buyan, D 11/95

148 LBS BENCHPRESS

435 Conyers, T 3/95
375 Thomas, A 9/95
369 Benemerto, J 7/95
363 Margotta, M 3/95
363 Thomas, A 7/95
363 Audia, J 12/95
340 Palmer, M 3/95
336 Cagola, M 4/95
335 Richard, J 3/95
335 Sigala, M 12/95

335 Palmer, M 12/95
330 Winston, C 8/95
330 Yost, M 10/95
325 Page, G 4/95
320 Beaumaster, P 4/95
315 Bonderant 8/95
310 Stanley, 11/95
310 McCarty, T 12/95
308 Weinstein, L 12/95
290 Whetzel, J 12/95

114 LBS DEADLIFT

429 Jackson, W 7/95
407 Carver, T 7/95
407 Smeda, D 8/95
400 Snell, K 3/95
400 Gainer, E 12/95
391 Leonard, A 4/95
375 Radford, J 3/95
358 Wadhwa, A 12/95
355 Hunt, C 2/95
355 Ostrum, A 12/95

350 Roberts, W 12/95
347 Gutierrez, P 12/95
340 Ostrum, D 4/95
325 Nunley, K 11/95
300 George, W 10/95
290 Shaffer, B 11/95
280 Murphy, S 4/95
275 Hall, D 6/95
270 Zuniga, 11/95

123 LBS DEADLIFT

479 Weiss, D 7/95
462 Smith, J 7/95
461 Burns, R 11/95
445 Walker, D 2/95
452 Snell, K 8/95
429 Durachta, T 6/95
405 Shen, A 4/95
402 Sutherland, J 8/95
400 Duval, D 4/95
400 Didonato, A 10/95

400 Chen, D 12/95
391 Lee, A 7/95
380 Radford, J 11/95
370 Gunoe, A 3/95
370 Hanville, J 12/95
365 Ciramar 2/95
365 Jones 5/95
360 Blackburn, K 11/95
360 Flaherty, R 12/95
350 Sabol, A 4/95

132 LBS DEADLIFT

562 Castro, M 7/95
495 Hoff, R 4/95
468 Stagg, M 11/95
457 Washington, H 8/95
457 Tijerina, T 12/95
451 Pallas, T 7/95
440 Buyan, D 11/95
435 Coleman, B 3/95
430 Beldin, B 12/95
425 Buyan, D 4/95

425 Houle, R 4/95
425 Weaver 5/95
425 Maez, D 5/95
425 Gonoe, A 11/95
424 Madgal, R 3/95
415 Simmons, G 12/95
410 Thornton, M 11/95
400 DelGallo, R 4/95
391 Degraffeur, R 6/95
385 Hamby, M 7/95

148 LBS DEADLIFT

630 Conyers, T 3/95
606 Weinstein, L 7/95
600 Sigala, M 12/95
578 Page, G 4/95
573 Blevins, G 9/95
540 Beaumaster, P 11/95
529 Bernan, S 11/95
525 Payne, P 12/95
525 Kellier, D 4/95

517 Audia, J 12/95
506 Jacobs, J 12/95
500 Darras, D 5/95
500 Weaver, W 8/95
500 Palmer, M 12/95
495 Thomas, A 9/95
490 Gengo, J 9/95
490 Houle, R 12/95
485 Cortes, R 8/95
473 Hamilton, T 7/95

114 LBS TOTAL

965 Snell, K 3/95
959 Leonard, A 4/95
940 Osborn, D 4/95
925 Jackson, W 3/95
920 Hunt, C 2/95
910 Gainer, E 12/95
870 Gutierrez, P 12/95
845 Ostrum, A 12/95
843 Smeda, D 8/95
826 Wadhwa, A 12/95

825 Aberwald, D 1/95
775 Roberts, W 12/95
749 Nunley, K 11/95
690 Murphy, S 4/95
688 George, W 10/95
660 Hurtado, J 12/95
640 Zuniga, 11/95
635 Shaffer, B 12/95
633 Hall, D 6/95
590 Westphal, J 12/95

123 LBS TOTAL

1151 Weiss, D 7/95
1135 Burris, R 11/95
1074 Snell, K 8/95
1052 Durachta, T 6/95
1050 Duval, D 4/95
1020 Walker, D 2/95
1020 Sutherland, J 3/95
1107 Smith, J 7/95
1005 Shen, A 4/95
1102 Lee, A 7/95

930 Didonato, A 10/95
920 Radford, J 11/95
920 Flaherty, R 12/95
895 Chen, D 12/95
876 Razo, M 3/95
875 Aberwald, D 4/95
875 Jones 5/95
870 Hanville, J 12/95
865 Simmons, G 6/95
860 Blackburn, K 11/95

132 LBS TOTAL

1256 Hoff, R 7/95
1210 Washington, H 8/95
1205 Castro, M 7/95
1173 Pallas, T 7/95
1125 Coleman, B 3/95
1113 Stagg, M 11/95
1107 Clemens, K 4/95
1085 Tijerina, T 12/95
1080 Lofing, M 5/95
1063 Westbrook, K 3/95

1063 Buyan, D 11/95
1060 Beldin, B 12/95
1055 Houle, R 4/95
1050 Weaver 5/95
1035 Boarnan, P 4/95
1035 Thornton, M 6/95
1035 Maez, D 5/95
1035 Simmons, G 12/95
1030 Buyan, D 4/95
1019 Degraffeur, R 6/95

148 LBS TOTAL

1740 Conyers, T 3/95
1532 Benemerto, J 7/95
1470 Sigala, M 12/95
1444 Weinstein, L 7/95
1438 Beaumaster, P 7/95
1438 Page, G 7/95
1405 Beaumaster, P 4/95
1405 Thomas, A 9/95
1397 Audia, J 12/95
1345 Orosz 8/94

1328 White, A 4/95
1317 Cagola, M 4/95
1311 Blevins, G 9/95
1293 Jacobs, J 12/95
1285 Palmer, M 12/95
1275 Durkin, M 2/95
1218 Byrd, T 10/95
1200 Houle, R 12/95
1195 Stancy 11/95
1190 Yost, M 10/95

GAYNOR PRODUCTIONS

Presents

FEBRUARY 24**PennState High School Champs**

(State Records to be established)

FEBRUARY 25**TOP GUN BENCH PRESS****MARCH 24****Superstars Bench Press Championship**

(All divisions and weight classes)

APRIL 19-21**WOMEN NATIONALS****MAY 18/19****Pennsylvania State Championships**

(Open/Lifetime/Teenage/Junior/Master)

19 Sunrise Drive, Mountaintop PA 18707

717-474-6111 night or 717-823-6994 days

165 LBS SQUAT

665 Beavers, M 12/95
622 Gibson, L 12/95
611 Conyers, T 8/95
610 Turner, C 3/95
590 Yost, T 6/95
580 Roy, M 3/95
575 Harger, B 2/95
573 Bridges, B 7/95
567 Masher, J 4/95
556 Wiltshire, G 3/95

556 Schully, B 7/95
555 Brinkly, T 3/95
540 Lubinsky, A 6/95
540 Eaddy, R 9/95
534 Hensly, D 12/95
530 Easton, C 12/95
525 Peach, P 12/95
525 Inouye, T 12/95
523 Waller, M 11/95
512 Garrett, K 10/95

181 LBS SQUAT

722 Benemerito, R 7/95
694 Jones, G 7/95
683 Gibson, T 12/95
650 Hampton, S 4/95
650 Garcia, A 11/95
630 Pilkenton, M 12/95
625 Bonner, B 4/95
615 Safford, P 12/95
610 Hughes 2/95
606 Baumgart, J 9/95

600 Cannizzaro, P 3/95
600 Earley, D 7/95
600 Garcia, A 6/95
600 Casey, M 8/95
600 Bell, M 12/95
600 Garofalo, R 9/95
590 Andrus, N 3/95
590 Pillitieve, D 3/95
584 Strickland, B 8/95
580 Yost, T 11/95

198 LBS SQUAT

755 McAuliffe, J 7/95
725 Boucher, D 12/95
705 Harris, A 7/95
700 Barber, M 4/95
688 Gerrard, H 7/95
683 Stokes, B 7/95
675 Schraub, J 3/95
671 Marci, M 12/95
670 Pomponio, J 4/95
665 Brookins 5/95

661 Janca, A 6/95
655 Edmondson, S 4/95
650 Jones, G 3/95
650 Janca, T 3/95
650 Taghavand, B 9/95
644 Fiorini, P 10/95
644 Teets, D 10/95
639 Callahan, B 4/95
620 Drupeppel, M 9/95
620 Rizzo, J 12/95

220 LBS SQUAT

740 Audet, D 4/95
733 Croner, W 4/95
733 Schleick, D 7/95
727 Rigert, B 7/95
727 Watts, S 7/95
710 Jarrett, M 4/95
705 Summons, A 7/95
705 Scruggs, K 12/95
700 Nelson, S 9/95
700 Littlejohn, F 12/95

699 Johnson, K 7/95
688 Holmes, C 10/95
680 McIntyre, F 12/95
672 Cam, S 7/95
672 Graham, J 8/95
672 Janca, A 11/95
665 Zwaanstra, S 9/95
661 Tyring, P 6/95
660 Rodriguez, L 12/95
655 Keller, V 11/95

165 LB BENCHPRESS

440 Gibson, L 12/95
425 Beavers, M 12/95
424 Masher, J 7/95
424 Miller, L 7/95
418 Conyers, T 8/95
400 Perine, R 12/95
391 DeMatteo, J 12/95
385 Lavelle, T 4/95
380 Turner, L 3/95
380 Bridges, B 7/95

375 Hornyak, G 12/95
370 Tentinger, L 3/95
370 Gaughler, B 4/95
360 Turner, C 3/95
352 Rodriguez, B 4/95
350 Eaddy, R 9/95
341 Wright, G 8/95
341 Kratz, E 10/95
341 Joyal, C 11/95
341 Batacan, E (M)

181 LB BENCHPRESS

451 Gibson, T 12/95
440 Benemerito, R 7/95
429 Jones, G 7/95
425 Ayers, R 3/95
424 Cannizzaro, P 3/95
418 Stevens, T 8/95
413 Watkins, T 4/95
405 McAteer, W 9/95
405 Pilkenton, M 12/95
402 Casey, M 8/95

391 LaRocca, C 4/95
391 Olawbusola, T 7/95
391 Goodhew, J 11/95
390 Andrus, N 3/95
390 Ross, J 4/95
390 Hernandez, J 11/95
385 Tsutsui, R 3/95
385 Haag, T 4/95
380 Friday, S 1/95
380 Stevens, A 3/95

198 LB BENCHPRESS

620 Rizzo, J 12/95
560 Sylvia, J 12/95
525 Lewis, R 12/95
510 Cien, D 10/95
510 Westerbrook, J 12/95
507 McAuliffe, J 7/95
475 Redmond, E 9/95
465 Kencheloe, C 11/95
460 Todd, B 12/95
457 Fiorini, P 10/95

455 Dale, E 3/95
446 Moran, M 4/95
446 Jernan, R 4/95
440 Chwieroth, T 9/94
440 Scott, J 2/95
440 Jones, G 3/95
440 Register, J 4/95
440 McKinney, R 4/95
440 Johnson, L 7/95
435 Larchuck, J 5/95

220 LB BENCHPRESS

505 McMillan, D 9/95
490 Nichols, M 4/95
485 Morton, J 7/95
479 Wenner, R 7/95
475 Bruhner, T 4/95
475 Watkins, J 4/95
473 Bell, J 8/95
470 Chevalier, D 5/95
470 Crossen, R 9/95
451 Croner, W 4/95

446 Herrmann, D 4/95
445 Onorato, J 12/95
440 Cam, S 3/95
440 Rigert, B 7/95
440 Larchuck, J 6/95
435 Krause, J 7/95
435 Stanford, M 12/95
430 Zwaanstra, S 9/95
430 Hunter, D 10/95
429 Cote, R 9/95

165 LBS DEADLIFT

677 Bridges, B 7/95
675 Beavers, M 12/95
628 Conyers, T 8/95
620 Turner, C 3/95
600 Brent, B 2/95
600 Blount, R 12/95
600 Lewis, AL 12/95
584 Gibson, L 7/95
580 Burns, D 2/95
580 Hollinagel, R 3/95

575 Reid 5/95
565 Conner, M 5/95
562 Guzman, Q 7/95
562 Charice, R 7/95
562 Hall, L 10/95
560 Butcher, J 4/95
551 Hensly, D 12/95
550 Perine, R 12/95
545 Alston, J 12/95
540 Eaddy, R 9/95

181 LBS DEADLIFT

738 Benemerito, R 7/95
645 Andrus, N 3/95
639 Jones, G 7/95
635 Pilkenton, M 12/95
635 Dias, T (M)
630 Garofalo, R 9/95
627 Gibson, T 12/95
617 Olawbusola, T 7/95
600 Cinghiano, R 3/95
600 Herring, R 3/95

600 Lewis, R 8/95
580 Pardue, T 9/95
580 Wise, J 11/95
578 Newkirk, D 12/95
575 Salter, D 12/95
573 Baumgart, J 8/95
573 Beck, G 9/95
573 Krockenberger 10/95
573 Grant, R 12/95
565 Ray, J 7/95

198 LBS DEADLIFT

710 Stokes, B 7/95
705 Harris, A 7/95
700 Brookins, S 9/95
677 Glumac, R 3/95
677 Barber, M 4/95
665 Safran, C 12/95
661 Gahagan, C 12/95
650 Drupeppel, M 5/95
645 Starling, L 3/95
645 Pomponio, J 4/95

640 Richard, J 6/95
640 Jones, G 3/95
640 Drupeppel, M 9/95
639 Smith, J 7/95
639 Macro, M 9/95
635 Richards, J 11/95
633 McAuliffe, J 7/95
633 Rice F 7/95 (M)
633 Balis, M 8/95
622 Ulvang, J 8/95

220 LBS DEADLIFT

799 Holmes, C 4/95
777 Morton, J 7/95
760 Johnson, K 7/95
750 Cahill, J 11/95
727 Sammons, A 7/95
727 Riley, E 6/95
722 Littlejohn, F 12/95
720 Cam, S 3/95
688 Graham, J 8/95
685 Terman, M 4/95

680 Villeneuve, D 5/95
681 Faison, H 4/95
661 Tyring, P 6/95
660 Prater, J 10/95
660 McIntyre, F 12/95
650 Watson, T 4/95
650 Edelstein, M 12/95
640 Rodriguez, L 12/95
639 Rigert, B 6/95
639 Scruggs, K 12/95

165 LBS TOTAL

1765 Beavers, M 12/95
1655 Conyers, T 8/95
1631 Bridges, B 7/95
1631 Gibson, L 7/95
1590 Turner, C 3/95
1521 Masher, J 4/95
1460 Eaddy, R 2/95
1450 Perine, R 12/95
1444 Scully, B 7/95
1440 Brinkley, T 3/95

1435 Patterson, V 4/95
1430 Eaddy, R 9/95
1420 Taylor, T 3/95
1410 Rodriguez, B 4/95
1410 Yost, T 6/95
1410 Miller, L 7/95
1405 Lewis, A 12/95
1399 Hensly, D 12/95
1375 Hornyak, G 12/95
1365 Wolter, J 11/95

181 LBS TOTAL

1906 Benemerito, R 7/95
1763 Jones, G 7/95
1760 Gibson, T 12/95
1670 Pilkenton, M 12/95
1635 Andrus, N 3/95
1598 Olawbusola, T 7/95
1592 Cannizzaro, P 3/95
1585 Garofalo, R 9/95
1560 Safford, P 5/95
1555 Hampton, S 4/95

1537 LaRocca, C 4/95
1521 Goodhew, J 11/95
1510 Baumgart, J 8/95
1504 Garcia, A 11/95
1501 Casey, M 8/95
1500 Bell, M 7/95
1474 Strickland, B 8/95
1455 Marlin, B 11/95
1453 Santos, R 12/95

198 LBS TOTAL

1895 McAuliffe, J 7/95
1862 Keyhea, V 1/95
1829 Stokes, B 7/95
1829 Harris, A 7/95
1800 Barber, M 4/95
1800 Brookins 5/95
1730 Jones, G 3/95
1725 Gerrard, H 7/95
1700 Pomponio, J 4/95
1680 Boucher, D 12/95

1670 Drupeppel, M 9/95
1664 Janco, T 3/95
1653 Bell 4/95
1650 Drupeppel, M 5/95
1647 Macri, M 9/95
1647 O'Brien, C 10/95
1640 Dale, E 3/95
1639 Ulvang, J 8/95
1617 Marci, M 12/95
1614 Fiorini, P 10/95

220 LBS TOTAL

2000 Morton, J 7/95
1884 Johnson, K 7/95
1873 Holmes, C 10/95
1824 Cam, S 7/95
1813 Summons, A 7/95
1807 Croner, W 4/95
1807 Rigert, B 7/95
1792 Littlejohn, F 12/95
1785 Jarrett, M 4/95
1785 Wenner, R 7/95

1755 Cahill, J 11/95
1747 Watt, S 7/95
1747 Scruggs, K 12/95
1736 Riley, E 6/95
1710 Bell, J 8/95
1710 McIntyre, F 12/95
1708 Graham, J 8/95
1703 Janca, A 11/95
1695 Zwaanstra, S 9/95
1692 Stanford, M 12/95

242 LBS SQUAT

803 Siapirides, C 12/95
780 Arnold, E 5/95
766 Savainaea, S 7/95
750 Downey, H 9/95
749 Jacobs, J 8/95
733 Colbert, T 4/95
727 Davis 4/95
727 Koehrsen, C 11/95
720 Graham, J 3/95
715 Weeks, T 12/95

705 McCain, B 4/95
705 Shiffer, D 4/95
705 Donati, R 11/95
700 Graham, J 5/95
695 Boyd, P 3/95
694 Danko, L 4/95
688 Swift, M 11/95
685 Cunningham, P 4/95
685 Elder, M 11/95
683 Sample, L 4/95

275 LBS SQUAT

850 Reeves, M 3/95
832 Leiato, T 7/95
804 Reeves, M 8/95
800 Coates, R 4/95
788 Surrall, E 8/95
771 Guidish, G 3/95
759 Machin, C 12/95
755 Best, N 7/95
755 Gillespie 4/95
755 Bonner, T 7/95

755 Babb, M 10/95
750 Gillingham, B 12/95
749 Ebner, R 4/95
744 Sargent, H 9/95
738 Washington, B 4/95
737 Cochran, M 12/95
715 Sartin, K 12/95
710 Anderson, P 10/95
710 Foster, K 12/95
705 Tittger, W 10/95

UNL LBS SQUAT

947 Henry, M 7/95
865 Huesman, B 4/95
854 Dempsey, B 7/95
850 Sempek, J 12/95
826 Reeves, M 7/95
826 Payne, G 7/95
826 Crowley, D 8/95
821 Mafuia, V 4/95
793 Culnan, S 7/95
793 Moore, B 7/95

788 Gillingham, B 7/95
788 Philippi, M 7/95
765 Green, J 11/95
755 Gisondi, P 7/95
755 Armando, C 9/95
750 Coates, R 12/95
744 Mahoney, T 8/95
738 Ramsey, R 10/95
730 Nyholm, K 12/95
725 Aderson, M 12/95

242 LB BENCHPRESS

562 Donato, R 11/95
545 Walsh, R 7/95
525 Orlando, G 10/95
490 Jacobs, J 8/95
485 Arnold, T 6/95
485 Rhodes, C 12/95
473 Siapirides, C 12/95
473 Arthurs, L 8/95
473 Klinger, B 10/95
465 Foristall, S 6/95

465 Panter, S 11/95
465 Cornick, S 12/95
457 Hayes, K 6/95
457 Sheridan, B 11/95
451 Colbert, T 4/95
451 Moore, K 4/95
451 Shiffer, D 4/95
450 McCain, B 4/95
450 Corum, S 4/95
450 Downey, H 9/95

275 LB BENCHPRESS

600 Leiato, T 7/95
560 Gillingham, B 12/95
551 Gillespie 4/95
540 Madkins, L 7/95
540 Reeves, M 8/95
525 Coates, R 4/95
523 Bonner, T 7/95
512 Best, N 7/95
505 McDaniel, C 12/95
501 Buckley, W 7/95

275 LB DEADLIFT

800 Gillingham, B 12/95
771 Koehrsen, C 3/95
730 Reeves, M 3/95
722 Madkins, L 7/95
722 Reeves, M 8/95
716 Gillesie 4/95
705 Best, N 7/95
705 Rittger, W 10/95
704 Gisondi, P 12/95
700 Coates, R 4/95

275 LBS TOTAL

2110 Gillingham, B 12/95
2105 Leiato, T 7/95
2100 Reeves, M 3/95
2062 Reeves, M 8/95
2025 Coates, R 4/95
2022 Gillespie 4/95
1962 Madkins, L 7/95
1923 Bonner, T 7/95
1906 Kiehrsen, C 3/95
1901 Best, N 7/95

When is Second - ENOUGH?

This note is for male and female Teenage, Juniors and female Masters. The selection of World powerlifting teams allows for 12 males and 11 females across the weight classes in each age division. First Place winners are always selected and, if unable to attend, then the second place finisher, to that winner, is invited. The uncontested weight groups that have no winners to select from, so the best second place finisher within the age group is selected by formula. Third place finishers are not considered.

The message that I would like to get across— is to try your very best even if some other lifter is a little better on a given day. This may be your ticket to the Worlds.

**** about the Nominee ******ATHLETE'S
REPRESENTATIVE****BROTHER BENNET
AWARD**

ED KING: Prominent Ohio meet director and runs a gym of predominantly ADFPA lifters.

PETER GISONDI: Prominent New York meet director, past Athlete's Rep, competitive lifter.

ANDREA SORTWELL: Prominent Colorado meet director, past state chair, competitive lifter.

JOHN MATHIEU: Prominent Maine meet director, Maine state chair, gym owner, and coaches many.

CHRISTY KLING: Noted director of the California State Championship & supporter of Drug Free lifting.

LLOYD WEINSTEIN: Prominent Connecticut meet director, coaches YMCA lifters, competitive lifter.

NICK BEST: California competitive lifter.

DENNIS BRADY: Past President, Vice-Pres & EC member, IL State Chair, Prominent Meet director, active International referee.

JUDITH M. GEDNEY: 15 yr competitive lifter, Past EC member, International referee, served on cmtes.

PETER GISONDI: A foremost New York Drug Free lifter and meet promoter, presents seminars referees and is a writer of publications.

SONNY RUNYON: A well known Indiana lifter and meet promoter that goes the extra step to help all lifters and the public to better enjoy Powerlifting.

MICHAEL CISSELL: Missouri State Chair, National Referee, promotes multiple meets at all levels and sponsors a gym of ADFPA lifters.

FRED GLASS: World Champion lifter, National Referee, prominent meet director at all levels and works to assist anyone that needs a hand.

JOHN MATHIEU: Maine State Chair, State Referee, Prominent meet director, runs active gym for drug free lifters and coaches many world level lifters.

JOHNNY GRAHAM: World Champion lifter, promoter of meets at all levels, Chair of Military Cmte, and is known as the lifters coach.

GOOD PEOPLE ALL**LIFTER BALLOT—BE SURE TO VOTE!**

ATHLETE'S REPRESENTATIVE: The Athlete's Representative is a lifter rep that has a voting privilege at the annual National Governing Body Meeting.

VOTE FOR 5 or less by placing an **"X"** next to the candidate of your choice.

<input type="checkbox"/> John Mathieu	<input type="checkbox"/> Nick Best
<input type="checkbox"/> Andrea Sortwell	
<input type="checkbox"/> Christy Kling	<input type="checkbox"/> Ed King
<input type="checkbox"/> Lloyd Weinstein	
<input type="checkbox"/> Dennis Brady	<input type="checkbox"/> Judith Gedney
<input type="checkbox"/> Peter Gisondi	

BROTHER BENNET AWARD: The Brother Bennet Award is given annually in recognition of outstanding efforts in promoting the growth and development of the ADFPA and Drug Free Powerlifting. **VOTE FOR 1** by placing an **"X"** next to the candidate of your choice.

<input type="checkbox"/> Peter Gisondi
<input type="checkbox"/> Sonny Runyon
<input type="checkbox"/> Michael Cissell
<input type="checkbox"/> Fred Glass
<input type="checkbox"/> John Mathieu
<input type="checkbox"/> Johnny Graham

MAIL BALLOT TO:**NOT LATER THAN: APRIL 1, 1996****ADFPA SECRETARY/TREASURER****29 S ORCHARD DRIVE****AMHERST, MA 01002-3038**

LIFTER NAME: _____ **LIFTER STATE:** _____ **1996 ADFPA No:** _____

SPORTS MEDICINE

I have been getting quite a few calls and letters lately regarding elbow pain, especially during the squat and the bench press. Most of these lifters state that the pain has developed over a period of time, not happening suddenly. On the squat, it starts most frequently while setting up for the lift and during the performance of the lift and for a short time after. When it occurs during the bench press, the athletes state it usually starts about 4" off of the chest during the descent and gets worse right before and during the pause.

Unlike the knee, the elbow is able to rotate more than a few degrees either direction. This presents possible future trouble to the elbows for powerlifters. During the squat, the elbow is under a lot of stress as it must help the wrist and hand stabilize the bar on the lifter's shoulders. It is especially under a lot of stress when the athlete places the bar on their shoulders in typical powerlifter fashion - low. By placing the hand on the bar during the squat, one must pronate the elbow/wrist in order to grip the bar. Doing this over a period of time can sometimes cause chronic elbow pain, usually helped by rest and not squatting. During the bench press, the hands are placed in another pronated position, yet not quite as far when compared to the squat. The elbow flexors (biceps brachii, brachialis, etc.) must help stabilize the bar during the descent phase of the bench. Again, done over a period of time could possibly wreak havoc on the elbow joint. This is especially true if the injured athlete's elbow is repeatedly subjected to the main cause (for example, the bench) and then utilized later in the week (during the squat), reaggravating the problem.

Being powerlifters, we cannot get away from the hand positions we must use during the lifts. Therefore other measures must be taken. If in pain, and you have a meet coming up that you need to train for, try a light-medium wrap job on the affected elbow during the lift while training in the gym. This will take some stress off of the joint and not aggravate it as much. Please remember you cannot use elbow wraps in competition. A second measure one can take to either help rehabilitate or prevent future problems is to strengthen the elbow flexors to handle more stress. As powerlifters, we tend to concentrate on the triceps (elbow extensors) more as they are one of the primary movers during the bench press. We must make sure that the elbow flexors receive good quality exercise to keep them strong. This helps keep the muscle balance around the elbow intact and help prevents future joint problems. Stretching the elbow musculature will help to prevent problems as well. Some elbow pain can come from problems in a previous issue last year. If none of the above ideas help, either write/call me or seek the proper medical/ chiropractic attention in your area for further advice. Be healthy and be strong!!

Please send your questions for the Sports Medicine Committee to Dr. Michael Hartle, 3835 W Jefferson Blvd. Ft. Wayne, IN, 46804. If you would like a personal response, please send a SASE with \$1.00 to cover additional postage and other expenses. I also welcome your comments on the committee/column. You can contact me at 219-432-7339/FAX 219-745-1098.

1996 NATIONAL COLLEGIATE UPDATE

Plans for the 1996 National Collegiate Competition are well on their way to producing our most spectacular meet to date. The meet director is Mr Johnny Graham. The competition will be held at the illustrious Abrams Physical Fitness Center at Fort Hood, Texas. The facilities are outstanding. There is a staged lifting area with a spectator capacity of up to 600. They will have two warmup rooms with over 3000 lbs of free weights. The speaker system will be in both the lifting and warmup areas for the best communication. The perks include shower rooms for both men and women as well as an indoor pool and saunas. Accommodations and transportation have been arranged to ensure that the lifters will not have to think about anything but their lifting.

We recently did a mailing to 900 NCAA schools to promote the meet and inform collegiate lifters about the ADFPA. The meet will be held March 23rd and 24th. The contest will be a two platform meet running two days with the women and men through the 165 lb weight class competing on Saturday, and the 181-UNL men competing on Sunday.

Mr Graham is the Chairman of the National Military Committee for the ADFPA and a seasoned meet director as well. He always hosts top quality meets. He has arranged to have many experienced judges at the competition. If you have any questions you may contact Mr Graham at the following address: 1706 Shoemaker Drive, Killeen, TX 76543; telephone: 817-526-0779

Continued support of our collegiate lifters will ensure a healthy future for the ADFPA. They are the open and master lifters of tomorrow. The bid for the 1997 National Collegiate Meet is still open. We welcome any and all interested parties to contact the collegiate chairperson, Dr Monique Levesque-Hartle, at 219-456-8485. We will be having a Collegiate Committee Meeting Friday, March 22, 1996 at the meet hotel at 7:00 pm. Any agenda items to be discussed need to be sent to Dr. Monique Levesque-Hartle by February 29, 1996 to be placed on the docket. Please send such agenda items to her at 4030 Hoagland Avenue, Fort Wayne, IN 46807. This meet is a lot of fun to host and it gets bigger and better every year. Help us further collegiate lifting in the ADFPA and submit your bid today.

ADFPA NATIONAL MEETING MOTIONS

The 1996 ADFPA National Meeting will be held on June 14, 1996 as part of the Men's Nationals. This meeting of the National Governing Body considers and votes on motions that are related to the establishing/changing of policy, rules, referees, and funding of projects and actions. This is your organization and this is the time for you to express your ideas and concerns. Start thinking now and forming your motions to be voted on. If you do not know how to write a motion, just give us the background, justification and desired action.

If you want to talk to those that have votes, consider speaking with your State Chair, Athlete's Representatives, Committee Chairs and the Board of Elected Officials. We all want to move in a direction that will enhance the organization and make it a better place for you to compete Drug Free.

Send these to the Secretary/Treasurer Office.

“ CONFESSIONS of a Meet Director's WIFE ”

I am not going to lie to you. Running a powerlifting meet takes months of preparation and lots of hard work. You have to be organized. You have to be flexible. You most definitely have to be patient. (Especially if you are running it with your spouse.) But what you can gain from running a meet, well, that is bigger than any SHW I have ever seen.

Craig Safran is the meet director of the ADFPA East Coast Powerlifting Championship. And I am his wife. We just finished promoting our 4th annual meet under this name. We even added a Bench Press Championship this year for the first time. As I look back, it is hard to believe that it has been four years. Four years!

I remember the first year we ran the meet. It was held in Bayside, New York in December during the Nor'easter. As we carted the platform and the weights from the van through the parking lot to the hotel to the ballroom where the grand event would occur, (and at the same time we were fighting fierce winds, sharp pellets of rain and each other), I thought to myself, “what am I nuts?” I knew Craig was but I never thought I was this crazy. By 1:00 a.m. that morning, the morning before the meet, we were all set up. As we stepped back to admire the set up where the action would soon take place, I took a deep breath and thought, “Wow, this really looks great. The lifters are going to love it.”

And did they ever. Despite the horrendous weather condition, the lifters showed up to do what they had been preparing to do for the last few months—lift like animals! For the entire weekend, the weather remained treacherous but you would never be able to tell that from the atmosphere inside. Body heat everywhere, chalk flying, Marie's infamous voice penetrating the room with every “next on deck” or “in the whole.” High fives, applause, screams of delight for every “3 whites.” It was very exciting! and knowing that Craig and I were responsible for creating the forum in which this excitement occurred made me realize how much our hard work had been appreciated by all who attended. Before we knew it, we were preparing for next year's event. (I was probably still delirious from the excitement.)

With the experiences we had from our first meet, we were even better the second time around. But of course, wouldn't you know, we had to weather a bad storm - again. This time it was snow!

We carted in the weights, stomped our feet clean and did it all over. Good thing we had a crew of friends to help out once again. And great thing we had our usual crew of judges and officials to make the two days run flawlessly. By the end of the weekend we were sore, tired, frozen, but of course, pleased with our efforts. It is all about giving back to the sport. Think about it, if no one threw meets where would any of us lift?

The third year we squeaked by without any bad weather but the fourth annual brought another pile up. No wonder inclement weather has become synonymous with the East Coast Championship. A lifter once suggested we rename it “Iced” Coast Championship. Neat idea. Maybe we will consider it for the fifth annual. And not doubt, there will be one! Lisa

‘NEW’ ADFPA WEAR

The ADFPA is introducing a high quality T-Shirt and a Sweat Shirt with embroidered logo. The T-Shirts are by Hanes Beefy-T, 100% Preshrunk Cotton. The Sweat Shirt is a Lee, 95% Cotton with 5% Polyester.

T-Shirt sizes are Small through XXL, while the Sweat Shirt is sized Small through XL.

T-Shirt is : \$10.00 S-L

: \$12.00 XL-XXL

Sweat Shirt is: \$25.00 for all sizes.



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WORLDS 1995 by Bianca Oden

I first began powerlifting as a way to get an edge on my competition. My goal was to strengthen and condition my muscles for track and field. I was introduced to Dyke (my powerlifting coach) through Maria Sarris, and quickly learned that he helped many other athletes both professional and amateur to accomplish goals as mine. I began lifting in November and a few months later he ask me to be on the powerlifting team. Maria and I talked about this a few times, and I learned that besides her there was three other girls and another coach. It was this same team, with the addition of another team member that I travelled with to England. When I was asked to go to worlds, I was under the impression that I was going to help wrap knees, but later found out that, that was not the intention. I was to compete in England in the 111 lb weight class.

Although I don't like flying, the flight over was not that bad, considering we had to sleep the whole way, to make up for the eight hour difference. Before we could get off the plane, the team had to put on our flashy pants that looked like the American flag. One of the members of the team, took an earlier flight over and so when we got there we were greeted with a banner. Walking through the airport in England, we were asked a lot of questions, received a lot of looks and giggles, but all the giggles stopped when we were escorted to the front of Customs in the airport.

Finally after an hour of being lost we got to our hotel. There was not much time to rest before we were off again. Our first adventure was to find a scale so we all could be weighed to see if the flight had made any difference in our weights. From then on we were on the move... The day before our last day in England, was the day of the meet. We had weigh-ins early in the morning. The night before we had checked our weights and I was 104 lbs. on the dot. Everyone had skipped breakfast, but as soon as we got there me and another girl had to drink two little jugs of water and eat a bagel or two before we weighed in to insure that we would make our weights and not be under. That is when I got nervous, because if we did not make weight we would be sent home. I weighed in at 105.5 lbs and I had to be between 104 and 111 lbs.

When I first saw everything, it reminded me of when I used to do gymnastics. With the judges and all of the people, and it was then that I got nervous again. I never could stay nervous for long because Maria was always around, and it is hard to do anything but laugh when you are around Maria. From then on, things ran like they do in the gym. We did our warm-ups, looked at our charts Dyke gave us, and then we had a little time to rest before we

were up. I was 8-9 that meet, the reason I was not 9-9 was because on my first bench I hear a click of a camera and thought that it was a clap. My squat was 209, bench 105, and dead-lift was 264. After that all there was left to do was have FUN!!

I credit all of my success in that meet to my coach, for the obvious, the team, for helping me through my first big meet and cheering me on, and my father, for getting me into powerlifting.

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DRUG FREE POWERLIFTING AND IT'S BENEFITS by Donna K Conklin

I have been attending powerlifting meets since my son, Luis Conklin, and his brother were in seventh and eighth grades. Luis is now a freshman at Olivet College in Michigan. At first he was in powerlifting because his football coach insisted that all players lift. To get the boys motivated in lifting he took them to some district competitions. Being good sports parents, we offered to transport some of the boys to the meets. After the first year we were the only transportation the boys had. It was up to us to make sure they got there. We didn't mind because it was good training for the boys and fun being involved with the boys on the team. We got to know a lot of boys in this way. However, we did feel the coach could have been a little more supportive.

At first Luis wasn't winning at the meets and he wanted to quit. But we felt that if he played football he needed to be as strong and conditioned as he could be. We had seen too many boys injured because they didn't lift. Once Luis started winning at the meets, his whole attitude changed. He became more focused in everything he set out to do. He became more disciplined in his school work, his workouts, his diet, his personal and spiritual life.

His main goal in lifting at that time was to be good enough to win at the State level. Luis reached that goal and so much more in 1995. The state meet was held in March of that year. He went determined to do his best. He had trained hard for a year. He came home a state champion with two state records in the 148 lb class. He was excited and burning with the desire to qualify for Nationals in the summer. He couldn't seem to find out where the qualifying meet was for the state of Michigan. Finally a coach in another school district told us of a qualifying meet to be held in June at Chicago. Luis wrote for information from the B&W gym who holds the Iron Viking qualifying meet each year. He sent in his registration fee, but hit a snag because he was not an ADFPA member. Sandy Brady explained to him that he could join before the meet. Luis won at the Iron Viking clearing a way to go to Nationals.

In July we headed for Sharon, PA for Nationals. All day Luis and a young man from Bethlehem, PA fought for the number one position. Luis came in second place. He was asked to join TEAM USA that would be competing in Horsham, England in August. He readily accepted the challenge. He won first place there in the 148 lb class. World Competition gave him an insight to International competition. He thrived on it.

Luis was not only a State Champion, but a World Class Lifter. At 148 lbs, he showed the world that he was a champion. I've written a lot about Luis' accomplishments in lifting, now let's get to the benefit part: FIRST: It taught him discipline in his physical, mental and spiritual life, SECOND: It gave him self-confidence and self-esteem, THIRD: It gave him good health both physically and mentally, FOURTH: He reached his goals that he set at an early age, FIFTH: It has opened doors he never dreamed he would enter. He has had opportunity to speak to Rotary meetings, to the American Legion, and at churches to youth and adult alike. He has been able to make contact with influential men and women that might someday be in a position to help him. They just might remember this young man who spoke with dignity and pride to their organization. The biggest plus Luis has received was the \$2,300 renewable scholarship from the Chrysler Corp in November. They only give fifteen scholarships nation wide and Luis received one. This enabled him to pay off his freshman year. He didn't even know he was in the running for it until the financial aid office called to tell him. Can you imagine his feelings when he was told, "You received this scholarship because you are a minority (Costa Rican), your GPA is 3.75, and your International lifting made you stand out above the rest?"

Little did Luis realize his lifting would help and improve him all those many years ago. He is well liked by his peers and professors. He is a

leader among adolescent, teen and college young people. He has become a hero to many little boys in our area. They seem to want to be around him and to listen to what he has to say. Luis has begun training for his life's profession as an elementary school teacher. What better way to talk to and reach kids than through sports and especially, DRUG FREE POWERLIFTING.

Luis plans to continue lifting and is in the process of establishing a collegiate team at his college. He plans to return to the Iron Viking in the Spring to qualify for Nationals again. And hopefully he will win there earning him another spot on TEAM USA for world competition this summer. Workouts, diet and competition along with college classes have become a way of life for Luis. He encourages both men and women to get involved with drug free powerlifting.

THE GIRLS OF CUTTING EDGE

by Dyke Naughton, C.S.C.S.

People often ask me how we turn out so many (quality) young female lifters from our small gym in Latham NY. We've been very fortunate in finding girls with very favorable genetics along with great mind sets. These two factors, along with the fact that teenage girls are extremely coachable and have good body awareness, allow these girls to make fast and steady gains in the gym. These gains manifest themselves in competition, where our girls routinely go 8 or 9 for 9. In England at the last World Championships our girls went an unheard of 17 for 18 in the Deadlift all hitting PR's. We have also found young girls to be more patient in lifting, which enables them to follow the Cutting Edge Sport Sciences training system. We use an extremely thorough and precise system called the "Wave" which utilizes small "fractional" plates. The "Wave" varies the volume and intensity over a number of weeks and has what we call a "built in buffer system" which requires some patience, which our girls have. They're not in a big hurry to hit heavy weights like many of the young boys that have come to our gym.

We also use a great diversity of exercises and each girl has her own program that addresses specific areas of improvement. This means that the girls are often using very light weights in the off-season, which doesn't seem to bother our girls. The coaching staff at Cutting Edge is very concerned with etiquette, form, and mental preparation which the girls pick up on. Etiquette is for the safety of everyone, form is for the safety of the lifter, and mental preparation is for performance enhancement and safety. We often use a video camera and monitor to get instantaneous feedback on form between sets. We feel that the video camera is one of the greatest coaching tools available.

We have taken great interest in helping our girls grow, both athletically and emotionally into young adults. We have trained them to work in the community and are now trying to motivate them to start resumes, get involved in volunteer programs, and do extra credit projects in school.

At the Women Nationals this year our roster & attempts will be:

Maria Sarris	16 yr 122 lb:	292 SQ; 137 BP; 330 DL; 759 TL
Lexy Houser	16 yr 154 lb:	308 SQ; 137 BP; 330 DL; 775 TL
Jill Klein	17 yr 139 lb:	319 SQ; 137 BP; 314 DL; 770 TL
Amy McCallion	19 yr 122 lb:	259 SQ; 126 BP; 270 DL; 655 TL
Bianca Oden	17 yr 104 lb:	248 SQ; 121 BP; 286 DL; 655 TL
Cadi Spezza	18 yr 135 lb:	270 SQ; 143 BP; 286 DL; 699 TL

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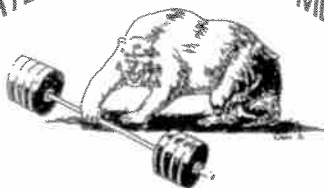
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