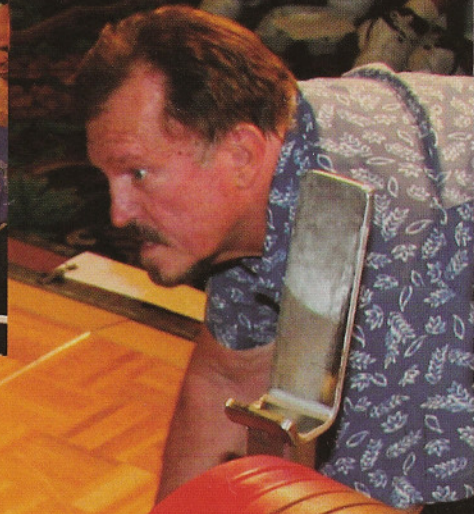
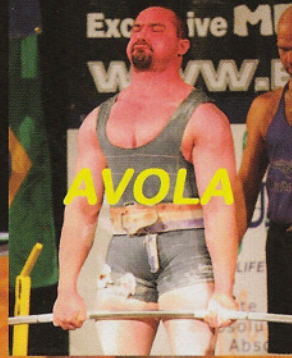
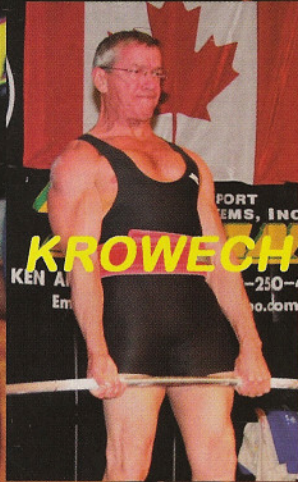


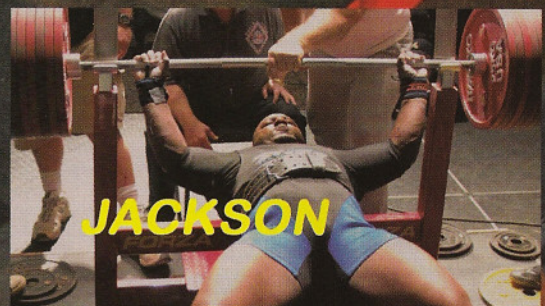
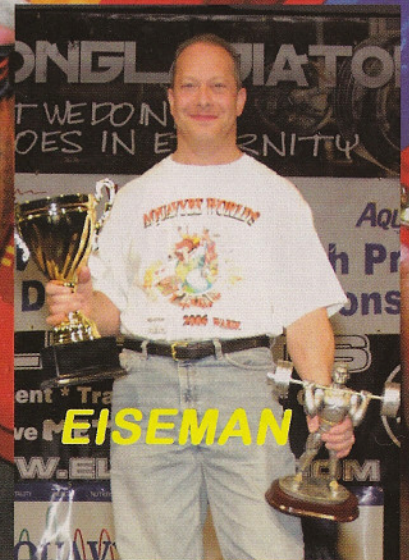
POWERLIFTING USA

VOL.30, NO. 5
MAR/2007 \$3.95
\$4.95 in Canada



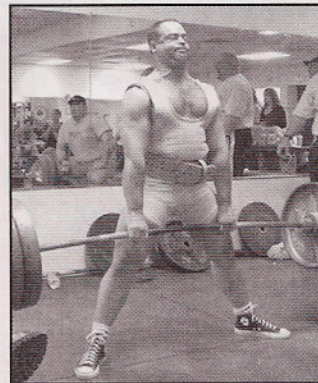
WONG

WABDL Worlds!



NASA Kansas Regionals
25 NOV 06 - Salina, KS

BENCH	MALE	181 lbs.	Intermediate	S. Lyon	369	198 lbs.	High School	A. McKay	231	Teen	A. McKay	231	Intermediate	J. Howard	451	Master Pure	R. Rome	330	242 lbs.	Master I	M. Winholz	468	Teen	A. Camargo	292						
		275 lbs.	PS BENCH	J. McKay	358	220 lbs.	High School	R. Davidson	181	PS CURL	J. Howard	451	220 lbs.	High School	R. Davidson	104	181 lbs.	Master Pure	R. Rome	137	SHW	J. Payne	187	BP	DL	TOT					
		148 lbs.	High School	M. Rockstool	66	192	259	MALE	198 lbs.	High School	A. McKay	451	231	457	1140	Intermediate	E. Espinoza	523	352	523	1399	B. Triplett	297	308	529	1135					
		198 lbs.	High School	A. McKay	231	457	688	MALE	308 lbs.	B. Triplett	308	529	837	Pure	A. McKay	451	231	457	1140	Open	B. Tanner	451	402	490	1344	WOMEN					
		242 lbs.	Police/Fire	B. Triplett	308	529	837	242 lbs.	Open	B. Tanner	451	402	490	1344	Open	165 lbs.	Raw	T. Mangini	230	APF	MEN	Open	198 lbs.	A. Rodriguez	290	525	815				
		275 lbs.	Teen	A. McKay	231	457	688	Raw	275 lbs.	Novice	R. Sanchez Jr.	501	490	490	1482	FEMALE	198 lbs.	Junior	A. Holquin	336	214	303	854	MALE	114 lbs.	Teen	B. Sahlfeld	203	143	281	628
		148 lbs.	Intermediate	J. Howard	451	407	859	Novice	D. Mather	374	259	512	1146	SHW	Submaster I	S. Tully	501	363	429	1295	(Thanks to Rich Peters for these results)										



Dave Kirschen deadlifted 600 and totaled over 10 times bodyweight in New Castle, DE




Scott Yard benched 840 and had the biggest 275 lb. total in history (at that time) with 2605. (Photos courtesy of Kate Baird)

APF/AAPF 1st State Power Frenzy
30 SEP 06 - New Castle, DE

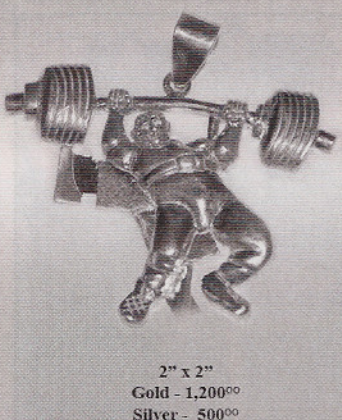
BENCH	MALE	181 lbs.	Intermediate	S. Lyon	369	198 lbs.	High School	A. McKay	231	Teen	A. McKay	231	Intermediate	J. Howard	451	Master Pure	R. Rome	330	242 lbs.	Master I	M. Winholz	468	Teen	A. Camargo	292						
		275 lbs.	PS BENCH	J. McKay	358	220 lbs.	High School	R. Davidson	181	PS CURL	J. Howard	451	220 lbs.	High School	R. Davidson	104	181 lbs.	Master Pure	R. Rome	137	SHW	J. Payne	187	BP	DL	TOT					
		148 lbs.	High School	M. Rockstool	66	192	259	MALE	198 lbs.	High School	A. McKay	451	231	457	1140	Intermediate	E. Espinoza	523	352	523	1399	B. Triplett	297	308	529	1135					
		198 lbs.	High School	A. McKay	231	457	688	MALE	308 lbs.	B. Triplett	308	529	837	Pure	A. McKay	451	231	457	1140	Open	B. Tanner	451	402	490	1344	WOMEN					
		242 lbs.	Police/Fire	B. Triplett	308	529	837	242 lbs.	Open	B. Tanner	451	402	490	1344	Open	165 lbs.	Raw	T. Mangini	230	APF	MEN	Open	198 lbs.	A. Rodriguez	290	525	815				
		275 lbs.	Teen	A. McKay	231	457	688	Raw	275 lbs.	Novice	R. Sanchez Jr.	501	490	490	1482	FEMALE	198 lbs.	Junior	A. Holquin	336	214	303	854	MALE	114 lbs.	Teen	B. Sahlfeld	203	143	281	628
		148 lbs.	Intermediate	J. Howard	451	407	859	Novice	D. Mather	374	259	512	1146	SHW	Submaster I	S. Tully	501	363	429	1295	(Thanks to Rich Peters for these results)										

W. Patrick	AAPF	SQ	450	500	950
	MEN	BP <td></td> <td></td> <td></td>			
	Junior	DL <td></td> <td></td> <td></td>			
	275 lbs.	TOT			
	S. Yard		1050	840	715
	Open				2605
	220 lbs.				
	Raw				
	M. Barcelone	575	360	540	1475
	Master I				
	242 lbs.				
	T. Hunter	650	390	700	1740
	APF				
	WOMEN				
	Open				
	148 lbs.				
	Raw				
	K. Baird	385	255	400	1040
	MEN				
	Open				
	181 lbs.				
	D. Kirschen	730	525	600	1855
	220 lbs.				
	C. Weingroff	715	505	600	1820
	Raw				
	J. Stoklosa	345	350	385	1080
	242 lbs.				
	Blankenship	880	135	710	1725
	275 lbs.				
	J. Cox	900	500	585	1985
	308 lbs.				
	D. Murray	750	450	585	1785
	SHW				
	M. Wilson	1065	710	755	2530


The first First State Power Frenzy is now in the books, and a powerful frenzy it was! The FSPF was held in one of the premiere hard core gyms in the east, the Training Center in New Castle, DE. We are certainly finding that there is a call and need for raw and equipped lifting meets, and the lifters of each division can certainly compete in the same meet without friction. Mike Barcelone (he squats deep), Chris Webb, and Kate Baird all put up very highly respectable raw numbers. Kate runs around like a mad woman doing just about everything, as she is co-promoter of this meet, and can't put total focus on her lifting. She wouldn't have it any other way. Teri Mangini, the only female Bench Only, showed us a smoking raw 230 in her first meet. Raw Full Power lifter Jon Stoklosa is the purest example of one lifting from the heart, as no one had the crowd more captivated. Raw bencher Scott Kuzma set a PR with 530, but watching him it was as if he was playing with Tinker Toys, it seemed so effortless. No one showed more enthusiasm than Marty Smith, and his enthusiasm showed up in his 3 for 3 benching. Willie Patrick, the only Police and Fire entry, showed up without a shirt, made his plea to the crowd to borrow one, and pulled through with a PR bench. Shawn Beam and Sean Handlin also both had an on day. Alfredo Rodriguez was a quiet contender, but showed us strong finesse in the Push Pull competition. Steve Hartlaub was a little off today, but he did manage a tremendous 560 bench. Unfortunately Greg Murray couldn't pull it together this today, but he'll certainly bring his forces back together for another day in the near future. Aaron Utermahlin (say that ten times fast) is a name to remember and will be making his mark quickly in this game with some seriously big benching. Sometimes the smaller guys get lost in the



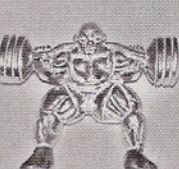
Gold - 250⁰⁰
Silver - 140⁰⁰



2" x 2"
Gold - 1,200⁰⁰
Silver - 500⁰⁰



Gold - 225⁰⁰
Silver - 125⁰⁰



Gold - 270⁰⁰
Silver - 160⁰⁰

Michelle's Jewelry Collection
Send check or money order to
Michelle Weiss, 405 Petris Ave., Ridgecrest, CA 93555,
or call 760-371-7898 (8am-5pm PT) M-F

American Drug-Free Powerlifting Federation
U.S. affiliate to the
WORLD DRUG-FREE POWERLIFTING FEDERATION, Inc.

The 2007 ADFPF Schedule includes competitions in 6 different states with 2 ADFPF National events. Check the website at www.adfpf.org, meet listings, and Meet Information & Entry Forms for updates.

The 2007 ADFPF SINGLE EVENT NATIONAL CHAMPIONSHIPS is scheduled for JUNE 23rd in SOUTH BEND, IN at the ENTURY CENTER. Meet Directors: Dick Van Eck and Jon Smoker.

The specific date and location of the 2007 POWERLIFTING NATIONAL CHAMPIONSHIPS will soon be announced, and the location will be near a large airport. Drug-Free lifters are encouraged to finalize and/or renew their 2007 ADFPF registration a.s.a.p. Membership Forms available on website or upon request (send postal address via e-mail request for ADFPF Registration to: jm-gedney@wiu.edu OR to National Office address listed below).

The ADFPF Registration fee of \$20.00 includes Membership Card and copy of the 2007 ADFPF Condensed Rulebook. The ADFPF State Referee's test is based on information from this manuscript.

Note: The A.D.F.P.F. follows the SAME COMPETITIVE & PERSONAL EQUIPMENT RULES, EVENT TECHNIQUE RULES, DRUG CONTROL RULES and COMPETITION ORGANIZATIONAL RULES as the W.D.F.P.F.

TWO DIVISIONS of competition

The A.D.F.P.F. & W.D.F.P.F. offers drug-free lifters the option of competing in either or both the: EQUIPPED and/or UNEQUIPPED Divisions. In the UNEQUIPPED Division the only supportive equipment allowed is the LIFTING BELT and WRIST WRAPS.

In the EQUIPPED Division supportive equipment is limited to SINGLE PLY, non-canvas suits & Bench Shirts with NO open seams or fasteners. A supportive shirt may only be worn in the Bench Press event and must fit like a short-sleeved T-shirt covering the shoulders, chest and back and of such length so that it can be tucked into the suit. Also allowed are the lifting belt, Wrist & Knee wraps.

Note: All personal equipment worn in ADFPF competitions MUST CONFORM to ADFPF specifications (listed in the rulebook).

A.D.F.P.F. & W.D.F.P.F. CATEGORIES of competition

The ADFPF and the WDFPF offer 7 different categories of competition. In preparation for the 2007 WDFPF World Championships, the ADFPF will be attempting to fill U.S. Teams of men (up to 3 per weight class) and women (up to 3 per weight class) in each of the following ADFPF and W.D.F.P.F.

Categories of competition

OPEN (minimum age 14 upward indefinitely)
TEENAGE I (14 through 15 years of age)
TEENAGE II (16 through 17 years of age)
TEENAGE III (18 through 19 years of age)
JUNIOR (20 through 23 years of age)
MASTERS I (40 through 44)
MASTERS II (45 through 49)

MASTER III (50 through 54), and so on for MASTERS in 5 year increments
POLICE/FIRE/MILITARY (Open, no age categories in this division)
Age is determined by individual's age on the day of the competition.

MALES: 52 kgs., 56 kgs., 60 kgs., 67.5 kgs., 75 kgs., 82.5 kgs., 90 kgs., 100 kgs., 110 kgs., 125 kgs., 145 kgs., and + 145 kgs

FEMALES: 44 kgs. (97 lbs), 47.5 kgs. (104.75#), 50.5 kgs. (111.25#), 53 kgs. (116.75#), 55.5 kgs. (122.25#), 58.5 kgs. (129.0#), 63 kgs. (139.0#), 70 kgs. (154.25#), 80 kgs. (176.25#), 90 kgs. (198.25#), 90+ kgs. (+198.25#)

A.D.F.P.F. & W.D.F.P.F. Team Rules

Each team may have up to but not exceeding 3 lifters per weight class. A maximum of 12 Males and 11 females will be listed on a roster for Team Points. All "Team" lifters reaching or surpassing the WDFPF qualification totals will earn team points which are as follows: 1st place = 12 points; 2nd = 9; 3rd = 8 points and so on to 10 places.

SELECTION of the U.S. Teams entering W.D.F.P.F. World Championships will be made via an application process using totals from ADFPF National events, from recent past WDFPF events, followed by totals from ADFPF events, followed by totals from drug-free lifting organizations. All entries for the WDFPF World POWERLIFTING Championships MUST reach or surpass the minimum WDFPF World Championships Qualification Totals available in the WDFPF and ADFPF Rulebooks (included with ADFPF membership) and on the websites.

Meet Directors interested in hosting an ADFPF event, please contact the ADFPF National Office at your earliest convenience. Our ADFPF State Referee's Clinic & Test may be scheduled in conjunction with ANY ADFPF EVENT. Meet Directors please notify the ADFPF National Office to make these arrangements. For ADFPF meet information and Entry Forms, check the ADFPF website: www.adfpf.org

Contact the A.D.F.P.F. Board of Directors via the following e-mail addresses
Dennis Brady: dennisBwgym@aol.com
Judith M. Gedney: JM-Gedney@wiu.edu or gedney@macomb.com
Dick Van Eck: dickvaneck@moorelectrial.com

Contact the WDFPF Secretary General with questions at the following address
Judith M. Gedney
E-mail: JM-Gedney@wiu.edu or Gedney@macomb.com
27 Elmo Dr, Macomb, IL 61455, U.S.A.
Phone: 309-837-2111 (turns into FAX at 5th ring)

glamour of the bigger guys numbers. Dave Kirschen at 181 put up over 10 times his bodyweight! Charlie Weingroff showed off some polished lifting in all three events. Tim Hunter had a noteworthy 9 for 9 day. Big David Murray is one to watch. He gets by with brute strength, but once he acknowledges a better technique. Jason Cox: How many men would even attempt to squat 750 without knee wraps? Matt Wilson squatted over the grand mark with a 1065. He also pulled the biggest deadlift of the day. Dan Blankenship was certainly no slouch either in the squat and deadlift, but had to back off the bench due to an injury. And then there is Scott Yard, age 23, AAPF, and setting a world record at 275 with a 2605 total. A long and fruitful future in powerlifting lies ahead for Scott, and we are sure to be boggled by it. Thanks to Brad Vargason, for bringing his wares and acting as head judge. Thanks to Henri Skiba, Tone Barbaccio, and Jules from NJ, Nick Tsourinis and Diamond Dave, Tom DiChiara and Dean Moore, and so many others whose names I do not know, but without them the success of this meet would be severely lessened. Thanks to photographers Jody Hudson and Hank Stoklosa, to super DJ Clyde Carr, to



Tim Hunter deadlifted 700 and went 9 for 9 on September 30th as a Master I competitor

videographer Slater Clampitt, Jack Osborne and Skip of the Training Center, who not only let us overtake their facilities for the day, but actually helped spot and load. Thanks to our sponsors: APT Professional Lifting Gear, House of Pain, MDI Fitness, and to Brian Baird of Millcreek Electric for making such a festive light box. Special kudos to DE state APF chairman Broderick Chavez, who again ran this meet like he does this every day. (Results by Kate Baird)



Matt Wilson squatted a huge 1065 and totaled 2530 lbs. at the APF First State Power Frenzy

**Walker's Gym Classic
2 DEC 06 - Hopewell, VA**

DEADLIFT	M. Wise	420
MALE	275 lbs.	
Open	P. Patton	550
165 lbs.	Master (60-69)	
J. Preskar	165 lbs.	
242 lbs.	H. Blowe	450
D. Mason	625	Teen
Fire	181 lbs.	
T. King	400	C. Taylor 470
Master (50-59)	220 lbs.	
181 lbs.	M. Mellon	480
(Thank you to Barry Walker for results)		

**USAPL Tiger Open
2 SEP 06 - Baton Rouge, LA**

High School	SQ	BP	DL	TOT
Bates 143	425	225	440	1090
Taylor 232	275	170	300	745
Coleman 174	455	240	415	1110
Duet 118	290	135	305	730
Germany 118	285	170	315	770
Heim 123	205	110	210	575
Mackay 135	190	95	240	510
Mackay 135	135	80	185	400
Pavlovich 130265	135	245	645	
Collegiate				
Brignac 142	415	215	415	1025
(Thanks to USAPL for providing results)				